

To  
Our Blessed Lady, Queen of  
Heaven and Earth  
the  
Salve Regina College Guild  
Faithfully, loyally, lovingly  
dedicates  
this  
**COOK BOOK**

at the close of this glorious Marian  
Year, truly confident that from  
her home in heaven Our Mother will  
now smile as delightedly on this  
humble gift of our piety as she most  
certainly would have done had we  
offered it to help her run her sacred  
home in Nazareth then.

## FOREWORD

Grandmother planned her meals on what was ripe in the garden and orchard, or what was available in the big cellar, dairy, or pantry.

Meals did not have to be planned so carefully in those days. Plenty of food was on hand. Most of the time everything eaten at the family table was raised on their own land or bought at a nearby general store.

Now the homemaker's question is "What shall we eat today?" Too many busy women go into the kitchen and haphazardly select something to cook. Often they call the grocer and order certain foods because they can be quickly prepared and cooked.

This book has been printed to help overcome this situation and give you tried and true helps in your cooking.

It is also a tribute to the faithful Sisters of Mercy working at Salve Regina College molding future citizens under the protection of the "Queen of Heaven," young ladies who will make the world a better place in which to live.

Mary Hade Hickey, Chairman

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Our grateful appreciation to Sister M. Mercedes, R.S.M., to whom we are indebted for the artistic illustrations, and to Sister M. Martina, R.S.M., and Sister M. Evangelista, R.S.M., our faithful co-workers and councilors.

Last but not least - our Sponsors, our Boosters, and our Advertising Subscribers. All made this book possible. Please patronize advertisers whenever possible. We do so appreciate their kindness.

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# The Housewife's Prayer



*Lady, who with tender ward  
Didst keep the house of Christ the Lord,  
Who didst set forth the bread and wine  
Before the Living Wheat and Vine,  
Didst reverently make the bed  
Whereon was laid the Holy Head  
That such a cruel pillow prest  
For our behalf, on Calvary's crest;  
Be beside me while I go  
About my labors to and fro.  
Speed the wheel and speed the loom,  
Guide the needle and the broom,  
Make my bread rise sweet and light,  
Make my cheese come foamy white;  
Yellow may my butter be  
As cowslips blowing on the lea.  
Homely though my tasks and small,  
Be beside me at them all.  
Then when I shall stand to face  
Jesus in the judgment place,  
To me thy gracious help afford,  
Who art the Handmaid of the Lord.*





In Memory of

Sister Mary James O'Hare, R.S.M.

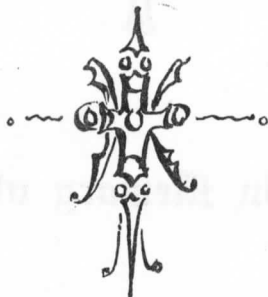
*First Dean of Salve Regina College*

1947 - 1953



----- GRACE BEFORE MEALS -----

Bless us, O Lord, and these Thy gifts  
which we are about to receive from Thy  
bounty, through Christ Our Lord. Amen.



**T** ----- GRACE AFTER MEALS -----

We give Thee thanks, O Almighty God,  
for all Thy graces and blessings which we  
have received from Thy bounty, through  
Jesus Christ Our Lord. Amen.

