PREFACE TO THE THIRD EDITION.

It will be no exaggeration to state that my book has proved to be a standard treatise on the subject. As typifying the immense popularity it enjoys, it would suffice to cite a single instance. A European lady in Calcutta became so much enamoured of Bengal Sweets that she requested me to recommend to her a suitable confectioner who might practically teach her the technique of their preparation. In fact she engaged his services for nearly two months and paid handsome remuneration to him.

Since the last edition of my book the confectionery of Bengal has made rapid strides. There are now many progressive confectioners in the city preparing and selling Bengal Sweets under superb hygienic conditions so as to make them more popular with Europeans. The place of honour in this respect should go to Messrs. K. C. Das, Esplanade Corner, Calcutta, the cynosure of all sweet loving people. To them also belongs the credit of being the pioneer confectioners to succeed in offering for sale preserved sweets in vacuum-packed tins—so that the Royal pair of Bengal Sweets—viz., Rasagolla and Sandesh may be now relished in their pristine delicacy in any part of the world.

Moreover, these progressive confectioners are creating novelties from day to day to keep abreast of times. In fact their menu on ceremonious occasions proves inexhaustible in variety. While some of these are really innovations, others are merely metamorphoses of old ones. I have, however, selected about a dozen new varieties and added their
recipes in appropriate places. In this connection I have received considerable assistance from Messrs. Nag Brothers of 229, Chittaranjan Avenue, North Calcutta who thoroughly deserve the reputation they have earned as manufacturers of dainty sweets.

Lastly, in the course of my tour throughout India, particularly in the South, I have been convinced of the immense possibility of introducing Bengal Sweets outside Bengal. Extensive markets can be created in different provincial cities and towns and huge profits earned. Indeed good fortune awaits enterprising young men. Hence the newly added chapter on the subject.

The Authoress.

The 2nd January, 1941.

PREFACE TO THE SECOND EDITION.

When I was first requested to compile my recipes for Bengal sweets in a book form I had considerable misgivings. I applied myself to the task with great diffidence. But the very warm reception the book was welcomed with has now encouraged me beyond measure. The recognition that the sweetmeats of my country have merited at the hands of persons not familiar with the cookery of this country is very gratifying. More so when I realise that the recipes I have prescribed have been fairly successful. I am thus emboldened to bring out a second edition which is a considerable improvement on the first. In fact, I have thoroughly rewritten it.

The spontaneous manifestation of the popularity of the book is demonstrated by the insistent demand for it among all sorts of people. The book has made its way not only to different parts of India but also
to the United Kingdom. Indeed I feel legitimate pride to learn that the *Rasagolla* has been successfully prepared in far-off England with the help of this book and that Europeans stationed in this country enjoyed *Sandesh*, themselves making the same.

The book has therefore been so modified as to assist even the foreigners in easily comprehending the processes and in preparing the sweets according to the recipes without encountering the least difficulties.

As its name implies this book is confined to the confectionery of Bengal and, therefore, the recipes of sweets current in other parts of India must not be expected herein. As a digression the therapeutic values of certain preparations have been touched upon just to make their utility more apparent.

I take this opportunity of acknowledging my indebtedness and recording my gratefulness to Babu Nibaran Chandra Chakrabarty, Calcutta, who is a recognised expert in Bengali confectionery. Without his willing co-operation such a thorough revision would have been impossible. I have also received help from Messrs. Panchanan Bhandar, sweetmeat vendors, 1, Swallow Lane, Calcutta.

22/1/1, *Jeliatola St.*,  
Calcutta.  

*MRS. J. HALDAR.*  
June, 1926.