

Mary Eleanor Blakey  
April 21<sup>st</sup> 1903.

Mary Eleanor Blakey was a farmer's daughter, born near Ripon in 1876. She lived a fascinating life, moving with her family through Yorkshire before marrying a successful draper from Cockermouth. Awarded an MBE for her hospital work in World War 1, she died in Carlisle just after the outbreak of the Second World War.

But, on April 21<sup>st</sup> 1903, using beautiful copperplate script, Mary began to compose a book of household recipes and kitchen management rules.

Initially these were for Evening Classes in Domestic Science that she gave in Rothwell, near Leeds, but she gradually added more recipes during the rest of her life.

Mary's story and recipes would have been lost when her notebook arrived anonymously at a charity shop, where it fell into the recycling pile. But, on falling, it opened to reveal its wonderful secrets.

This book is a selection of the best of her recipes and advice, along with the story of her rich and varied life.

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The title is Mary's pithy description of a good kitchen.

I have edited and added information to put Mary's writing into context, and so hopefully do justice to this wonderful time-capsule of a document.

David Lewis - Selby - 2015

edited by David Lewis

Durability, Efficiency, Economy - Mary E. Blakey

"Durability, efficiency, economy"



*A guide to cookery and kitchen management for  
Factory Girls, Domestic Servants and Labourers' Daughters.*

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*Written in 1903 by Mary Eleanor Blakey,  
late of Bowthorpe Hall, near Selby*