



How to Get the Most Efficient Results Most Economically From Your Gas Range

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THE monthly gas bill is a subject of considerable discussion in most every household, and in most of these there is very little understanding as to what really causes the gas bill to be high or low, or why the neighbor's bill is less or greater than your own.

One of the most important appliances contributing to the gas bill is the gas stove. Other appliances, of course, such as gas heaters and laundry stoves play their part, but the gas stove stands out as the most prominent and it is from this angle that we will go into detail in this article with the hope that it may point out some things that will assist the housewife in making some saving along this line.

The average gas range combines three separate and distinctive cooking units divided into the open cooking top, the baking oven and the broiler. There is also one additional feature which has become very popular in the past few years, the baking oven with oven control. This will be covered separately.

Use of Top Burners

To get the best result from the range, the housewife should see that the burners are properly regulated burning a clear blue flame. If at any time food cooks over, burners should be removed and scrubbed with brush and warm water. The air mixer should also be kept free from dust. The flame should never be allowed to spread around kettle as it wastes the gas.

Put all vegetables on to cook in boiling water, and when the entire contents of kettle are bubbling, reduce the flame to the point where this heat is maintained.

A few people use the simmering burner for making soup, but few realize its advantages for cooking meats. Boil your mutton, chicken or beef ten minutes, then place on simmer burner in closely covered vessel and time does the rest. It will not boil dry and after sufficient cooking will be tender and juicy. The economy of the method is quite evident.

In brief I am listing herewith a few concise points on how not to waste gas on the cooking top:

- 1—Do not light gas until ready to use.
- 2—Do not use large burner when small one will do.
- 3—Keep contents of vessel just above boiling point—they will cook just as quickly and be better flavored.
- 4—See that your burners are properly regulated. (This service is rendered free in Omaha by the Gas Company.)

Use of Baking Oven

For ordinary baking from five to seven minutes is sufficient time for preheating oven. Pastry and biscuits take about ten minutes. Many cooks fail with their baking because they judge from the position of the burners that the heat is greater at the bottom. Loaves of bread placed below the oven center will rise evenly before browning, but if placed above the center they will brown too quickly and an uneven loaf is the result. Never use a deep pan for biscuits, nor have the dough covered with flour when placed in oven. A delicious crust is obtained by brushing top with milk or melted butter before placing in oven.

In making cakes a very slow flame is required for loaf cake, and very little preheating is required, but with layer cake preheat oven for ten minutes.

turn the flame low and place cake in oven. Too much flour makes a cake dry, too much sugar makes it coarse, too much shortening produces heavy cakes, too much baking-powder makes it over light and too much liquid causes it to fall while baking. Accurate measurements and careful mixing and proper temperature of oven are of equal importance in making cake. The prudent housewife understands that oven economy means making the

same heat cook several dishes at once. The secret of this saving in fuel is management and planning of meals.

Use the Broiler Oven

Very few people use their broiler for cooking meats and yet that is the best way to prepare meat to retain its flavor and make it digestible. For broiling steak turn burner on full and light oven. Place meat about the broiler door open, turn the

meat when brown. A wire toaster is convenient for chops, sweet breads, calves liver and bacon, and when each side is crisp reduce flame for balance of cooking. The time required depends on thickness of meat and choice as to rare or well done.

The broiler can also be used for cooking a roast when top oven is being used for baking. You may protect the top of roast by covering with shallow pan after it has browned evenly on both sides. Do not use a covered roaster when cooking the roast in broiler for the red meats taste better when cooked in open pan. Do not add water to red meats unless you wish to rob the roast of its juices.

Oven Control or Regulator

Cooking by controlled heat is a subject that is engaging the attention of the best cooks and Domestic Science experts everywhere. It not only makes the task of preparing the daily meals much lighter, but gives the cook a certainty of good results.

The oven heat control automatically holds the flame of the oven steadily at temperature desired. It is not necessary to watch it or even think about it. An entire meal from soup to dessert can be placed in the oven, cooked at the same temperature and for the same length of time without having to be watched, in fact, one can leave the home for the entire time the meal is in the oven and upon returning the dinner will be cooked deliciously.

There is no guesswork about having the heat at the proper temperature for baking of any kind, from the most delicate of meringue to fruit cake, and results are always just what you expect them to be. By carefully measuring your ingredients for a cake, then by measuring the heat to bake you cannot help but have good results. With the low oven temperature you keep with the oven heat control, your fruits and vegetables may be canned in the oven easier, quicker and better than any other method.

This is the most decided improvement that has been added to a gas range in many years and its proven success is being attested to by the increased demand for this appliance by housewives.

To sum up the whole matter in the economy of gas stoves, it might be said that there are two basic principles:

1. Appliances must be efficient. Those that are old and worn out cannot give results like new and up-to-date ones.
2. The housewife must plan her meals and cooking in such a way as to get the best results out of gas consumed.

In the final analysis all that we have said in this article is of no avail unless the housewife herself will watch these details in her daily work.

Cooking With the Gas Turned Off

Only a small part of the heat generated by the average gas range is actually used in cooking. The rest passes away into what is worse than waste, for it heats the kitchen up to an uncomfortable degree.

Not only the heat is wasted, but the food shrinks and much of the flavor passes away into what become unsavory odors of bygone meals. Cooking engineers have striven for years to save the heat, and even harder to devise a means that will retain the full value of the food and flavor.

One of the most useful of the inventions of the past few years which have helped to solve this problem is the so-called "fireless cooker," which allows the housewife to thoroughly heat the food and then allow it to heat for several hours in a lined container, which works on the same principle and on a larger scale, as the vacuum bottle.

Twenty to twenty-five minutes with the gas turned on, and then two to three hours in the fire-

less cooker will produce a meal wonderfully well cooked, and will reduce a most stubbornly tough piece of meat to tenderness.

One of the most novel of the fireless cookers is the Thermodome, which allows the cook to heat the food on the stove, and instead of taking it off into a separate cooker, to simply let down the Thermodome over the pot containing the food and turn off the gas—to heat for a couple of hours more with the gas turned off.

Institutes and cooking schools have almost all recommended such appliances as a useful adjunct—especially to the resourceful housewife—and a money-saver in gas saving.

Delicious Peach Cobbler

Fresh peaches are now in season, and served with shortcake they make a tempting dessert.

Pare and stone one quart of peaches, place in a deep enameled ware pudding pan which, being acid proof, will not affect the delicate color of the peach. Add two cups of sugar and cover with pastry made as follows:

Sift four cups of prepared flour, rub in one-half cup of butter and then add one-quarter cup of milk. Roll the pastry to fit exactly the pan, cut two or three gashes in it to allow the steam to escape, and bake a half hour in a hot oven. Dust with powdered sugar when removed from oven. Serve plain or with whipped cream.

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