

# Things That Make Housework The New Fireless Cookery

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In many households the fireless cooker has been relegated to the basement or the attic. Its principle was right, but not every housewife had the time to put up with its many inconveniences, or the patience to experiment until its successful operation had been mastered. The kettles of boiling stew or cereal had to be lifted from the stove and, in a scalding bath of steam, juggled into the box. For baking, stones or plates were heated on the stove, put in wobbly racks, and whether the result was to be pale pie crust, paler bread, or crusts burnt and ruined, was a question to be answered only when the lid was lifted. In spite of all these inconveniences, the old fireless cookers served a real purpose and sometimes produced good results.

The new name of the fireless cooker is the "Automatic Electric Cook Stove." It is a simple trim box of either one well or two, set on legs at a convenient height. An electric cord attaches it to the lamp socket. Into the cooker goes the cold food. You turn on the current, close down the lid, and you are through. When the cooker and the food in it have reached the proper temperature, Click! goes the automatic regulator, and off goes the current, and because of the scientific insulation the cooking process can continue four hours. This makes it impossible for the food to burn, whether it be pie, cake, cookies, or meat. On the other hand, the heat is so intense and well placed that everything is browned to just the proper shade.

"Cooking without brains" or effort has been so widely advocated by over-enthusiastic manufacturers of household equipment that sometimes wrong impressions are given as to just

what the modern devices will do. There is no magic in this electric cooker. Food poorly prepared to begin with will not be changed to super-deliciousness because of the cooker. The old-time tested rules of good cookery apply to its operation. Boiling and baking in the same well is no more successful than trying the same two processes in a gas oven would be. But well-prepared food will be better cooked—will look better, and taste better, and cost less—when the electric cooker is used. Take a small rolled rib roast of beef, for instance. How hard it is to cook properly! The outside is too crisp and hard, while the inside is still raw. In the cooker, however, without basting or any attention at all—out comes the roast, juicy, brown, and cooked all the way through to the rareness or "doneness" you desire—depending upon the amount of time you allow—twenty minutes per pound for rare meat, forty-five minutes for very well done. The small roast is mentioned because it is hard to roast properly with other kinds of heat. The cooker will roast a ten or twelve-pound turkey easily.

One of the most interesting things about the cooker is its versatility. It can fry, roast, bake, boil, steam, and freeze ice cream—in fact, do anything from steaming the plum pudding to browning the meringue on a lemon pie. Because of this, it can be used in place of any other stove. It is quite possible to prepare all the meals for a family or five or six in the electric cooker with no other kind of cooking heat in the house. However, its chief feature is as an addition to the regular cooking equipment. It cooks foods so much better and at less expense. Vegetables require only half the water usual-

ly needed—not only does this increase the food value, but the taste is so much better. There is no comparison in the quality of meats, every bit of flavor possible is there. Tough cuts can be cooked to tender juiciness. The expense of cooking the old way often equals the saving in original cost, but with the cooker the result is delicious and the cost negligible. Cakes baked in the cooker never have thick crusts, but are fluffy and moist and evenly baked. All sorts of practical cooking utensils are furnished with the cooker, a most ingenious double boiler, pudding pans, baking dish, clover leaf pans, and even a large aluminum tea kettle goes with the two-well model.

To prepare a whole meal in the cooker is a matter of planning and using the proper combination of food. Examples of complete meals are given:

Mutton Chops a la Creole  
Mashed Potatoes  
Creamed Turnips  
Waldorf Salad  
Rolls Strawberry Jam  
Molasses Puff Pudding  
Molasses Lemon Sauce  
Time: Two hours minimum; longer if desired.

Smothered Chicken  
Steamed Potatoes  
Baked Squash  
Head Lettuce, Thousand Island Dressing  
Frozen Apricots, Whipped Cream  
Time: Two and one-half to three hours.

Spiced Baked Sliced Ham  
Pineapple Garnish  
Scalloped Potatoes with Pimentos  
Parsley Carrots Rolls  
Rice Fluff Pudding with Oranges  
Time: Minimum, two and a half hours; longer if desired.

Spare Ribs with Fruit Stuffing  
Corn Relish  
Baked Potatoes  
Buttered Asparagus  
Cocoanut Bread Pudding  
Jelly Meringue  
Time: One and a half hours minimum.

Roast Chicken  
Baked Sweet Potatoes  
Cranberry Sauce  
Buttered String Beans  
Plum Pudding  
Time: Two and a half hours minimum; longer if desired.

Roast Leg of Lamb, Stuffed  
Browned Potatoes  
Combination Salad, French Dressing  
Currant Jelly  
Steamed Cranberry Pudding  
Hot Spiced Beets  
Steamed Cranberry Sauce  
Time: Three hours for four-pound roast; longer if desired.

For the Single Compartment Cooker  
Spanish Meat Balls with Macaroni  
Buttered Wax Beans  
Dressed Lettuce  
Apple Pie Cheese  
Time: One and a half hours minimum; longer if desired.

Swiss Steak  
Mashed Potatoes  
Stewed Tomatoes  
Perfection Salad  
Whole Wheat Muffins  
Sponge Cake Whipped Cream  
Time: Two to three hours, according to thickness of steak.

Flank Steak Stuffed and Baked  
Chile Sauce  
Creamed New Potatoes with Peas  
Beet and Dill Pickle Salad,  
French Dressing  
Strawberry Shortcake  
Time: Three hours or longer.  
Pot Roast with Vegetables  
Picadilli  
Stuffed Peppers  
Lemon Cream Pie  
Time: Two and a half hours or longer, according to size of meat.

Pork Tenderloin and Dressing  
Sliced Tomatoes  
Creamed Cauliflower  
Peach Tapioca Cream  
Time: One to one and a half hours

## The Perfect Demonstration Wash By LEVER BROTHERS COMPANY

Department of Industrial Cooperation.

In order to determine and standardize the best possible method of washing in an electric washer, Lever Brothers company have conducted exhaustive tests in their soap laboratories and many practical field experiments. The following recommendations are a result of this study:

### Soaking.

Soak clothes at least one hour—overnight if more convenient—in a luke warm soap solution.

Note—Colored clothes should be soaked in cold water and no longer than half an hour.

Soaking gains for you the following advantages:

- Actually removes surface dirt.
- Dissolves albuminous matter and starch, insuring white collars and cuff edges.
- Opens up the meshes and weave of the fabric, allowing a free passage of the soap solution through the clothes, thereby loosening the dirt.
- Assures an easy, perfect job when operating the machine later in the washing process.
- Cuts down time necessary to operate the machine, thereby saving not only time, but operating expense.
- Prevents wash water in your machine from becoming disagreeably dirty.

### Washing.

Always dissolve your soap first in boiling hot water, giving you a rich, soapy solution. It is necessary to have your soap completely in solution in order to obtain the most uniform and maximum efficiency of its cleansing properties. Add this solution to your machine containing the clothes which have been soaked and filled with the proper amount of hot water for washing. Enough of this solution should be added until you have big lasting suds on surface of water. (Exact amount of soap necessary varies in accordance with hardness of water in locality). Personal experience here alone determines exact amount required. Do not forget, however, that an excess of suds will interfere with the action, defeating the purpose of the machine. Operate the machine the necessary length of time as instructed by the manufacturer or dealer. The temperature of the water for washing should be hot, but not boiling hot if the clothes have not been soaked preparatory to washing. Boiling hot water will set the albuminous matter if the latter has not been dissolved by a preliminary soaking.

### Rinsing.

Rinsing is very important. The first rinse should be scalding hot—in order to rinse all the soapy solution out of the fabric of the garment. This hot rinse should be followed by one or two cooler rinses. Never allow your first rinse water to be cooler than your wash water. Soap in solution has a tendency to solidify again if submitted to colder temperatures. Rinsing is particularly important in hard water territories in order to prevent any danger of the clothes acquiring a grayish tinge.

### Hard Water

Water is called hard when it "kills" soap. It contains limestone or other mineral picked up by the water from the soil.

The hardness of water varies in different parts of the country, depending on the soil through which the water has passed and the season of the year.

Water reaches its maximum hardness in your city when the water supply is low—when there is a drought or the river or lake is frozen.

It is softest in the spring when the snow and ice melts or after heavy rains. Surface water is soft and dilutes the hardness of the water supply.

### Temporary and Permanent Hardness

Temporary hardness can be removed by boiling. Permanent hardness cannot. Investigations show that 80% of all bodies of water in the United States are of temporary hardness, 20% permanent hardness.

If the water in your city is hard much of the hardness, being temporary, can be removed by boiling the water.

Removing the temporary hardness by boiling reduces the amount of soap which must be used for washing. It will reduce the amount of scum which appears on the surface of the water when soap is added. This scum sometimes sticks to the clothes and gives them a gray appearance.

### How Does Soap Clean Clothes?

The cleaning action of soap depends upon its ability to do four things. First, it lowers the surface tension of the water. Second, it loosens the dirt by the continual bombardment of moving soap atoms, and by attraction. Third, it removes certain types of dirt by this power of attraction. Fourth, it removes other types of dirt by emulsification.

By surface tension we mean the tendency of a liquid to form into the shape of a ball. Mercury has the highest surface tension of any liquid, and water has the second highest. A drop of water on a greased plate stands rigid and round. Add a drop of soap solution and it flattens out. By lowering the surface tension of the water, soap causes the resulting solution to penetrate and saturate the clothes very thoroughly. Dirt particles are then more readily gathered into the solution because the surface resistance is lessened.

Under the microscope a soap solution is seen to consist of millions of tiny atoms of soap which are in continual motion, vigorously flying about in all directions and never at rest. The persisting bombardment of the clothes by these active soap particles together with the power of attraction exerted by soap in solution loosens the dirt and liberates it from the fabric.

A remarkable characteristic of soap is this power to attract and hold bits of dirt just as a magnet holds pieces of steel. A tiny particle of soap in solution can in this way grasp many times its own weight of dirt, and when the soap solution is drained or rinsed away, the dirt goes with it.

Many kinds of dirt are not affected by this power of attraction. Once loosened, however, they are coated with a film of soap and kept in such continual motion by the soap particles that they do not adhere to the clothes again. This isolation or suspension of dirt particles is called emulsification. The actual removal depends upon the draining or rinsing away of the soap solution.

It is well to remember that the effectiveness of these four processes in the action of soap may vary greatly according to the ingredients used and the care taken in manufacture.

### Macaroni, Spaghetti and Noodles

#### A Few Hints from Skinner's New Cook Book

The initial preparation of long or cut macaroni, long or cut spaghetti, elbows or egg noodles, is always the same and requires care to give the proper appearance when served.

Never start to cook in cold or merely warm water. Always be sure the water is boiling. Use plenty of water, keep at a rapid boiling point and salt to taste.

Put the macaroni, spaghetti or egg noodles in slowly so as not to lower the temperature of the water. Boil until tender to suit taste, but seldom over 15 minutes. You can over-cook.

Drain off water through a colander and blanch by pouring cold water over it, slowly at first. Blanching separates the sticks, so that they better retain their shape and appearance.

The macaroni, spaghetti or egg noodles can now be re-heated and served plain with hot butter, pepper and salt, or combined with other foods in many different ways, according to the recipes in this booklet, or can be kept indefinitely in the ice-box to be served on a minute's notice for a full meal.

In serving plain, use hot butter. Always use the best creamery butter when possible, as poor butter, when heated, does not have a desirable flavor. Egg macaroni is preferable for soups.

## Perfect Cooking Satisfaction

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## Electric Cook Stove



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Single or Double Compartments

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### Here Is a Good Toledo Recipe

#### PINEAPPLE CAKE

Place 1 cup brown sugar and lumps of butter on bottom of pan and melt. Have sides well greased. Then place slices of pineapple in the mixture and pour one egg cake batter on top and bake about one-half hour. Turn out bottom up.

#### ONE EGG CAKE

1 cup flour  
1 egg  
1 tablespoon butter  
1/2 teaspoon salt  
1/2 cup sugar  
2 teaspoons baking powder  
1/4 cup milk

METHOD: Cream egg and sugar. Add flour and baking powder and milk and pour over mixture for Pineapple Cake.

This cake should be served with whipped cream and if you want to have your dessert look at its very best garnish with maraschino cherries.

—Home Economics Department

Nebraska Power Co.