

# FROM THE HOUSEKEEPER'S NOTEBOOK

Cooking Without Fire—How to Make a Norwegian Cooker.

(Copyright, by Joseph B. Bowles.)

Fireless cooking is the latest, and "Fireless Cooked Sunday Dinners" appears on some menu cards. Some of our Norwegian friends are smiling at this and saying they have used these cooking boxes in the old country for about 200 years, and that our government has adopted them at their advice, but this is only added proof of the efficiency of the method, and like most old-new things the fireless cooker is a decided success in this country.

This fireless cooker has three receptacles, the box is packed with asbestos paper and the pad resting by its side is stuffed with the same. This pad is placed over the kettles before the lid of the box is closed.

Many of our stores carry these fireless cooking boxes, which come in various sizes. The one in the illustration is home made, has granite kettle and is about 15 inches square for each kettle, or 45 to 50 inches long. The box rests on the floor, and when closed is ornamental. So great is the rage for these cookers that in apartments or restricted quarters it is dangerous to sit on a couch for fear cooking is going on inside. These Norwegian cooking boxes are simply a plan to save fuel. It is a scientific fact that it is impossible to raise the temperature of boiling food above 212 degrees Fahrenheit, except in hermetically sealed vessels. The fireless cooker retains this heat, which the food has attained before being removed from the fire.

In other words, a kettle of food is raised to the boiling point, and then packed in a box filled with non-conducting material. The result is a fireless stove, which will save 75 per cent. of the family fuel. The principle upon which these stoves are constructed is the scientific retention of heat, the cooker being to retain the heat first generated on the cooking stove. This process is excellent for many things that require slow cooking and the comfort of preparing a dinner and attending church or being gone for a half day or more with the knowledge that the food will be well cooked and not burned is a boon to many housekeepers.

All kinds of material are employed in the cabinets that are for sale. Some are artistic arts and crafts creations, and others are elaborately covered with plush. However, it is entirely unnecessary to buy an expensive fireless heater, as many housewives have proved. The accompanying picture gives an idea of how the box should be constructed. One of the best home-made fireless cookers was made by the man of the house out of a large wooden box, whose cover fitted snugly after it was placed on hinges. This box was lined with asbestos paper, which cost only a few cents. A large two-quart granite kettle completed the outfit. When the kettle was placed in the box it was completely surrounded with small pieces of newspaper, which fitted in all the chinks and corners. After the food was brought to the boiling point it was placed in the kettle, securely covered, and the result has been perfectly cooked food, at a small outlay. Rolled newspapers were first used in this experiment, but did not prove a success, as the air could get around them, and they could not be packed so tightly as the paper clippings.

Bill another family has constructed a fireless cooker out of an old trunk. The trunk holds three large covered granite kettles and around these is securely packed as much hay as the trunk will hold. A clean piece of flannel is placed on top of the vessels after they are filled and covered. When the trunk lid is fastened down, it is left undisturbed all day. This woman is employed down town all day. She pares her potatoes and other vegetables after breakfast and puts them over to boil. As soon as they reach boiling point she places them in the receptacles in the Norwegian stove (once a trunk), and when she returns at six o'clock her dinner is completely cooked and ready for her. In this way meat and two or more vegetables are easily prepared. By using double boilers, such as are used to cook oatmeal, this woman manages to make one receptacle hold two kinds of food, and can cook as many as eight different articles.

This woman's experiment was so successful that another—a china painter—tried using a large tin cracker box. In this she placed a tin kettle which covered it closely with excelsior which came around her china. A piece of carpet was laid on top and the box closed. The result, after leaving the food for a day and first boiling it for 20 minutes, was entirely satisfactory. When she wants to take the

**THE HAMPERING POWDER RAG.**  
Fair woman may some day succeed in claiming all the precious rights that are denied her now. Indeed, with man she may ascend the heights; her banner may be in splendid style. Do not upon the tallest crag; but can this be expected while she has to use a powder rag?  
"The shame! that she occupies a humble, secondary place. Denied the sacred right to rise. To stations she might sweetly grace! The wrong, 'tis pitifully wrong. That after man she has to lag.

food out sooner she reheats it and replaces it after it is thoroughly warm. In fact, there are countless ways in which this fireless cooking can be tried. The basic rules, and without adherence to these one will fail, are to use an air-tight box filled with a non-conductor of heat, and to have the food steaming and at boiling point when it is placed inside.

## TALKS TO SALESPEOPLE

By Miss Diana Hirschler, L.L.B. (Expert Trainer in Salesmanship.)

### "AT HOME" TO YOUR CUSTOMER.

A lady approaches a glove counter. One saleswoman is fixing up stock in a big box, the other talks to her meanwhile. The lady hears Miss One say: "You wait on her," whereas Miss Two turns on her heel and walks away. Miss One then takes plenty of time putting away her box before she begins to show her customer attention, while the lady struggles between a desire to run off and a desire to save time by staying. She must have gloves. So she stays.

Here was a case where the ordinary deficiencies of life were violated. The customer, a person for whom the store is run, was practically told that she was not wanted.

What is the difference between that case and the following? A caller was met at the door with the message not at home. "Are you sure?" said the caller. "Oh, yes, ma'am; Missus said if a fat lady called with a wart on her nose she was sure not at home."

There is only one difference between these two cases, and that is that in the latter the party had the privilege of deciding whether she was at home or not, whereas in the former the salesperson was paid to be at home. Plainly, these two salespeople were "not at home" to this customer—but, being unable to furnish a proxy, they told her so themselves.

Is it too much for a customer to expect that when she pays for service it shall be rendered her willingly and with courtesy?

Why not be "at home" every moment that you are in your department? I mean, why not have on your company manners? Why not have your department glowing with hospitality? Don't you know that the freest of customers will melt in the sunshine of a smile? This idea that there is sunshine in a smile is not all poetry, it is hard fact. Try it. No, no, not like that, such a stingy ghost of a smile! But smile, smile from the inside out. Aren't you glad, genuinely glad to have a customer to handle? Do you want your pay to be in the nature of a pension, or do you want to work for it?

Now, courtesy sells goods; discourtesy is certainly the best sale-squelcher that could be invented, and yet how many seem to take a patent on it. And why? Because a salesperson does not always realize to the brim, after he comes into his department that he belongs fully to the stranger who enters his gates. He must concentrate upon his customer's whims and needs. That is what the salesperson is paid for. Yes, he is paid to concentrate, and if there are whims to understand, he must accommodate himself to them.

If there is irritability to be met, he must wind out and in so as not to set it buzzing.

But the public is mostly good-natured if you will give it a little chance. I haven't seen that most people are going about with chips on their shoulders unless they happen to see one on yours, then they begin to chop wood and the chips do fly.

It is so easy to forget the good-natured 99 and to remember the irritable one.

Courtesy is the spirit of helpfulness as shown in manners. The kind that counts from within. I remember a smartly dressed fellow who once stepped on my toe in the street car and said, with showy accent, "I beg your pardon," and then proceeded to step on the other toe. Here was the counterfeiter for the real, but none the less does the real count.

Manners do not always make the man, but the man does make his manners, and good manners are the outward signs of courtesy. The public must judge by the signs. Had the man stepped on my two and only feet in succession without the outward signs of courtesy I should have been even more indignant.

Deeper than courtesy is patience. Patience is courtesy continued under trying conditions. Here the real test of the seller comes in. The courtesy that holds out when the other fellow is rattling it with shot is the kind that is based upon a genuine desire to be of service to him in spite of his particularism. The salesman is there for a purpose. This purpose is violated if he allows himself to be swayed from serviceability—when he doesn't adapt himself to the person for whom he is placed there.

Mold your customer; do not let him mold you. The way to do it is to keep sweet. Radiate good-will and you will thaw anybody. If you find it hard to do this continuously just think it over and see that first, last and always the customer is your support. He can afford to balk a sale, but you cannot. True, he balks because he needs you that you need him, but he pays for this need in hard cash—five cents on the dollar.

Good-will blesses twice—him that gives and him that takes. It is a jolly good spirit in which to do one's work. It makes one sing inside. It lifts both body and soul. This adds to one's radiating power.

A slice of bread sweetened with good-will slips down more easily than a sweetmeat grudgingly bestowed.

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## PILLOW GASES

### Edging of Crocheted Lace Is Just Now the Feature

Pillow cases edged with old-fashioned crocheted lace are taking the place, to some extent, of the hem-stitched finish. When the lace is done of fairly strong thread and the pattern a substantial one the edging will outwear the linen or muslin cover. An effective two-inch edging is made in the following way, beginning with a row of wheels which form the center pattern of the trimming: Take medium size cotton thread, which comes especially for this purpose, and make rings by winding the cotton 15 times around a large wooden knitting needle or pencil, then crochet 28 double stitches in the ring; join and make three chains and crochet a treble chain into each of the ring double crochets; then crochet six chains and catch the sixth with a double crochet stitch into the second treble stitch; continue this around the ring.

This makes 14 chain loops around each ring. After a sufficient number of wheels are made in this manner they should be joined together by fastening the middle stitch of each of two chain loops to two adjacent loops of another wheel, and so on. This will leave four chain loops of each wheel attached to other wheels and ten chain loops loose.

Now when a yard and a half or more of the wheels are joined together, enough to trim the edge of a pillow case, fasten the thread into the fourth loop from the end and make three chains and a double chain into the next chain loop, five chains and one treble chain into the next chain loop, one long treble chain (putting the thread twice over the needle) into the next, one triple chain (three times over the needle) into the two chains joining the two wheels; then one long chain into the first chain loop on the next wheel and one treble into the next loop. Three chains and a double crochet into the next loop and three chains and a double crochet into the next bring the thread to the top again.

This makes the top of the edging almost straight. Then comes a row of double crochets, with two chains between, a row above this of two treble crochets into the space between the divisions of the previous row, then two treble crochets and miss one for the next row and the top row is two treble crochets into each space of that row.

For the edge make two double chains, four chains and two double chains into the first space, then two double chains into the next space, and so on around the scallops joining the wheels.

In many costumes the tunic is suggested by insertion or by braiding in soutache.

## THE FASHIONS

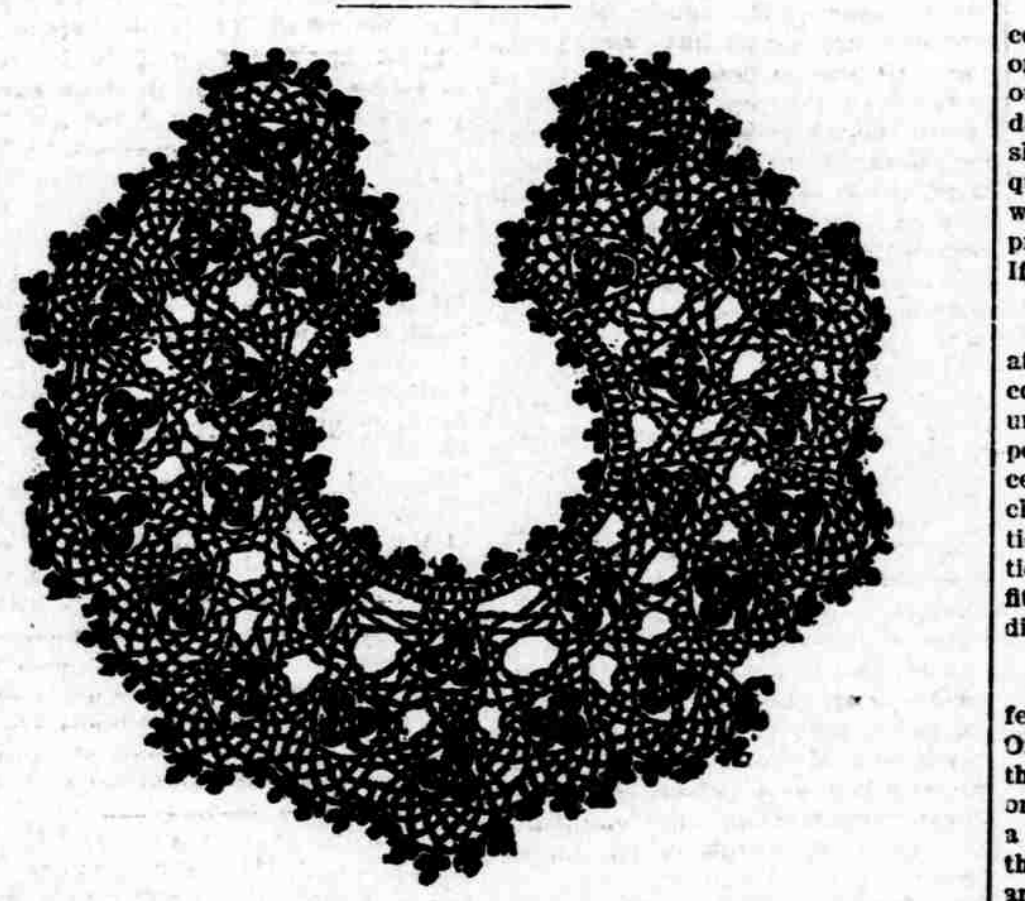
### Ghatty Letter Tells of Modes of the Moment in Paris

In the first place, and speaking broadly, rough tweeds are quite de mode, says a Paris letter. They are all very well for "the mountain or the moor," but they won't do at all for the town. All the fashionable tweeds are smooth-faced surfaces, and are very fine in texture, with rich, dark effects of color and stripe. Stripes are as popular as ever, some diagonal, some chevron, but most of them two-toned and ombre. Very few tartans are to be seen, though I hear they are still very fashionable. The color and cloth of a dress is, however, not of so much importance as that it should be supple and soft. That is the most important thing; because of the soft drapings of the director's style of gown. All dresses are clinging and supple, whether they are made of tweed or cashmere. Striped weaves are very popular, too, and so serviceable; they stand all sorts of rough wear, and come up smiling after being out in the heaviest rains. I was going to say being soaked with rain, but most of them are waterproof and can't get soaked; and there is a lovely fabric for "party frocks," which is a new pale mirror velvet, a perfectly imitable imitation of mirror velvet; but, of course, not nearly so costly, and you don't need to be told how splendidly it will make up into any of the modern styles. Equal in beauty and usefulness with this is the "Charmeuse satin," which is so very limp and clinging, and has been invented on purpose to suit the present day dress-satin. Directorate is another of the same texture. Those who wish to be very smart, have skin-tight undergarments, made of one or other of these satins, over which is a veiling of some transparent gauze or chiffon fabric. The "net result" of which being, that very little of the figure is left to the imagination!

Some of the new bordered ninnies are a perfect dream! especially those with crepe de chine borders; they drape so beautifully and wear really very well, considering their delicate texture. The newest soft satins have velvet borders, of oriental patterns, and some of the face cloths are ornamented with silk borderings, which give a very dressy effect; but I found, on closely examining, that these borders were sometimes insertion of colored silk or chenille embroidery on a net ground, laid on to the edge of the delaine or cashmere with which they were worn.

The Little Girl Comes into Her Own. The reign of the tall girl is not over, but the little woman is coming into her own again. There is a growing request for her, because the fashion of the moment in hats tends to give her a diminutive appearance which is positively fascinating.—Lady's Pictorial.

## Crochet Collar



This collar is worked with No. 100 linen thread and a very fine hook. Begin with the solid trefoil forms. Make 13 ch, turn, catch into 7th ch; 7 ch, 1 d in 2d of the ring thus formed, 7 ch, miss 2 ch, 1 d c, 7 ch, miss 2 ch, 1 d c. Now into each of the three spaces work 1 d c, 7 tre, 1 d c, then 1 d c into each of the ch left over; thus forms a stem; 7 ch, 1 d c in center of first scallop, 12 ch, 1 d c in center of next scallop, twice, 12 ch, catch into the end of the stem. Into the circle thus formed around the trefoil work 5 ch, 1 d c into every third st, then 5 ch, 1 d c into center of every 5 ch in previous row; fasten off. Work each succeeding wheel in the same way, catching them together, so as to leave four loops between each at the top, taking care that the stems point downward. When enough wheels are made to fit the size of the neck make some more, fastening each one between the wheels already connected, as shown in the drawing. A third row of wheels is then caught to the top row, and to those on either side, leaving one clear loop between each two loops that are connected.

Next begin at the upper right hand corner with 4 ch, 1 st into the center of each loop along the top, making 7 ch instead of 4, between each wheel. Continue with 5 ch, 1 st in center of each loop, around the sides and lower edge of the collar, making 3 ch only between the wheels. This completed, continue along the top only with 2 ch, 1 tre in each third stitch. For the last row continue with \* 3 ch, 1 tre in center of next loop, 5 ch, 1 d c into first of ch, 7 ch, 1 d c, 5 ch, 1 d c, all into same stitch, 3 ch, 1 d c into center of next loop; repeat from \* all around the collar. A ribbon run along the top makes a pretty finish and insures a close fit.

## IN VOGUE

Filligree silver butterflys are quite in style for culture adornment. Vying with the net waist is a sheer fine mousseline, nouca like cloth. Embroideries are rich, but are sparingly used on the finest costumes. Pointed fox is a craze and white fox is lovely for dress and evening wear. Woolen gloves that reach to the elbow are an echo of the short sleeve reign. The popularity of satin has brought in its train many new and exquisite weaves. Shoe tops may be of goods to match the dress or of suede to match the facings of the suit, with the vamp of patent leather or brown calf. New Hair Ornaments. To be worn with the new spangled robes and the fine messaline, chiffon and soft satin gowns are beautiful hair ornaments in odd shapes. Many are gauze butterflys covered with spangles, which nestle on the hair and glitter under the electric lights. They come in bronze, steel, silver and gold effects and often match the tint of the gown. Wedding Invitations. It is not obligatory to answer wedding invitations to a church wedding, nor is it necessary to send a gift. One can do so, however, and it is probably always best to write a letter of congratulation and send a small gift, providing the friendship is of long standing. There are no hard and fast rules governing such cases, since many church weddings are partially private, with the understanding that interested friends and acquaintances can be present, if they so desire. Invitations to a home wedding, if not including a reception card, do not necessarily need to be answered, although most persons do answer them. When the invitation to the wedding and reception is extended, the recipient should send a gift on the day of the wedding and be present or send regrets.

## NOTES FROM MEADOWBROOK FARM



Plan your work now for next season.

Grade your flock carefully. Keep only the best.

A good mule sells for a higher price than a horse. Raise mules.

Do a good turn for your neighbor and you will find that it will do you good, too.

The sheep need plenty of yard room into which they can be turned on pleasant days.

A little oil meal for the sheep occasionally will prevent constipation and will keep them in thrifty condition.

The farmer is not looking for protection or charity, but he does want his rights, and he has a right to expect that he will get them.

The calf's first winter may make or mar the future cow. If she is only half fed and insufficiently sheltered you cannot expect she will develop.

Many a horse has been permanently injured by slipping on the frozen road because smooth shod. See that his shoes are changed to correspond with the season.

Do something worth doing and do it well and then feel proud of your achievement, but don't get cheery and big-headed over the big things you propose to do.

"Stretchers" in sheep are caused by too much dry feed. When the sheep are seen to spread their legs out and stretch give a bran mash and an ounce of raw linseed oil.

Red ants, it is said, can be easily trapped by means of sponges soaked in sweetened water. And then, when the ants collect thereon, the sponges can be occasionally dropped into boiling water.

Roupy conditions in the poultry must not be dilled with. Either enter upon a vigorous course of treatment or kill the affected birds at once. The disease is contagious, so that the sick fowls should be separated from the rest of the flock at once.

There are profitable and unprofitable cows. Have you any of the latter class on your farm, and can you pick them out? According to Massachusetts dairy experts a cow to be profitable should produce 6,000 pounds (2,500 quarts) of 3.5 per cent. milk yearly, without being forced. A cow ought to produce 300 pounds of butter yearly. If she does not do it she is not helping.

The Michigan experiment station after tests found that when whole corn was fed to cows 22 per cent, was unutilized, when fed to heifers ten per cent., when fed to calves six per cent. Chemical analysis showed no change in composition of the unutilized parts, so it is a safe assumption that the animal derives no benefit from grain that passes through the digestive tract unaltered.

Use the wagon for tightening the fence wire by the following method. One of the rear wheels is raised from the ground and the wire is passed once around the hub and fastened to a spoke of the wheel. The wagon is then braced by any suitable means, and the wheel turned in the manner of the mariner's wheel. In this way a pull of 100 pounds on the tire will exert a force of 400 or 500 pounds on the wire.

The cattle to be healthy must have exercise. Turn them out into lot or pasture every day which is not blizzard or stormy. No animal can remain perfectly healthy and stand or lie in one place all the time without change. A cow constantly confined in a stall may be able to give a good flow of milk for a long time, but the confinement is bound by natural laws, to weaken her physically and to reduce the vitality of the calves to which she gives birth.

Do you know how much it costs you to raise a calf? Prof. R. S. Shaw of Michigan kept track of the first year's expenses of a Holstein calf. Here is the record: The amounts of feeds used in that time were 381 pounds whole milk, 2,568 pounds skim milk, 1,262 pounds silage, 219 pounds beet pulp, 1,254 pounds hay, 1,247 pounds grain, 147 pounds roots, 14 pounds alfalfa meal and 50 pounds green corn. At the end of the year the calf weighed 800 pounds at a cost of \$28.55 for feed.

According to a story in the eastern press the experiments in fighting chinch bugs and some other insect pests by infecting them with parasitic diseases have been so encouraging that the agricultural department has under consideration the establishment of a station somewhere in the west for the purpose of growing and propagating the natural enemies of insect pests. The work will probably be done along the line followed by the Kansas station in fighting chinch bugs. When the pest appears the farmer gathers up a can of healthy bugs and sends to the station and receives in return a can of bugs infected with the disease. These sick bugs are distributed through the infested field, and transmit the disease to the bugs there.

## DESCRIPTION

The use of "Toris" for lumbago and rheumatism is causing considerable discussion among the medical fraternity. It is an almost infallible cure when mixed with certain other ingredients and taken properly. The following formula is effective: "To one-half pint of good whiskey add one ounce of Toris Compound and one ounce Syrup Sarsaparilla Compound. Take in tablespoonful doses before each meal and before retiring."

Toris compound is a product of the laboratories of the Globe Pharmaceutical Co., Chicago, but it as well as the other ingredients can be had from any good druggist.

### WHY WELLS WAS WRATHY.

All Things Considered, He Had Some Excuse for Anger.

Charles E. Wells, who has been called the groundhog senator of West Virginia, because he once introduced a bill advocating the changing of groundhog day from February 2 to July 4, was staying over night at the Grand Hotel of a budding West Virginia village not long ago.

He was awakened in the morning by heavy pounding on his door, and the voice of the old man night clerk saying "Five o'clock! Better get up or you'll miss your train."

Mr. Wells didn't intend to catch a morning train and hadn't given any instructions that he should be called at the unearthly hour of five o'clock, so he paid no attention to the old man's early morning greeting and was asleep again almost immediately.

In about 15 minutes he was again awakened by the pounding on his door and heard the voice of the old man saying apologetically: "Don't get up. I rapped on the wrong door."—Lippincott's.

### HANDS RAW AND SCALY.

Itched and Burned Terribly—Could Not Move Thumbs Without Flesh Cracking—Sleep Impossible.

Cuticura Soon Cured His Eczema.

"An itching humor covered both my hands and got up over my wrists and even up to the elbows. The itching and burning were terrible. My hands got all scaly and when I scratched, the surface would be covered with blisters and then get raw. The eczema got so bad that I could not move my thumbs without deep cracks appearing. I went to my doctor, but his medicine could only stop the itching. At night I suffered so fearfully that I could not sleep. I could not bear to touch my hands with water. This went on for three months and I was fairly worn out. At last I got the Cuticura Remedies and in a month I was cured. Walter H. Cox, 16 Somerset St., Boston, Mass., Sept. 25, 1908."

Putter Drug & Chem. Corp., Sole Props., Boston

### "CALLING" THE PITCHER.

The captain—See here, you've given seventeen men bases on balls! Dis here's a ball game, not no six-day walkin' match!

Electricity's Beginnings. The term "electricity" was derived from the Greek word meaning amber. Electricity itself is earliest described by Theophrastus (321 B. C.) and Pliny (70 A. D.), who mention the power of amber to attract straw and dry leaves. Dr. Gilbert of Colchester, physician to Queen Elizabeth (1540-1603) may be considered the founder of the science, as he appears to have been the first philosopher who carefully repeated the observations of the ancients and applied to them the principles of philosophical investigation.

### Mean Insulation.

He was a brand-new milkman, and, lacking the wisdom of more experienced members of the species, knew not that on certain subjects he should at all times maintain a rigid silence. "It looks like rain this morning, mum," he said pleasantly, gazing skyward, as he poured the milk into his customer's jug. "It always does," was the curt reply. And the milkman was so disatisfied with the remark that he strode away and savagely kicked a lamp post.

### Fairly Warned.

An old Quaker, not careful of the teachings of his faith, was discovered by his wife kissing the cook behind the door. But the Quaker was not disturbed.

"Wife," said he, gently, "if there doesn't quit thy spying, thee will make trouble in the family."

### THEN AND NOW

Complete Recovery from Coffee Ills.

"About nine years ago my daughter, from coffee drinking, was on the verge of nervous prostration," writes a Louis ville lady. "She was confined for the most part to her home."

"When she attempted a trip down town she was often brought home in a cab and would be prostrated for days afterwards."

"On the advice of her physician she gave up coffee and tea, drank Postum, and ate Grape-Nuts for breakfast. "She liked Postum from the very beginning and we soon saw improvement. To-day she is in perfect health, the mother of five children, all of whom are fond of Postum."

"She has recovered, is a member of three charity organizations and a club, holding an office in each. We give Postum and Grape-Nuts the credit for her recovery."

"There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read, "The Road to Wellville," in plugs.

Never read the above letter? A new name appears from time to time. They are genuine, true, and full of human interest.