

The Tribune Institute

At Your Service

TESTED AIDS FOR THE HOUSEHOLD

Look for Detailed Illustrations of the Appliances in Part II, Graphic Section

TESTED AND ENDORSED BY THE TRIBUNE INSTITUTE

The Tribune Institute experts have tested all articles described on this page and know them to equal the claims of the manufacturers. The only unknown element is that of time, for it is obviously impossible to give any article the same wear and tear it would receive during weeks or months of actual usage. The material and construction of each utensil are considered, and it is believed that all described here will give service that is fully satisfactory, although the actual length of wear cannot be guaranteed definitely. Should any of our readers find that an article has broken down under ordinary conditions before it has given reasonable service the facts should be reported fully to this Institute. Both the manufacturers and this Institute endeavor to present to our readers only those articles that have real merit and are of proper construction so as to give satisfactory service.

Bohn Syphon Refrigerator.
Made by the White Enamel Refrigerator Company, 53 West 42d St., New York.

THE refrigerator is the safe deposit vault of the family health. Of all the furnishings in the house it is the special place where the effort to save money at the expense of efficiency is the poorest kind of economy. A good refrigerator is not necessarily expensive. Many moderate priced ones are thoroughly efficient. Nevertheless, it is difficult to get a really cheap refrigerator that possesses the features which are absolutely indispensable—namely, an inside surface that can be kept absolutely clean and a system of ventilation that will insure freedom from odors and dampness.

The circulation of air is of the first importance, for upon it depends the whole system of ventilation.

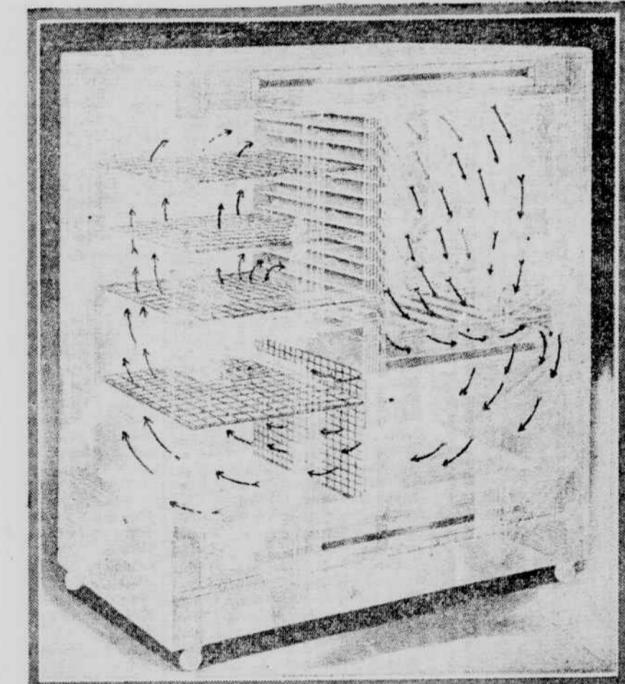
The illustration on this page indicates the direction of circulation in an efficient refrigerator. In the upper right hand compartment is the ice chamber, from which emanates the cold air. Hot air being lighter than cold, the law of Nature requires that the latter sink, thereby driving the hot air upward.

Thus the cold air from the ice sinks through the openings in the bottom of the ice chamber and enters the small compartment beneath. This is the coldest food storage space in the box and milk, butter, cream, etc., should be kept in it. The constantly falling cold air displaces what has gone before, pushing it ahead and causing the air to circulate in the direction indicated.

The temperature in the left hand compartment, which is the main food storage space, is lowest at the bottom and increases gradually until the top shelves are reached, where it is highest. The air passes from these top shelves into the ice chamber, where it strikes the ice, is recooled and recirculates over the same path.

The Bohn Syphon Refrigerator comes with either an oak or porcelain enamel case. The food compartment is lined with seamless porcelain enamel, which provides a smooth, hard white surface free from cracks and crevices—one that is easily kept in a sanitary condition. The hinges and door fasteners are of nickel-plated brass and the nickel-plated drain pipe, which is located in the front inner corner, is in one piece and readily removable. The water-sealed trap is set flush with the refrigerator floor.

In tests conducted in The Tribune Institute an average temperature of 49.7 degrees Fahrenheit was maintained in the food compartment when the mercury out of doors averaged 79 degrees Fahrenheit. The ice consumption in this refrigerator, which has a capacity of 150 pounds, averaged at the same time 30.7 pounds per day. The coldest part of the com-



Bohn Syphon Refrigerator, Showing Circulation of Air from Ice Chamber, Food Compartments and Shutter Syphon. This is Why There Are No Odors.

partment averaged 45.3 degrees Fahrenheit, while the top shelf was 52.6 degrees Fahrenheit. This difference in temperature between the top and bottom is indicative of good air circulation. Onions were placed on the different shelves and the butter stored in the box at the same time did not have its flavor even slightly affected by the onions. Salt and soda crackers kept in the box showed no signs of moisture.

This refrigerator is well constructed, durable and efficient, and the specially designed partition known as "the syphon" is between the ice chamber and the food compartment. This syphon is constructed of galvanized iron, porcelain enamelled, and has the appearance of a shutter. It is designed on scientific principles and promotes the rate of air circulation. The Bohn Syphon Refrigerator is made in a number of styles and sizes. Prices will be furnished upon application.

Umbrella Clothes Bar No. 1
Made by the Martcross Company, 164 N. Wabash Avenue, Chicago, Ill.

This clothes bar would be most convenient in the laundry, kitchen or nursery, where clothes have to be dried frequently and space is at a premium.

It has a revolving metal head from which project sixteen round hardwood arms two feet long. This head is mounted on a central wooden rod with a triangular base attached at the foot, through which three legs slide, forming the stand.

Each arm offers a drying surface of twenty-one and one-half inches and operates independently, so that one or all may be used. When

of use it can be folded compactly and stood in the corner.

One of the conveniences of this clothes bar is that it is only forty-two inches high. This is especially convenient for the nursery, as a baby's clothes may be put on or taken off the bar while the mother or nurse is seated with the child in her lap.

The metal parts are japanned and the arms are finished smoothly. The whole thing weighs five pounds. Price, \$1.50.

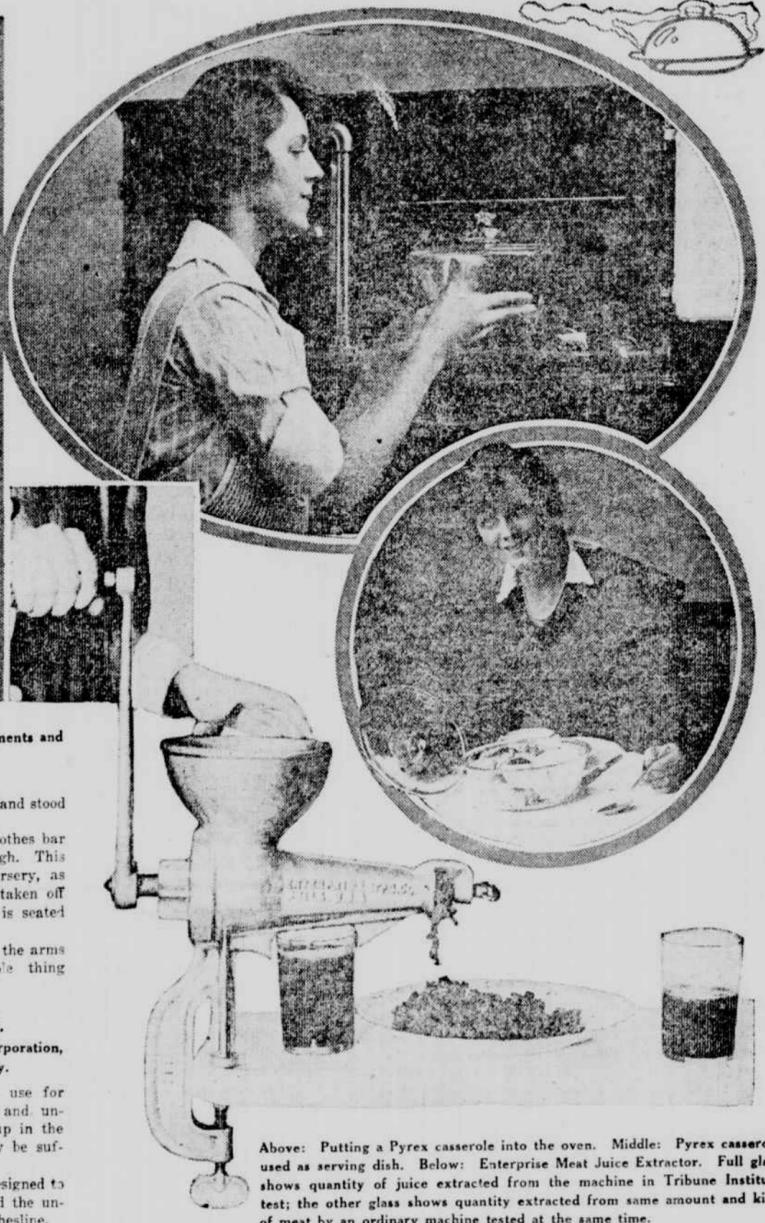
Saturn Clothes Line Reel.
Made by the United Royalties Corporation, 1133 Broadway, New York City.

Most housekeepers have frequent use for a short clothes line about the house and unless one is kept constantly strung up in the room considerable inconvenience may be suffered when it is wanted.

The Saturn Clothes Line Reel is designed to overcome both this inconvenience and the unsightliness of the ever-present clothesline.

It looks like a ball, but is really a steel shell with a handle on one side and contains thirty-eight feet of loosely woven clothesline. By means of the hanger it can be hung on a hook or nail and the line drawn out. Two rings on the end allow it to be hooked over nails at different points in the room, giving considerable area of clothesline within a comparatively small space. A ratchet on the handle locks it in position, keeping the line taut at any length desired.

When not in use the wound-up line is kept in the dust-tight ball and the whole device may be taken down and stored away. The reel is durably constructed, of nickel-plated finish,



Above: Putting a Pyrex casserole into the oven. Middle: Pyrex casserole used as serving dish. Below: Enterprise Meat Juice Extractor. Full glass shows quantity of juice extracted from the machine in Tribune Institute test; the other glass shows quantity extracted from same amount and kind of meat by an ordinary machine tested at the same time.

easy to operate and will be found equally useful in kitchen, laundry or bathroom, or even out of doors on occasions. Prices, 50 cents and 65 cents.

Ladd Mixers No. 1 and No. 2.
Made by United Royalties Corporation, 1137 Broadway, New York.

The only difference between these mayonnaise mixers is their size. No. 1 is the usual family size. No. 2 is larger and intended for hotel use. Even the housewife who avers stoutly that

she would rather beat up mayonnaise in a bowl with a fork than "putter with one of these new-fangled mixers" would find very little to object to in the Ladd Mixer. It is a glass urn with fluted sides and a nickel-plated polished steel top which divides so that the beater may be removed for cleaning. A polished steel oil cup with a chain stopper regulates the flow of oil in the making of the mayonnaise and so tends to prevent curdling. The beater itself is of steel with eight blades. This clamps to the top of the mixer, but is removable and may be used for other things.

While this mixer is most often used for mayonnaise, it is also most convenient for beating eggs and batter and for making butter. A nickel-plated steel clamp attaches the bowl to the table so that both hands are free for operating the beater.

The fact that the mixer may be taken apart for cleaning makes it especially desirable.

One thing, however, must be made clear. While The Tribune Institute recommends the Ladd Mixer as an efficient device, its guarantee does not cover the claim made in the circular to the effect that the beater will make "two eggs go as far as three."

Ladd Mixer No. 1 has a capacity for one quart. Mixer No. 2 holds two quarts. Prices, \$1.75 and \$2.75.

Pyrex Transparent Oven Ware.
Made by the Corning Glass Works, Corning, N. Y.

Many a housewife, looking wistfully at the transparent glass casseroles and baking dishes displayed in the shops, has said: "I would buy these if I were not so afraid of their chipping. They are said to stand the heat, but if they don't, we might have to stand slivers of glass in the food!"

No danger. At last glass cooking ware has been perfected so that it will withstand heat. This Pyrex Transparent Oven Ware, efficient as it is for oven purposes, is also practical to use over direct heat. It is made of tough glass, so tough that there is no possibility of chipping, crazing or flaking, and is thoroughly tempered before leaving the factory. With reasonable use it is very durable.

While the dishes are practical for cooking purposes, they are also perfectly suited for use on the table as serving dishes, and mean a great saving in dish washing.

The glass absorbs neither grease nor odors and is unaffected by acids or alkalis. It is durable, easily cleaned and sanitary.

This ware is especially practical for all batter mixtures, and the bread baked in the glass bread pan has a brown even crust and perfect crumb. The casserole requires a slightly lower temperature than one of earthenware, for it cooks a bit more quickly. The results obtained from the Pyrex Transparent Oven Ware are so satisfactory that The Tribune Institute recommends it without qualification. Prices given on application.

Enterprise Meat Juice Extractor No. 21.
Made by the Enterprise Manufacturing Company, Third and Dauphin Streets, Philadelphia, Penn.

This rather formidable looking machine is really very simple to operate, for it works very much like its near relative, the food chopper. When the meat from which the juice is to be extracted has been cut into strips and properly warmed, it is fed into the hopper. The crank turns easily and forces the meat through the cylinder, causing the juice to run through the strainer and ejecting the pulp or refuse at the end. The thumbscrew at the end controls the dryness of the pulp.

This extractor is especially good for preparing beef juice for invalids and babies. It extracts from seven to eight ounces of juice from a pound of meat, which is about twice the yield of the ordinary meat press. In addition to this virtue the machine comes apart readily for cleaning and can be kept perfectly clean with very little trouble.

The extractor clamps to the table firmly. It is a tapering cylinder with a hopper on top and a wide juice discharge opening along the bottom. A steel strainer, brass plated on the upper side, fits over this opening and a screw with a crank handle locks into the cylinder at one end. When clamped to the table the body part of the extractor projects over the top so that the receptacles for catching the juice and pulp can be properly placed.

With the exception of the handle this machine is constructed throughout of tinned metal. Price, \$2.50.

WHEN the previous Saturday's and Sunday's dinners have consisted of such meats as veal cutlet and squabs, a hot meat course is necessary for Monday, and for this nothing can be better than a savory boiled tongue prepared in the fireless cooker.

This is not an expensive purchase, it is very easily cooked, and if carefully carved it will, in addition to Monday's dinner, provide for Tuesday's luncheon and as an appetizing adjunct to the following morning's breakfast omelet.

A roast of beef, consisting of two ribs, is planned for Wednesday; this also should furnish three meals. Be careful in your selection of the piece of beef that it is well marbled with fat and this same fat is white and firm. During mid-summer and the sultry dog days most of all descriptions spoils very easily when taken from the ice, and the fat around the bone is nearly always the first spot affected.

Whole fish have been selected for the week, namely, a savory baked bluefish and a planked mackerel. The latter is one of the best varieties of fish for planking, as it is not very thick through and is

generally "done to a turn" when the outside surface next to the flame is crisp and brown. All fish must be cooked thoroughly, but not an instant longer, as otherwise they will become tough and tasteless and unfit for food.

Desserts both for luncheon and dinner during the heated term play a very important part in well-balanced menus. Frequently, when there is appetite for very little else, a tempting cold delicacy, rich in milk, cream and fresh eggs, will supply the needed nutriment with very little additional. Fortunately many frozen delicacies come under this heading, and as they are now included in many of the hospital diets, the caterer may be assured that they are both wholesome and easily digested.

Fruits and vegetables cannot be too lavishly supplied, for they are now at their best, and although only one vegetable (besides potatoes and the salad) is given in the daily menu service, an extra one may be well served while they are so reasonable in price. Only too soon must we say goodbye to these delicious summer viands, and while they are with us in profusion the caterer cannot use too many of them. Grilled tomatoes, stuffed eggplant, vegetable hash or cutlets, a variety of

crisp, cold salads, corn, oysters, pudding and fried oyster plant are all so good when properly made they may take the place of meat for the simple midday luncheon.

Tested Recipes.
SWEETBREAD PATTIES.

Remove the pipes and membranes from a pair of sweetbreads and soak in cold water. Cook for eighteen minutes in boiling salted water with one tablespoonful of lemon juice. Then drain quickly and plunge in cold water to harden. When cold drain again, cut into dice and heat in a rich cream sauce that has been seasoned to taste with salt and white pepper. When very hot, stir in one tablespoonful of shredded parsley and serve in heated patty shells or small tart cases. A few button mushrooms (canned) may be added to the sauce with the sweetbreads if desired.

MAPLE MOUSSE.
Dissolve one large cupful of grated maple sugar in half a cupful of boiling water. Dissolve one tablespoonful and a half of instant gelatin in two cupfuls of hot milk and add the yolks of two eggs beaten with a quarter of a

MEALS ALL PLANNED FOR THE COMING WEEK

All recipes have been tested by the writer,
VIRGINIA CARTER LEE
Culinary Expert of The Tribune Institute.

These menus are arranged with particular care as to the correct food values, a due measure of economy and the introduction of novel and tempting dishes not found in the average cook book.

cupful of granulated sugar. Stir the custard over hot water until it begins to thicken, remove from the fire, add the stiffly whipped egg whites, the dissolved maple sugar and one teaspoonful of vanilla extract. Beat well, set aside and as it begins to thicken beat with an egg beater and fold in half a pint of stiffly whipped cream. Turn into an ornamental mould with a water-tight cover and bury in chopped ice and rock salt for four hours before serving.

PUFF PUDDINGS.
These furnish a delicious summer dessert, being empty balls of crisp crust, while the fruit sauce may consist of crushed sweetened peaches, plums, berries, etc. To make the puffs, sift into a mixing bowl two level cupfuls of pastry flour and add half a teaspoonful of salt. Meanwhile beat two eggs until light, add two level cupfuls of rich milk, and gradually beat the liquid into the flour. (This avoids lumps.) Beat the batter at first with a wooden spoon and then with an egg beater for at least five minutes. Have ready timbale moulds or earthenware cups that have been heated in the oven, brush over with melted butter and half fill with the batter. Set in a moderately hot oven and do not open the

door of the oven for the first fifteen minutes. Cook for thirty minutes and serve immediately, as they are apt to fall.

CHEESE CROQUETTES.
Melt one tablespoonful of butter, blend in one tablespoonful of flour and add very gradually one cupful of milk. Cook over hot water and stir constantly until it thickens and boils. Season rather highly to suit the individual taste with a little mixed mustard, salt and pepper, and stir in the beaten yolks of two eggs. Set away to cool. When thoroughly cold, mix in two heaping tablespoonfuls of grated cheese, either American or Parmesan. Form with floured hands into small croquettes, dip into cracker crumbs, then in beaten egg, again in cracker crumbs and fry in deep, hot fat. These are delicious with a salad course.

SHEPHERD'S MINCE.
This is a very appetizing way of using up the last of the cold roast beef. Pass the remnants of cold beef through the meat grinder and after seasoning with celery salt, paprika, salt and grated onion, moisten with some of the roast beef browned gravy, or, failing that, a rich brown sauce. Flavor with a tablespoonful each of Worcestershire

sauce and mushroom catsup, turn into a buttered baking dish and cover over with a layer of creamy macaroni potatoes which have been nicely seasoned. Brush over the top with a little melted butter and bake in a rather quick oven until nicely browned. Serve hot in the baking dish.

BISQUE ICE CREAM WITH MARSH-MALLOW SAUCE.
Whip until very stiff one pint of chilled double cream. Flavor to taste with equal parts of Maraschino cordial and vanilla extract and sweeten to taste with powdered sugar. Stir in one large cupful of crushed macaroni crumbs, turn into a chilled freezer and freeze slowly as for ordinary ice cream.

MARSHMALLOW SAUCE.
Dissolve one cupful of sugar in one-third of a cupful of hot water and cook without stirring for seven minutes after it begins to bubble. Pour carefully on to the stiffly whipped white of one egg and whip rapidly with an egg beater. Imitate in readiness half a pound of fresh marshmallows that have been melted over hot water, add these to the sauce and serve before it begins to harden. A few drops of vanilla extract or a little lemon juice may be added as flavoring.

Monday.
BREAKFAST.
Stewed Prunes with Lemon Slices
Uncooked Cereal
Minced Veal with Green Peppers (from Saturday's dinner)
English Muffins Coffee

LUNCHEON.
Sweetbread Patties
Watercress Bread Sticks
Chocolate Blanc Mange

DINNER.
Anchovy Canapes
Boiled Tongue (in the fireless cooker)
Olive Sauce Baked Potatoes
Spinach with Egg
Endive Salad
Maple Mousse

Tuesday.
BREAKFAST.
Sliced Peaches
Vegetable Hash
Brown Bread Toast
Coffee

LUNCHEON.
Cold Tongue
Baking Powder Biscuits
Iced Orange Tea
Potato Salad
Cup Cakes

DINNER.
Jellied Bouillon
Baked Stuffed Bluefish
Hashed Browned Potatoes
Stewed Carrots
Cucumber Salad
Fruit Sauce

Wednesday.
BREAKFAST.
Blackberries
Tongue Omelet
(last of the boiled tongue)
Vienna Rolls
Coffee

LUNCHEON.
Cream of Fish Soup Croutons (left over fish)
Lettuce Sandwiches
Apple Turnovers

DINNER.
Vegetable Soup (from tongue liquor)
Roast Ribs of Beef
Yorkshire Pudding
Browned Potatoes
Cauliflower
Lettuce
French Dressing
Caramel Ice Cream

Thursday.
BREAKFAST.
Molded Cereal with Dates
Deviled Kidneys
Radishes
Coffee
Rusk

LUNCHEON.
Cheese Croquettes
Tomato Salad
Thin Bread and Butter
Rice Pudding

DINNER.
Rhode Island Clam Chowder
Cold Sliced Beef with Aspic Jelly
Chutney Sauce
French Fried Potatoes
Green Corn
Stuffed Tomato Salad
Blueberry Pie

Friday.
BREAKFAST.
Stewed Pears
Uncooked Cereal
Broiled Ham with Dropped Eggs
Corn Muffins
Coffee

LUNCHEON.
Shepherd's Mince (last of beef)
Brown Bread
Coffee
Junket

DINNER.
Planked Mackerel with Potato Roses
Stuffed Baked Tomatoes
Romaine Salad
Quaking Custard

Saturday.
BREAKFAST.
Cantaloupe
Fish Timbales
(from left over mackerel)
Watercress
Coffee

LUNCHEON.
Baked Beans
Boston Brown Bread
Sweet Pickle
Plum Compote

DINNER.
Cream of Corn Soup
Breaded Breast of Lamb
Baked Potatoes
String Beans
Vegetable Salad
Peach Cottage Pudding

Sunday.
BREAKFAST.
Uncooked Cereal with Berries
Calf's Liver and Bacon
Sally Lunn
Coffee

SUPPER OR LUNCHEON.
Tomato Rarebit
(in the chafing dish)
Buttered Toast
Ginger Ale
Raised Loaf
Cake

DINNER.
Lamb Broth with Barley (from lamb bones)
Roast Duck
Apple Sauce
Riced Potatoes
Fried Eggplant
Pickled Beet Salad
Bisque Ice Cream with Marshmallow Sauce