

The Tribune Institute

Housekeeping as a Profession



THREE KINDS OF KITCHENS—WHICH IS YOURS?

The Choice of Gas, Electric or Kerosene Range Depends Upon Which Is the Cheapest Form of Heat for You.



The Ideal Kitchen Is Well Lighted, Well Equipped, Convenient, Comfortable and Attractive.

heat of different kinds, it will cost you two cents to bake four loaves of bread if gas is used, eight-tenths of a cent if kerosene furnishes the heat, and twelve cents if you use electricity. Coal will bake four loaves for about one cent.

In a Western town, however, or in other parts of the country where electricity is much cheaper, these figures would mean but little. Every woman must work out her own salvation according to her own "lights."

Few housewives are privileged to have a kitchen built exactly according to their own ideas of efficiency or convenience. She who lives in a rented house or apartment must accommodate herself to conditions as she finds them. But fortunately each woman can select the equipment that shall go into her kitchen. And if she knows what she is about and chooses wisely it is possible for her to make an immense improvement in the comfort and efficiency of a badly planned room.

The location of the sink, the coal range, the boiler and possibly the refrigerator is fixed by the architect. This cannot be altered without great expense, but when it comes to the rest of the kitchen equipment the housewife can do very much as she pleases.

CHOOSING THE KITCHEN EQUIPMENT.

When the time comes to equip the kitchen the wise and farsighted woman will give the subject long and careful thought. Each purchase represents an investment that should be good for a period of years. Therefore, she will see that she gets the best value for her money.

The *piece de resistance* of the whole kitchen equipment is the range. The woman whose kitchen is supplied with gas has the largest selection from which to choose, for gas ranges are many and most efficient. Each woman can decide for herself whether she wants a plain cabinet style, or one with a thermostatic controlled oven, or the fireless type, or one with a fireless cooker attached.

When it comes to electric ranges the choice must lie between the usual style, with either radiant burners or inclosed heating unit, or that with insulated oven, thermostatically controlled. The housewife pays her money—a good deal of money if it is an electric range—and takes her choice.

Where kerosene oil is the fuel used the stoves are necessarily restricted as to style, but the burners may be either blue flame wick or wickless. In one instance the oven is built in, insulated, and operates on the fireless cooker principle, but this is the height of kerosene stove luxury. The portable oven is the type commonly used with oil stoves.

DON'T ECONOMIZE ON REFRIGERATOR.

After the range, and jostling it for precedence, comes the refrigerator. It is not possible to devote too much care to the choice of this, for upon its efficiency and cleanliness

depend the health of the family. Economize elsewhere if you must, but not on the refrigerator. Purchase one lined with porcelain enamel and, if it can possibly be afforded, the seamless construction is preferable.

For the family with electricity and a large purse it would be a great convenience to equip the ice chamber with an electrical refrigerating system. This means an initial outlay ranging from two to three hundred dollars, but not an excessive upkeep cost in places where the electric rate is ten cents or less per kilowatt hour. Think of the joy and comfort of being liberated from the tyranny of the ice man and always having ice on hand and a low, uniform temperature maintained in the food compartment!

Where space will permit, the efficient housewife will have a kitchen table, and also a kitchen cabinet. A wooden-top table is not desirable, a porcelain enamel top on a wooden or steel frame being easier to keep clean and more durable. For those who are not limited as to expenditure, and who insist on the beautiful all-white kitchen, a table with a composition stone top, resembling marble, answers perfectly. The stone is hard and non-absorbent, is unaffected by acid and alkalies and wears well.

The kitchen cabinet may be wooden or all metal. The latter is mouse and vermin proof, but the manner of its construction makes swinging doors necessary. The wooden cabinet with the roll front is more convenient.

All kitchen cabinets have the same general features, differing chiefly in quality of material, workmanship, equipment and exclusive conveniences. An aluminum extension top is most serviceable—and be sure to select a style that is high enough to permit sitting on a stool when working at it. Always include a stool, as woman, from habit, does too much work in the kitchen standing, when it could be done just as efficiently sitting if there were a seat slightly higher than the average kitchen chair handy.

THE HOT WATER PROBLEM.

The question of hot water is important. Gas is the quickest fuel, and the housewife

here has the choice between the instantaneous automatic heater and the tank heater which is connected to the boiler of the circulating water system.

The instantaneous type furnishes hot water at all times upon the opening of a faucet. It heats a given quantity of water with less gas than the other, but unless undue care is exercised in the use of hot water great wasting occurs and the month's gas bill shows the heater to be an extravagance.

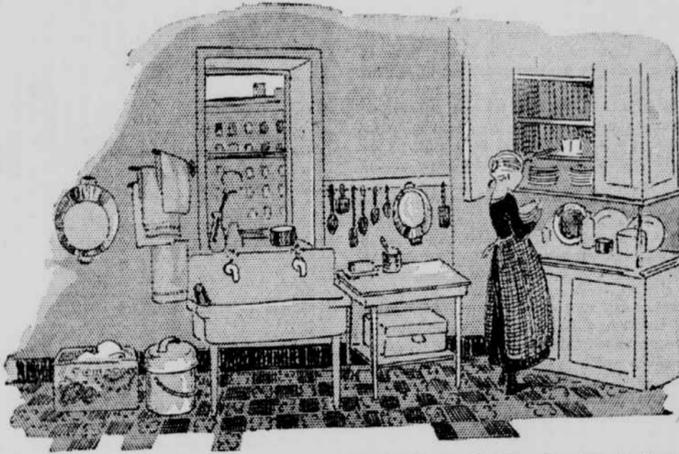
The tank type stores up hot water and when given time and not "pushed" too strenuously has no difficulty in keeping an ample supply on hand. This is the type generally installed, and in the long run proves the most satisfactory.

The kerosene tank water heater has been a godsend to people living in rural districts

burner must be kept lighted all of the time during use, but even thus operated it costs only one cent for two or three hours' continuous ironing with gas at \$1 per 1,000 cubic feet.

Kerosene is not a satisfactory fuel for self-heating irons, owing to the carbonic impurities present in it and the difficulties resulting from the carbonizing of valves, burners, etc. But alcohol irons are an established success, and the one with the two reversible heating surfaces and the glass supply tank is especially efficient and convenient.

The fireless cooker, mechanical dishwasher, etc., are additions to the kitchen equipment which, while not essential in the beginning, may be added from time to time and will be found to be dividend paying investments, especially by the woman who does her own



How Much Has the Dark, Disorderly, Uncomfortable Kitchen So Often Found in the Modern Home to Do with the Servant Problem?

where kerosene oil is the only fuel available, aside from wood or coal. Of course, this heater is not as rapid as the gas, but it provides a good supply of hot water at reasonable operating expense.

Although there are electrical tank water heaters, we have found that heating quantities of water by electricity is not economically practical unless the electric rate is about one cent per kilowatt hour, because of the large current consumption necessary to do the work with any degree of speed.

SELF-HEATING IRONS.

Irons, while really laundry accessories, are used just as often in the kitchen. The self-heating type is the most efficient and labor saving. The carrying of the iron and the walking back and forth between the ironing board and stove are eliminated and the conditions under which the work is done are more comfortable, since a minimum amount of heat is dissipated into the surrounding atmosphere.

The electric iron is now well constructed, with good balance and graceful shape, and is very efficient. A first-class iron will hold its heat so well that the current need be "on" only one-half of the time. Furthermore, there is one with thermostatic control that automatically keeps the temperature always at the point desired.

The self-heating gas iron, owing to reasons of design and construction, has a very low coefficient of heat retention, and, therefore, the

work or who must be ready to fill in the gaps between maids.

WHEN LABOR-SAVING DEVICES ARE USEFUL.

All these labor-saving devices are valuable when used with intelligence and care, but their usefulness depends entirely upon the housewife. As women come more and more to understand the modern profession of housekeeping they will understand that whatever the available source of power and heat may be there are certain utensils that every well-equipped kitchen can have. The possession and right use of them means simply the difference between work well and swiftly done and the oldtime drudgery of inadequate tools and inefficient methods.

And every woman who makes up her mind to do so may have these utensils, no matter where she lives. The mail order house—or the manufacturer—and the parcels post in conspiracy will bring them to the farm woman almost as easily as the big department store and the telephone will serve the dweller in the big cities. What is needed is the "know how," the will and the initiative to choose and order wisely. Some one may insinuate that money is also a prerequisite—but not much is needed for these small conveniences. To prove that this is so two lists are given on this page, one of actual necessities and the other of kitchen luxuries. Look them over and see if you cannot afford an efficient equipment for your kitchen. A third list of indorsed and recommended appliances gives you the result of our own experience.

In the good old days the notable housewives who were our grandmothers and great-grandmothers had exceedingly efficient kitchens—so far as they went. They used to the best advantage all utensils that were at hand, and they kept them as a good workman always keeps his tools. This was when the kitchen was really the centre of home life, and, incidentally, was the most attractive and homelike room in the house. The family not only worked there, but lived and ate there, for it was a room of ample size and much homely comfort.

As life became more complex and outside interests grew, people stopped living in the kitchen. As an evidence of higher standards of living this was a good thing, but unhappily all the beauty and interest of the home

KITCHEN EQUIPMENT.

- TESTED AND ENDORSED.**
- GAS RANGES.**
Cookeasy, Hale & Kilburn, Eighteenth Street and Lehigh Avenue, Philadelphia.
Clark-Jewel, George M. Clark & Co., Chicago and New York.
- WATER HEATERS.**
Holyoke (kerosene), Holyoke Heater Company, Holyoke, Mass., \$20.
Holyoke (gas), Holyoke Heater Company, Holyoke, Mass., \$16.
- KITCHEN TABLES.**
Sani-Onyx, Chicago Hardware Foundry Company, North Chicago, Ill., \$18-\$25.
- REFRIGERATOR.**
Bohn-Syphon, White Enamel Refrigerator Company, St. Paul and New York.
- ELECTRIC IRONS.**
Dover, Dover Manufacturing Company, Dover, Ohio, \$3.50.
A-Best-O Automatic, Dover Manufacturing Company, Dover, Ohio, \$5.50.
- GAS IRONS.**
Perfect, Bless & Drake, 173 Railroad Avenue, Newark, N. J., \$2.50.
- RECOMMENDED.**
- ELECTRIC RANGES.**
Westinghouse, Westinghouse Electric and Manufacturing Company, New York and East Pittsburgh, Penn.
General Electric, General Electric Company, Schenectady, N. Y.
- KEROSENE OIL COOK STOVES.**
New Perfection, Cleveland Foundry Company, Cleveland.
Boss, Huenefeld Company, Cincinnati.
- FIRELESS GAS RANGES.**
Eco-Thermal, Eco-Thermal Company, Warren, Ohio.
- GAS RANGES.**
Direct Action, National Stove Company, Lorain, Ohio.
- REFRIGERATORS.**
Alaska, Alaska Refrigerator Company, Muskegon, Mich.
- KITCHEN TABLE.**
Sanitor, White Enamel Refrigerator Company, 53 West 42nd Street, New York City.
- KITCHEN CABINETS.**
Hastings, Hastings Cabinet Company, Hastings, Mich.
White House (metal), Jones & Kirtland, 133-135 West 44th Street, New York.
McDougall, McDougall Company, Frankfort, Ind.
- ELECTRIC IRONS.**
Westinghouse, Westinghouse Electric and Manufacturing Company, New York and East Pittsburgh, Penn., \$3.50.
Universal, Landers, Frary & Clark, New Britain, Conn., \$4.55.
- GAS IRONS.**
Unedit, Rosenbaum Manufacturing Company, 33 Bleecker Street, New York City, \$3.50.
- ALCOHOL IRON.**
Alpha, The Alpha Company, 56 McWhorter Street, Newark, N. J., \$5.

moved into the "parlor" along with the folks.

THE KITCHEN REDIVIVUS.
At present the pendulum is swinging back to the kitchen—a modern, improved kitchen that can be made as interesting, as beautiful and as homelike as the old farm kitchen so beloved by poets and painters.

There has been an awful period of transition, when the kitchen was something to be shoved away in the dark corner, kept out of sight and ignored as much as possible. This was as bad for the family as a whole life spent within the four walls of her kitchen was bad for the oldtime housewife. Perhaps at last we have struck a happy medium.

It is time to raise a cry of "back to the kitchen" and take a few lessons from the Dutch, from our own forebears and other "far more simple and frugal folk than we, who nevertheless put in their kitchens shining tiles and copper and pewter utensils of the kind that are beloved of collectors and are worth much money.

Why not make our own kitchens attractive and homelike as well as efficient? The kind of equipment chosen can help greatly to do this. Also the arrangement and color. Even curtains and a flower pot in the window are quite sanitary and wholly practicable in the dustless gas and electric kitchen. Perchance, also, some comfort, interest and beauty in the home workshop might contribute a goodly share toward the solution of the servant problem.

Don't begrudge either beauty or utility to the kitchen—it is the dynamo of the home!

UTENSILS EVERY WOMAN WANTS TO HAVE.

DEVICE.	MANUFACTURER.	PRICE.
1 Wizard Alarm Clock,	Yankee Wizard Clock Co., 18 Broadway, New York City.....	\$3.50
1 Home Helps Dishwasher,	Home Helps Mfg. Corp., 29 Broadway, New York City.....	\$5.00
1 Eclipse Bread Maker,	Manning, Bowman & Co., Meriden, Conn.....	\$2.25
1 S. & S. Beater, No. 1,	National Indicator Co., 852 Vernon Ave., Long Island City, New York.....	\$1.75
1 "Dexter" Perfection Grapefruit and Orange Set, No. 98,	Harrington Cutlery Co., 258 Broadway, New York City.....	.65
2 Dexter Cooking Spatulas,	Harrington Cutlery Co., 258 Broadway, New York City.....	.35-.50
1 New Standard Meat and Food Chopper	New Standard Hardware Works, Mount Joy, Penn.....	\$1.00-\$2.00
1 Wear-Ever Aluminum Waffle Mold,	Aluminum Cooking Utensil Co., New Kensington, Penn.....	\$3.10-\$3.40
1 Wear-Ever Aluminum Griddle,	Aluminum Cooking Utensil Co., New Kensington, Penn.....	\$2.50
1 Taylor Fresh Butter Pan,	W. R. Lockhart, 2362 St. Albans Pl., Philadelphia.....	\$3.00
1 Eaka Combination Dipper,	Stuber & Kuck Co., Peoria, Ill.....	.15
1 French Dressing Bottle,	T. G. Hawkes & Co., Corning, N. Y.....	\$2.00-\$6.00
1 Watrous Steel Hot Pan Lifter No. 6,	Watrous-Acme Mfg. Co., Des Moines, Iowa.....	.25
1 Lightning Silver Cleaner,	Frank A. Rolling Co., 47 N. Water St., Philadelphia.....	\$1.00
1 Gem Ice Cream Freezer (2 Quarts)	North Bros. Mfg. Co., Philadelphia.....	\$1.99
1 Combination Kettle and Steamer,	American Stamping and Enameling Co., Massillon, Ohio, and New York.....	\$1.50
6 Pyrex Ware Custard Cups,	Corning Glass Works, Corning, N. Y.....	.15-.90
1 Home Candy Maker's Thermometer,	Taylor Instrument Companies, Rochester, N. Y.....	\$1.00
1 Wilder's Improved Oven Thermometer,	Charles Wilder Co., Troy, N. Y.....	\$1.00
1 Amico Dish Pan,	Amidon & Co., 31 S. Frederick St., Baltimore.....	\$1.50
1 Rollman Peach Stoner, No. 6,	Rollman Mfg. Co., Mount Joy, Penn.....	.35
1 Rollman Apple Cutter and Corer, No. 7,	Rollman Mfg. Co., Mount Joy, Penn.....	.35
1 Perfection Lightning Jar Opener,	Perfection Jar Opener Co., 13 India St., Boston.....	.15
1 New Standard Cherry Stoner, No. 60,	New Standard Hardware Works, Mount Joy, Penn.....	\$1.00

TOOLS EVERY WOMAN SHOULD HAVE.

- COOKING.**
- 4 Bread pans (aluminum, glass, enamel, tin).
 - 2 Layer cake pans, round or square (aluminum, glass, enamel, tin).
 - 1 Pie plate (aluminum, glass, enamel, tin).
 - 1 Covered roaster (aluminum, enamel, sheet iron).
 - 1 Heavy household frying pan (aluminum, sheet steel).
 - 1 Small frying pan.
 - 1 Casserole (glass, earthenware).
 - 1 Double boiler (aluminum, enamel).
 - 1 Pudding pan (aluminum, enamel).
 - 1 Tea kettle (aluminum, enamel).
 - 1 Colander (aluminum, enamel).
 - 1 Toaster.
 - 1 One-quart lipped saucepan with cover (aluminum, enamel).
 - 1 Four-quart lipped saucepan with cover (aluminum, enamel).
 - 1 Eight-quart Berlin kettle with cover (aluminum, enamel).
 - 1 Muffin pan (aluminum, tin).
- MIXING.**
- 2 Mixing bowls.
 - 1 Measuring cup (aluminum).
 - 1 One-quart graduated measure (aluminum).
 - 1 Flour sifter.
 - 1 Rolling pin.
 - Scale.
 - 1 Egg beater.
 - 1 Biscuit cutter.
 - 1 Doughnut cutter.
 - 1 Set measuring spoons.
 - 1 Shallow mixing spoon (wooden).
 - 2 Large mixing spoons.
- MISCELLANEOUS.**
- 1 Chopping bowl and knife.
 - 1 Pair scissors.
 - 1 Corkscrew.
 - 1 Can opener.
 - 1 Potato masher.
 - 1 Nutmeg grater.
 - 1 Pancake turner.
 - 1 Lemon squeezer (glass, metal).
 - 1 Slicer.
 - 1 Vegetable knife.
 - 1 Standard teaspoon.
 - 1 Standard tablespoon.
 - 2-Case knives.
 - 1 Kitchen forks.
 - 1 Long-handled cooking fork.
 - 1 Ladle.
 - 2 Vegetable scrub brushes.
 - 1 Coffee Mill.
 - 1 Garbage pail.
 - 1 Salt shaker.
 - 1 Pepper shaker.
 - 1 Bread box.
 - 1 Knife sharpener.
 - 1 Milk bottle cap.
- DISHWASHING EQUIPMENT.**
- 1 Dishpan.
 - 1 Dish drainer.
 - 1 Large dish mop.
 - 1 Small dish mop.
 - 1 Soap shaker.
 - 1 Soap dish.
 - 1 Plate scraper.
 - 1 Metal pan scraper.

By ANNE LEWIS PIERCE and DE WITT V. WEED, JR., E. E. Of the Tribune Institute.

ALF a loaf is better than no bread" is a homely proverb that few women appreciate. The conservative sex is not strong on compromise. Adaptability seems a dubious yielding to half measures, but the woman who holds to her ideal of an electric range while she cooks with the best kerosene stove available is the one who gets the most out of life.

Whatever is the cheapest form of heat in your home town is the one to use. If gas is "natural" to the soil, use that. Even the good old coal range has its advocates—especially for broiling—but it rates very low for convenience. Electricity is ideal, but is usually expensive, and so it goes.

If a woman is bound to have an efficient self-heating iron she can have it—whether it be electric, gas or alcohol, whether she lives in New York, a small town or on a ranch.

COST OF HEAT AND POWER.
In New York City, at prevailing prices for

TESTED AND ENDORSED RECIPES

These Contributed Recipes Have All Been Tested and Approved by the Cooking Expert of The Tribune Institute. We Pay the Contributors \$1 for Each Recipe That Is Printed.

COFFEE SPONGE PUDDING.
1 egg.
1 cupful sifted flour.
1 cupful granulated sugar.
4 tablespoonfuls of clear coffee.

1 teaspoonful of baking powder.
Beat the yolks very light until creamy with sugar and coffee, add flour and whites beaten to a stiff froth gradually. Baking powder last. Bake in a pan with tube in a moderate oven. Whip half a pint of cream with two tablespoonfuls of liquid coffee. Sweeten to taste and dot with Marshchino cherries.—A. D., New Jersey.

SWEET PICKLED RINDS.
This recipe will do equally well for watermelon, cantaloupe or citron rinds. Cut the rinds in desired shapes and sizes and pack in a stone crock. Pour over them enough scalding vinegar to cover. Drain the vinegar on three successive days, then wash and weigh the rinds. Allow three pounds of

sugar to five of the fruit, one quart of vinegar and two ounces each of cloves, cinnamon and allspice. Boil all together until the rinds are tender, then remove them and boil down the syrup. Put the rinds in the jars and pour the hot syrup over them.
J. Y. N., New York.

JOHNNY CAKE.
1 cupful cornmeal.
2/3 large cupful of flour.
2 teaspoonfuls baking powder.
1 egg.
2 tablespoonful sugar.
1 dessertspoonful of melted butter.
1 even cupful of sweet milk.
Bake in a quick oven.
—Miss R. A., Maine.

ENGLISH PRESSED MEAT.
I find that an excellent way of utilizing cold scraps of meat, particularly steak, is to make "pressed meat," an English dish little known here. Run the meat through the chopper twice, add seasoning, moisten with salad dressing and pack into a mould, pressing it down hard with a tablespoon. Pour melted butter on the top and leave in refrigerator several hours. It can then be sliced and served as a luncheon dish.—A. M., New York.

PARALYSIS OF THE CONSCIENCE

ARE people afflicted with paralysis of conscience regarding the common—but most dangerous—diseases of children that it takes an epidemic of the mysterious infantile paralysis to rouse them to the point of taking precautions that should be taken in every case? This is what "The Public Health News" of the New Jersey Health Department wants to know.

It repeats what many physicians have asserted during the recent epidemic and its accompanying panic—that, as a cause of illness and death, infantile paralysis is not nearly so important as diphtheria, scarlet fever, typhoid or even measles or whooping cough. There is no excitement over these diseases or the deadly diarrhea that carries off so many hundreds of babies every summer, yet each one is more to be dreaded than poliomyelitis, and each one is preventable.

"But," says "The Public Health News" hopefully, "it takes a catastrophe to arouse people to action. If the interest in public health problems aroused throughout the country by the present outbreak of infantile paralysis can be so directed and

utilized as to result in establishing permanently more energetic health measures all along the line, the outbreak may prove a blessing in disguise.

"Sanitary legislation in New Jersey had its inception in the prevalence of yellow fever. The organization of boards of health was undertaken at a later period because of the prevalence of Asiatic cholera in the state. If the public health movement be advanced a step further by the present outbreak the profit may be greater than the loss. The value of an epidemic depends upon the degree to which it stirs people to intelligent, effective action.

"Already the stirring effect of the policy of frank publicity adopted by the New York City health authorities is being keenly felt everywhere. Local authorities in many communities are taking speedy and even drastic, though often ill-advised, preventive measures. As a result, there are being revealed long-standing conditions that never should have been tolerated under any circumstances and a woful unpreparedness on the part of the local authorities in some communities to meet public health emergencies."