



# The Tribune Institute

At Your Service



Efficiency: These Devices Lighten Housework

## TESTED AIDS FOR THE HOUSEHOLD

System: Every Business Must Have Its Machinery

Electric Warming Table No. 2576  
Made by Walter J. Buzzi, Inc., 505 West 21st Street, New York, N. Y.

Look in Part II, Tribune Graphic, for Detailed Illustrations of the Appliances Described on This Page

Also, an equipment of this kind offers a decided inducement to the skilled and intelligent woman who regards housekeeping as a profession, and who perhaps has been trained for it as she would be for any other profession.

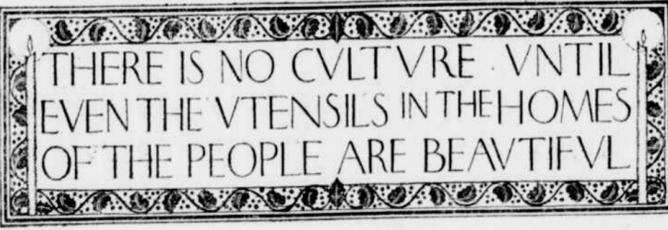
The ideal modern kitchen would hardly be complete without one of these electric warming tables. It is made entirely of metal, the body is of polished iron, a non-corrosive material, with nickel-plated hardware and trimmings. The top is of steel, porcelain enameled, and so smooth that it is very easily kept clean.

This top is insulated against the heat below by a substantial lining of asbestos, which also extends all around the side walls, so that the worker standing by the table has not only a cool surface to work on, but is protected from the heat of the warming closet.

The table is 42 inches long by 28 inches wide and is 34 inches high. On the left side is the electrically heated food or plate warming compartment, which measures 25 inches by 16 inches in length and width, and is 10 inches high. This compartment is made of galvanized iron, insulated as already described. It is equipped with a three-heat electric unit, controlled by an indicating snap switch, and is provided with a small pilot light which glows when the current is turned on. The compartment can be heated quickly and the proper temperature may be maintained on a medium or low heat. Directly above the switch and pilot light is the small metal drawer for storing the tools used in cooking. This drawer is 17 1/2 inches by 11 1/2 inches in length and width and is 5 inches high.

Underneath the body of the table is a slatted wrought iron shelf for pots and pans. The legs are square tubular, with pear-shaped feet, that simplify the task of the floor washer that has to clean around it.

These tables are made to order. Therefore, they can be obtained in any size, and are designed and constructed to embody any special features that may be desired. The materials and workmanship are first class. Prices on application to manufacturer.



ONE of the problems of the cook is to find the best way of keeping one course of a dinner warm while she is serving another. There are various devices to attain this end, such as warming ovens, warming cabinets to fit over the radiator, and the like, but unquestionably the most convenient is the electric warming table. This provides an electrically heated warming cabinet deep enough to hold a turkey and large enough to accommodate other hot dishes of the accompanying course, and at the same time provides a cool working top to the table and drawer in which to keep kitchen knives, forks, spoons and other implements, and a shelf below for pots and pans.

While Soup Is Being Served and the Shortcake Made for Dessert the Roast Keeps Hot in the Electrically Heated Compartment of This Warming Table

**THERE IS NO CULTURE UNTIL EVEN THE UTENSILS IN THE HOMES OF THE PEOPLE ARE BEAUTIFUL**

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 and 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.

**Lightning Potato Slicer**  
Made by Landers, Frary & Clark, New Britain, Conn.

Nearly every one enjoys the crisp delicacy of Saratoga potatoes, but in most families they are served only at rare intervals, because of the long time required to prepare them with an ordinary slicer.

Therefore, a real boon to the housewife was produced when an inventive mind saw the possibility of a slicer which not only cuts delicately thin slices of potato without wasting a scrap, but mercifully spares the fingers from any possibility of injury during its amazingly swift work.

It is well named the "Lightning Potato Slicer," because the turning of the handle slices the potato so swiftly that the paper-thin slices literally fly from its surface. It requires only a few minutes to prepare Saratoga potatoes enough to supply a large family. The lightning slicer is equally valuable in preparing citron for fruit cake. Every cook knows that this is a long and wearisome task, and that with all her care it is difficult to avoid cutting some of the slices too thick.

The thickness of any slice may be regulated by adjusting the cutting blades, which are manipulated by small screws in the flat plate in which the knives are set at a more or less acute angle, according to the thickness of the slice desired.

The Lightning Potato Slicer consists of a double clamping metal standard which horizontally supports a rod shaft, with a crank handle at its outer end, and a six-inch disk in which is set four radial steel cutters or knives attached at the inner edge. The platform upon which the potato rests is just above the shaft, behind the disk. There is a guide or pusher, with which the potato, or whatever is to be sliced, may be pressed against the cutting knives. This is a small shield, with dull points in front, which holds the potato firmly without piercing it, and also serves to guard the fingers from contact with the knives.

The metal parts of the machine are japanned in bronze. Price, \$1.00.

**Hart Self-Draining Boiler and Sterilizer**  
Made by William Hart, 34-36 Catharine Street, New York, N. Y.

This is not the kind of a kitchen device which spends most of its time on the top shelf, making only an occasional appearance when the cook happens to think of it. Not only can it be used every day, but its uses are so many that it becomes practically indispensable to the housewife.

It acts as a steamer, colander and inner boiler for foods that do not need to be kept from contact with the water. Also, it saves numberless steps by doing away with the necessity of getting a colander every time it is necessary to drain vegetables, macaroni or anything that requires draining. It is necessary only to place the vegetable, coarse cereal, soup-meat or whatever you may be cooking in the perforated container, which is put into the cylindrical boiler containing the water. When it is necessary to have a double boiler for small quantities of foods that should be kept from direct contact with boiling water a smaller vessel of necessity is provided, which may be placed inside the perforated container and used exactly like an ordinary double boiler.

The perforated container has wire legs and a series of projections that fit into the rests on the inside of the outer pan. This device makes it possible to raise the container with the cover attached and keep it at the desired height, so that whatever is cooked may be drained and kept warm at the same time. By this device also the cooking process may be delayed at any moment and resumed when necessary.

In the tests given in the Tribune Institute a delicious clear soup was made by placing the meat and vegetables in the perforated container and then simmering as usual. For cooking a whole bunch of asparagus without injury to the delicate heads this boiler has proved ideal, as it does in any case where the food to be cooked should be kept free from boiling.

The Hart Self-Draining Boiler and Sterilizer consists of a cylindrical boiler 7 3/4 inches in diameter and 8 inches high, with a ball handle Alaska grip. Inside of this is fitted a perforated container 5 1/4 inches in diameter by 7 inches high, with a small inset 4 1/4 inches in diameter by 6 1/4 inches high. This container has a ball handle and a cover. The whole device is constructed of metal, with a tinned finish. Price, \$2.50.

**Universal Butter Churn and Cream Whip**  
Made by Landers, Frary & Clark, New Britain, Conn.

In every cream-loving family dabs of cream are often left, and unless there is a cook who knows how to utilize sour cream they are often wasted. But with this little churn it is possible to utilize every drop of superfluous cream in making the coveted delicacy we call sweet butter, which must be made in small quantities, because it will not keep.

In the test given in the Tribune Institute laboratory nine ounces of butter were made from 1 1/2 pints of cream with the aid of this convenient little churn. It took only fifteen minutes to turn out the finished part of sweet butter, which, by the way, was washed in the churn by putting in cold water once or twice.

If you want good results in butter-making, care must be taken to churn a sufficiently large

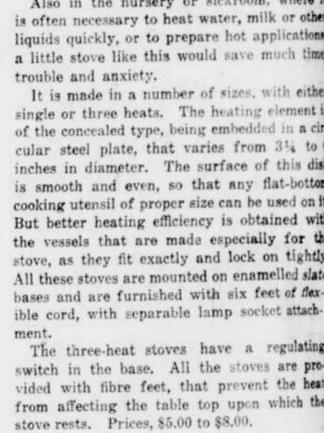
**Simplex Portable Electric Stove**  
Made by the Simplex Electric Heating Company, Cambridge, Mass., and 116 West 32d Street, New York, N. Y.

This tiny electric stove ranges from the size of a butter plate to that of a salad plate. It can be used anywhere within six feet of a lamp socket, and will cook anything that is cookable on top of a small stove. For light housekeeping, or the devotee of the kitchenette, or the dweller in one room who wishes occasionally to prepare her own coffee and a simple dish or two for supper or breakfast, it would be invaluable.

Also in the nursery or stockroom, where it is often necessary to heat water, milk or other liquids quickly, or to prepare hot applications, a little stove like this would save much time, trouble and anxiety.

It is made in a number of sizes, with either single or three heats. The heating element is of the concealed type, being embedded in a circular steel plate, that varies from 3 1/2 to 6 inches in diameter. The surface of this disk is smooth and even, so that any flat-bottom cooking utensil of proper size can be used on it. But better heating efficiency is obtained with the vessels that are made especially for the stove, as they fit exactly and lock on tightly. All these stoves are mounted on enameled steel bases and are furnished with six feet of flexible cord, with separable lamp socket attachment.

The three-heat stoves have a regulating switch in the base. All the stoves are provided with fibre feet, that prevent the heat from affecting the table top upon which the stove rests. Prices, \$5.00 to \$8.00.



These Are the Separate Parts of the Self-Draining Boiler and Sterilizer

Economy: Cost is 50 Cents a Day for Each Person

## TWENTY-ONE MEALS A WEEK

Food Value: Each Meal is a Balanced Ration

**BOTH** breakfast and luncheon for Monday may be planned with the "left overs" from the week's end as their basis, the last of the veal loaf being converted into a savory browned hash and the remainder of the guinea hen used as the principal ingredient for the club sandwiches. It may be well to mention in connection with the sandwiches that if there happens to be no bacon or ham in the larder, a tiny sprinkling of shredded dried beef may be substituted with excellent results. A little additional mayonnaise should be added when the beef is employed, as it is drier in composition than either the ham or the bacon.

To give still greater variety to the week's menus, a cold meat dinner is arranged for Tuesday, and only one fish dinner is served during the week. This changing around of the main dinner course and giving the family a complete surprise instead of what they expect is well worthy of the housekeeper's best efforts, while a slightly different service of the cold meat, a new sauce for the fish, will maintain her reputation as a good caterer.

Soups for the coming week embrace a number of delicious varieties. Use the guinea fowl bones with any of the dressing and gravy for the purpose of game and half a can each of corn and tomatoes for the chowder on Tuesday. This chowder does not require meat, although a slice of minced salt pork improves its flavor.

The root of the tongue, after the last shreds of meat have been removed, may be cooked with the outside stalks and some of the chopped tops of a bunch of celery. This will give a delicious celery bouillon after it is strained and reheated and the mutton bones, with the addition of chopped turnips, carrots, onions and barley, can be slowly simmered, then cooled and after the fat is removed, used for the nourishing Scotch broth on Friday.

Both the vegetable soup and cream of spinach are made without meat, the latter being prepared from the left-over vegetable of the previous night's dinner.

The beef tongue, fore-quarter of mutton and the fowl for Sunday's dinner are the principal purchases from the butcher during the week. Both of the former, however, furnish subsequent dinners, one an additional meal in the form of luncheon timbales. The bones are utilized in making soups.

**Tested Recipes**  
**ESCALLOPED MACARONI WITH SAUSAGE**

This is a very hearty and delicious dish, especially suited for service on a cold winter's day. Fortunately, it is very inexpensive and may be the means of using up three or four cooked sausages left from a previous meal or a few slices of bologna that may be on hand in the larder. Chop the sausage finely and cook half a package of macaroni, broken in short lengths, in actively boiling salted water until tender. Then drain the macaroni, rinse quickly with cold water and drain again. Butter a baking dish, put in a layer of the macaroni and moisten slightly with a little thick tomato sauce. Cover this with a layer of the minced sausage and continue with alternate layers of the ingredients until the dish is nearly filled. Cover the top with browned, crushed bread crumbs, dot with bits of butter and bake in a hot oven for twenty minutes. Serve in the baking dish.

**CHOCOLATE BREAD PUDDING**

Pour two cups of scalded milk over three-quarters of a cup of graded bread crumbs, add two and a half squares of melted unseasoned chocolate, two well beaten eggs, one pinch

of salt, half a teaspoon of vanilla extract, three-quarters of a cup of sugar and one-quarter of a cup of cold milk. Beat the mixture well, cool and pour into a buttered baking dish. Set the dish in a pan of hot water and bake until set in a moderate oven. Serve with a foamy sauce.

**RAISED GLUTEN ROLLS**

Scald a pint of milk with one scant teaspoon of salt, one teaspoon of sugar and a level tablespoon each of lard and butter. Remove from the fire, cool to blood heat and add half a yeast cake dissolved in half a cup of tepid water, one tablespoon of molasses and sufficient gluten flour to form a soft dough. Work well with a wooden spoon until the mixture leaves the sides of the bowl or pan, then cover and set in a warm place to rise over night. Set gluten rolls late in the evening, say, at 10 o'clock. In the morning turn out on the bread board, knead thoroughly, and when the dough is very light and elastic roll out into a sheet about one-quarter of an inch thick. Cut into small circles, brush over with melted butter, fold over into half circles and lay in a greased baking pan. Again let them rise until they have doubled in size, brush over with a little milk in which has been dissolved a teaspoon of sugar and bake

in a moderately hot oven until crisp and brown. These rolls will be found delicious, and they are equally good reheated.

**TAPIoca JELLY WITH FIGS**

Cook until clear three heaping tablespoons of any instant tapioca and the same amount of sugar in two teacups of hot water. When nearly cooked add the juice of half a lemon and one small cup of strained orange juice. Remove from the fire, cool, beat until very smooth, and as it begins to jelly mix in one cup of figs that have been boiled until plump, then drained thoroughly and shredded into small pieces. Beat again, turn into a mould that has been rinsed with cold water and set in a cold place to chill and harden. Serve unmoulded with thin cream, sweetened whipped cream or a custard sauce.

**GREEN PEPPERS STUFFED WITH FISH FORCHEMEAT**

This is another very economical recipe, as only a small amount of fish is required to prepare it. Cut the fresh peppers in halves, remove the seeds and membrane, soak in cold water for fifteen minutes and then parboil in salted water for ten minutes, changing the water once. Drain and dry thoroughly. Flake the fish that has been

freed from skin and bones into small particles and mix with an equal quantity of grated bread crumbs. Season highly with salt, celery salt and one tablespoon of Worcestershire sauce and add two tablespoons of melted butter. Pour it white hot into a buttered mould and enough cream to moisten slightly. Mix well, fill into the prepared peppers and place in a baking pan. Cover the tops with dried, crushed bread crumbs that have been moistened with a little softened butter and bake in a hot oven for fifteen minutes.

**CARAMEL RICE PUDDING**

Melt one-quarter of a cup of granulated sugar in a small saucepan and cook until brown, but do not burn. Pour it white hot into a buttered moulding dish and spread over quickly the inside. Wash one-third of a cup of rice, parboil, drain and cook slowly in two cups of milk (in the upper part of the double boiler) for thirty minutes. Turn into a basin, add two tablespoons of sugar, one tablespoon of butter, a pinch of salt, two lightly beaten eggs, half a teaspoon of lemon juice and one-quarter of a cup of nut-tara raisins. Mix well, pour carefully into the mould containing the caramel, set the mould in a vessel of hot water and bake in a moderate oven until set. Turn out and serve hot or cold.

By VIRGINIA CARTER LEE  
Culinary Expert of The Tribune Institute

All these menus have been planned by Miss Lee for the special benefit of the housekeeper who wishes to give the right food to each member of her family and at the same time to make each dollar of her house-keeping budget count for its utmost value. Therefore wise buying, careful use of left-overs, the use of novel and tempting dishes and the right relation of foods to one another form the basis for planning the twenty-one meals a week suggested by The Tribune Institute. Miss Lee prints here the recipes that cannot be found in the average cook book. Additional recipes of any dishes mentioned in these menus that may be unfamiliar to the housewife will gladly be sent to any reader who will write to Miss Lee, in care of The Tribune Institute, enclosing a self-addressed stamped envelope, and stating clearly which recipes she desires.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b> Stewed Prunes with Lemon Slices Cooked Cereal Browned Veal Loaf Hash (Last of veal loaf) Beaten Biscuits Coffee	<b>BREAKFAST</b> Grapefruit Coupe Scrambled Eggs with Catsup Fried Moulded Cereal Coffee	<b>BREAKFAST</b> Stewed Whole Apples in Syrup Uncooked Cereal Creamed Salt Codfish on Toast Raised Gluten Rolls Coffee	<b>BREAKFAST</b> Strained Orange Juice Cooked Cereal Creamed Chipped Beef Maple Syrup	<b>BREAKFAST</b> Cooked Cereal with Dates Curried Eggs Bath Buns Coffee	<b>BREAKFAST</b> Baked Marshmallow Apples Broiled Liver and Bacon Cereal Gems Coffee	<b>BREAKFAST</b> Tangerines Uncooked Cereal Fried Smelts Cream Scones Coffee
<b>LUNCHEON</b> Club Sandwiches (Utilizing left over guinea hen) Rolled Thin Bread and Butter Apple Sauce	<b>LUNCHEON</b> Escalloped Macaroni and Sausages Brown Bread Sandwiches Peach Junket	<b>LUNCHEON</b> Tongue Timbales Celery (Last of boiled tongue) Reheated Rolls Tapioca Jelly with Figs	<b>LUNCHEON</b> Cheese Fondue Nut and Celery Salad Rye Bread Sandwiches Fruit Compote	<b>LUNCHEON</b> Puree of Bean Croustons Lettuce Sandwiches Tea Farina Custard	<b>LUNCHEON</b> Green Peppers Stuffed with Fish Forcemeat Bread Sticks Olives Caramel Rice Pudding	<b>LUNCHEON</b> Poached Eggs on Cheese Toast Toasted Crumpets Maple Dressing Pie
<b>DINNER</b> Puree of Game Soup (From guinea fowl bones) Boiled Tongue Spanish Sauce (In the fireless cooker) Boiled Potatoes Fried Parsnips Cabbage Salad Nut Cottage Pudding Maple Sauce	<b>DINNER</b> Corn and Tomato Chowder Cold Sliced Tongue Chutney Sauce Hashed Browned Potatoes Asparagus Tips Stuffed Egg Salad Chocolate Bread Pudding Foamy Sauce	<b>DINNER</b> Celery Bouillon in Cups Roast Fore-Quarter of Mutton Wild Grape Jelly Browned Potatoes French Peas Lettuce and Radish Salad Coffee Mousse	<b>DINNER</b> Cream of Clam Soup Mutton Souffle Candied Sweet Potatoes (From cold mutton) Buttered Beets Vegetable Salad Lemon Raisin Pie	<b>DINNER</b> Scotch Broth (From mutton bones) Boiled Halibut with Oyster Sauce Potato Balls String Beans Tomato Salad Fruit Jelly	<b>DINNER</b> Vegetable Soup Broiled Hamburg Steak with Onions Escalloped Potatoes Spinach Endive Salad Apple Fritters	<b>DINNER</b> Cream of Spinach Soup (From last night's vegetable) Braised Fowl with Mushrooms Crabapple Jelly Sweet Potato Puff Corn Fritters Celery Salad Vanilla Ice Cream with Hot Chocolate Sauce