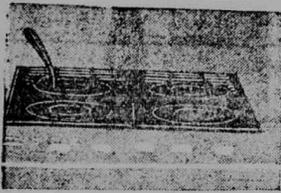


Tested Aids for Keeping the Cook Cool and Comfortable



The heat distributor saves fuel

HOW many kitchens boast of an electric fan, and how many rooms in the house need one so much? The wise housekeeper by proper selection of the equipment can do much toward transferring the realm of the cook from tropical regions to the temperate zone, and that always means greater efficiency.

The first investment, where electricity is available, should be a medium sized electric fan, located in such a position that the air will be circulated and the hot air in the top of the room forced out of the upper part of the window without the breeze directly striking on the maid, her work or the stove. The top of the kitchen cabinet is a promising location for an electric fan. The Home Sewing Motor with fan attachment would answer the purpose in a small kitchen and at other times could be used in the sewing room.



To cook meat and vegetables under pressure means tender food, less heat in the stove and less in the air

During the summer months the fireless cooker proves of double value to its fortunate possessor, since it not only reduces the time and fuel needed for cooking the meals, but no heat is thrown off into the kitchen atmosphere. Instead of having a sizzling hot oven going an hour or two for the roast or the baking, two soapstones are heated over the top medium gas burner for a period of twenty minutes and then locked in a compartment of the fireless, where all the heat is confined and utilized to roast the meat instead of cooking the cook. Instead of hovering over a hot stove to baste the meat or looking to see if the cake is browning properly, you can sit on the porch to shell peas or even make a neighborly call or read while the cooker does the work. The fireless is a one hundred per cent patriot, conserving fuel, time and labor. Enlist one on your kitchen staff.

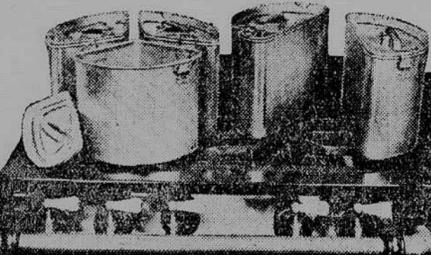
If the fan and fireless cooker are captains of industry, then the pressure cooker should be commissioned first lieutenant. This apparatus is made of cast aluminum in the form of the familiar old iron kettle and is provided with a tight fitting cover upon which is mounted a steam pressure gauge and safety valve. The inside of the cooker is entirely smooth and contains a wire platform for the food. Cooking meats and vegetables under pressure is a simple matter with this device and the tougher and cheaper cuts of the former can be reduced to tenderness by its use. After the pressure is once attained it can be maintained with very low gas flame, thus economizing on fuel, and the safety valve automatically releases the pressure when it approaches thirty pounds, so there is no danger involved.

This cooker is useful throughout the year, and in the canning season it serves as an excellent pressure canner on a small scale. It has the advantage over the washboiler of greatly shortening the time of processing, reducing the amount of heat escaping into the surrounding air and using considerably less gas.

Another conservator of fuel and time is the "Conservo" Steam Cooker, which is in the form of a rectangular oven, containing a number of removable wire shelves, while the bottom is closed and serves as a water pan. When set over the gas flame the heat boils the water in the pan and fills the compartment with steam, which cooks the confined foods. With proper selection it is possible to prepare a whole meal at one time in this apparatus, since meats, vegetables, custards, puddings, etc., can be successfully cooked together. A tube



Nests of utensils and a steam cooker, in which two or three foods can be cooked over one burner at one time.



with a whistle in its upper end projects into the water pan and fifteen minutes before the water supply needs replenishing it gives the alarm by whistling and keeps it up until its needs are met.

This cooker is made in a number of models, with either top, side and door of tin and a copper bottom or entirely of copper.

To further economize in gas consumption and kitchen temperature, equip the gas stove with a heat distributor. This device is a cast iron top which gives the gas stove the appearance of a coal range and so distributes the heat from one burner that two or three different utensils, covering half of the stove surface, can be heated at one time.

A half round or triplicate set of aluminum utensils is extremely useful. One set consists of two semicircular vessels, while the other is three segments of triangular shaped utensils, and each set

less heat, these appliances save much time and labor, as there is no lifting and carrying of the iron back and forth between the range and the ironing board. The kitchen is the most important room in the house, and everybody—great and small—knows that "sinking feeling" that pervades the home when morning comes and the cook doesn't.

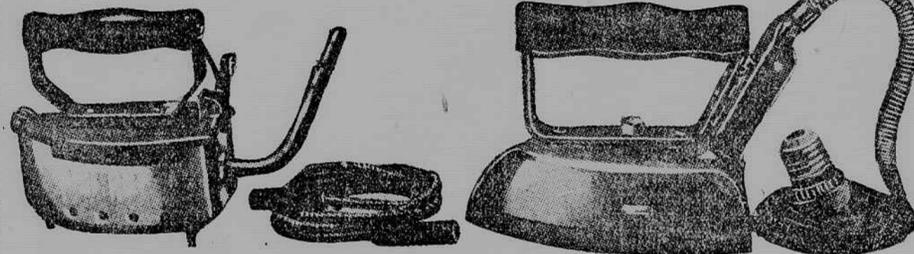
Why lavish ornamentation and comforts on the rest of the house and "skimp" the kitchen? Equip the kitchen first and keep the cook cool and comfortable. New conveniences may be scorned as trouble makers at first, but they soon become trusted old friends and trouble savers.

On ironing day do not start your coal fire or light your gas stove, but do the work by either self-heating electric, gas or alcohol irons and immeasurably cooler temperatures will prevail in the kitchen. In addition to throwing out



Electrical table appliances, chating dishes, coffee filters and toasters indirectly cool the kitchen by transferring certain cooking operations to the dining table, and should be included among those present as "Kitchen Coolers."

NOTE—See Tribune Graphic for other appliances tested and endorsed by The Tribune Institute.



Self-heating gas and electric irons save steps, time and fuel

TESTED AND ENDORSED APPLIANCES FOR THE SUMMER KITCHEN

(Prices subject to change)

Electric Fans

Marelli. Price, \$11.50. H. Boker & Co., 101-103 Duane Street, New York.
Western Electric. Price, \$8. The Western Electric Company, 105 West 40th Street, New York.
Whirlwind. Price, \$10. Westinghouse Electric and Manufacturing Company, 165 Broadway, New York, and East Pittsburgh, Penn.
Home Sewing Motor with fan attachment. Price, \$18.25. Hamilton Beach Manufacturing Company, Racine, Wis., and 114 Liberty Street, New York.

Fireless Cookers

Caloric. Prices, \$14-\$43. Caloric Company, Janesville, Wis.
Domestic Science. Prices, \$14-\$43. Toledo Cooker Company, Toledo.
Duplex. Prices, \$10.50-\$29. The Durham Manufacturing Company, Muncie, Ind.
Thermatic. Prices, \$11.50-\$40.50. The Diller Manufacturing Company, Bluffton, Ohio.

Electric Irons

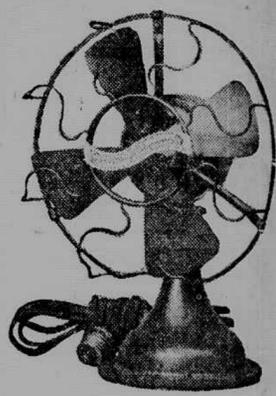
Hotpoint. Price, \$5.50. Hotpoint Electric Heating Company, 147 Waverley Place, New York.
Simplex. Price, \$5.50. Simplex Electric Heating Company, Cambridge, Mass., and 120 West 32d Street, New York.
Universal. Price, \$5.50. Landers, Frary & Clark, New Britain, Conn.
Western Electric. Price, \$5.50. Western Electric Company, 105 West 40th Street, New York.
Westinghouse. Price, \$5.50. Westinghouse Electric and Manufacturing Company, 165 Broadway, New York, and East Pittsburgh, Penn.

Conservo Steam Cooker. Prices, \$8-\$44. The Toledo Cooker Company, Toledo.

Half Round Pails. Price, \$3.50. The Toledo Cooker Company, Toledo.

Triple Pails. Price, \$3.50. The Toledo Cooker Company, Toledo.

Nu-Top Heat Distributor. Price, \$7. H. R. Corwin Manufacturing Company, Firemen's Building, Newark, N. J.



as having no money value and of house-keeping as "unskilled labor." But at the model kitchen exhibits more men lingered than women, and went their way shaking their heads and murmuring, "Some kitchen."

A refrigerator that saves ice and gives you the most "cold" for your money; the washing machine that is the right size and uses the most convenient power, water, electricity or hand; a vacuum cleaner that uses the least current, takes the least effort to operate, and insures the most contented house-keeper; the gas stove that fits your needs best and means the least stooping for the cook and the smallest gas bill for the man of the house to pay—all these things mean much to the family budget, but how can you tell which one to buy?

In the Institute there is an engineer to test the equipment for construction, durability and operating efficiency, and a domestic scientist to make the practical household test. The results are reported to you week by week on this page, but the accumulation of two years' work is on file and "at your service" any time that you will call on us, by mail or telephone or in person.

ANNE LEWIS PIERCE, Director, Tribune Institute.

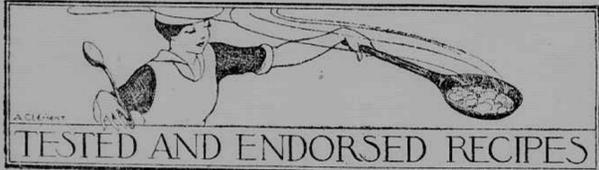
THE TRIBUNE INSTITUTE SERVICE—WHAT IT STANDS FOR

The Institute endorses the tested tools for professional housekeeping. The Institute believes in the best of up-to-date equipment for the doing of housework—not from the standpoint of luxury, but because it means economy, comfort, smooth running machinery, and time saved for more important and less routine tasks if the house, as well as the office and factory, is equipped with labor-saving appliances.

Any man will see this if you point it out to him. He won't unless you do, for he thinks of the housekeeper's time



The fuel, time and labor-saving "fireless"



Fruit and Vegetable Cocktails

By VIRGINIA CARTER LEE

DAINTY fruit and vegetable cocktails, icy cold, are more appetizing in appearance and flavor than hot soups. If the combinations are rightly made and blended by a skilful hand a very interesting branch of culinary experimentation is opened up to the housekeeper.

Fortunately, into these delicacies go bits of both fruit and vegetables that might otherwise be wasted, so that they are economical; and the two important points to remember in making them is that they should always be crisp and cold, and that when fruits are used they must never be oversweetened. In fact, if the fruits are sufficiently ripe and the very acid varieties are not introduced, no sugar should be used at all, for their mission is to act as appetizers and not to cloy the palate.

The character of the meal must also be taken into consideration when the cocktails are served, for a fruit variety should not appear when other fruits are served; neither should a vegetable cocktail (generally blended with a dressing) be even suggestive of the salad or the vegetable that accompanies the meal.

Grapefruit, grapes and apples combine particularly well with many vegetables, like celery, radishes and even a bit of diced cucumber; and with a little experimenting on the housewife's part a most of good combinations are possible.

Following are some tested suggestions for the preparation of these delicious and healthful cocktails.

Cucumber Cocktail

Blend together two tablespoonsful of chopped peeled cucumber, one teaspoonful of grated horseradish, half a teaspoonful of grated white onion, one tablespoonful of minced celery and one teaspoonful of chopped radish (unpeeled). Drain well, sprinkle very lightly with salt and mix with a French dressing. (Individual portion.)

Cantaloupe Cocktails

Dice the melon and add half the amount of diced ripe peaches. Sprinkle lightly with a little grated nutmeg and marinate on the ice with a little sweet orange juice. Serve very cold.

Grape Cocktails

These cocktails are rather troublesome to make, as the grapes must be seeded and pressed from the skins. Place in each glass three tablespoonsful of the grape pulp, add one tablespoonful of diced sweet pear and cover with chilled grape juice. (Individual portion.)

Tomato Cocktail

Two tablespoonsful of minced peeled tomatoes, two tablespoonsful of aspic jelly cut in tiny dice, half a teaspoonful of chopped chives and two tablespoonsful of chopped peeled radishes. Moisten with a very plain boiled dressing and serve in green pepper cups. (Individual portion.)

Green Pepper Cocktails

Free one small green pepper from seeds and membrane and parboil for five minutes in salted water, drain, chop and chill. Add three chopped radishes (unpeeled), one stalk of chopped celery and a tablespoonful of cooked string beans cut in dice. Marinate the vegetables in a French dressing for half an hour, then drain, place in a chilled cocktail glass and dress with a Nicoise dressing (individual portion). This dressing is so good to serve with any cooked vegetable cocktail that the recipe is given:

Nicoise Dressing

Mash the yolk of a hard boiled egg and add half a teaspoonful of mustard, one teaspoonful of finely chopped chives, half a teaspoonful of salt, one-quarter of a teaspoonful of paprika and one teaspoonful of chopped parsley. Then gradually blend in four tablespoonsful of vegetable oil, one teaspoonful of chill sauce and one tablespoonful of vinegar, sufficient to dress three cocktails.

Peach Cocktail

Peel and dice ripe fruit, allowing one peach for each serving. Add a few drops of lemon juice, four Maraschino cherries cut in halves and three tablespoonsful of the cordial. (Individual portion.)

Watermelon Cocktails

Use twice as much chilled diced watermelon as shredded pineapple. Place in cocktail glasses, pour over a little claret and garnish with a sprig of mint.

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The Leftover Cup of Coffee

By VIRGINIA CARTER LEE

FREQUENTLY the housekeeper finds after breakfast that some of the beverage that "comforteth the heart" is among the "leftovers."

"Once upon a time" this would have been carelessly poured down the kitchen sink; but in these days of thrift the patriotic housewife does not waste a spoonful of anything edible, and the beverage is strained immediately from the grounds and used as the flavoring of some delicious dish for luncheon or supper.

In the following tested recipes will be found a number of delicious ones that



owe their excellence to the fragrant coffee flavoring.

Coffee Fritters

These are excellent made with any of the dark "war breads." Cut the stale bread into rather thick slices and soak them for a few minutes in very strong coffee. Beat up the yolk of one or two eggs (according to the number of fritters to be made), add a pinch of salt, a tablespoonful of sugar and two tablespoonsful of rich milk. Brush the slices of soaked bread with this on both sides and fry in hot fat to a golden brown. Lift out, drain for a moment on brown paper and sprinkle with crushed maple sugar and ground cinnamon. The outside of these fritters

should be covered with a crisp rich crust while the inside is moist and strong with the coffee flavor.

Coffee Sauce

This sauce is delicious with hot puddings and also with cold desserts and ice cream. Pour two cupsful of strong, strained coffee (hot) onto four tablespoonsful of brown sugar that has been beaten with four eggs. Mix well and cook over hot water (stirring constantly) until well thickened. Remove from the fire and if the sauce is to be served hot add four tablespoonsful of whipped cream and half a teaspoonful of vanilla. If cold, let the sauce cool before mixing in the cream and extract. Chopped preserved maroons may be added to this sauce and served in this way it gives a "company touch" to the plainest variety of ice cream.

Coffee Caramel Parfait

Caramelize half a cupful of brown sugar and add to half a cupful of very strong strained coffee mixed with salt a cupful of the top of the bottle. Have the coffee and milk heated and mix gradually with the caramel. Beat the yolks of three eggs until lemon colored, add a pinch of salt and a half cupful of white sugar and pour the caramel mixture onto the other ingredients. Cook over water until well thickened and stir constantly. Remove from the fire, add one cupful of thin cream and cool. Strain, beat in a pint of whipped cream and one teaspoonful of vanilla extract. Freeze slowly, using three parts crushed ice to one part rock salt. Repack in moulds with water-tight covers and bury in ice and rock salt for two hours before serving. Sprinkle each portion with blanched almonds that have been cut in

shreds and delicately browned in the oven.

Coffee Cabinet Pudding

Thickly butter a melon mould and sprinkle bottom and sides with chopped nut meats and shredded citron. Fill the mould loosely with small pieces of stale cake and sprinkle additional nuts and citron between the layers. Make a raw custard with two eggs, one tablespoonful of sugar, a pinch of salt and one cupful each of strained coffee and rich milk. Pour this over the cake, lifting now and then with a fork, so that the custard may be equally absorbed. Stand in a kettle of boiling water, cover closely and steam for one hour. This may



be served hot with a foamy sauce or cold with sweetened whipped cream.

Coffee and Maple Tapioca

This is a novel but very good combination. Cook one cupful of the instant tapioca in one pint of coffee and milk as prepared for drinking. When transparent add a tiny pinch of salt, three-quarters of a cupful of thick maple syrup, one tablespoonful of butter or oleo and three well-beaten eggs. Pour into a baking dish, set in a pan of hot water and cook in a moderate oven until set in the centre. Serve cold with cream.

Coffee Bavarian Cream

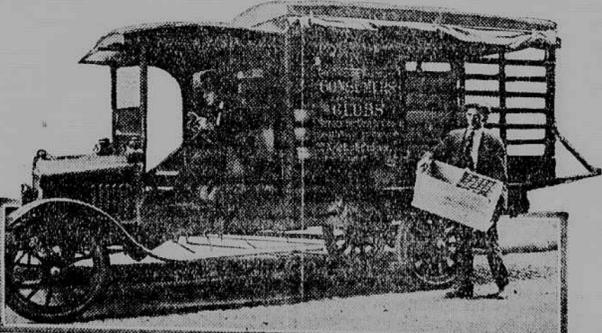
Dissolve two tablespoonsful of pow-

The Tribune Institute Consumers Co-operative Clubs

Why cooperate in buying foods? Because the legitimate retail expense of selling is about 40 cents on the dollar. You get about 60 cents' worth of food and pay 40 cents for service and profits when small quantities are sold and delivered. An obvious way to cut food prices is for the buyer to follow the example of the producer and distributor and "coöperate."

If the clubs sold under retail conditions they would be obliged to ask retail prices. If you take the trouble to coöperate and order in semi-wholesale packages, dividing them, you earn cheaper food—and you get it.

Telephone Morningside 7795 and ask the Organizer to tell you how to form a club, and what prices he can quote you on eggs and butter, beans, prunes, etc.



"Putting Up" the Peaches

"CORN SYRUP" may be substituted in part for the sugar in the making of peach marmalade. In a recipe which calls for three-fourths of the weight of fruit pulp in sugar the substitution of one-third to one-half corn syrup gives very satisfactory results.

When one-third of the sugar is replaced by the corn syrup the substitution is not noticeable and the product

has a very delicious flavor. In the "50-50" substitution the flavor of the corn syrup can be detected and might make the product less acceptable to some.

For making the marmalade the following directions should be observed: Drop the whole peaches into boiling water for about one minute, then remove and drop into cold water to loosen the skins. Remove skins and stones and place the weighed fruit, with several finely chopped kernels for flavor, in a preserving kettle which has been rinsed in cold water to moisten the surface and prevent sticking. Heat slowly, stirring and mashing the fruit with a wooden or agate spoon. Stir often to prevent burning. When the pulp is soft and thick add the sugar and corn syrup, using either one-half of each or one-third of corn syrup and two-thirds sugar. The amount of sweetening to be added is three-quarters the weight of the fruit pulp. Boil until the juice is jelly-like when a little is cooled on a plate, or until two drops of jelly drop from the spoon in two places at one time. Pour into hot sterilized glasses, and when cool cover the top with paraffin. The paraffin should be very hot. Store in a dry, cool place.

Peaches may also be canned in a very thin syrup, using one cupful of sugar to two cupful of water. They are then ready to serve at once when taken from the jar. Blanch the peaches in boiling water one and one-half minutes and cold dip to remove the skins. Place in hot sterilized jars, adjust rubbers and pour in the boiling syrup to overflowing. Partially seal and sterilize in boiling water about thirty minutes.

Best of all—with the height of the peach crop and the bottom of the sugar barrel appearing at the same time—can the peaches with boiling water and thirty minutes' sterilization, using no sugar at all. It can be done—we have done it—and sugar can be added as needed when the fruit is served.

Coffee Cookies (Without Sugar)

Cream half a cupful of shortening and add half a cupful of strained, strong coffee and beat the liquid into the honey mixture. Sift about two cupful of mixed barley and rice flour (three-quarters rice and one-quarter barley) with two teaspoonsful of baking powder and add to the other ingredients, making a dough that can be handled. (A little more flour may be required.) Roll out, cut in circles and bake in a quick oven.

Coffee Gingerbread

Place in a mixing bowl a scant half cupful of brown sugar, half a cupful of molasses, one quarter of a cupful of melted shortening, a quarter of a teaspoonful of ground ginger, a pinch of salt and half a teaspoonful each of grated nutmeg and cinnamon. Mix well and blend in one large egg lightly beaten, half a cupful of strong, strained coffee and about two and a half cupful of barley flour mixed with three teaspoonsful of baking powder. Beat the batter thoroughly, turn into a greased shallow pan and bake in a moderate oven.