

A Real Boiled Dinner in Forty-Five Minutes With Cold Drinks

Corned Beef Hash, Cabbage and Sugar Beets for Quick Use at Home or Abroad

WHEN we class these foods as camp foods because of their ease of preparation, small bulk and light weight, it does not mean that they are not "meat for the housekeeper," too, and that they are not of good flavor. Quite the contrary is true of the products that passed through the laboratory and kitchen this week. They all "eat well," besides standing the test of chemist and cook.

Corned Beef Hash and Cabbage, White and Red

Notwithstanding what "corned willy" suffered at the hands of the mess sergeant when he made it into hash, real corned beef hash still has friends despite its war history. No cook can spoil this hash! It is made, dried and rations for three packed into a little 3.5 ounce box costing you about 12 cents a portion. You add one pint of water to the cup of dried hash, simmer for thirty-five minutes and the hash is ready; no meat to buy and no potatoes to peel and boil.

The water is all absorbed, the meat is of distinctive corned beef flavor and the potatoes of good texture. With catsup or mustard, or "backed up" with a poached egg, we think that no one would suspect that the hash had lived in a paper carton and been refreshed by water and heat. Note that there is no soaking; you merely add water and cook in a saucepan.

The chemist reported that the mixture had 28 per cent of protein (dry form), 46 per cent of starch and nearly 11 per cent of fat, indicating a typical nutritious mixture of about half and half meat and potato.

When Cabbages Are Kings

The two cabbages are the natural affiliates of corned beef and need not be divorced from them on the camping trip or ejected from the smallest kitchenette because of neighbors who object to its odor, if you keep the small ornamental tins of red and white Dutch cabbage on your pantry shelf.

We all know that raw cabbage has acquired great merit as a vitamin

bearer in these latter days and that many of the drying processes at low heat do not discourage the vitamins notably, so that these packages, 4.5 inches square and half an inch thick, are excellent as an easy way of adding some fresh food value to the dry ration of any one who is living far from sources of supply.

One of these cakes broken into three quarts of boiling water and boiled for forty minutes, drained, chopped and served with white sauce or with butter, vinegar and cayenne, will serve four to six persons at a cost of about 3 cents a portion. This product is chopped rather finely and would be admirable for stews, soups, cabbage gratin, etc., because of its mild flavor and availability. The red cabbage tasted about the same as the white, but has ornamental possibilities.

Hard Headed, but Mostly Water

These products absorbed nearly seven times their weight of water, contained 6.6 of mineral salts when dry and 44 per cent of soluble material. Here is a place to "stop, look and listen." If nearly half of this product is soluble, one should not add so much water that it must be drained off before serving. Four cups of water would be better than the experimental six cups used in the laboratory. This should leave a margin to prevent burning (but watch the pot at the end of the time), and still prevent the throwing away of one-third to one-fourth of your food values in the discarded water.

Our hard-headed friend the cabbage is 91 per cent water! Think of that? So when you get it with only 9 per cent of water, as in this case, you are saving about four-fifths of the bulk and weight of the product in transportation and storage, and putting it back when you need it. There is more in this new way of drying vegetables and their rôle in meeting modern conditions than meets the eye. Housekeepers cannot afford in these crowded days to ignore the compactness and serviceability of the dried foods.

Quality Sugar Beets

The Cookelized beets are another quality of dried product of great

WHO'S WHO AMONG CAMP FOODS



The Plan of Work

THESE PRODUCTS HAVE BEEN SUBJECTED TO A CHEMICAL TEST AND SHOWN TO BE OF VERY GOOD QUALITY AND FREE FROM ADULTERATION. COOKING TESTS IN THE INSTITUTE LABORATORY HAVE BEEN MADE TO DETERMINE THEIR EDIBILITY AND ADAPTATION TO SPECIAL USES. THE RESULTS OBTAINED ARE REPORTED IN PART ON THIS PAGE, AND ANY FURTHER INFORMATION DESIRED MAY BE OBTAINED BY APPLICATION TO THE INSTITUTE. ANNE LEWIS PIERCE, Director Tribune Institute.



Tested and Approved Foods

- Empire Powdered Skim Milk
- Empire Brand Skim Milk Choc-o-lett
- Empire Food Products Co., 71 Barclay St., New York City
- Sheffield Sealect Sweetened Condensed Milk
- Sheffield Condensed Milk Co., New York City
- Keystone Instant Corned Beef Hash
- Keystone Instant Food Co., Inc., Danbury, Conn.
- Cookelized Beets
- Southland Products Co., Inc., Humboldt, Tenn., and Dr. John F. Kelly, Pittsfield, Mass.
- Veco Dehydrated Compressed Savoy Cabbage
- Veco Dehydrated Compressed White Cabbage
- Union Preserving Factories, Ltd., 245 Washington St., New York City



convenience. These are not compressed like the Veco products, but three ounces (costing 30 cents), when cooked gently with 2.5 cups of water for forty-five minutes, gave almost two cups of cooked beets, enough to serve three people amply at a cost of 10 cents a plate.

We all know that the beet is the most time-consuming of vegetables when it comes to cooking—they take anywhere from forty-five minutes to four hours to cook. These were very small, tender, sweet beets. In their dried form they were over half sugar, and when cooked they contained 8 to 10 per cent of sugar, a good record for a real sugar beet. The flavor was delicious and the texture tender and free from fiber. Served with hot butter no one could have told them from fresh. The following recipe will give you a delicious and distinctive cold meat relish made from the refreshed beets, any time of year—and not all the year

round can you get little, tender sugar beets on demand:

Beet Relish

One cup of chopped cold cooked beets.

Three tablespoons of grated horseradish root.

Two tablespoons of lemon juice.

Two teaspoons of powdered sugar (if desired, not necessary).

One teaspoon of salt.

Mix the ingredients in the order named and serve with cold meat or fish.

Food Beverages for Hikers or Stay-at-Homes With No Icebox

TWO milks, one condensed and tinned and one skimmed, dried and boxed, and a "skimmed milk choc-o-lett," also in powdered form, offer one of our most nutritious (but most perishable) foods, in a practically unspoilable form.

The condensed milk has 46 per cent of sugar added to it, besides

12 per cent of natural milk sugar, and is of less general usefulness for this reason than the evaporated milk put up without sugar. On the other hand, when the distinctive taste of the milk is liked and it is convenient to have the sweetening and the milk in a compact package, the sweetened condensed milk has its own place to fill. It also keeps well after opening, when one is camping or kitchenetting without benefit of ice.

For cooking purposes it is an admirable product, as in cookies, strongly flavored ice creams (like coffee, chocolate, maple), pies, batters, steamed puddings, etc., always remembering to omit part of the sugar when using this heavily sweetened milk. For example, the following cookies made in the Institute, using no sugar at all, were of very delicious flavor, and es-

Dried Skim Milk, Sweet Condensed Milk and a Delicious Cocoa Mixture Easily Made Up

pecially good for children's use. Some day when you want a batch of cookies and the milk is out, the can on your shelf will make these possible:

- ### Cookies Made With Condensed Milk
- One-half cup of condensed milk.
 - One-half cup of water.
 - Two eggs.
 - One-half cup of butter.
 - One-half teaspoon of salt.
 - One teaspoon of vanilla.
 - Flour enough to make a drop batter and allow one teaspoon of baking powder for every cup of flour used.

This milk has the amount of butter fat (8 per cent), and the amount of milk solids (28 per cent) that the food regulations require in order that an equal amount of water may be added and still provide a legal whole milk, plus the added sugar.

Dried Skim Milk

The dried skim milk is interesting, especially in comparison with the canned product. Here you have milk with all the fat taken out and dried—a most valuable food for every one but the baby, and a most convenient form of milk for all emergency uses. Remember always that skim milk is virtually what you use in cooking anyway, and that the protein and the valuable milk minerals and sugars are all left in the skimmed milk (in the dried milk there is 8 per cent of minerals, the lime being especially valuable, and nearly 34 per cent of protein).

One pound of dried milk (45 cents) in five quarts of water gives you five quarts of good skimmed milk, which you cannot buy at all in liquid form and which is most economical, convenient and wholesome for any use. Nine cents a quart for skimmed milk, dried, with all its convenience and staying properties, is plainly a good buy. The enzyme tests show that the drying has affected the "living" properties of the milk slightly, but has by no means destroyed them.

And by the way, a member of the staff took the powder home, dissolved it in cold water, as directed, left it in the refrigerator over night, and her unsuspecting family, male and female, drank it without ques-

tion, as their usual morning fresh milk! This we regard as a sincere tribute to its quality, going beyond what is claimed for it.

A Mixed Drink

As a climax we have the powdered cocoa, skimmed milk and sugar combination under the name of "Choc-o-lett." And it is a climax. We approached this product not without misgivings and some little prejudice. The chemist allowed that there was only 6 per cent of cocoa fat in it, that it was over half sugar, one-quarter cocoa and one-quarter skim milk powder. We made it up with one tablespoon of the mixture to the cup. It dissolves very easily in either hot or cold water; no heating is necessary, thus saving the undesirable effect of the boiled milk. When served without any milk or cream, according to directions, it had a cocoa flavor and was not too sweet, but it was thin and watery and aroused no enthusiasm. Then we made it up with two level tablespoons to a cup of water, merely poured in a little evaporated milk or cream, as you would into coffee, and behold, we had a beverage that was delicious, with a strong chocolate, not cocoa, flavor, and a good body.

Again we tried the result on an innocent passerby. A young advertising agent (who was not handling the account, however) tested it and said, "This is bully." He proceeded to drink three cups with great satisfaction. It was cold, merely combining the water solution of the chocolate and the evaporated milk. Again a sincere and involuntary tribute to the "high edibility" of a product whose main claim we had thought was convenience.

Used in this way (some may want a little more sugar) this makes the most convenient easily soluble and finely flavored drink that we have ever come across for an uncooked chocolate. Its convenience and advisability for a morning beverage or for iced chocolate needs no pointing out to the woman who has summer meals to serve, afield or at home. And as for boy scouts, bachelors, campers and all such casual cooks here is a package that will bring them an enviable reputation as chefs if they use it properly. Don't be stingy with it and add a little milk or cream of some sort to the cup before serving.

No Dust in the Air, Plenty of Hot Water But No Fire, and Summer Gains in Comfort

A Vacuum Cleaner That Swallows Much Dust With Great Ease

THE Liberty Vacuum Cleaner is an old friend with modern improvements. Model "F" having several new features. Among these the most important is the change in the method of attaching the tool, which now connects straight through the front of the nozzle to the fan by a short aluminum sleeve (see photograph). This is easily done, and gives effective tool work.

Other special features of the machine noted during test were:

- (1) The adjustable nozzle, which may be moved within a 3/8-inch radius from the floor by a screw, 0.2 of an inch being the usual height.
- (2) A stand-up handle, which is always brought to a vertical position when not in use by an inclosed spiral spring at its base.

(3) The horizontal motor, well lubricated and with a special fan for cooling, gives a rise in temperature of only 31 degrees C. (whereas 50 degrees are permitted), which promotes long life of the machine. This is true notwithstanding that the motor has a higher speed than the average. The only untoward effect of this speed is the resulting noise in operation.

(4) The materials are good, construction is sturdy, and the machine does the work.

"SHE Stoops to Conquer" the tool attachment, but after that no dirt escapes her, high or low, and the machine does the work.



The air flow, choked as in practice, machine 0.2 of an inch above the floor, gave a figure almost four points above the average, and the data determined to show leakage at the nozzle and with the appliance tubes both indicate more than average efficiency.

The practical standardized tests with flour and lint showed that the flour was removed in two strokes and the lint in an average of seven, a good showing. With the wall brush, at the end of nearly eleven feet of hose, the standard amount of flour was removed in eight strokes and the lint in two strokes. When the upholstery tool was used with no brush the flour was taken up in three strokes and the lint in eight, just reversing the record with a brush, and proving our old contention that a brush is sometimes a detriment for the flour type of dirt, but a great help with hair or lint.

It took only seven seconds to remove the nameplate and attach the tool. The two stiff extensions, 8 inches and 32 inches long, are convenient for furniture and curtains, respectively. The women who are

using their vacuum cleaners for floor only are only half acquainted with their possibilities, especially a machine with the air flow and general characteristics of the Liberty. The bag also was found easy to detach and clean, only thirty-five seconds being necessary for the operation. As stated before, the machine is light, and has three small, tired wheels. One, a trailing wheel, pivoted, to a yoke at the rear of the motor housing, may be raised or lowered by a thumb screw, which tilts the nozzle forward or backward, as before stated.

The Glad News

DO YOU KNOW that you have a practical electrical engineer, and a domestic scientist, who do nothing else but try out household appliances, their construction, design and practical working qualities, in order that you may be able to select the particular refrigerator, vacuum cleaner, washing machine or what not, that best suits your purse and message?

And further, you have an eminent food chemist, a food expert, and another domestic scientist, finding out all that can be about the foods you buy, their purity, their composition, their food values and how to use them, so that you may feed your family to the best advantage, as to health, economy and enjoyment.

They are on duty daily (except Sunday) at The Tribune Institute, 154 Nassau Street, room 513. Telephone Beekman 3000. Why not consult them by mail or phone or in person? The service is yours for the asking. A. L. P.

The Kompak Automatic Water Heater Makes Good

By Ralph K. Potter, Engineer, Tribune Institute

IT is worth eight-tenths of a cent to you to have your hot bath water and faucet water for the kitchen ready and waiting in the morning without getting up half an hour ahead of time to light the gas? That is what the automatic Kompak heater will do for you. And there will be eighteen gallons of water, at 140 degrees F., ready for use at any time, day or night.

This indicates that cleaning is not only promoted by good air flow, but also by the increased perimeter of the nozzle. In other words, a long, narrow nozzle, given the same air flow, will do better work than a deeper nozzle with more square area. Also, it must be remembered that, given the same fan power, decreasing the width of the nozzle increases the rate of air flow. So a long, narrow nozzle has a double advantage in efficiency up to a certain point.

Special Points

The two outstanding points about this heater are the small space it takes for the service rendered and the thorough control of the operation by two thermostats, insuring both efficiency and safety. The tank thermostat, located at its base, controls the water temperature, while the danger from having the pilot light go out is entirely obviated by another control which in only a minute and a half after the pilot light was deliberately blown out checked the gas flow to both pilot light and main burners. Not once were these metallic watchmen caught napping at their posts during the thirty days they were under observation in the Institute laboratory.



THE Kompak has a 53-inch waist measure and is only five feet high, but that is a dainty figure for a water heater

and seventeen inches in diameter, the water tank itself being 2.5 feet long and the same distance above the floor, as shown by the photograph. The water circulates through twenty-three feet of copper pipe closely coiled about the rising flame, the whole being enclosed in a cast-iron cylindrical housing about eighteen inches by 6.5. The full-length, half-circumference door is shown open in the photograph. A vent for the burned gas is provided at the top and rear and a 2.5-inch pipe may be

A Water Heater That Is Both Safe and Automatic

showing what it would cost for service alone. At the end of that time the temperature was 138 degrees; the cost was 1.65 cents for the entire period, 0.8 cent for a night of ten hours. Two minutes after the water was turned on full the heater burners lighted and the heating of the incoming cold water was immediately begun.

Hot water may not seem a timely theme in July, but as a matter of fact that is just when a compact, well controlled, little water heater is most needed.

Kompak Water Heater. Made by the Kompak Company, New Brunswick, N. J.

(Tested and endorsed in The Tribune Institute)

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