



FIRELESS COOKER SUMMER HOUSEHOLD HELP

THE advent of the fireless cooker has done much to relieve the culinary part of a housewife's duties of its disagreeable feature—that of standing over a stove to prepare hot meals, when the kitchen of necessity gets too warm for physical comfort.

While there are several styles of fireless cookers on the market and all of them reasonable in price, and so well built that they will last for years, a home made cooker can be produced at very little cost. Almost anything can be cooked in one, and there is absolutely no danger of burning the contents.

In the summer when it is so much more pleasant to be out of doors or as in California you can be out of doors most of the time, you will soon appreciate the advantages of one of these fireless cookers, and after a few trials would not do without one.

In the past year the number of fireless cookers put on the market is astonishing. From the cumbersome "hay box" has grown the attractive appearing cooker that can be placed in the dining room, if necessary, without detracting from the furnishings.

It is a veritable godmother for the woman in large cities who pays an exorbitant price for a hall bedroom and perhaps on that account stints herself in nutritious food. A one-compartment box takes up very little space even in a hall bedroom. After heating a cereal, popping it into the cooker, the receptacle can be pushed under the bed, out of sight, until morning, when lo and behold! the owner can take the nutritious hot breakfast from the cooker without loss of time, as is necessary when preparing meals over the gas jet, gas plate or alcohol lamp.

All the long, costly preparations necessary in stewing, steaming and broiling are cut down to just the necessary time to bring the foods to be served to the point where they are thoroughly heated. In this way gas or coal bills are modified, the house is free from odor or steam and the time spent in watching the foods used to tidy up the rooms or to do other necessary work.

The corned beef and cabbage dinner becomes a delight, as no suspicion of odor escapes into the room, and by cooking the vegetables without a cover when getting them heated for the cooker, the odor is lessened more than one-half. It seems almost incredible that onions can be cooking in one compartment, while a dainty desert is being prepared in another without the slightest possibility of the mingling of flavors. But such is the case nevertheless.

The cooker is a priceless boon to the housekeeper during the summer months, especially to the one whose family demands hearty, hot food summer and winter, and in this instance it becomes an able assistant to the farmer's wife.

A disorderly kitchen full of steam, smoke and food odors can be transformed into an attractive room, and leave the housekeeper's mind and body free from worry, giving her periods of rest in which she can recuperate and be fresh to complete the self-cooking meal. The Sunday dinner is cooking while she is at church and she can listen in peace to the sermon, as there is no danger of the dinner being dried up or burned to a crisp. During the rush of field work, the cooker, filled with its load of meat, vegetables and coffee, is transferred to the scene of action early in the morning and the men served their dinner while resting beneath some shady tree. Especially is this desirable when the field is a mile or two from the house and a walk in the hot sun is dreaded by the "hands."

Where several kinds of vegetables or meats are to be cooked, which require different lengths of time in which they will become tender, those requiring the longer time are put over first; when it is time for the others to be put in, the kettle is taken from the cooker and these vegetables or meats are heated thoroughly on coal or gas range just as the first lot were, and then all put in

the fireless. Every time anything is added to the kettle it must first be thoroughly heated before being put in the cooker. In this way one will find the kind of vegetables or meat thoroughly cooked when it is meal time.

For the woman in humble circumstances it is a money saver, for cheap meats become expensive when long cooking is necessary to make them palatable and digestible. In the cooker the cheapest, toughest meats become as tender as spring chicken, and with the expense of a fraction of a cent. A beef heart makes a satisfying meal when properly cooked with vegetables. When cooked by gas or coal it costs seven times its price in fuel before it becomes fit to eat. With the fireless cooker it takes just one-half hour to simmer, then placed in the cooker for ten hours becomes a tender piece of meat accompanied with delicious broth that can be utilized for its gravy.

Do not think for an instant that carelessness in dealing with a cooker will result in success any more than with a range.

Tightly covered kettles are a necessity to prevent the steam from escaping after the contents have become boiling hot, for it is absolutely necessary that the foods should be made boiling hot to their very centers, the kettles filled with steam, the covers put on and fastened down at this time and removed to the cooker immediately. The box lid must be closed down, fastened securely and not opened until the food is done. When it does become necessary to look at any food the kettle must be again put on the range and brought again to the boiling point and not left in the cooker, for when the cold outside air strikes the food it will gradually become cold and not finish cooking.

Some cookers are better packed than others and retain the heat better. A safe guide is to bring a kettle of water to a furious boil; cover it tightly and place in the cooker. If at the end of twelve hours it is still hot you may place faith in the cooker to do its work.

Small quantities of foods or liquids will not keep hot ten hours. In such cases the small amount must be put into a small jar, can or pail, and while scalding hot set into the larger fireless cooking kettle, which must also have in it boiling hot water. The larger the body of heat the longer it will remain hot. It is essential to keep always in mind that half-heated, carelessly packed kettles and pails will result in failure.

The housekeeper must learn to use the fireless cooker just as she must get on familiar terms with a new sewing machine and its attachments, or a new range.

To economize the time is one thing she must learn, and this will come by experience. By placing the porridge or cereal for breakfast in the cooker at night it will be thoroughly done for breakfast. After removing it, the meat for the night dinner can be placed over or the stew for luncheon made ready in another compartment. It is unexcelled for cooking fruit for jams and jellies before the sugar is added, and also for cooking tomatoes for catsup and chili sauce. As there is no evaporation this must be taken into consideration when cooking foods.

Popcorn placed in the kettles as soon as popped and tightly covered will remain crisp for days. Bread dough can be raised in it without fear of chilling.

It is an Aladdin's lamp to the nurse on duty, as she can serve herself a hot meal at any time of the day or night without leaving the patient's room. It brings within reach of the moderate salaried family the ability to serve many of the dried vegetables, such as lentils, beans, peas, corn and dried fruits, that have been eliminated in many instances because of the expense attached to their cooking.

ON THE INCREASE

Wright—I see the world's postal business is increasing at the rate of 7 per cent per annum.
Penman—That means that more manuscripts are being returned to the writers daily. I suppose.—Yonkers Statesman.

CAN YOU HANG PICTURES?

The artistic arrangement of pictures is of fully as much importance as the selecting of your purchases. If you have not an artistic temperament or a good eye for harmonizing colors, and the appropriateness of subjects for the various rooms, it is better to ask the assistance of your friends or secure the services of a professional home furnisher, for every large city has several people who make it their business to buy and furnish homes on commission, and their addresses can usually be secured from a representative dealer in the particular line desired.

Good judgment must be used as to what pictures go best together, and as to the distance apart or the height they should be placed. And always see that the wall tints harmonize with those of the pictures. Don't use too much pattern in the wall background, for it detracts from the prettiest effect of your pictures.

Small pictures can best be hung in groups in niches near a fireplace or built-in cabinets. Make your picture fit the place, and not the place the picture simply because there appears to be about the right amount of space. Extra large and small pictures should not be placed together, for one detracts from the other.

Always let the color of the frame harmonize with both the picture and the wall, and don't let the colors of the different frames clash nor put extra wide beside very narrow frames. Separate your pictures in classes—oil, engravings, photos, etc., by themselves. It is often possible to add something to the general effect by judiciously placing a few very small photos or engravings, preferably unframed, among the more serious subjects, for there must be no suggestion of stiffness. And, above all things, always see to it that your pictures hang straight, for that is one of the first things noticed by strangers.

OLD-FASHIONED INDIAN PUDDING

One quart of milk, one quart of Indian meal, three eggs, three heaping tablespoonfuls of sugar, one teaspoonful of salt and one-half pound of beef suet chopped into powder. Scald the milk and while boiling hot stir in the meal and suet with the salt. When cold, add the yolks, beaten light with the sugar, then the whites. Dip your bag in hot water, flour it and fill half full with the mixture, as it will swell very much, or boil in a brown bread mold. Boil five hours. Eat very hot, with butter and sugar. This pudding is even better when baked in a well buttered dish for an hour and a half. Bake, covered, for an hour and a quarter, then brown.

And isn't it tough, when your physician prescribes a vegetarian diet and you shout for joy and snub the butcher on your way home, only to discover that the vegetable man has raised the price beyond your limit?—Atlanta Constitution.

HONEY IN COOKERY

Honey can be used in many different ways. A nice relish for breakfast is made by dipping half slices of stale bread in a honey mixture made of a cupful of milk, one egg beaten as for custard, a pinch of salt and two tablespoonfuls of honey. After dipping, brown quickly on both sides, using ham or bacon fat to fry in. Serve with honey or butter.

A delicious filling for layer cake or shortcake is made with honey. Blend together half a cupful each of honey and sugar with two tablespoonfuls of water. Heat over the fire until it forms a thread. Remove, and stir in the stiffly-whipped white of an egg. Beat constantly until the mixture cools, when it will be soft and thick like cream. Spread between layers of the cake and frost the top.

Honey Cakes

In making cakes honey takes the place of a part of the sugar. To a cupful of flour use two tablespoonfuls of sugar and three of honey, the cakes otherwise being made after the usual recipes. Spice cake has a delicious flavor and "strickiness," the same as when using molasses. In sponge cake use two-thirds of a cupful of honey, one cupful of flour and three eggs. Beat the yolks and honey together, add the flour and four tablespoonfuls of cold water. Mix well, then fold in lightly the stiffly-whipped whites of the eggs. Add lemon or vanilla flavoring. Bake in a quick oven.

Food Value of Honey

Honey has medicinal qualities also. It is often used with great benefit in throat and lung troubles. Taken in place of cod liver oil it is as beneficial. Occasionally there is a person with whom honey does not agree; but all children who have healthy appetites prefer it to butter. Taken as a stimulant, its effect is equal to that of wine, without its injurious effects.

White clover honey is by far the finest flavor of any that is produced. There is quite a range of flavors between that of white clover and the cloying sweetness of buckwheat, and one can develop his own taste between these several varieties as they are tried and tested. It is a very rare occurrence indeed that the bees ever sip nectar from a plant or flower that is poisonous.

SALT RISING BREAD

Pour one cup of boiling milk over two level teaspoonfuls of salt and one-half cup of granulated cornmeal, either white or yellow. Set in a warm place over night. In the morning add one cup of lukewarm water. Stir with a wooden spoon and add flour until very stiff. Turn the dough onto the floured molding board and knead in flour until the dough does not adhere to either the hands or the board. Place in a greased bowl, brush the top of the dough with butter, cover with a clean cloth and set in a warm place. Let rise till light, knead into loaves, let rise again and bake.



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