

THE PEOPLE'S INSTITUTE OF DOMESTIC SCIENCE

THE KITCHEN FIRE



THE old lament, "one fire burns out another's burning," is just as applicable to the kitchen as it is to the love story in the centuries gone.

transportation, etc.; you may blindly choose the fire that will cost the most. Let an expert, who has figured out every aspect of the important subject, give you her results.

Of course there are always circumstances that preclude the possibility of giving a fact that can be universally true, but, broadly speaking, the facts are here.

This article by Margaret J. Mitchell, of the Bruce School, of New York, may put out your old-fashioned, expensive, break-breaking fire. If so, it will not have been written in vain.

table given below has taken coal at \$5 a ton and also at \$7.75 a ton. If you pay more than the higher price, the weight of argument will lie even more heavily against coal.

For convenience the price of \$1 per thousand cubic feet of gas is taken, as this is a fair average price for manufactured gas. If gas is cheaper than that, the argument for gas as a kitchen fuel is strengthened; if it costs much more than \$1, it will be by so much less advantageous.

Table with 4 columns: Fuel, Cost, Amount, Cost per hour. Rows include Coal, Gas, Kerosene, Alcohol, Electricity, and Electric.

You may agree that coal at 1 cent and a fraction per hour will provide for cooking several articles at one time, while an additional burner will have to be lighted for each separate dish with the other fuel.

To make an actual comparison, not merely a theoretical one, between coal, gas and electricity, one whole day's cooking, including baking bread and cake, was done with each, the same meals prepared in all cases and the fuel consumed measured.



needed to cook ordinary meals, while a great saving is made when the gas and electric ovens are not in use.

By comparing the cost per hour it will look as though kerosene and gasoline are cheaper than gas; but the fact that they require something like half as long again to bring a given amount of water to a boil shows that the heat they give is less intense, and this makes them really a little more expensive than gas.

It must be borne in mind that while these figures are based upon careful experiments and not upon guesswork, they are only approximate; that different experiments with the same fuels show somewhat different results, since stoves and their management vary. But they are near enough the truth to serve as a guide.



expensive as the coal ranges, running up to \$15 for even a moderate outfit. A freerless cooker, with either a kerosene, gasoline, alcohol or gas stove, will cost no more than a coal range.

I realize that the case for the freerless cooker has still to be argued for most people. A better understanding of its use is needed, and also a realization of the many advantages it presents aside from the mere economy in fuel which is here emphasized.

With the adoption of a freerless cooker it will at once be seen that a great saving can be effected by using one of the fuels which may be burned for a short period and then "extinguished."

ONE HOUR WELL INVESTED

IF SOME ONE suggested to you that by following a certain plan you could receive untold returns from money invested, you would consider it, wouldn't you? With reliable honesty of purpose and integrity in all business methods we claim your attention.

Here is a chance to invest one hour to wonderful advantage. If you are interested in the betterment of home conditions, the improvement of municipal or state laws; if humanity means something to you, and in your heart there is a wish to do something for mankind, here is your opportunity.

Join the People's Institute. Spend one hour a week with eminent authorities on dietetics, food, home economics, domestic arts and sciences, and by exploitation of the general truths do your little part in the great movement of the world.

You cannot realize how much your one-hour investment will pay. It is too great an opportunity to miss.

Next week Miss Alice Lakey, who was one of the first women to work for the passage of the national pure food bill, will speak to the members of the Institute. Her subject will be "The Pure Food Law and the Housewife."

- List of names and titles of speakers and contributors, including Mrs. M. E. Allen, Mrs. W. E. Allen, Mrs. W. E. Allen, etc.

which electricity was introduced, so that even the preliminary boiling of the food might be done in the closed freerless cooker and the heat usually lost during this part of the process be absorbed and retained by its non-conducting walls. The result was as follows:

MENUS AND RECIPES FOR A WEEK FROM AN EXPERT IN COOKERY

This department will be in charge of a different instructor every month. The plan will give the housewife the benefit of wide and varied experience, and will present topics of interest to all.

Conducted by Mrs. Anna B. Scott, Cooking Expert and Food Economist.

HAVE tried to give twenty-one good, substantial, well-blended meals for a midwinter, with a good variety of meats, winter vegetables and fruit. Whatever appears in these menus is available in most cities and larger towns all over this country.

There are always some exceptions. I have given with each menu the recipe for one of the dishes, and if any of the readers do not understand them they can write for further information, which I shall gladly supply.

We are using some leftovers for the following meal for the next day. We have changes in both plain bread and hot breads daily.

We are not using very many eggs now, owing to the high prices. It is best to use what is in season. When eggs are available and at a reasonable price, then we can have egg dishes every morning and dessert made with eggs.

The following are the menus and recipes for twenty-one meals for four persons, two adults and two children.

- MONDAY BREAKFAST: Dates with Oatmeal, Eggs prepared in Cream, Whole-Wheat Gems, Coffee or Cocoa, Eggs Prepared in Cream. LUNCHEON: Spaghetti with Tomato Sauce, Baked Bananas, Bread and Butter, Marshmallow Cake, Tea or Milk. DINNER: Soup made from left-overs, Beef with Brown Gravy, Apple Sauce, Creamed Potatoes, Buttered Beans, Strawberry Coffee.

Baked Veal Pie: Purchase 1 1/2 pounds of stewing veal, wipe with a piece of wet cloth, cut into small pieces, put into saucepan, cover with boiling water, add 2 tablespoonsful of cut onion and boil slowly 1 1/2 hours.

WEDNESDAY BREAKFAST: Stewed Figs, Wheat Breakfast, Creamed Frieded Food, Hot Parker House Rolls, Coffee or Cocoa. LUNCHEON: Hot Parker House Rolls. DINNER: Baked Bananas, Bread and Butter, Cocoa or Caramel Coffee.

THURSDAY BREAKFAST: Stewed Apples, Potato Omelet, Waffles and Honey, Coffee or Cocoa. LUNCHEON: Baked Veal with Potato Sauce, Ginger Cookies, Tea or Caramel Coffee. DINNER: Cream of Tomato Soup, Pickled Beets, Lima Beans, Creamed Spinach, Tea or Milk.

FRIDAY BREAKFAST: Stewed Potatoes, Mashed Mackerel, Hashed Brown Potatoes, Toast, Coffee or Cocoa. LUNCHEON: Stewed Prunes. DINNER: Hamburg Steak with Tomato Sauce, Hamburg Steak with Tomato Sauce and Rice Border, Hamburg Steak with Tomato Sauce and Rice Border.

SATURDAY BREAKFAST: Sliced Bananas, Creamed Fish on Toast, Sally Lunn and Honey Cocoa or Coffee, Sally Lunn, Sally Lunn. LUNCHEON: Hamburg Steak with Tomato Sauce, Hamburg Steak with Tomato Sauce and Rice Border, Hamburg Steak with Tomato Sauce and Rice Border.

SUNDAY BREAKFAST: Sliced Pineapple, Honey Omelet, Lamb chops, Southern Corn Bread, Homemade Jelly, Coffee or Cocoa. LUNCHEON: Lamb. DINNER: On Saturday morning purchase a forequarter of lamb yearling. There are months in one year when we buy it very much cheaper than at other times. As good housekeepers, watch that.

with melted butter and pour in the mixture; set in pan of boiling water in hot oven from 25 to 30 minutes. When cool, turn out and if you have a little fruit juice pour it around the custard.

Escalloped Parsnips: Wash and scrape 3 large parsnips and put into cold water. Cut the parsnips into rounds and cover with boiling water, and boil from 25 to 40 minutes, or until tender, without a cover. Drain about the parsnips, but do not wash; put into the bottom of a baking dish and add 2 tablespoonsful of cream sauce and 1/2 of the parsnips; add 2 tablespoonsful of brown sugar and the rest of the parsnips; then the balance of the cream sauce and 1 tablespoonful of brown sugar and 1 tablespoonful of cream crumbs over all. Bake in hot oven for 20 minutes.

Waffles: One and one-half cups flour, 1 cup milk, 1 egg, 1 teaspoonful baking powder, 1/2 teaspoonful salt, 1 teaspoonful sugar, well-beaten egg, 1/2 cup cold water. Sift the flour, salt, sugar and baking powder into a bowl, add the milk and mix well; then add the butter and the well-beaten egg. Mix all well together and bake in very hot waffle-iron. In making waffles be careful not to put too much batter into the waffle-iron; that is the fault with many waffles.

Pepper Cabbage: One small head of cabbage, 1 pepper, 1/2 teaspoonful celery seed, 1/2 teaspoonful mustard seed, 1/2 teaspoonful sugar, 1/2 teaspoonful vinegar, 1/2 teaspoonful salt, half cup vinegar. Wash and chop the cabbage fine and lay in cold water half an hour. Chop the pepper fine. Drain the cabbage and add the pepper and all the other ingredients; mix well.

Pepper Cabbage: One small head of cabbage, 1 pepper, 1/2 teaspoonful celery seed, 1/2 teaspoonful mustard seed, 1/2 teaspoonful sugar, 1/2 teaspoonful vinegar, 1/2 teaspoonful salt, half cup vinegar. Wash and chop the cabbage fine and lay in cold water half an hour. Chop the pepper fine. Drain the cabbage and add the pepper and all the other ingredients; mix well.

Beef in Casserole: One and a half pounds beef, 1 tablespoonful of finely cut onion, 1 small carrot, cut fine, 1 tablespoonful of celery, 1/2 teaspoonful salt, 1/4 teaspoonful pepper, 1/2 cup cold water, 1/2 cup milk, 1/2 cup flour, 1/2 cup butter, 1/2 cup cream, 1/2 cup sugar, 1/2 cup raisins, 1/2 cup currants, 1/2 cup almonds, 1/2 cup pineapples, 1/2 cup peaches, 1/2 cup apricots, 1/2 cup cherries, 1/2 cup plums, 1/2 cup grapes, 1/2 cup figs, 1/2 cup dates, 1/2 cup figs, 1/2 cup dates, 1/2 cup figs, 1/2 cup dates.

How to Cut Up the Lamb: First, have the butcher remove the shoulder, remove all the bones and make a pocket for filling; that can be done by the butcher. Then add 1 tablespoonful of butter, 1 cup milk, 1 egg. Sift the flour, baking powder and salt into a bowl, add the milk and well-beaten egg, mix well and pour into baking pan which has been brushed with lard. Bake in hot oven for twenty minutes. Cut in squares and give hot before using.

Smothered Guinea Hen: Clean the guinea fowl the same as a chicken. Cut as for stewing, so as to have two drumsticks, two wings, cut the breast into two parts and the backbone into four parts. Clean the gizzard, liver and heart. Put all into Dutch oven. Then add 1 tablespoonful of butter, 1 cup milk, 1 egg, 2 slices of bacon, or if we have no drippings use 2 tablespoonsful. Put over fire and brown on both sides, turning quite often. Then add 1 tablespoonful cut onion, 1 tablespoonful salt, 1/2 teaspoonful pepper or seasoning to taste; add 1 cup boiling water and boil two hours or until tender. You must add 1 cup of boiling water at least three times and turn quite often. When tender, add and place in the center of large platter. Put the gravy add 2 tablespoonsful of flour mixed with little cold water and boil three minutes. Pour the gravy over the fowl and what is over put into a gravy boat. Garnish with sprigs of parsley.

Ment Loaf: The meat loaf was made from the beef's thigh was left over from last night's dinner. There was meat, potatoes, carrots, onion and gravy left. We put all except the gravy through the meat chopper, put the meat, vegetables and gravy into a bowl, add 1 tablespoonful of finely chopped parsley, 1/2 teaspoonful onion, 1/2 cup cold water, 1/2 cup milk, 1/2 cup flour, 1/2 cup butter, 1/2 cup cream, 1/2 cup sugar, 1/2 cup raisins, 1/2 cup currants, 1/2 cup almonds, 1/2 cup pineapples, 1/2 cup peaches, 1/2 cup apricots, 1/2 cup cherries, 1/2 cup plums, 1/2 cup grapes, 1/2 cup figs, 1/2 cup dates, 1/2 cup figs, 1/2 cup dates.