

THE PEOPLE'S INSTITUTE OF HOME SCIENCE

THE FIRELESS COOKER

KEEP THESE PAGES

THE other day we had an urgent request for a copy of this page that was published two weeks before. "If I had had the page in my notebook," said the woman, "I would have at my fingers' ends the facts of which I am in need."

Her case serves as a suggestion to all readers. File away these pages and refer to them when double rates or memory records are required.

Every subject is worth while. A year's collection will be invaluable to housekeepers, both old and young. A household manual dealing with domestic arts, sciences and problems of the home is yours if you will make it.

In an other paper will be grouped the number of important names that figure on this page. Begin now with that scrapbook.

Next week "The Cost of Our Food," by Winifred Stuart Gibbs, statistician, will add one more valuable contribution to our work.

Among our prominent men and women who will be heard are:

- Mrs. M. M. ALLEN, Chief of Fuel and Drug Division, Municipal Agricultural Experiment Station.
Mrs. MINERVA B. ANGELL, Director of Domestic Science, University of Wisconsin, Madison, Wis.
Mrs. MARGARET A. MITCHELL, Housewife, 25 Madison Street, New York.
Mrs. M. O'SHEA, Director of Home Science, Adelphi College, Brooklyn, N. Y.
Mrs. ELLEN A. SARRIN, President, Milwaukee-Lovers College, Milwaukee, Wis.
Mrs. ANNA B. SCOTT, Consulting Expert and Food Economist, Philadelphia.
Mrs. MAY SECRET, Department of Domestic Arts, California State University, Los Angeles.
Mrs. W. H. SPOHR, West Institute, Worcester, Wis.
Mrs. FRANCES STERN, Massachusetts Institute of Technology.
Mrs. ISABEL STEWART, Assistant Professor of Nursing and Health, Teachers College, Columbia University, New York.
Mrs. GRACE M. WALL, Department of Economics, Iowa State College, Ames, Ia.
Mrs. MARY L. WARR, Household Science Lecturer, Chicago.
Mrs. RICHARD WAINWRIGHT, Washington, D. C.
Mrs. AILEY HAYWORTH WALLACE, Lecturer on Domestic Science, Brooklyn, N. Y.
Mrs. JOHN L. WALSH, Director of Weights and Measures, New York.
Mrs. LEAH D. WIDTSON, Agricultural College of Utah, Logan, Utah.
Mrs. HARVEY W. WILEY, Housekeeper, Alliance, Washington, D. C.
Mrs. FLORENCE WILLARD, Chairman of Domestic Science Department, Washington Irving High School, New York.

not included, as these are most frequently in the house.

Cost of Homemade Cooker
Parting box, 1/2 x 1/2 x 1/2, 1.00
1/2 lb. heavy cardboard, 1/2 x 1/2 x 1/2, 1.00
1/2 lb. sheet asbestos, 1/2 x 1/2 x 1/2, 1.00
1/2 lb. sheet asbestos, 1/2 x 1/2 x 1/2, 1.00
Sheet, 1/2 x 1/2 x 1/2, 1.00
Total, 5.00

The construction of the cooker, with suggestive dimension, is completely shown in the diagram. First of all, choose the general utensils to suit the need of the family.

A good size is one holding from six to eight quarts. The box must be completely lined with the cardboard sheeting. The sides, front, back and bottom being cut to fit exactly, and fastened with the staples or nails. Next, a layer of absolutely dry sawdust must be packed into the bottom, fully six inches deep, then the asbestos matting is laid on top of the box. The asbestos matting may then be carefully removed and the sawdust packed around it to the top of the box. The utensil may then be carefully removed and the sawdust packed around it to the top of the box.



Diagram showing the construction of the cooker.

Construction of Cooker
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WIFE DOING COOKING IN THE COOKER

Time-table for Heating Radiators
For simmering... 215 degrees
For boiling... 235 degrees
For slow baking... 225 degrees
For quick baking... 375 degrees
For roasting... 425 degrees

The stones used in making this schedule were radiators belonging to the commercial cooker seen in the illustration; the heat was that of the ordinary gas-burner. The thermometer was a tested oven thermometer produced by the manufacturer of the stones.



Completed Cooker

escape, once at the end of ten minutes again at the end of thirty minutes. In baking do not set the second hot stone in place for ten or fifteen minutes so that the heat can rise to its full height.

Onions and soup started at half-past ten and the potatoes packed and set to ripen at 9 o'clock. The fireless cooker is quite as useful in conserving cold as well as heat.

French Pepper Dressing
Five tablespoons of olive oil, 1/2 teaspoon vinegar, 1/2 teaspoon salt, dash cayenne, 1/2 teaspoon Worcestershire sauce, 1/2 teaspoon curry powder, 1/2 teaspoon sugar, few drops onion juice, 1/2 teaspoon lemon juice. Mix in order given; beat well and serve at once.

Maple Parfait
Four eggs yolk, 2 cups maple syrup, 1/2 cup cream, 1/2 cup flour, 1/2 cup sugar, 1/2 cup milk, 1/2 cup vanilla. Beat egg yolks till light and lemon colored, then stir into them the hot syrup. Pour into double boiler and cook over hot water, stirring constantly until a creamy show on the spoon. Remove and cool. Then beat cream solid and stir in half a cup of sugar. Pour into a mold and chill in refrigerator.

HOW can a cooker cook without fire? And as you ask that, with just a dash of skepticism and suspicion, you feel that you have given us a stunning blow. But you are mistaken. We are going to let you hunt for your own answer. It is here, presented by one thoroughly competent to speak of her subject. There are, however, a few important facts to be brought to your notice: A fireless cooker reduces the fuel bill one-half; it causes less waste in material, due to heat, a roast, for example, shrinking one-third of its bulk in an ordinary oven and one-eighth in a fireless cooker. A fireless cooker economizes time, utensils and energy. It is worth a trial!

Not only is the construction of the cooker dealt with in convincing and understandable terms, but Miss Bailey, from her store of experience, has furnished you with recipes and a typical "fireless" meal, which will serve as a guide in future cooking.

The fireless cooker, although a relic of the good sense of older times, is here in modern progressive form. It is here because the fittest has survived. Its small cost and great convenience are two factors that should never be ignored in any up-to-date household management. Read for yourselves of the old-new friend that is being introduced to you.

able cooking odors are averted. It is not often realized that every whiff of boiling soup or steaming vegetables through-out the house is just so much flavor lost from the food—a distinct waste, having the added disagreeable feature of venting the house from attic to cellar. The saving in utensils is great, as in using the cooker there are no blackened, sticky kettles to wash, therefore, all scraping is averted, and the utensils last longer; this same principle makes dish-washing easier, thereby emphasizing economy in time.

Progressive housewives are particularly appealing to women who are progressive enough to realize that it is unnecessary to spend every minute of the day in the kitchen. The fireless cooker is a quiet stretch of uninterrupted time with their sewing or books. Such women have learned that the casserole, stew, meatloaf, pudding or brown bread for supper, or three or more of these meats, can be prepared and left in the fireless cooker for some hours, and be of the right temperature for serving when mealtime arrives. For busy women, the fireless cooker is a real boon. The cooker can be used in any room not ordinarily used for cooking—which is of interest to people doing light housekeeping.

The fireless cooker over the ordinary range is its absence of continuous heat during the summer months. If the housekeeper has a range, she can let the fire out soon after breakfast, put her dinner in the fireless cooker, and let it boil in water in one of the compartments of the fireless cooker. Various dishes, such as soups, stews, casseroles, etc., can be cooked in the fireless cooker. It is also particularly useful in keeping various dishes warm, as in picnicking, etc. It is very easy to construct a cooker at home which will not only simmer and stew, but boil, bake and roast as well, will be of convenient height to work at, be properly insulated for the extra close-fitting cover. For a one-compartment cooker choose a box from 2 to 2 1/2 feet long, about 1 1/2 feet wide and 2 feet high in making one containing two parts, allow 1/4 foot on the length to allow for extra insulation between compartments. The fireless cooker is made of three-fourths of an inch stock in most satisfactory factory. Such boxes may be purchased at any grocery for 15 or 20 cents, and in choosing care must be taken to procure one having a close-fitting cover. For a one-compartment cooker choose a box from 2 to 2 1/2 feet long, about 1 1/2 feet wide and 2 feet high in making one containing two parts, allow 1/4 foot on the length to allow for extra insulation between compartments.

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. A. S. Mercure

THE menus are planned for the average family in moderate circumstances. They may easily be added to if more variety is liked, but will be found to furnish reasonable meats, vegetables and fruits in abundance. The absence of fresh fruits and vegetables in markets on Mondays, the extra work falling on that day and economy of time, material and money are the chief reasons for the preparation of the menus. While the spring vegetables and berries are far from cheap, the market is practically empty for variety's sake and because they tempt the appetite, but because their mineral qualities and acids are needed as the warm weather approaches.

Table with columns for LUNCHEON, BREAKFAST, DINNER, and SUPPER for each day of the week (Monday through Sunday).

The fried cheese sandwiches for Monday's luncheon may be prepared in the chafing dish at the table if the maid is busy with the laundry work. For these, cut slices of bread very thin, but do not cut them too thin, and toast them on both sides. Melt the cheese between two slices of bread, and toast the sandwiches on both sides until the cheese is melted and the bread is browned.

The bacon for Tuesday's breakfast is spread on a baking pan and run into a hot oven until brown and crisp. Drain for a minute on brown paper. Put in a method of cooking it will be found a great improvement over frying. For the rolled flank steak, have the butcher trim a flank or skirt steak and with a sharp knife score it repeatedly on both sides, making a dressing of 1 cup of soft bread crumbs, 1/2 cup of onion, 1/2 cup of salt and poultry seasoning, 1 tablespoon of chopped onion and 1/4 cup of melted butter or bacon fat. Mix and spread on the steak, roll up, tie or skewer with flour, salt and pepper and dredge with flour. Brown the meat in a little bacon fat, turning carefully so that it may be cleared all over, and put in a covered baking pan with a sliced onion, a few slices of carrot, a sprig of parsley and 1 cup of boiling water. Let bake in a moderate oven 3 or 4 hours. Remove meat and thicken the gravy with 1 tablespoon flour mixed with a little cold water, and add salt and pepper to taste.