

SUBJECT 9 WILL TREAT ON ATTRACTIVE TABLE ARRANGEMENT

Home Course In Domestic Science

VIII.—Useful Labor Saving Devices.

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HOUSEKEEPING has always been hampered to a certain extent by tradition and some superstition. Until recently few women thought of making investigations for themselves regarding questions in general housekeeping, the word of some great-grandmother being usually sufficient. The fact that the grandmother had no opportunity to study the laws of nature as seen in the ordinary process of living did not disturb the average woman's faith in her opinion. But now a change is gradually moving across the country, and the up to date housekeeper is alive to anything which suggests improved and easier methods of work. She will investigate new plans and try practicable suggestions which seem to offer greater facility in her work. But there is yet in our midst the conservative housekeeper. She is slow to adopt new methods or to provide new and better equipment for her work.



HOMEMADE FIRELESS COOKER.

There may be and often is another reason besides conservatism which makes her hesitate to change her mode of work. It is because the men, who are generally the money earners, are often averse to spending any sum of money for house equipment. Not being familiar with the details of domestic work and having larger interests in their own business, they are very apt to think women can get along with almost anything or, rather, they think that housework can be accomplished with any sort of tools.

Occasionally a woman dislikes to ask for what she needs, or sometimes she will not accept modern inventions when they are offered to her, and now and then we find one who will not use them when they are actually in her possession. It is not always easy to tell just where the fault lies or what it is, but one thing is certain, there has been less advance in housekeeping during the last twenty-five years than has been made by any other industry. Agriculture as it is carried on at present is no more like farming twenty-five years ago than truck gardening is like ranching. If the same interest had been taken in household affairs there might have been similar advancement in that most important of all industries.

There are numerous inventions on the market for making housework easier. Some of them are valuable, and others are worse than useless. Unless an implement after it has been given a fair trial is found to be a saver of both time, labor and energy it is not worth house room.

The Handy Fireless Cooker.
Among the most useful articles that have been brought into the kitchen within the last five years is the fireless cooker, or, as it was first named, the "hay box." The conception of the fireless cooker is a very old one, as some of the primitive races knew all about and practiced the art of cooking after this manner. But it was forgotten or neglected by civilized people until a few years back. Now the "hay box" has proved itself so useful as an economy of energy and fuel that it has come to stay. There are some handsome fireless cookers on the market that can be purchased for the moderate price of from \$8 to \$16, and so complete and perfect are they that freezing, steaming and roasting can be accomplished at the same time in the three separate compartments.

On several occasions I have frozen a mouse in one compartment, steamed corn bread in the second and cooked meat in the third at the same time and have had each dish "done to a turn" when it was needed for the table. With the additions of the hot soapstones that are included in some

cookers meat may be roasted and bread cake and pies baked most successfully without requiring the slightest attention after they are put in the baker. I know one housekeeper who does all her cooking, baking and roasting with the help of a fireless cooker and a fireless baker and a two burner gasoline stove. She has proved, too, that she accomplishes more work with better results at about one-half the cost of fuel and twice as much saving of her own time and labor as when she used a first class coal range.

Really the term "fireless cooker" is a misnomer, and a much better name would be "heat retainer," for there must first be heat enough to bring whatever is to be cooked to the boiling point or until it has been heated throughout to at least 180 degrees. This can be accomplished over any kind of fire. Then the heat is simply retained by the cooker for several hours or until the cooking is completed.

The Homemade Cooker.
It is not necessary to buy a cooker, though one or more should be included in every up to date kitchen equipment. Very satisfactory ones have been made out of a wooden box or pall lined carefully with hay, wood, excelsior or paper, which is covered with outing flannel or asbestos, leaving a hole in the center to fit closely around the utensil in which the food is cooked. The principle involved in using the cooker is that the receptacle is made of and lined with some nonconducting material which holds the heat in the food until it is cooked. For this reason a wooden box, barrel or pall is used for the outside part. This is lined three or four inches thick with wool, paper, excelsior or in some cases with exhausted air. A space is left in the center which fits closely around the covered granite utensil in which food is cooked. A padded cover fits tight over the top of the cooker, thus allowing no chance for the outside air to enter or the heat to escape. The temperature the food material is when it is put into the cooker will be retained for several hours, and the fall in temperature is very gradual. The principle is the same for freezing as in cooking, a low temperature being retained the same as a high degree of heat.

In the baker two soapstones are heated for fifteen minutes directly over the fire, and then one is placed above and the other below the article to be baked.

Cooking Cereals in the "Fireless."
The fireless cooker is especially adapted for foods that require long, slow cooking, but is not intended for articles which require rapid boiling. It is particularly well suited for cereals of all kinds, because the principle underlying the cooking of all starchy foods is that it should be slow, thorough and prolonged. In a previous article the statement was made that the breakfast oatmeal may be cooked in the fireless cooker. The directions for doing this are as follows:

To two cupsful of boiling water add one teaspoonful of salt. Stir in gradually one cupful of oatmeal. Let it boil directly over the fire for five minutes, then place in the cooker for eight hours or overnight. If the oatmeal is cold in the morning reheat over hot water.

Many persons are familiar with the construction of the fireless cooker, but are not quite sure how to use one. For such a few general rules may be helpful.

Some General Directions.
As there is no evaporation in the cooker, use less water with cereals of any kind.

While cooking the food over the fire leave the vessel uncovered. This will permit the gases formed in cooking to escape. This is particularly necessary in preparing chicken and other meats for the cooker.

If the granite utensil used in the cooker is too large for the amount of food, use a smaller vessel in which to cook the food and set it inside the larger utensil, surrounded by hot water. To insure perfect success there should be two vacant spaces in the cooker or utensil.

This method of cooking is splendid for chicken fricassee, stews of all kinds, pot roasts, soups and for any meat dish which requires slow cooking. If the piece of meat is large reheat it after it has been in the cooker four or five hours and then continuing the cooking four or five hours longer will give better results.

The length of time the food is to be cooked over the fire depends on the size and nature of the food. A ten pound ham should simmer, never boil, for about forty minutes and cook in the cooker for ten hours, with a second reheating after the first four hours.

The fireless cooker is not intended for fresh vegetables of any kind. These, as previously stated, require rapid cooking, which cannot be accomplished in it. If the potatoes are cooked in it they are sure to be heavy and more or less watery.

If meat is liked brown this should be done before or after being put into the cooker.

Practical Cooking Utensils.
The variety and kind of utensils to be used in the kitchen are always an interesting topic to all good housekeepers. There is only one point to emphasize in equipping a kitchen, and that is that the best material is none too good; also the extent of the equipment should be equal to the needs of the housekeeper.

I have been in many kitchens where the utensils were in such a wornout condition and so insufficient in kind and number that I was not surprised to hear the woman say she disliked to cook or that she was an unsuccessful cook.

\$100 A BOX SEAT AT THE BIG FIGHT

Fans Busy Figuring What the Receipts Will Be for the Biggest Mill of the Century—\$10 Lowest Seat in Arena.

SAN FRANCISCO, March 3.—With the announcement that the prices for the Jeffries-Johnson fight will run from \$10 for the bleachers to \$100 for box seats, the fans have their pencils out and are going in for arithmetic all over the world.

Thirty thousand times ten dollars is not a very hard sum, even for the newsboy, who will have to scrape together a "ten spot" by the Fourth of July.

So the fans are face to face with the fact that even if everybody got in at the lowest possible admittance, fee, the total gate receipts would be just \$300,000 providing that 30,000 persons witnessed the battle.

It will take a big arena to seat 30,000, but the sports here estimate this to be the most conservative total that should be considered.

One Hundred Per.
If there are a large number of box seats at \$100 "per" and a most generous array of \$75, \$50 and \$25 seats, as there undoubtedly will be, the total will run close to \$400,000.

These figures are merely preliminary, of course, but Tex Rickard and Jack Gleason are the authority for the statement that they represent the most probable scale.

MAN WHO BEAT WIFE ASKS FOR WHIPPING POST

ASTORIA, Or., March 3.—Frank Madden of Seaside, who pleaded guilty in the circuit court to two indictments charging him with wife-beating, today began to serve six months in the county jail following his ineffectual plea to be punished at the whipping post for his crime. In pronouncing sentence, Judge Eakin scolded the defendant severely and added that he hoped the penalty inflicted would serve the double purpose of punishing the prisoner for his act and of warning others.

He said that a man so hardened that he would voluntarily choose the whipping post in lieu of jail evidently did not care much for the disgrace and hence the punishment would be of little avail. Accordingly he sentenced Madden to serve six months in the county jail on the first indictment and to receive 20 lashes at the whipping post on the second, the execution of the latter sentence being suspended during good behavior.

UNIVERSITY OF WISCONSIN FORWARDS CENSURE TO ROSS

MADISON, Wis., March 3.—When Professor E. A. Ross of the sociological department of the University of Wisconsin arrives in China, whether he is bound today, he will receive by mail an official censure from the board of regents of the university.

Professor Ross, formerly of Stanford university, has been active in advertising the lectures of Emma Goldman, the anarchist, to his classes. The board of regents met last night and decided that President Van Hise should convey to Ross the board's "unanimous disapproval of his indiscretions."

Ross departed for China recently to study conditions in the flowery kingdom. He will be gone a year, and therefore the board ordered its censure delivered by mail. Ross advertised the lectures here. The recent visits of Emma Goldman and Parker Secomb, a former disciple of free love, to Ross for the purpose of spreading their doctrines among the students of the university are regarded as closed incidents.

One reason why the most desirable houses, apartments and rooms are always advertised is that the most desirable tenants never take the trouble to hunt up places that are not advertised.

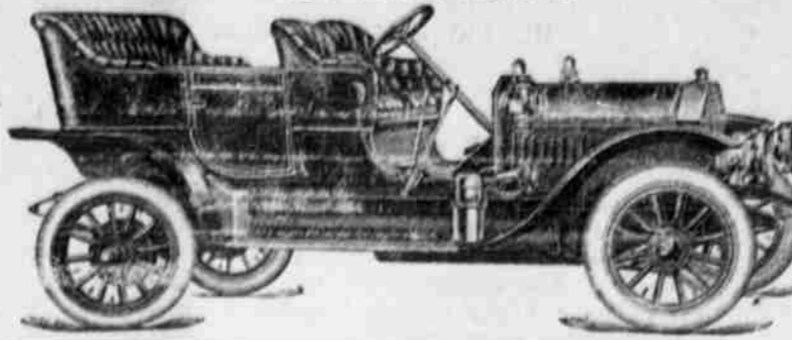
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RIVERHEAD, L. I., CLASS 4—113 miles at an average speed of 70 miles an hour.

ATLANTA—200 miles at an average speed of 72.2 miles per hour.

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