

Wednesday to Be Salad Day—All Oven Dishes Featured

COOKING SUCCESS DEPENDS LARGELY ON CARE OF HEAT

The French have a saying, "the pot should only smile, not laugh," which accounts for much of the delicacy of flavor found in French foods. We Americans hurry everything, our foods included and as a result our meals suffer both in taste and in nutritive value.

Without a doubt, the careful manipulation of heat is the biggest factor in producing palatable food. While some foods, such as broiled steaks, baked potatoes, or biscuits, need high heat and plenty of it to produce perfect results, the majority of foods need more kindly treatment.

Half the cooking done on the top burners of the gas range might be more satisfactorily carried on in the simmering burner, once the boiling point has been reached. To keep the pot "similing" is the mission of this important, but often neglected, burner.

No one has really eaten boiled ham until he tastes a slice of the sugar cured variety which has been cooked in hot water over no more heat than this tiny burner gives. The toughest and stringiest piece of beef becomes a dignified dinner dish when simmered in a spicy sauce, first being browned over a hot flame. Even the powerful pressure will maintain 20 pounds pressure, sufficient for any canning process and for the rapid cooking of meats and cereals.

Of the many kinds of food which are cooked over hot water, or in a double boiler, all may be handled on the simmering burner. Custards, cereals, puddings and the like, not only cook with less watching, since the water does not boil away so rapidly, and there is little danger of burning.

HERE ARE DON'T'S FOR THOSE WHO USE GAS STOVES

Efficiency of Gas Greatly Developed in Last Few Years

Gas, the healthful fuel, has been in use for more than 100 years, but its greatest efficiency has only been developed since the perfection of modern gas appliances during the past few years. Every day gas proves itself the ideal fuel for home, office and industry, yielding the maximum heat with the minimum consumption of fuel.

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Mr. Mills will be at the Emma Cline Shop giving permanent waves from June 13th to 18th. For appointment phone 454.

KITCHEN, REALLY HEART OF HOME, NOW IMPROVED

The frequent reference to better homes, and the better home movement, which appears in the daily press, has been misinterpreted by many, for better homes does not mean simply the furnishings of a home in an artistic or attractive manner, but it means making the home more livable, more comfortable and easier to care for.

If you were to ask a furniture dealer what furnishings were required for a living room he would show you davenport, chairs, end-tables, etc., for custom has designated the room where the family and friends gather after meal time as a living room. But the most important room in the home, the working-living room, is called a kitchen, a name which in no wise conveys the idea of what the

HERE ARE DON'T'S FOR THOSE WHO USE GAS STOVES

Don't try to heat your kitchen with hot-water heater or gas oven. Don't buy a closed top to put on your gas stove. An inclosed top stove is provided with adequate ventilation, but to attempt to transform your open-top range is both dangerous and uneconomical.

Don't try to cook with pilot light. If it is high, enough for this you are wasting gas. Use simmerer when small amount of gas is needed.

Don't have a strong draught across your stove. Not only is there danger of flame being blown out but heat is deflected from kettle.

Don't use paper for heat insulation on top of oven or between oven and wall. Asbestos pads are best for that purpose.

Don't try to dry your hair over a gas flame. Don't turn on the gas in the oven before striking a match. Gas and air make an explosive mixture.

Don't forget that small pot and large burner make a bad combination. So is gas turned high enough to "lick the pot."

Don't allow too long a period between cleanings. Sandpaper rust spots immediately and oil them. Wipe off grease while it is hot. Keep burners clear with hat pin and boil once a month.

Learn to read your meter. It is interesting.

room really is. The heart of the home! The room, in which the housewife spends the major portion of her time, is in fact the living room of the house, just as it was in the past.

The homes of yesterday had their big, roomy kitchens, where not only the food was prepared but in which the family ate their meals, and sat around the open fireplace, or the kitchen stove, conversing or studying or discussing the day's activities.

It is only in recent years that the old-time parlor has been dubbed the living-room.

The up-to-date woman of today is giving more attention to the fitting of her kitchen, seeing to it that it has an attractive color scheme, efficient lighting and appliances, a homey little breakfast nook.

Leave Door Open to Eliminate Sweating

To eliminate oven sweating, which might tend to rust the oven lining it is only necessary to leave the oven door slightly ajar after baking. By thus allowing the oven to cool off, there will be no condensation of mois-

ture as the hot air within the oven cools.

Cool the Oven Off With the Door Open

You can actually save gas when boiling on a gas range by remembering that after the water starts to boil it is so hot and can not be made any hotter.

Always cool the oven with the door open. Usually the food remains in the oven for a short time after the gas had been turned out, still cooking with the heat retained in the oven, but as soon as the food is removed the door should be open to permit the circulation of fresh air to dry it out. As a final precaution, rub the oven walls occasionally with a bit of sweet oil, preferably salad or frying oil. This treatment helps to remove rust already formed and gives protection as well.

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at the Cooking School



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