

PUBLIC MARKET BASKET

By MRS. E. L. CRAMBLATT, of the Grand Central Public Market

DO YOU KNOW YOUR OWN COOKSTOVE?

Everyone knows that a stove is an implement to be used for the purpose of cooking. Its history dates back to 1633 when Count Rumford first caught the idea of enclosing the fuel properly drafted in a shallow iron box. The oven was built above the stove around the chimney. This left much to be desired as its heating was most unreliable. Previous to this, cooking was done on a spit for meats, a huge iron pot hung in the fireplace for vegetables and on the hearth or in the ashes for baking. The development of the art of cookery with the implements used therein reads as interesting as a story.

The qualifications of a good cookstove are — top steel, or smooth and easily cleaned, firebox at least seven inches deep, top four inches from the top of the stove, drafts properly placed to regulate the drafts; an oven eighteen to

twenty inches deep and a well placed, good sized clean-out.

Drafts are of two kinds, direct or check. Direct drafts are below the firebox and check above. In building a fire open the direct draft and close the check. The damper before the pipe when open allows heat and smoke to pass directly over the oven and out the chimney; closed the head passes over the oven down the end of the stove and under the oven, thence out the chimney at the back. For that reason the end of the pipe extends some distance down the back of the stove. If a hot water system is attached, a water front or water back is to be found in the fire box. This consists of several coils of pipe placed in the front part of the fire box or if a water back, placed in the back of the fire box. Sometimes for extra heating a pipe is run over the top of the fire box. This is perfectly safe if the top of the stove is far enough above the top of the oven, otherwise the heat will be checked and baking interfered with. If the stove is full of soot and ashes above the oven and below it, food will not be baked on the top or bottom. The clean-out allows all accumulation to be withdrawn. If food bakes too quickly on the top, the oven is too shallow. This may be prevented by placing a square paper tent over the pan or by placing a pan of cold water in the oven. To bake custards, set them in a pan of warm water in a hot oven, then lower the heat and cook until a silver knife comes out clean when inserted in the middle of the custard. If a custard is cooked at too high a temperature a flaky, watery consistency is the result.

Very excellent makes of stoves are the Malleable, Monarch, Universal, Acorn and Garland. It does not necessarily follow that the highest priced stove is the best. A plainly decorated is best since it permits less dust and dirt to accumulate and is easier to clean. A steel top may be kept smooth and shining by means of a paraffined cloth and a bit of steel wool. The latter takes off any rust spots.

Next week, the article will be about "The Humble Potato."

Recipes:
Cheese Rarebit. — Add ¼ cup grated cheese to every cup of No. 11 white sauce, serve on toasted bread.

Baked Hamburger with Spaghetti.—Break up spaghetti and boil 20 minutes in boiling salted water.

Dice bacon in frying pan and add one or two sliced onions, frying until brown. Add Hamburger and one can of tomatoes, bring to a boil then add the drained Spaghetti. Put in a well buttered baking dish and bake in a slow oven an hour or longer.

Squash au Gratin—Remove seeds and pith from squash; cut in halves lengthwise. Bake until tender and just before serving grate soft cheese over hot surface. Serve on a platter.

Honeyed Sweet Potatoes—Boil sweet potatoes whole, ten minutes with jackets on. Remove from the fire, peel, cut in halves lengthwise. Place flat side down in a shallow baking dish and baste often with a syrup made of honey one pint, hot water ¼ pint and butter. Bake 20 minutes, serve.

Creamed Kipperd Cod—Place 2c milk in a pan and heat but do not boil. Add 1c flaked kippered cod and thickening of flour and milk, and salt. Cook until thick.

Baked Pears—Peel the pears, place flat side down in casserole; baste with syrup made of brown sugar, water and butter.

MENUS FOR THE WEEK

Monday
Breakfast—Cereal, Creamed chipped beef on toast, coffee.
Luncheon—Cheese rarebit on toast, Cake, Tea.

Tuesday
Breakfast—Oatmeal with raisins, Hot cakes with honey, Coffee.
Luncheon—Reheated stew, Baked apple with cream, Tea.

Wednesday
Breakfast—French toast with jelly, Poached egg, Coffee.
Luncheon—Squash au gratin, Pie, Cocos.

Thursday
Breakfast—Gems, Fried potatoes, Doughnuts, Coffee.
Luncheon—Vegetable soup, Thin corn bread, Coffee.

Friday
Breakfast—Cereal, Creamed kippered cod on toast, Coffee.
Luncheon—Hot biscuit with honey, Celery salad, Tea.

Saturday
Breakfast—Cereal, Muffins, Coffee.
Luncheon—Baked clams, Finger rolls, Tea.

Sunday
Breakfast—Half orange, Doughnuts, Cereal, Coffee.
Luncheon—Combination salad, Spiced pears, Bread and butter, Coffee.

Dinner—Fish scallops, Stuffed green tomato, Egg plant saute, Cake, Tea.

Dinner—om cod, Steamed rice, Corn Gelatine pud.
Saturday
Breakfast—Cereal, Muffins, Coffee.
Luncheon—Baked clams, Finger rolls, Tea.

Dinner—Fish scallops, Stuffed green tomato, Egg plant saute, Cake, Tea.

Sunday
Breakfast—Half orange, Doughnuts, Cereal, Coffee.
Luncheon—Combination salad, Spiced pears, Bread and butter, Coffee.

Dinner—Rolled rib roast, Fried Parsnips, Mashed potatoes, Banana salad, Cranberry sauce, (half pint whiskey)

"FACE OF THE WORLD"
SUNDAY AT STRAND
A rare treat is promised patrons of the Star theatre by Manager White in the presentation on Sunday of "The Face of the World," Irvin V. Willat's newest production.

This is a Hodgkinson picture which was adapted to the screen from the world-famous novel of the

same name by John Bojer, deals with the adventures and misadventures of Dr. Harold Mark and Thora, his young bride, played by Edward Hearn and Barbara Bedford.

Some of the big moments of the production are the wrecking of a highpowered racing car,—the burning of a three-story building and a rescue from the flames,—which by the way, almost cost Edward Hearn his life when the scene was being photographed.

Second Feature
ERNEST J. POWELL
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8:00 P. M. Nov. 12.
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