How Shall We Cook Down on the Farm

By ELSIE ANN GUTHRIE

MANY readers of the Homemaker may be facing the problem of stove selection. It may be your old stove is worn out and must be replaced; perhaps you are moving from a furnished flat to another location which requires a change of fuel; you may be a senior looking forward to teaching Home Economics or going into the extension field preaching the gospel of Homemaking; or, best of all, you may be looking forward to selecting a stove for your very own kitchen.

For the city woman who has access to gas or electricity, the problem is solved, but for the farm woman who has neither of these available, some other fuel must be found. She, more than any one else, needs a good stove, especially in the summer time, when she cooks for so many hungry men, to say nothing of canning, preserving, ironing, or washing she may have in addition. Her time, too, is usualy quite full with the extra work of gardening and poultry raising. Most farm homes are equipped with good wood or coal ranges, which give splendid service, but there are times when an auxilliary fuel can be used with greater comfort and saving of time. The newer stoves using such fuels are so efficient that they can be used not only for auxilliary purposes, but for all time.

Looking back into the years when our great, great grandmothers were "feeding the nation", we think of the fireplace as the center of the home, for was it not there the family gathered for its pleasures, for prayers and for discussions, and was it not there also the cooking for the family was done? The cooking of meals is of no less importance now than then, as meal time is practically the only time the modern family gets together. Because we must have meals, we consider the cookstove itself one of the most important pieces of home equipment, and the selection of this stove contributes much to the happiness of the home.

There are several points to be considered in stove selection. We want heat and we want it to be quick, constant and easily controlled. The modern housewife has no time to struggle with a refractory stove, when even under the most favorable conditions it is hard at times to find enough hours in a day for the many things she wants to do. The stove, aside from heating well, must be of the type from which the heat goes to the substance to be heated, without heating the kitchen to an uncomfortable torrid temperature.

The stove must be attractive and easy to clean. In daye gone by, with some "Sun Rise", a little hot water, some brushes, an hour's time and 50 calories, more or less, of energy, this piece of equipment could be made to shine like a mirror. Of course, the odor from the burning polish, the next time the fire was started, as well as the darkening effect on cleaning cloths, also served as reminders that the stove had been blacked. What a contrast we have today in our shiny blue steel or enamel combined with white, grey or some other color enamel which requires so little time and energy to clean, not much harder to wash than a dish. In the matter of cleanliness, we must also consider grates and ash-pans, if there be such, or burners, to use more familiar nomenclature. The construction of burners must be such that they do not readily collect grease and dirt to interfere with heating, and must be easy to take apart and clean.

A good cookstove, as a rule, means a considerable investment, so we must be sure the construction is durable and of good material. The Division of Simplified Practice of the Bureau of Commerce has done some work along the line of standardizing stove construction, but as yet no definite standards have been set. The stove must also be safe to operate. The fire hazard presents one of our gravest dangers, therefore too much care in this respect, when selecting the stove, cannot be given.

Cost of upkeep and operation costs are also considered. A cheap stove may have many defective parts or require more fuel. This may make it a more expensive purchase in the long run. Styles in cooking equipment have changed just as styles in clothing and architecture have changed.

No longer do we cook at the fireplace in the modern home, for where it is found, it is used for the cheerful and decorative effects rather than for cooking purposes. We have already spoken of the coal or wood range. One of the first stoves to be put on the market for cool hot-weather cooking was the old fashioned gasoline stove with the tank above. The many objections to the danger of the elevated tank caused a change of style which placed the fuel tank at the side. There are at least three excellent types of stoves using liquid fuel now on the market.

The Kerosene Stove

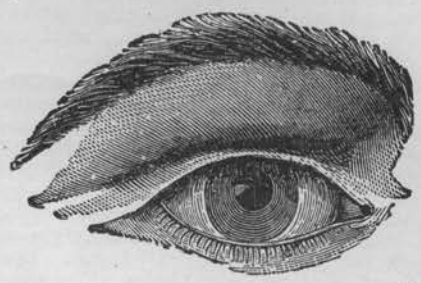
The *kerosene stove* offers a very satisfactory solution to our problem of selection. There are several good makes on the market so universally used as to need no introduction to Homemakers. The newest stoves are equipped with the usual small burners and the large burner, which is like the others in construction but has a wick which makes it possible to burn twice as much oil and the desired heat can be obtained in half the usual time. The adaptability of this type recommends it, as a very low flame gives the minimum required, and the large burner, the maximum, while the cost of operation is always very low. This stove is made in several sizes and models, the largest of which is the range with the side oven for baking or fireless cooking. The shelf provides a place to keep food warm, warm plates, or hold various small utensils to be used around the stove, and pans and skillets are within easy reach on the shelf below. The initial cost of the kerosene stove compares favorably with that of other types, and operation and repair costs are low. With proper care and *religious cleaning*, as well as good quality kerosene this method of cooking meets with the necessary requirements. But like a kerosene lamp, a kerosene stove must be cleaned daily. Like the cat or the pet canary, neglect soon tells on it. The daily cleaning should include cleaning the wicks, wiping the grease and dust from the burners, wiping the chimneys if necessary, and cleaning off any food that may have been spilled or cooked over. The glass fuel container makes the task of refilling obvious when needed and lessens the danger of burning dry, which chars the wicks and makes them uneven. This container has also a wire handle, by which it may be easily carried to the outside tank for refilling. For safety, this stove rates practically 100 percent from the standpoint of the stove itself.

Many people who use kerosene stoves do not get the best results because they do not take the time for cleaning the stove daily. A kerosene stove must be kept clean if it is to give continued service. A short time ago, the writer visited a kitchen where a good looking three burner oil stove was in use and was quite surprised when told that it had been used for fifteen years. "It still works as well as the day we bought it and has cost very little for repairs," was the housewife's reply to our astonished questions.

The Gasoline Gas Stove

Another very excellent type of stove is the *gasoline gas stove*, which operates quite satisfactorily when properly cared for. In this stove, the gasoline is fed through a wick into a chamber through which air passes in much the same way as the carburetor of a gasoline engine. Gas forms and passes up through the pipes to the burners, where it is ready to burn when properly turned on and lighted. The tank may be on the side of the stove or in the basement. In the latter case a larger supply can be put in at one time and needs replenishing less often. On the market is a home gas plant, which, by the method described above, supplies gas not only for heat, but for light as well. The tank is sunk in the ground at a safe distance from the house, with a cut-off at the outlet to insure safety. The pressure may be

(Continued on page 14)



Cookery on the Farm

(Continued from page 4)

pumped u pby hand or supplied by a ⅛ h. p. engine, which drives the air through the chambers of the carburetor and vapor gas is produced.

Several stoves with small side tanks or basement tank are on the market. Where used, these are giving excellent service. They are made in two, three and four burner sizes, with a fifth burner for the range. Most of them have a master burner, which, when genrated, automatically generates the burners on either side. For heat production it compares with the large burner in the kerosene stove.

For family cooking, the range with the side oven is an excellent model. Different makes vary slightly in size, but the average is practically standard, since so many are near that size. The burner surface is 22¼ in. wide and 23 in. deep, 12 in. high and 15½ in. wide, inside measurement. There are usually two master burners, a good oven, and adjustment for height to suit the convenience of the user.

The material is steel and enamel, both easy to keep clean, sanitary and durable. An enamel pan below the burners catches grease, food or other waste. One model features a lower cabinet for cooking utensils. The burners can be regulated to give varying amounts of heat from the minimum required for simmering to the blaze hot enough to boil a kettle of water in a very few minutes. There are no sooty pans or flames that crawl up. Some manufacturers claim for their stove that it can be turned on end while burning without danger of explosion. When disconnected for filling, the flame goes out, thus further insuring safety.

Bottled Gas as a Fuel

Another type of fuel, as yet not well known, but worthy of consideration and investigation, is called Bottled Gas. It is manufactured from gas, being liquefied, and is shipped in small steel containers, gross weight about 80 pounds, and easy to handle. The consumer has two tanks on hand and when one is empty another is connected to the stove while the first is refilled, this service of connection and refilling being supplied by the local dealer. Pressure is necessary only when the supply tank is low. The stove used is very similar to the gas ranges on the market. Good results have been secured from this clean fuel, free from soot or other by-products of combustion. Experiments in its use have resulted quite satisfactorily and compare favorably with those in using other types of fuel.

If one has never used gas or electricity for cooking purposes, she doesn't realize what an advantage either of these fuels give, but after a country bred girl spends a quarter or more in a Home Economics cooking laboratory, then goes back to the farm, she begins to wonder if it isn't time for a change. In the family contact at meal time, it means so much if the homemaker, whose duty it is to prepare the meals, can take her place at the table with as much eagerness and enthusiasm as the young son fresh from games and literally "starved to death." Contrast this picture with that of the woman who faces the family all tired out, her face streaming with perspiration, and no appetite for the food she is serving to her family.

To sum up the situation, an ideal cooking device is one in which fuel is consumed only when actual cooking is in progress, and can be cut off instantly. In addition, fuels may be compared on the basis of convenience, for instance, coal and electricity, cost, efficiency, ease and accuracy of regulation, care required, and comfort to the worker. With the foregoing possibilities, which meet these requirements so completely, the farm woman may practice her culinary art about a stove as attractive, safe and efficient as that of her city neighbor. She derives pleasure from using such a stove in addition to being more physically fit and having time for other activities.

Uses of the Organ Cuts of Meat

(Continued from page 5)

ter. Boil for ten minutes; add the caramel, nutmeg and parsley.

Beef Kidney, Creole Style

1 beef kidney
1 thick slice bacon
2 tbsp. chopped suet
4 tbsp. flour
1 sweet pepper
1 pint canned tomatoes
1 tsp. salt
⅛ tsp. cayenne pepper
⅛ tsp. curry powder
4 onions

Trim the fat from a fresh kidney and cut in three-quarter inch slices. Dredge with the flour. Fry the chopped bacon and suet in a deep saucepan, add the kidney, chopped onions and pepper and turn until the meat is thoroughly seared and coated with a rich brown gravy. Add the tomatoes and seasonings, cover closely and simmer three-quarters of an hour. Serve very hot on narrow strips of buttered toast.

Liver contains a higher percent of