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Fuel Economy in the Kitchen

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**Fuel Economy in the Kitchen**

MIRIAM RAPP

1. Do you cover the vessel when boiling water or food? The process is completed in less time if you do—with of course the consumption of less fuel.

2. Do you light the burner of your gas or kerosene stove after the vessel is set on the burner?

3. Do you turn out the flame just before removing the vessel from the burner?

4. When water or food has commenced to boil do you turn the flame lower?

Fuel may be saved by using double-triple pans.

Water will get no hotter than boiling no matter how furiously it boils.

A flame which licks up around the sides of the pan is a wasteful one and should be avoided.

A clean burner is much more efficient than a dirty one besides saving the disagreeable task of cleaning the sooty utensils which often result from an unkempt burner. The matter of regular and thorough cleaning of burners is of particular importance in using a kerosene stove.

Correct selection and use of utensils used in cooking is another method of saving fuel. A utensil with the bottom surface near the size of the burner is more efficient than one much smaller than the burner. By using a cluster of three pans often called "clover leaf" sets, you may be able to cook on one burner what would ordinarily require the use of three burners. Sets of double pans can also be purchased economical.

With a little forethought in planning, a whole meal may be cooked in the oven, thus preventing the necessity of using both oven burners and surface burners for the same meal.

Some gas ranges and electric ranges are now being made with very well insulated ovens. Such an oven may be used as a fireless cooker since if unopened it retains the heat for some time after the burner has been turned off. Here again an oven cooked meal will be a fuel saver.

One of the manufacturers of gas ranges has incorporated the principles of the fireless cooker in a hood attachment over one of the top burners. This fireless hood or dome is very well insulated and when once heated retains the heat.

Girls in the Household Equipment course at Iowa State College found that by using a set of triplicate pans with the fireless hood attachment, they could prepare, with an expenditure of only 6.75 cubic feet of gas, the following meal for six people:

Rolled steak with vegetables

Escalloped potatoes

Brown Betty pudding

The same meal required 20.96 cubic feet of gas when it was baked in the oven.

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When We Are Very Young

ANNA JOHNSON

What would Christmas be to the kiddies without bright colored candies to delight them? Candy for the children should be simple, yet attractive. Fruits and candies which are not too rich and sweet may be made with a great deal of interest for the maker and real delight for the children.

One of the greatest delights for kiddies are little animals, made from Turkish Paste.

**Turkish Paste**

Gelatin, 4 tsp.

Granulated sugar, 4 cups

Salt, few grains

Clove extract, 1 tsp.

Powdered sugar, 1 cup

Cold water 1 cup

Boiling water, 11/2 cups

Lemon juice, 1 cup

Coloring, yellow and red

Soak gelatin in cold water 5 minutes, then dissolve in boiling water. Stir in the granulated sugar and salt until dissolved and boil slowly 15 minutes, removing scum as it forms. For other variations divide the mixture in half, to (A) add lemon juice and yellow coloring; to (B) add clove extract and red coloring.

Pour into shallow pans that have been rimed in cold water, to 1 inch in depth. Let stand until firm, unmoind onto bread dredged with powdered sugar. Cut into squares, and roll in powdered sugar.

1 cup nuts add variety to gelatin mixture.

Cunning animal shapes may be made by dividing the mixture into several parts, coloring each part differently, chilling in thin layers. After allowing it to become firm, cut in shapes, roll in granulated sugar and fasten pieces together with toothpicks to form odd shapes of animals.

Cookies and candied fruits are especially desirable for the family because they are healthier and add variety.

**Bran Brittle**

Granulated sugar, 2 cups

Brown sugar, 1 cup

Light or dark molasses, 5/8 cup

Water, 1/4 cup

Butter, 1/4 cup

Salt, 1/4 tsp.

Bran, 1 1/2 cups

Put the sugars, corn syrup and water into a sauce pan and cook, stirring until the sugar is dissolved. Continue cooking without stirring until forms a hard crack when tested in cold water, or 300 F. is reached. Remove from fire, add salt and butter and stir only long enough to mix well. Add bran and turn at once on a greased inverted pan or baking sheet. Smooth out with spatula. After about a half minute take hold of the edge of the candy and, lifting it slightly, pull as thin as possible. Break into irregular pieces.

Fruit cakes are especially desirable for the family because they are healthier and add variety.

**Stuffed Prunes**

For stuffing prunes use the smaller size, since the large ones do not look so well and are clumsy to eat. Wash the prunes and steam. For steaming, place in a collander or a coarse strainer over a kettle of boiling water. Do not let the water touch the fruit. Cover and allow fireless hood attachment, they could prepare, with an expenditure of only 6.75 cubic feet of gas, the following meal for six people:

Rolled steak with vegetables

Escalloped potatoes

Brown Betty pudding

The same meal required 20.96 cubic feet of gas when it was baked in the oven.

Continued on page 23
Fuel Economy in Kitchen
(Continued from page 11)
oven with gas turned on for the entire cooking process. At the rate of $2.00 per 1000 cubic feet of gas, this would mean a saving of $0.028 in cooking this one meal or a yearing saving of $10.30 if the same economy were practiced each day. This fireless hood attachment adds only about $8.00 to the cost of the stove and would more than pay for itself in one year.

Pressure cookers reduce the amount of fuel on an average one-third for long process cooking. The average cost of a 12-quart pressure cooker is from $20 to $25.

It should be remembered that careful cleaning and thorough airing of fireless and pressure cookers are very essential practices for good flavored foods.

A small amount of fuel saved each day, which means a much large amount saved in a year, will result from the practice of efficient methods in the use of the stove or in using some fuel saving equipment in cooking processes.

Hec: "Are Vet courses hard?"
Vet: "Not so very. The other day one of the instructors took up a lot of time explaining why you mustn’t ever crawl under a mule to see why it doesn’t go."

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