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Pots 'n Pans

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IF YOU'VE never done any cooking, and if you've never spent much time around a kitchen, choosing your equipment can be terribly confusing. You'll be intrigued by different colored enamels, caught by the glitter of metals, lured by wonderful, streamlined designs. But your mind may be a blank when adding up the merits of cooking utensils. It's just as easy to go haywire among pots and pans as it is in choosing china and linens. Know what you're buying before you buy. Planning is all-important.



POTS 'N PANS

by

Maryann Meldrum

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First, you should know what basic equipment you will need. Then there are numerous extra items that are wonderful to have, provided you're stocked up on essentials. We have included your essential list and also a list of the things that are nice to have but not absolutely necessary in everyday cooking.

Different types of pots and pans have different qualities. Once you decide which type you prefer, it's a wise idea to remain loyal to it. At least, you should try to acquire two or three of the same type. Your kitchen will look better if the equipment matches. Also matching pieces have matching virtues that you will learn to know and depend on.

For example, aluminum heats quickly, is wonderfully light and easy to keep bright and shiny. If you don't like lifting pots and pans that are heavy, then you should consider aluminum equipment.

Glas goes from range to table

Glass pots, pans and casseroles are made for both oven and on top of the stove use. Because they absorb heat so well, they are most efficient over a small flame and keep your fuel bill down which is certainly practical. You can see inside them without lifting lids so you can keep your eye on the dinner while it's cooking. Glass equipment can go directly to the table and later to the refrigerator so you save dishwashing.

Stainless steel makes one of the most durable cooking utensils. It's also a good choice because it cleans so easily. Combined with a copper bottom, it makes a very efficient pot or pan. Copper heats readily and evenly so has been a favorite of chefs the world over. A pan made entirely of copper presents a cleaning problem but a copper-bottomed pan is a joy to all homemakers, past, present and future.

All of you who have taken foods courses learned that the surest way to kill the flavor of fruits and vegetables is to drown them in too much water. Excess water removes a lot of healthful vitamins, too. Heavy cast aluminum heats evenly and is excellent for cooking foods in their own juices. It also lasts a long time and doesn't dent.

There are several points to check carefully, regardless of what type utensil you buy.

1. Make sure lids fit tightly.
2. Look for handles and cover knobs that stay cool.
3. Hang-up handles are convenient, in case you decide to keep pots suspended from hooks, handy to the stove.

People are more practical-minded about wedding presents now than they used to be, so why not put pots and pans on your brides list? You can tactfully let your friends know that a pressure saucepan would be far more welcome as a wedding present than some "gimcrack" gift you will never use.

YOUR ESSENTIAL LIST

1 coffee maker
1 chicken fryer
6 custard cups
1 set mixing bowls
1 juice extractor
1 set measuring spoons
2 spatulas: 1 wide, 1 narrow
1 frying pan, 6" or 7"
1 set measuring cups
1 flour sifter
1 bottle opener
1 pancake turner
3 knives—chopping, shredding, paring
1 double boiler
1 covered sauce pan, 3 qt.
2 cake pans, 8" or 9"
1 rolling pin
1 colander
1 long handled fork
1 teakettle
2 sauce pans, 1 pt. and 1 qt.
1 pie plate 7" or 9"
1 loaf pan
1 food grinder

1 potato masher
1 teapot
1 casserole
1½ to 2 qt.
2 cookie sheets
1 can opener
1 rotary egg beater
1 shredder
1 toaster
1 roaster with rack
1 muffin pan
1 cutting board
1 wire strainer
1 grater

NICE TO HAVE

funnel
pressure cooker
waffle cooker
wooden chopping bowls
wire whisk
carving set
biscuit and cookie cutters
electric mixer
Dutch oven
egg poacher

