

the same fact. Time and trouble, too, are economised by using a gas stove, as it saves the trouble of making a fire and waiting until it burns up sufficiently to cook.

Thousands of ladies are now able to do the cooking for the family without the expense of keeping a servant. Many thousands of gas stoves and ranges are now in daily use, and are considered to be invaluable. Gas ranges and boilers have been used most successfully to cook for 3,000 to 6,000 persons daily by one caterer, and in many **cafes** and **refreshment rooms** are being used daily to provide for 100 to 500 persons, in all cases proving the superiority of this means of cooking.

Gas Stoves.



A gas stove requires to be kept particularly clean, both inside and out. The shelves can be removed and the inside wiped with a damp cloth while warm.

The vessels used for cooking should be free from soot, or there will be waste of gas and an unpleasant smell. The same rules apply as to cooking with coal. Heat the oven well before putting in your dishes, particularly for scones and pastry. Place them near the top, a very hot shelf over them, with first sufficient room to let them rise; this deflects the heat. Be sure and have a sand plate underneath to deaden the under heat. If your oven burns, this can stand on one of the barred shelves or runners, and must have room at the sides to allow the heat to ascend.

In cooking meat after it has been browned, to retain the juices turn the gas down and cook very slowly. A good oven retains the heat for a considerable time after the gas has been turned out; this can be utilized for keeping dishes hot, etc.

How to Measure.



Correct measurements are absolutely necessary to insure the best results. Good judgment, with experience, has taught some to measure by sight, but the majority need definite guides.

Tin measuring cups, divided in quarters and thirds, holding one-half pint, and tea and table spoons of regulation sizes—which may be bought at any store where kitchen furnishings are sold—and a case knife are essentials for correct measurement.

Measuring Ingredients. Flour, powdered sugar and soda should be sifted before measuring; mustard and baking powder, from standing in boxes, settle, therefore should be sifted to lighten; salt frequently lumps and the lumps should be broken.

A cupful is measured level. Fill the cup with a spoon or scoop and level with a case knife, care being taken not to shake the cup.

A tablespoonful is measured level.