

A Few Words About Cooking and Heating by Means of Gas.



Muscle and Flesh-forming Foods, Warming Foods,
Mineral Foods, Thawing Frozen Meats.

Although gas has been for many years in use as an illuminant, yet its use for heating and cooking purposes has not, until recently, been so general as it deserves to be. A few remarks on gas as a fuel may be read with advantage by those who have not given the matter their attention hitherto. Cooking by gas is claimed to be convenient, cleanly, effective and economical.

It is Convenient because the apparatus or stove can be placed in almost any part of the house, avoiding the necessity of wood or coal shed, and entirely doing away with the labor attendant on coal fires.

The gas stove is always ready at a moment's notice, and can be extinguished at once, whereas a coal fire must receive continuous attention, resulting in a waste of fuel before or after cooking, nor can it be so easily regulated. In cases of sickness a gas stove is invaluable, being ready for immediate use.

It is Cleanly. There is no need to soil the hands or clothes, no dust, no soot to fly about, no cinders or ashes to carry out; simply a tap to turn and a match to apply, and the stove is ready to do its work. The atmospheric burners are free from any unpleasant smell, and the blackening of cooking utensils is avoided.

It is Effective. Food prepared with gas stoves is not in any way contaminated by gas fumes. The fact that food for patients and medical attendants in the leading hospitals is being cooked by gas is sufficient evidence of the method being wholesome. The heat being under perfect control, can be regulated to any degree required, and its being evenly distributed materially adds to its effectiveness. All kinds of cooking can be done to perfection—roasting, baking, frying, grilling, toasting, boiling, stewing, etc.

It is Economical in comparison with coal fuel. From experiments made it has been proved that the same amount of cooking can be done at considerably less cost than by a coal range. **Carefulness** must be exercised in the use of gas by keeping it shut off when the stove is not in use. Another saving arises from the fact that the loss of weight in cooking meat is less in the case of a gas range than when cooked in a coal range by over 15 per cent.

On the score of economy numerous experiments have been made, conclusively determining in favor of gas. In the London Hospital alone it is estimated that £400 per annum (nearly \$2,000) is saved by this means of cooking, and other institutions testify to