

- (c) Do not leave food in the cooker after it is cooked; it will reach the temperature at which food spoils quickly.

*Note.*—This kind of cooker is useful only for slow cooking processes, like steaming and stewing.

(8) *Advantages of Fireless Cooker.*—

- (a) The odor of cooking does not escape through the house.
- (b) There is no burning of food; no watching is required.
- (c) It is a saving of fuel and in warm weather it makes much cooking over a hot fire unnecessary.
- (d) No food material is wasted.
- (e) On days when top of range is much in use, as it often is on wash-day or canning day, the cooker can be used for preparing all or the greater part of the meal.
- (f) It is a great saver of time and energy for people who are wage earners outside of home, and who do their own cooking; they can come in and find the greater part of their meal entirely cooked for them.
- (g) It is good in cases where food has to be carried distances, as it is often with men working in the fields, workmen in cities, etc. Something hot and appetizing can thus be conveyed to them.
- (h) It is likely that it will, in future be an established feature in the lunches of school children.
- (i) Hot water may be kept on hand when fires are not kept up.
- (j) Wear and tear on kitchen utensils is lessened and they are