

in order to shut it. The material for packing may be soft hay, excelsior, sawdust, newspaper, cotton batting, wool or ground cork.

Figure 6 represents a box with inside measurements as follows: Length, 31 inches, width 17 inches, depth 16 inches. The cover is tight and is fastened on with hinges and hasps. It is wise to line the box with one thickness of heavy paper or several thicknesses of newspaper. Asbestos sheeting may be used instead. Pack the bottom tightly to a depth of four inches with the nonconducting material. Excelsior was used in Fig. 6. The vessels are two granite pails 7 inches deep and 7 inches in diameter. Set them about 8 inches apart and pack firmly all around them until level with their top. When they are lifted out they leave a hole just large enough to slip them in again. Cover this surface with a dark cotton material, *e.g.*, print or denim, cutting holes the size of the top of the nests (Fig. 6). Tack the print to the sides of the box. The space above the pails may be filled by one cushion of excelsior covered by the print or two cushions, each filling half of the space and fitting tightly.

It is an advantage to line the nests with circular pieces of cardboard just the height of the pails. The pails must have straight sides and must be made of seamless, rustproof material. Granite is very serviceable. The covers must fit very tightly.

The fireless cooker box would be very useful in the lunch equipment of rural schools because the use of it would mean economy of fuel, of stove space, of utensils and of time and effort. It could be made by the scholars themselves and would make excellent manual training.

Many of the dishes in the recipes given may be cooked in this way, but more time must be allowed for cooking as there is a fall of temperature in placing the food in. The box should be as near the stove as possible when transferring the vessel from the stove to the box. It should be done very quickly, if possible before the food stops boiling. Place the cushion on very quickly and fasten down the top. The pail should be filled almost to the top because there is more loss of heat when there is space above the food. If the quantity of food is small, cook it in a smaller, tightly covered vessel and place this on an inverted bowl or pan in the larger pail which is filled with boiling water. This boiling water will hold the heat better than air would.

The fruits may be cooked in the fireless cooker. Apple sauce: Bring to boiling temperature and place in cooker, leaving about 2 hours. Apple compote may be done if apples are cut in halves or quarters so that they need not be turned. Leave them about 3 hours. Dried fruits soaked over night—bring to boiling point and leave