

Dinner Ready Without a Fire

The Fireless Cooker

One of the many unique, and probably more or less useful, inventions of the age is the "fireless cooker," an implement (or is it a utensil?) calculated or proclaimed to be a great aid in the cooking of certain foods—in certain ways.

The average mind rebels at the acceptance of a theory of cooking except by applied heat. The exponent of the theory of cooking food by retained heat offers his allegiance to the "fireless cooker," and says, "it's just splendid." After a careful inquiry into and personal examination of a few makes of these

***** EASTER JOY BY EMMA A. LENTE

Oh, we have trod the Lenten ways, and seen Gethsemane,
And stood in Pilate's judgment hall, and crept to Calvary,—
Have followed to the garden tomb with piteous love and fear,
And viewed the heavy scaled door, with soldiers watching near.
But now the grief is past. We see the Easter morning rise;
The chilling clouds have rolled away and left translucent skies;
And all about is life renewed; the jubilate we sing.
For Death is now a vanquished for and Christ the Lord is King.

"fireless cookers" now on the market, their good points were: First, the saving of fuel, because in boiling vegetables, beans, meats and cereals, it is only necessary to bring the food to the boiling point (which is \$12 degress, Fahr.) on the stove in the regular way, and then, when boiling, to be transferred to the "cooker" (meanwhile letting the kitchen fire out) where the cooking process is expected to continue until the food is wanted. Mark the phrase, "till the food is wanted. The saleman asserts that potatoes, for instance, could be put into the "cooker" after being heated to boiling point over the breakfast fire and taken out of the "cooker" piping hot at noon or night without any injury whatever to the potatoes from the long soakage in water and the constant heat.

Second, the absence of heat in the kitchen in hot weather, as the "cooker" does not generate heat, but merely retains what is in the food when closed in.

Third, the convenience of cooking food without the personal care required when done on the stove, as the cook could leave the premises entirely for some hours without fear of fire or spolied food, and return to find a hot meal ready for the table. This sounds uncommonly like a fairy tale, but even then must open up vistas of great gladness for the bachelors of the western plains.

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The regular manufacturer has three or four models on the market, quite alike in principle, but unlike in design. The structure is very simple and easily within the capabilities of almost everyone. It will not be difficult to imagine a metal box shaped very like a wooden cheese box, only a little larger in both circumference and height. Let us suppose the box to be 19 inches across and 30 inches high. Now imagine you see suspended in exactly the centre of this box a second box, exactly the shape of the first but smaller, being only 7 inches across and 18 inches high. This size will admit of a packing 6 inches thick all round, between the inside bex and the outside bex. It will be clear to anyone that there must be an opening

to this centre, and that, naturally, is allowed for in the top, so that the packing (really a little cushion) for the lid or opening is made separate and removable from both the lid or outside top and the top of the centre box.

The question of materials out of which to make these round boxes seems to be merely a matter of choice. One shown was made of aluminum inside and out, so also were the dishes, six inches across and six and a half inches deep, of which there were three for the 19 by 30 inch box, thus providing a means of cooking three different foods at the same time in the same "cooker." The price of this one was \$10.50. There was a second one, larger in dimensions, but the same in structure, and held but one dish, in copper of 14 quart size, which was calculated to cook an extra large piece of meat. Of course, the large dish could be changed for two or three smaller ones and cook what you like in them. The price of this is \$15.00 Still another "cooker" was just an oblong wooden box, long enough to admit three dishes in a horizontal row with space enough between and around their three cases and the outer box for the packing, which is so necessary a part of the "cooker." for let it be thoroughly understood that

the dregs of molten cast-iron. When the iron ore is smelted the lime, dirt and refuse ore sink to the bottom of the smelter and is carried away through another funnel. As the liquid dregs pours from this funnel a force of steam is trained upon the stream, blowing it into the air in thin, thread-like particles that fall in soft dry showers to the floors and are there collected and graded.

Even the dregs has grades, because that which flies farthest from the force of the steam is, of course, clearer, softer, lighter and bulkier than that which falls closer in, afid would be better for the "cooker" packing than the heavier, less pliant substance. This is mineral wool and can be bought in the best grade for three cents a pound in Winnipeg.

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An opinion as to the utility of the "cooker," assuming that it will do what is claimed for it, is difficult to arrive at. One reply to the question as to how long the heat would be retained by the "cooker" under the most favorable circumstances was that in seven hours the food placed in the cooker at \$12 degrees Fabr. (boiling point) would have fallen to 187 degrees, which is \$25 degrees below boiling. How cooked or raw potatoes could remain in water of that temperature for hours without taking hurt is very mysterious. The salesman explained it by the assurance that vegetables and meats kept at the poiling point on a stove for any length of time, were much reduced in nutritive value and actual substance "by the boiling water pumping through the vegetable and through the meat." Closely pressed on this point, he averred that he actually believed that "boiling water was pumped through the meat." What could compass such a feat? But after the mind has accomplished this evolution and accepted the pumping theory wherein does the "cooker's" utility lie? The

Nature's Retreat

the idea is to so surround your dish of food while in the "cooker" that no heat can escape from it and so the food cooks in its own heat. The price of the wooden "cooker" is \$10.00.

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To facilitate the process and make assurance doubly sure, some users of the "cooker" take a couple of flat stones, heat in the oven and place one at the bottom and one on top of the dishes, and the lid is closed upon this extra heat. But stones take room and the space is too small already.

The prices of these ready made "guaranteed cookers" seems out of ratio with the cost of construction, so that someone must be making it "rich" if many sales are made, unless, indeed, there be a patent secured and the patentee is the greedy one.

Of course, it is true that infringements of a patent right is a grave matter, but whether that applies to one making a home-made "cooker" for his own use (admitting it is a use) out of his own materials at the nearest tinshop comes within the law's range or not must be chanced by the experimenters and the temptation must be great to try when it is evident that one could be so made at a reasonably approximate cost of, say, \$2.50 to \$3.1.

Now for the packing. The best kind to use is mineral wool. This is a curious substance made in a curious way from

cook must first get the kitchen fire going to the extent of bringing everything to a boiling point before the "cooker" can be used. Then when you come to serve the meal another fire must be made to get tea, coffee, gravies, sauces, etc., ready. There is also the ever-recurring dish-water to heat, and the "cooker" will only boil foods. It will not roast or bake anything so that, of course,

and when one had fire enough to being a dinner to a "boil" there would be five enough (going to waste) that would insight cooking the meal, without the further trouble of changing the food from the atove dishes into those that in the "cooker," and it is very certain the the "cooker," and it is very certain the the foods would fall from the boling point in the transfer.

However, the old adage is "the proof of a pudding is in the eating," and every one to his taste in the matter of "cooker." However circuitous a route to a squaremeal a fireless cooker may appear to the doubters and to those who stick the beaten track, yet it is certain the some people claim to find them a gust convenience.

Perhaps some of THE GUIDE readen have had actual experience in firsten cookers and would be kind enough to give his experiments for the benefit of the rest of us. Any hints that may be sent in will be much appreciated.

FARMERS AND A DOWER LAW

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Dear Madam:—I see you permit "Mere Man" to enter your page, and as this big question will affect farmen as much as wives, you will kindly allow a farmer's views. It is pleasant to read such letters as Mrs. Johnson's and Mr. Baily's who tell us they don't want the pages of The Gude taken up with a dower law agitation. This question habeen much discussed in most of the farm papers these last twelve months and is ran many months last year in The Gud, and is worn thread-bare. Only a few of the more militant of the women wast a dower law. These ladies want to be like the men—own land. There is no good reason why women that wast a homestead should not have one, as in the States. Also every man will favor a law that if a mean man cuts his wife and children out of his will the law should set the will aside and give the will one-third and the children two-thirds of the property. Such cases are ne because unnatural. Alberta parliament is enacting such a law, and I would counse "Isobel" to keep this item before your readers. This should meet "A Manitols Woman's" views.

Ladies should know that our law, though man-made, give a great day in their favor. The law empowers a wife to hold her property and income for herself alone as against her husbad so that he cannot touch it. If a mai dies without a will the wife by law take everything. Yet some, not knowing this, want a dower law for this very reason. If a man deserts, he can be imprisoned and must maintain his wife and family. When a wife deserts a man has no remedy whatever and under a dower law would be in a perilous condition indeed.

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"A man ought to dower his daughte on her marriage," a woman writes, so that "the wife may begin married life on something like equal terms, and doe not need to ask her husband for the first five cents to mend her own clothes. Men would favor a law like there is in Quebec province, that a wife on her marriage is entitled to half the home though she brings nothing to it.

I believe most men consult the wife. But one of your writers says she want the dower law that "my man must come home and get my consent before he git a loan to buy that horse he thinks he



THE THRESHOLD OF WOMANHOOD

By Emma A. Lente

Put away all your dolls, Little Girl;
And pin up each rollicking curl;
For Someone has knocked at the door.
And Someone has stepped on the floor;
And a voice in your heart has sunk deep.
And quickly your hot pulses leap;
For, oh, Little Girl, you have come
To the time when your Childhood is done!

You have roamed the Child-garden full long.
The playground of joyance and song;
Now you stand at the gate, and look out
On the magical Country about:
Oh, fair is the vision and sweet;
And a voice lures your wavering feet;
No Seer can your fortune foretell,
But, oh, Little Girl, fare you well!

Marc

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