

made at home by any except someone of truly mechanical skill. There is also an "insulated oven" manufactured, which has top burners, and is provided with an asbestos lining which conserves the heat. All that is necessary is to heat it up with the food in it, then turn off the gas or oil flame.

The most easily made cooker, which any woman can make herself, may be constructed from any close wooden box or trunk, candy bucket or galvanized iron ash-can that may be handy. Whatever is used, the lid should close very tightly. The inside container for the food may be any bucket of granite or tin with a tight cover, while the insulating material or packing may be of sawdust, excelsior, bits of crumpled paper, straw, hay, wool, cork, cotton batting or

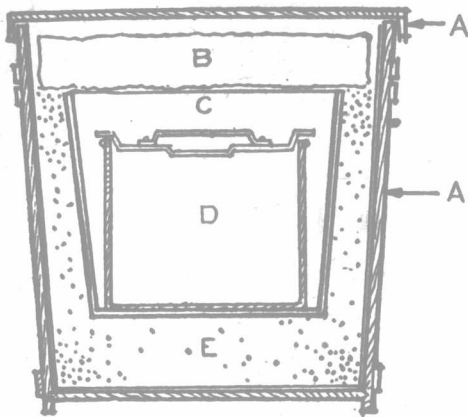


Diagram of a Home-made Fireless Cooker.

A, outer bucket; B, cushion; C, inner bucket; D, food container; E, packing material.

powdered asbestos. When the asbestos is used gloves should be worn when putting in the packing, and care should be taken to prevent the material from entering the mouth and nose.

After choosing your box line it well with asbestos sheeting (layers of paper will do, but are not so good), and line the cover in the same way. Next cover the inside bucket or kettle all over with the sheet asbestos. Pack into the bottom of the larger box at least 3 inches of whatever non-conducting material is used, place the inner bucket on this and pack all about very tightly to within half an inch of the top of the inner bucket. Make a collar of zinc or sheet asbestos (zinc is best, because it can be washed) to cover the top of the insulating material. Finally make a cushion of white cotton or muslin to put on top after the material to be cooked is put in.

The cooker is now ready for use. Bring the material that is to be cooked to a boil on the range or oil-stove and place at once (or after a short boiling) in the cooker, covering tightly and placing the cushion on top. Close down the outer lid tightly, and do not open the box to see how things are getting along until the necessary time has elapsed.

The interior of the fireless cooker should be kept absolutely clean, and the inner vessel should be sunned, if possible, after each using. This will prevent unpleasant odors and an unpleasant taste from the odors. Aluminum vessels for containing the food and placing in this compartment are nicer than those of tin or granite, but the latter will do.

In using a fireless cooker it should always be remembered that it is only suitable for foods that will stand slow cooking, the tougher and cheaper cuts of meat, for instance, which need long and gentle cooking to make them palatable. With a commercial cooker containing soapstone radiators the range of dishes is, of course, greatly increased.

Not only is the fireless cooker useful for cooking: by means of it frozen mixtures may be kept for several hours without melting, or a frozen mixture that does not require stirring—*parfait*, for instance—may be surrounded with ice and salt and put in the cooker to freeze. The insulation which keeps the heat in, when a hot vessel is placed in the cooker is also effective, as may be seen, in keeping the heat of the sun, or a heated kitchen, out.

Receipts for the Fireless Cooker.

Boiled Beef.—Take a piece of the under part of the round of beef, weighing 3 lbs., boil it for 15 minutes then transfer to the cooker, with one hot radiator, and cook 3 hours.—A commercial cooker

is used. Tough beef flank may be done in the same way in 3½ hours.

Beef Casserole.—Take 2 lbs. tough beef from the neck, 3 tablespoons fat, 2 carrots cut in bits, 1 sliced onion, 2 minced green peppers if you can get them, 1 small turnip cut fine, 1 cupful canned tomato, salt and pepper. Sear the meat in the fat, add the other ingredients, with a little boiling water if needed. Boil 5 minutes then leave in the cooker for 4 hours.

Dried Prunes.—Wash the prunes and soak over night in twice their quantity of cold water. In the morning boil in the same water for 5 minutes, then put in cooker and leave 4 hours. Add sugar when done. Apples and rhubarb may be cooked in the same way but should be first boiled for 3 minutes in a thin syrup.

Steamed Pudding.—1 cup sweet milk, 1 cup molasses, ½ cup butter, ¾ cups flour, 1 teaspoon soda (level), ½ cup raisins or currants, ½ teaspoon cinnamon, ¼ teaspoon ginger, ¼ teaspoon salt. Stir the soda into the molasses, add the milk and melted butter, then flour sifted with spices and salt, and lastly the fruit dredged with some of the flour. Put the mixture into a buttered mould, place in a kettle of boiling water and boil for 30 minutes, then put the kettle in the cooker and leave for 5 hours.

Tapioca Pudding.—½ cup pearl tapioca, 1 quart water, 6 apples sliced, ¾ cup sugar, ½ teaspoon salt, 2 tablespoons butter. Soak the tapioca for 1 hour, then add the other ingredients and bring to a boil. Place in the cooker and leave for 1 hour. Serve cold with cream. If the pudding is to be served warm use only 3 cups water.

"Grandma's" Garden.

Dear Junia.—Speaking of gardens, what memories it brings up of the good old days when the children were at home? I always loved a garden, and still have my flowers and vegetables. I think children should be encouraged to take an interest in the garden. I always allowed each one a small plot to do with as they pleased and it was interesting to note the difference in each. The little blue-eyed maiden always planted flowers, sweet peas, gladiolus, asters, Canterbury bells, peonies, bleeding heart, and others too numerous to mention, but the joy of her heart was the nasturtiums, and such grand large ones she had. In memory I can see her sitting among the flowers picking bouquets for the dining-room or parlor, her golden curls blended with the yellow blossoms, a lovely picture. Her brother, the dark-eyed dreamer, had different tastes and planted vegetables, berries and flowers all together, and his flowers were never plucked. This garden was near an old milkhouse with a very low roof which was a favorite place for the old cat and her kittens to sun themselves. One day the young gardener came in and said: "Mamma, I saw a million cats on the roof." "Oh no," I said, "you didn't see that many." "Well," said he, "there must have been a hundred." "No," I said, "there wasn't that many either." He thought for a while and then he said, "Well, I know I saw our old cat and another one." Another day we heard what sounded like a blood-curdling war-whoop in the direction of the young lad's garden and on going out to see what was the matter what should we see but a young Indian with moccasined feet, leggings fringed at the back, a hideous head-dress of turkey feathers on his head and a large bow and arrow in his hands making great leaps and bounds through the pumpkin vines after an offending hen that had dared to scratch for worms under the spreading blackberry bush. For had he not taken great pains to bury the ends of the bushes to grow new ones and woe to the cat or hen that entered that sacred spot. If a caterpillar was found there it was promptly imprisoned in a cardboard box with only a leaf for company there to make its cocoon.

The little gardens are now overrun with grass, but the bleeding-heart and peony still survive in one and the blackberry bush and the orange lilies still remind me that there once was a little garden by the old milk-house.

Huron Co., Ont.

GRANDMA.

About Tea—Cake Recipe.

Dear Junia.—Here is a new member, just looking for advice, like so many others.



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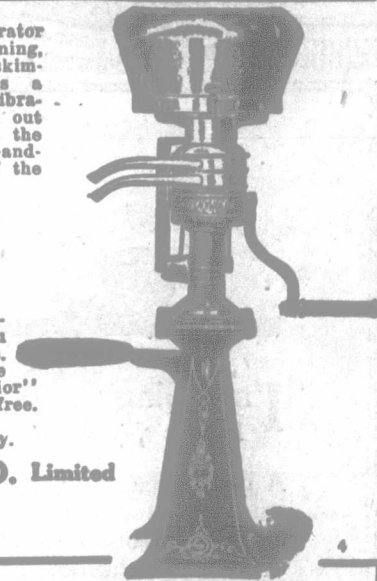
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