

All vegetables may be cooked in the cooker. They must be given time according to their age. A safe rule for all green vegetables is to allow two and a half times as long as if boiled on the stove.

In the home, where the cooking is much greater in amount than it can be in the school, the saving in fuel, by the judicious use of the properly made fireless cooker, is correspondingly much larger. For example: in soups, from  $2\frac{1}{2}$  to  $3\frac{1}{2}$  hours use of fuel is made unnecessary; pot roast  $2\frac{1}{2}$  hours; beef stew  $2\frac{1}{2}$  hours; lamb stew  $1\frac{1}{2}$  hours; corn beef and cabbage  $2\frac{1}{2}$  hours; baked beans  $5\frac{1}{2}$  to  $7\frac{1}{2}$  hours; chicken fricassee 2 hours; dried peas, beans, and lentils 3 hours; dried fruits 3 hours; rice pudding  $1\frac{1}{2}$  hours.