COOK THE TOP-STOVE WAY

"One Dish" Meals Are Delicious and Economical



Top-of-stove cookery is one way is maintained for the food you are to serve those delicious one-dish cooking, is one of the joys of ownmeals that are so inexpensive and ing an electric range.

THE ADVANCED

ELECTROMASTER

No longer can it be said that top-The surface units on electric ranges are designed to give top speed with controlled operation, cook foods in the shortest possible time and at unbelievably low costs. The variety of cooking heats and that the right cooking temperature ing on "free" heat. Prepare them as

One feature that amazes housewives is the fact that so much surstove cookery is slow and expensive. face cooking can be done on stored or "free" heat. For instance, the chop suey in the menu given below is cooked on High heat until it is

> switch is turned to Off and the rest of the cooking is done on the heat

you always have, put them in a saucepan with a tight cover, add salt and a small quantity of water, cover and cook on High heat until steam appears; then turn to Low. tightly covered and turn switch to Off for the last 10 minates of the cooking time. This idea of cooking without current is certainly easy on the budget-and if you're even slightly Scotch you'll appreciate this.,

Here's an easy surface meal that can be cooked for less than 2 cents, including the chocolate pudding.

Grapefruit and Ginger Cocktail American Chop Suey Salad Bowl Hard Rolls

Chocolate Mallow Pudding

American Chop Suey

- 1 lb. ground round steak 2 tablespoons fat
- 1 large onion, chopped 1 green pepper, chopped
- % cup rice
- 1 cup cut celery
- 2 cups tomatoes
- 1 can mushrooms and juice
- 1 teaspoon salt

Brown the steak in the fat over High heat; add remaining ingredients, and cover tightly. Cook on High heat until steaming. Turn switch Off, and cook on stored or steaming thoroughly -- then the "free" heat for 1 hour.

COOKING FOR THE BABY



A deep well cooker solves the problem of preparing baby's food and give baby's busy mother more time for other tasks.

with a mere flip of the switch, so Vegetables can also finish cook- Cooking School Audience Amazed At Low Cost of Electric Cooking

By Mrs. Dorothy Bathgate Cooking School Lecturer

As one of my cooking demonstraions this year I cook three complete meals, each one including meat, vegetables and dessert, on an electric range that is metered to show the cost of current used. Whenever I give this demonstration my audiences simply gasp in amazement at the amount of cooking that

To the mother of a baby who has reached the spinach stage, it 3 carrots often seems as though life was made up of cooking a bit of this and a dab of that so that the infant might have its vitamins. It's really amazing the quantity of food one small child can consume!

One modern mother, who is a well known Home Economics Director, solved the problem for her baby and is passing the idea on to seven 6-ounce flat jelly glasses—the

electric range to cook a day's supply two of the glasses, adding 2 tableof different foods for the baby, spoons of water and 1 teaspoon of They steam slowly and gently on butter to each. Place 1 tablespoon of Low heat, very little water need be cereal, Cream of Wheat, with 1/2 cup added, all the vitamins and nutri- water in one glass-1 tablespoon of tious elements of the foods are re- rice with 2-3 cup milk in another. tained and the foods are entirely Fill one glass with prunes and cover digestible. After the foods are cook- with water, one with the sliced ed, they can be stored in the refrig- fresh fruit, apples, and add 2 tableerator until feeding time when they spoons of water and 1 teaspoon are warmed up and fed to baby. sugar. Pack the meat cubes into the

Here's a supply of seven different seventh glass. ime in the steam cooker.

- ¼ 1b, spinach 1 tablespoon Cream of Wheat 1 tablespoon rice

- 2½ cups water 2 teaspoons butter
- 1 teaspoon sugar ¼ lb. round steak cut in cubes

For this quantity of food, use kind with lids. Prepare the two She uses the steam cooker of her fresh vegetables, carrots and spinach, by cutting fine and putting in

foods that can be cooked at one Cover all the glasses. Place the rack in the bottom of the steam

High until steam flows freely from day. the vent. Then turn to Low heat

and steam 2 to 3 hours. While the food is cooking you politics you can bet your coin that can go about other tasks, for with religion will get hurt the worst. controlled low heat this process needs no watching. If baby's meals

the covered glasses on the rack. this, early in the morning, it leaves Cover the cooker. Turn switch to you much more freedom during the

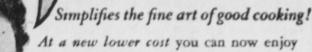
When religion gets mixed into

Reading is fine if you understand are all prepared at one time like what you are reading.

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LOW ELECTRIC

Bellefonte

State College

ELECTRIC RANGE can be done for a few pennies. Three 5-plate dinners for a total AS LOW AS of 6 cents does sound low, doesn't The question I am asked most often about electric cooking is "how much does it cost?" That's why I nclude this demonstration in my lectures, and why we have the meter face show the actual cost in cents rather than in kilowatt hours which most women find harder to visualize. By giving the cost of three typical dinners, the kind of cooking done in the average family, INSTALLED the women have a good basis for figuring the probable monthly oper-MRS. BATHGATE ating cost. Three dinners at 6 cents would be an average of 2 cents a OVEN MEAL Holter Radio Service The menus I have selected for his cost demonstration include an Chocolate Eclairs oven meal, a steam cooker meal and a top-of-stove meal. The quan-SURFACE MEAL titles of food are sufficient to serve Pine Street Bellefonte, Pa. a family of six. To give you an idea Mushroom Gravy Phone 710 of the cooking involved, here are

baking and roasting. Top heater broils perfectly,

smokelessly . . . ends stooping, squatting. Thick insulation seals heat in, saves electricity.

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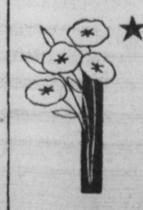
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LECTRIC COOKING



SOUTHERN TOMATO PLANTS

ARE FOUND SATISFACTORY

Geographical location does not

determine whether tomato plants

will be satisfactory, it has been dis-

covered in experiments carried on at the Pennsylvania State College last summer by specialists in veg-

For many years tomato growers have been of the opinion that tomato plants obtained from southern sources were definitely inferior

to those grown locally. This belief

has been proved without basis by tests under the direction of Dr.

Warren B. Mack, in charge of veg-

etable gardening research at Penn

Last spring plants were obtained

from 16 sources. Some of them were

started in Georgia, Virginia, Maryland, and New Jersey, and the re-

mainder under various methods in

Pennsylvania. Careful records were

kept on the yields and growth habits of the plants. It was found that no differences existed that were

characteristic of any method or

Important differences were found

however, in vigor, age, and condition of the plants at the time they were received by growers. It was concluded definitely that there is

nothing fundamentally wrong with growing plants started in the south, but they must be started under sat-

There are men everywhere who know all the answers but few people

isfactory conditions.

know that they know them.

etable gardening.

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