

### COOK THE TOP-STOVE WAY

#### "One Dish" Meals Are Delicious and Economical



Top-of-stove cookery is one way to serve those delicious one-dish meals that are so inexpensive and easy to prepare.

No longer can it be said that top-of-stove cookery is slow and expensive. 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 the ease of controlling these heats with a mere flip of the switch, so that the right cooking temperature

is maintained for the food you are cooking, is one of the joys of owning an electric range.

One feature that amazes housewives is the fact that so much surface 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 steaming thoroughly—then the switch is turned to Off and the rest of the cooking is done on the heat stored in the unit.

Vegetables can also finish cooking on "free" heat. Prepare them as

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. Keep tightly covered and turn switch to Off for the last 10 minutes of the cooking time. This idea of cooking without current is certainly easy on the budget—and if you're ever 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.

#### MENU

- Grapefruit and Ginger Cocktail
- American Chop Suey
- Salad Bowl
- Hard Rolls
- Chocolate Mallow Pudding
- Coffee
- Milk

#### American Chop Suey

- 1 lb. ground round steak
- 2 tablespoons fat
- 1 large onion, chopped
- 1 green pepper, chopped
- 3/4 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 "free" heat for 1 hour.

### COOKING FOR THE BABY



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

To the mother of a baby who has reached the spinach stage, it 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 other mothers.

She uses the steam cooker of her electric range to cook a day's supply of different foods for the baby. They steam slowly and gently on Low heat, very little water need be added, all the vitamins and nutritious elements of the foods are retained and the foods are entirely digestible. After the foods are cooked, they can be stored in the refrigerator until feeding time when they are warmed up and fed to baby.

Here's a supply of seven different foods that can be cooked at one time in the steam cooker.

#### Meals for Baby

- 3 carrots
- 3/4 lb. spinach
- 1 tablespoon Cream of Wheat
- 1 tablespoon rice
- 8 dried prunes
- 3 apples
- 2-3 cup milk
- 2 1/2 cups water
- 2 teaspoons butter
- 1 teaspoon sugar
- 3/4 lb. round steak cut in cubes.

For this quantity of food, use seven 6-ounce flat jelly glasses—the kind with lids. Prepare the two fresh vegetables, carrots and spinach, by cutting fine and putting in two of the glasses, adding 2 tablespoons of water and 1 teaspoon of butter to each. Place 1 tablespoon of cereal, Cream of Wheat, with 1/2 cup water in one glass—1 tablespoon of rice with 2-3 cup milk in another. Fill one glass with prunes and cover with water, one with the sliced fresh fruit, apples, and add 2 tablespoons of water, and 1 teaspoon sugar. Pack the meat cubes into the seventh glass.

Cover all the glasses. Place the rack in the bottom of the steam

### Cooking School Audience Amazed At Low Cost of Electric Cooking

By Mrs. Dorothy Bathgate  
Cooking School Lecturer

As one of my cooking demonstrations 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 can be done for a few pennies. Three 5-plate dinners for a total of 6 cents does sound low, doesn't it?

The question I am asked most often about electric cooking is "how much does it cost?" That's why I include 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, the women have a good basis for figuring the probable monthly operating cost. Three dinners at 6 cents would be an average of 2 cents a dinner.

The menus I have selected for this cost demonstration include an oven meal, a steam cooker meal and a top-of-stove meal. The quantities of food are sufficient to serve a family of six. To give you an idea of the cooking involved, here are the menus:



MRS. BATHGATE

#### OVEN MEAL

- Baked Ham and Rice
- Peas
- Loraine
- Banana Nut Bread
- Chocolate Eclairs

#### SURFACE MEAL

- Round Steak and Carrots
- Mushroom Gravy
- Potatoes
- Steamed Cabbage
- Molded Fruit Pudding

#### STEAM COOKER MEAL

- Stuffed Veal
- Steamed Potatoes
- Green Beans
- Fruit Pudding

These hearty meals can all be cooked economically because they are "one process" meals—that is, most of the cooking is done at one time on one heat. For instance, for the steam cooker meal the meat, vegetables and dessert all cook at once in one container. The switch is turned to High and when the food is steaming, the switch is turned to Low for the rest of the cooking period. In the surface meal all of the cooking is actually done on "stored" heat after the unit is turned off. In cooking the oven meal, the current is actually on only a fraction of the cooking period.

Steam cooker and oven meals help the homemaker budget her time, too. That's one of the features she appreciates most about electric ranges—the fact that they are automatic. Once the temperature control is set, the cooking goes dependably on—and the housewife can go on her way rejoicing. With a time clock to start and stop the cooking at the proper times, she can put a meal in the oven in the morning, set the controls, and go off for the day to enjoy herself at a matinee, shopping or a party. When she comes home a perfect dinner will be ready and waiting to serve the family.

#### SOUTHERN TOMATO PLANTS ARE FOUND SATISFACTORY

Geographical location does not determine whether tomato plants will be satisfactory, it has been discovered in experiments carried on at the Pennsylvania State College last summer by specialists in vegetable gardening.

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 vegetable gardening research at Penn State.

Last spring plants were obtained from 16 sources. Some of them were started in Georgia, Virginia, Maryland, and New Jersey, and the remainder 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 source.

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 satisfactory conditions.

There are men everywhere who know all the answers but few people know that they know them.

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