

Meals Aided by Use of Electric Range

Importance of Range in Comfort of Home.

(By Jean Alexander)

The secret of successful homemaking is to get the best of our job instead of it getting the best of us, and that is where electricity plays such a big part. Meals must be prepared three times a day, but the wonderful electric ranges now on the market, have turned this duty into a delight. It is really quite thrilling what the up-to-date electric stove is able to do.

"My dear!" exclaimed a friend the other day, "Since I bought my new electric range I feel as if my fairy god-mother had waved her magic wand over me. I have so much more time to myself now. I can hardly believe it! And I'm not nearly so tired at the end of the day."

This remark is easily understood by anyone accustomed to the joys of cooking by electricity, because the new stoves do so much for us that formerly we had to do ourselves. Now-a-days there is no waiting around till the oven reaches a certain heat before lowering it, because automatic control looks after temperatures.

Electricity certainly does away with the bug-bear of washing up. No more scouring the outsides of a lot of dirty pots and pans, because electric heat is a clean heat with no flame. Also, controlled heat prevents food boiling over on the oven or sticking to the bottom of sauce pans. Often an entire meal can be cooked in the oven leaving fewer pans to wash.

The economy of the new electric ranges must not be overlooked; it is a tremendous asset to the lessening of Mr. Budgets' figures. It has been proved by actual tests that the average cost of a meal, cooked in a modern stove, is less than one cent a meal per person. There is also very definite saving through reducing shrinkage of meat, doing away with cooking failures

and eliminating waste of food values.

A sustained low temperature, perfectly controlled, is one of the many ways in which the modern electric stove excels. This perfectly controlled low heat is the answer to the problem of cooking less expensive cuts of meat and having them as deliciously tender as the best under-cut steak. For an example of this type of cooking the following idea is a good one:

Four medium-sized shoulder, yearling lamb chops. Cut one inch thick, one medium size tin tomato juice, one cup cold water, bacon fat, flour, salt and pepper, parsley.

Method—Trim off chops neatly. Shoulder chops are considerably cheaper than loin ones. Dredge with flour. Lightly grease fry pan with bacon fat, heat, brown chops slightly on both sides. Then put them in covered baking dish. Pour over meat the tomato juice diluted with the water. Season to taste. Cover with tight lid. Set oven for a sustained heat of 250 degrees and cook slowly for two hours to two and a quarter hours, depending on the

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size of the chops. Arrange meat on hot platter, sprinkle lightly with chopped parsley. Remove any fat from tomato juice gravy and serve in gravy boat. Riced potatoes and buttered carrots or spinach make a fine accompaniment to this dish.

Amount given serves four generously. If more chops are required, don't forget to increase the tomato juice and water.

Thinking of electric stoves—a poster was seen in London, England recently, advertising all the wonderful things electricity does now-a-days, it read—

"Don't kill your wife with work. Let electricity do it."

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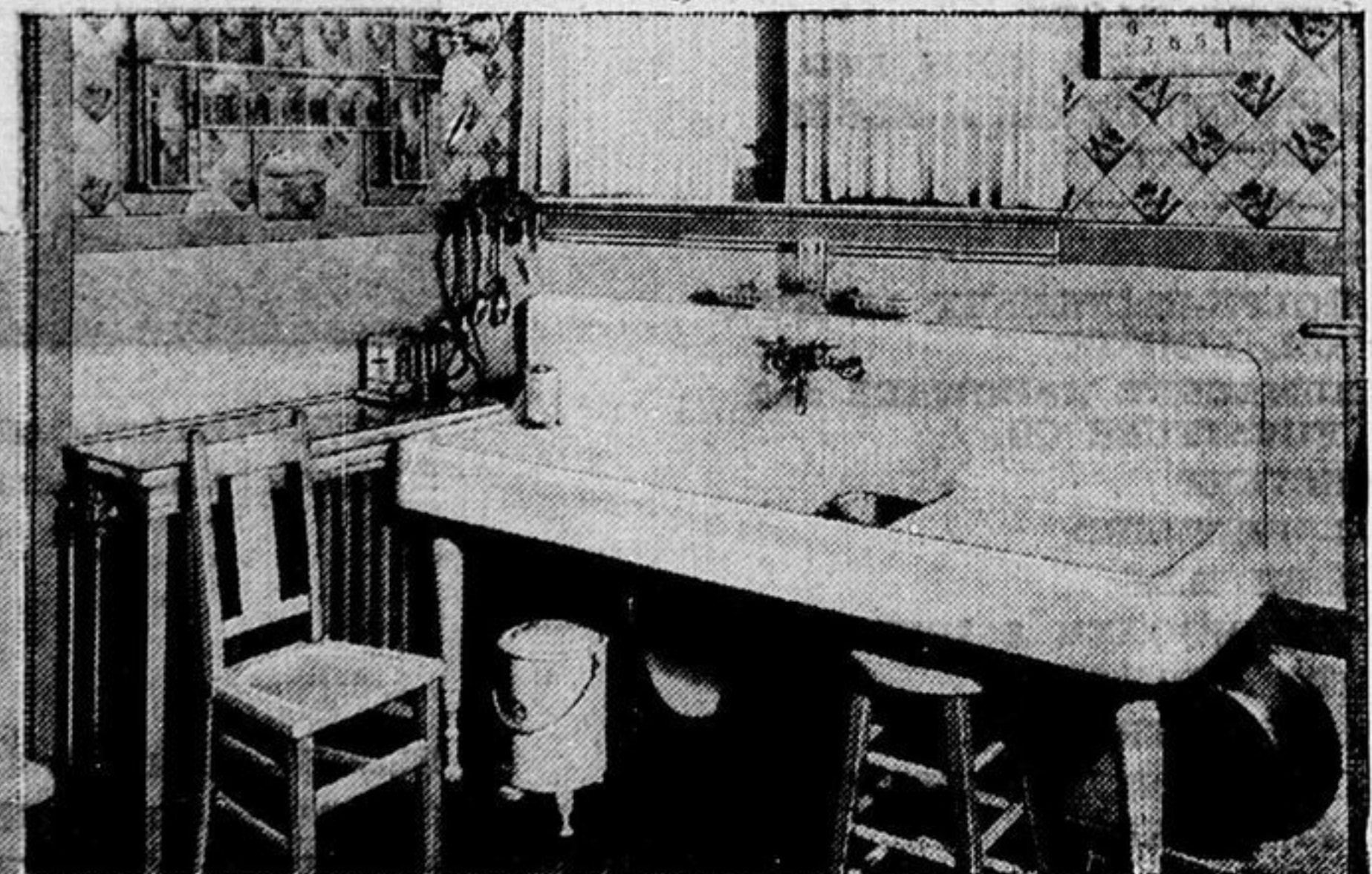
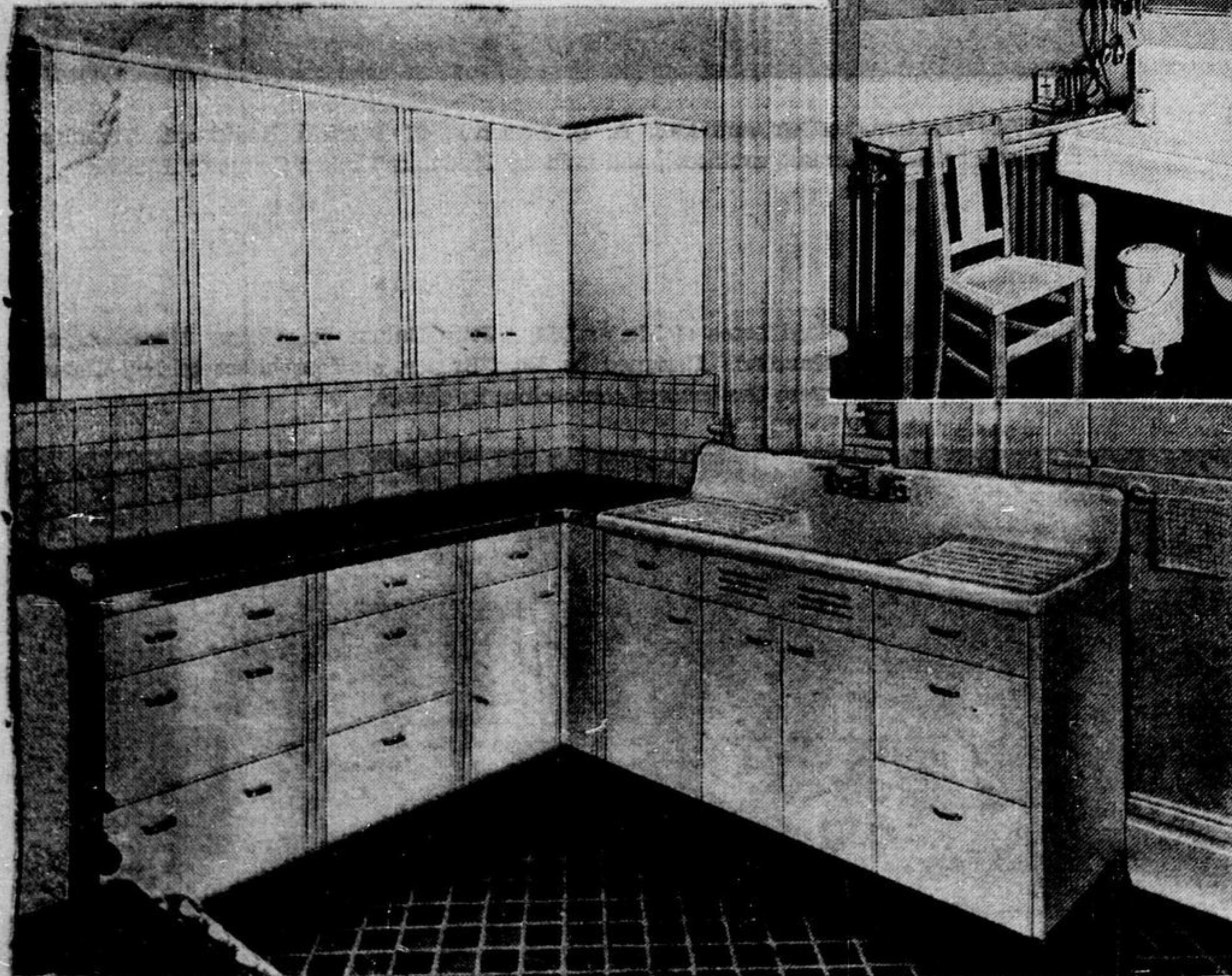
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Planning Improves Kitchen

Although the idea of planning "the model home" is not new—in fact there have been "model home exhibitions" for years—yet the development of improved home equipment has made such rapid advances that the ideal home of only a few years ago is considerably outmoded by that of today, says the Canadian Institute of Plumbing and Heating.

This is probably truer of the kitchen than any other part of the house, says the Institute. With its paramount importance to the housewife, the kitchen has been the subject of constant thought for providing added convenience and economy of labour. Through

the progressiveness of plumbing manufacturers generally, the planned kitchen of today represents a new peak in clever arrangement as well as functional beauty of design which affords pride and pleasure to its mistress.

Though the kitchen cabinet and improved sinks of a few years ago were a decided improvement over any equipment previously available, a kitchen was still very much of a patchwork job. Utensils hung in odd places and there were corners and "underneaths" difficult to keep clean. By contrast, the planned kitchen of today is lined with dust free, closed cabinets for stores, dishes and kitchen linens. The cabinet sink, obtainable in a wide range of colours and sizes, is an essential

feature. These improved units provide, such features as double drain boards, chromium-plated double swing faucet, and special type drain which permits them to be used for washing dishes. Drawers and cupboards underneath take care of garbage receptacle, pots, pans and other kitchen utensils. Convenient toe space is left under all cabinets. Of course, special attention should be given to the correct size and type of sink best suited to the owner's requirements. Moreover, its location—under a window—is an item of major importance in planning the kitchen. As the wall cabinet and range may be obtained to match the cabinet sink in height, design and colour, the planned kitchen presents a beautiful, harmoni-

ous, stream-lined appearance.

Although the new sink of a few years ago was a great improvement to the kitchen shown above, the room is scarcely recognizable in its streamlined remodelling of today. The gadgets which hung around the walls or were tucked under sink and table are now kept in the bust free cabinets. The new planned kitchen is easy to keep clean and a joy in which to live and work.

The up-to-date plumbing contractor is equipped to give expert assistance and suggestions for a planned kitchen, and arrangements for easy financing are still available under the terms of the Home Improvement Plan, through local branch banks.