

TRIP TO FOOD SHOW PROVES INSTRUCTIVE

Different Methods of Cooking, Easy Ways to Keep House Are Exhibited

A trip to the food show at the Coliseum the last of September was instructive, though trying to the temper and hard on the shoe leather. An idea that there were only three or four brands of clothes washers, ironers, dishwashers and such from which to choose ones household equipment, was dispelled at the show.

Easily the newest and most interesting thing was an exhibition of a bottled gas, liquified under pressure and used in a regular gas stove with special fittings. A little more costly than the regular gas supply on the north shore, this new wrinkle should make life easier for the cook in a summer cottage or on a yacht. The clean, blue flame never changes in consistency, and since the poisonous gases have been removed, it is non-asphyxiating.

The pressure cooker salesmen and the aluminum ware salesmen are at odds. The first proclaims the advantages of speeding up the cooking process. The housewife, so they say, should have extra time for her out-of-door exercise. She should be able to step in the door and have a pot roast, string beans, biscuit, and baked potatoes in thirty minutes.

Preserves Minerals

The aluminum salesman claims that, speaking as an epicurean, the theory is all wrong. All food should be cooked slowly, in as little water as possible in order to retain and improve the flavor. This has been made possible in the last four years by the introduction of cast aluminum kettles with a bottom about three-eighths of an inch thick. A heavy, tight fitting lid keeps the steam from escaping. The various minerals in vegetables are dissolved when the vegetables are cooked in water, thus this method preserves the elements necessary to the upkeep of the human body. In potatoes, for instance, all the elements found in a human body are found in the root. Ordinary boiling reduces the number of these elements over sixty percent, thus cutting down the efficiency of the food.

The Dutch oven, which has been practically discarded for a number of years as a cooking utensil, partly because of the excessive weight of the old-fashioned iron article, has been returning to favor with the advent of the aluminum Dutch oven.

Numberless Dishwashers

The several different varieties of dish washers on display seem to be there to prove that for \$150 more or less one can be free from the drudgery of household tasks. Rosy pictures are painted of the portable dishwasher being trundled up to the table, the dishes stacked in while the family is waiting for the desert, and the dinner dishes being cleaned while coffee is served. One wonders where to keep the little helper in one of these modern two-by-four kitchens.

More practical by far is the stationary washer built into the sinks of the newer homes. The only difficulty with such sinks is that one must be careful where the washer is placed. In one of the model homes built in Winnetka, the sink and stove met at a corner. The left hand drainboard of the sink was recessed beside the stove and was practically inaccessible to the cook. The dish washer was placed on the right hand side of the sink instead of the usual drainboard. The top of the washer was slightly concave so that the space could not be used on which to set things.

Purchaser to Choose Mattress From Many Grades, Constructions

The grades of mattresses, cheap cotton, cotton felt, inner spring felt upholstered, and inner spring hair upholstered are practically all the different grades of mattresses now on the market. The hair mattresses are being replaced by the spring mattresses. Preparation of hair for mattresses consists in mixing the horses' mane hair for softness and tail hair for resiliency in proper proportions and twisting them into a rope. This rope is boiled for twenty-four hours and dried for six months to give it the proper kink.

This article of household furnishing should never be purchased unless the label "Made from New Material" is sewn on the mattress. Despite laws against using old mattresses in the manufacture of new ones, and in spite of the precautions to protect the health of the community, a good many doubtful articles are sold under the label of mattresses. Besides old materials, "blown" cotton, too short stapled to be made into felt, is packed into a ticking. This soon gives out, however, as the short filler lumps badly.



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