

Keep Stoves Bright and Shiny

EVERY month electricity becomes available to more rural homes, and with it comes a long chain of labour-saving devices that lighten housework.

Electric ranges are easily cared for. Women using electric ranges spend on an average about 30 minutes a week on their care, whereas those using wood or coal ranges spend over three hours per week.

No kitchen is complete without a cooking stove. It is the most used piece of equipment in the home workshop, and is therefore worth the expenditure of a little time in caring for it. The smooth enamel and porcelain finishes so much in vogue are great labour savers and can be kept clean with very little trouble. There is also an electric range of New Zealand manufacture, the cooking top of which is nickel-plated. This gives excellent results, and is kept clean and bright with a minimum of trouble.

For the most pleasing results it is best to wipe such surfaces only when the stove is cool. Soap and water are admirable cleansers, but acid removes the glazed finish from porcelain and spots it. The best way to avoid these blemishes is to avoid spilling vinegar, tomatoes and such materials. Sliding utensils carelessly across porcelain is also likely to cause scratches.

A goodly number of the home-maker's working hours are necessarily spent in the kitchen, and she should not be expected to work in either glare or shadow, and never standing in her own light. A soft, central light, with another over the range, increases both the efficiency of the range and the cook. Never locate the range so that draughts or breezes play upon it, as the heat is carried away from the utensils and fuel wasted by the cooking process being prolonged.

Electric Bread Slicer

TO DELIVER to customers loaves of bread neatly sliced and ready for the table or for sandwich making, a baker of St. Louis, Missouri, has invented a machine which can divide a loaf into twenty-nine even slices with one slash of its blades. Requiring only one operator, it can cut 1000 loaves in an hour. The bread is loaded on a belt conveyor, and all the operator has to do is press her foot upon a control pedal. The machine does the rest.

The loaves, moving along the conveyor, pass through the slicer, which is a row of upright blades set in a frame much like an oversized egg slicer. There they are cut in quick succession, each emerging with the slices still preserving the form of the original loaf. Before the sliced loaves are ready to be put on sale, each one must be wrapped in wax paper to avoid all possibility of the bread's becoming dry before use. The machine and its conveyor system are electric in operation, being driven by a small motor.

AT Princeton University, in the United States, the heart of a turtle detached from its body, was kept beating for thirty-six hours, and by means of an ingenious appliance recorded its own pulsations.

A Little Talk on Ironing

The Do's and the Don'ts for Full Success

THE modern electric iron is a great improvement over the old-fashioned irons, that were heated up on the kitchen stove. As it is always ready for use, ironing can often be done in the cool of the evening or at any time when there is an hour to spare, but the time to think about it for the purpose of making it still easier, is before the washing is finished. Hang the clothes on the line as straight as possible and like things together, so that they are ready to take down in order from the line. It is easier to iron articles that have been folded to avoid extra wrinkles. If we have time to take table linen, towels and sheets from the line, when still slightly damp, we may not need to sprinkle them, but all things are better for being tightly rolled up for an hour or two. The damper the linen, the fresher, crisper, and glossier it will be when ironed. Particular pains should be taken to see that the sprinkling is even, so that the moisture will penetrate thoroughly and prevent spots. In warm weather, it is not wise to leave clothes that have been dampened as it heightens the risk of mildew.

Little girls' dresses, boys' blouses, etc., should have the sleeves ironed first, then the collar, yoke and body, ironing the fronts first, and then the backs. Hold the iron on the button-hole a few seconds, and to have the collar and hands especially nice, iron first on the wrong side and then on the right.

FOR men's underwear, the suit should be buttoned, smoothed out straight on the ironing board, and the front done first. Then iron each sleeve toward the cuff, fold the cuff to the shoulder and iron again. Fold the sleeves across the garment. Do the legs in the same manner, then fold the whole suit up from the waist line and press back. This method is good for either cotton, or silk and cotton mixture, but woollen underwear should be ironed on the wrong side.

Hints for Silks.

ALL silk lingerie should be ironed on the wrong side with a cool iron, and to bring out the lovely soft sheen of the silk, again on the right side when dry. Never iron across the weave for this breaks the delicate strands and shortens the life of the silk. Roll silk things carefully when damping them, to minimise creases, and never touch with a too hot iron, as silk scorches easily. If ironed when too damp, silk looks stiff and papery.

Iron the cuffs of shirts first as they are the showy part of a sleeve. Then fold the sleeve with the seam and iron from shoulder to cuff. Pass the hand through the sleeve to straighten out wrinkles and iron on the back. Iron bag

the cuffs on the right side, and if they are French ones, on the inside also. Then iron the front, the back, and lastly, the neckband, in the order given. Button the shirt and lay it front down on the board. Fold each side of the shirt over about the width of the sleeve and turn the sleeves lengthwise. Then, fold the whole shirt once across. Tucked fronts should have the deep tucks raised with a thin paper knife and the material beneath pressed smooth. Flannel shirts should be ironed on the wrong side.

Practical Points.

SILK blouses and dresses should always be ironed on the wrong side, with the grain or lengthwise of the goods. It is a safe rule to iron the sleeves of the garment first and the collars last. If the sleeves have cuffs, the cuffs should be ironed first, and then the body of the sleeve. When they are perfectly smooth, iron the front and then the back, and finish with the collar. All seams must be ironed until quite dry, or they will wrinkle and pull the garment out of shape.

Coloured ginghams should not be ironed with a very hot iron, as it causes the colours to become dull and faded.

Linen must be ironed very wet, or the wrinkles simply will not come out. To iron linen on the wrong side, keeps it beautifully smooth and glossy, but it scorches very easily and scorching is fatal, since it breaks the strands of the fabric.

Tablecloths and table napkins should be ironed on both sides, to give them a rich, soft gloss. Fold lengthwise and iron the folds but do not iron the cross-wise folds.

There is no strain about ironing with an electric iron, as we can give all our attention to what we are doing. It is not the ironing that wears one out, but the uncertainty about the irons, when doing it in the bad old way. An electric iron is the perfect solution of all ironing problems.

Novel Perfume Spray

SPRAYING a tiny jet of perfume when its plunger is pushed down, a novel atomizer resembling a cigarette lighter in appearance may be carried in a woman's hand-bag, it is said, without danger of spilling its contents. Its nozzle is covered with a cap which is released by a plunger. When the apparatus is closed, a groove in the plunger fits over the cap to hold it in place, while the plunger in turn must be pressed down before the cap can move. Thus, its inventors claim, the device is made air-tight and proof against leakage. To operate the atomizer, one need only press the plunger twice—once to release the cap and the second time to eject the spray of perfume. The atomizer is manufactured in two sizes—for carrying in the hand-bag and for the dresser.

A Brilliant Woman Student

NEWS comes from overseas that Miss Winifred Hackett, a 23-year-old student at Birmingham University, has beaten all the men in the electrical engineering department of the university, and won a scholarship entitling her to a year's research course. In a public tribute to the excellence of her work paid by Professor Cramp, chief of the department, he declared she was head and shoulders above any of the men in originality, persistence, and patience.

How to Make Croquettes

MEATLESS dishes so often take the form of croquettes that it is worth while taking a little trouble to turn them out in such a way that they tempt the appetite. Fish, vegetables, cereals, cheese, stewed fruit, in fact, almost any form of pre-cooked food can be used, and often made to go farther than they would otherwise do, by combining with some other ingredient, such as mashed potato, or breadcrumbs, and binding with raw egg or thick sauce.

When all the ingredients have been combined into one mixture, if it is still hot, it should be left to cool before shaping. Then divide into equal portions, shape with the hands into balls, rolls or cones, and use a little flour if inclined to stick. For good appearance it is important to have the croquettes alike in size and shape, and the surfaces smooth.

Next dip each in slightly beaten egg and roll in fine bread crumbs. Fry in a basket in deep fat at a temperature of about 350 degrees Fahrenheit. If the temperature of the fat is higher, they are inclined to brown before they are heated through.

Do not consider it a waste of time to garnish the dish before serving, as although the nourishing qualities of the food are the same without garnishes, they have not the same appeal to the eye, and look of food undoubtedly plays a great part towards its enjoyment or otherwise. Choose a dish of suitable size, so that the food looks neither crowded nor lost, and garnish savoury dishes with rings of hard-boiled eggs, slices, strips or rings of vegetables, or parsley; sweet dishes with whipped cream or chopped nuts.

Nut and Potato Logs

MIX 2oz. of fresh breadcrumbs, 1lb. of mashed potatoes, 1 gill milk, and 2oz. of butter, and beat until a stiff paste is formed. Add 1 egg and cook a little longer. Then add a teaspoon of mixed herbs, 3oz. of nuts, salt and pepper. Allow to cool, roll out into cylindrical shapes, flattening the ends. Dip into beaten egg, cover with breadcrumbs, and fry in deep fat. Sprinkle with chopped parsley, and serve with white sauce to which a little curry powder has been added.

Sybil: Yes, she said I was too ugly ever to marry.

Mabel: The little beast. Still, that's better than telling lies about you isn't it?