

How to Care for the Electric Range

A DAY or so ago I was talking to a friend whose husband is very anxious to buy her an electric range, but unfortunately she was labouring under the delusion that an electric range is a complicated and somewhat dangerous apparatus—that had to be handled with the utmost care, or else there would be a series of shocks.

Immediately, of course, I set to work to dispel this idea. All the present day articles have been thoroughly tested, and the Public Works Department take every possible precaution to see that users are properly protected. So many of our units are now practically fool-proof, and also fitted with safety devices.

For the better care of your range and also yourself, it would be wise to follow these suggestions:—

(1) Do not handle electrical appliances of any kind with wet hands, or use a wet cloth to clean the range, unless the power is turned off.

(2) Do not tamper with electrical switches, fuses or any electrical units, and be sure to place all repairs in the hands of your electrician.

(3) One has a family doctor, and lawyer, why not a family electrician, with whom you could arrange to visit your home every month, to inspect all plugs, flexibles and appliances.

(4) Do not attempt to clean the elements with the current on.

(5) Watch the thermometer to overheating, for on no occasion must it ever reach a greater temperature than 600 deg. If it overheats it will probably destroy both elements and thermometer.

(6) If your stove is new, before using for cooking purposes, turn both oven elements on to "full" and leave until the thermometer points to 400 deg., then turn off. This rids the oven of any loose ends of straw from packing or of anything that might cause a smell.

(7) When your oven has reached the correct temperature for cooking, turn out the top element, as this is unnecessary for baking, and use stored as much as possible.

(8) Arrange your menu so as to use your oven to the full advantage.

(9) An automatically controlled oven saves the busy housewife a great deal of extra watching.

(10) If your elements are of the open type, they must be kept clean and free from particles of food—continually brush them with a soft brush not to damage the coils, but be sure your power is turned off.

(11) The best scones, by the way, can be made if put into a cold oven and then both elements put on "full."

(12) Be careful not to let liquids of a salty or a sugary nature boil over. To overcome this use saucepans which will completely cover the elements; by this means full benefit will be received from the heat and no power wasted.

(13) Do not allow anything to come to the boil on the top heating elements before reducing the power, otherwise the heat which is retained for some time after the current is turned off is wasted, unless you have some other immediate use for it.

(14) Use only flat-bottomed aluminium ware saucepans, as iron sauce-

COOKERY NOTES



FRANK KEE

Omelet-Making

OMELETS are very quickly made, and are classed as highly-nourishing and appetising dishes. Their preparation and cooking should be mastered. There is no difficulty, for after two or three trials anyone should be able to produce an excellent omelet. Being the most important ingredients, the eggs and butter must be as fresh as possible.

The omelet pan must not be used for any other purpose. It must never be washed, but is best cleaned by beating and rubbing it with paper or a coarse towel and salt. It must then be wiped with a clean cloth. Beat up the eggs thoroughly with a fork, not a whisk. The eggs must not be frothy, but mixed so as to amalgamate the yolks with the whites. It is a good plan to add a little milk or cream at the time of beating the eggs; this makes the omelet lighter and more moist.

Be careful that the butter is hot, but not oily, before the egg mixture is poured into the omelet pan. Once the mixture begins to set, and when the eggs appear sufficiently cooked, shape it by folding in the ends. This must be done at the side opposite the handle, for which purpose the pan should be tilted. Shake the pan gently, so as to loosen the omelet. To turn it out successfully, hold the pan by the handle with the right hand, have an oblong narrow dish in the other hand, and bring the edge of your pan close to the centre of the dish. Turn out your omelet by reversing the pan, and then quickly remove it. The process of making an omelet should not take more than five minutes.

pan use too much power.

(15) Economise by using stored heat wherever possible, thus reducing your account.

(16) By electric oven cooking there is no waste in foodstuffs, the meat weighing practically the same when it comes out of the oven as when it goes in.

(17) For roasting, the general rule is to have the temperature about 450 deg. Leave both elements on for about ten minutes, then turn top element off.

I hope this does not make you feel you are back at your school desks taking down Latin grammar rules on "what to avoid doing," when writing an essay. However, these are genuine hints which I hope will be useful.—Alison.

Plain Omelet.

Ingredients: Four eggs, 1oz. of butter, 1 tablespoon of milk or cream, pepper and salt.

Method: Break the eggs into a basin, beat them with a fork, add more milk or cream, and season with pepper and salt. Dissolve the butter in the pan, and when quite hot pour the mixture. Stir slowly with a fork over a quick heat, shake the pan. When set shape the omelet on one side of the pan, allow it to take colour, then turn quickly on a hot dish and serve.

Kidney Omelet.

Method: Skin two sheep's kidneys, cut them into thin slices, season, and fry with one ounce of butter blended with a very small chopped shallot; add a little brown sauce, and keep hot. Beat four eggs together with two tablespoons of milk; season with salt and pepper. Melt one ounce of butter in an omelet pan. Pour in the omelet mixture, and stir it over the fire until it begins to set; then put in the stewed kidneys and fold over the ends of the omelet. When nicely browned slip the omelet on to a hot dish; pour a little hot tomato or brown sauce round the base of the dish. Serve at once.

Cheese Omelet

Method: Beat up four eggs with one ounce of grated cheese and two tablespoons of milk. Melt one ounce of butter in an omelet pan and cook the omelet as directed for plain omelet. Sprinkle over the surface of the omelet with a little grated cheese.

Spinach.

Method: Wash well, sprinkle with salt, and boil without any additional water. There is so much water in spinach that it requires none to cook in. Push the spinach well down in the pot, as it reduces in the cooking. Drain, chop finely, add butter and pepper. Re-heat and serve hot.

Stewed Celery.

Method: Trim and cut some celery into equal lengths. Tie in bundles and parboil in boiling salted water for 10 minutes. Drain. Line the bottom of a

stewpan with slices of bacon. Place celery above it with a bunch of sweet herbs, and onion, pepper and salt, and add a little stock. Simmer till celery is just tender. Place celery on towel square, thicken the strained stock with browned flour, pour over the celery and serve.

Coffee Cake.

Ingredients: 3oz. butter, 6oz. sugar, 3 eggs, 4½oz. flour, 1½oz. cornflour, 1 dessertspoonful coffee essence, little vanilla essence, 1 teaspoon baking powder, 2 tablespoons of milk.

Method: Beat up butter and sugar, then eggs, add other ingredients, and bake in sandwich tins.

Filling: 2oz. butter, 4oz. icing sugar, little vanilla, 1 teaspoon coffee essence. Mix all together and spread between the cakes.

Marmalade Pudding.

Method: Line a pie-dish with pastry. cream 3oz. butter, 3oz. castor sugar, 1 tablespoon flour, and 3 tablespoons of marmalade together, and, lastly, 2 well-beaten eggs. Pour the mixture over the pastry in the dish and bake 1 hour.

Topping for Jam Tarts.

BEFORE putting jam tarts in the oven to cook, mix together the following and spread over each; 2 tablespoons of desiccated cocoanut, 1 tablespoon of butter, 1 tablespoon of sugar, 1 beaten egg. This is delicious over any jam tart.

SOUR STOMACH
Indigestion Acidity & all Stomach disorders
SPEEDILY RELIEVED by
PEPTOS
The GREAT RAW-RAW
REMEDY
BY ALL MEDICAL EXPERTS

Relieve throat soreness quickly with
Pulmonas PASTILLES
Suck them slowly
1/6 all chemists

ARE YOU A 100% MAN?

You are not even a 50 per cent. man if you are slave to the smoking habit. We can help you quit it quickly. Home Welfare Pty., A.M.P. Buildings, 36 R. Hunter Street, Wellington.