

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

LIBRARY

RECEIVED

★ FEB 16 1933 ★
U. S. DEPARTMENT OF AGRICULTURE

HOUSEKEEPERS' CHATS

Thursday, February 16, 1933.

FOR BROADCAST USE ONLY

Subject: "Good Kitchen Equipment Saves Food and Fuel." Information from the Bureau of Home Economics, United States Department of Agriculture.

-- ooOoo --

Good morning, Homemakers. Once again I'm fairly bursting with thoughts and ideas about economy around the home. And in that, I know that I'm just like most of you. All of us think constantly of economy these days.

One of the Department of Agriculture home economists called my attention recently to one angle of economy that I hadn't thought much about. I wonder if you have. Here's what she said:

"Aunt Sammy, good kitchen equipment means economy. If you have just the right tool or container to work with, you can save fuel and food and your own time. And while accomplishing all these worthwhile economies, good kitchen equipment adds to the morale of the homemaker -- which, goodness knows, can stand some stiffening most any time, but especially now."

Now I agreed with the home economist, as I think you will. Good kitchen equipment does save food and fuel and time and energy. But I'm not one to stop with abstract principles. I want to know, what of it? And so I asked the home economist to tell me what of it -- to tell me just how and what kitchen equipment saves food and fuel and time and energy. Here's her reply, for me and for you:

"All right, Aunt Sammy, here's one example of how good kitchen equipment saves ----- good saucepans save fuel. Good saucepans save fuel because they are of the right shape to fit over the whole burner of the gas or oil or electric range. They also have straight sides. These two characteristics of good saucepans help you to save fuel by using all the heat, so that you can cook with a lower flame or for a shorter time."

Thus spoke my home economist friend on the practical application, to one variety of kitchen equipment, of the axiom that good equipment saves food and fuel and time and energy. Now let me give you some more of her pointers on choosing and caring for kitchen equipment. Still talking about saucepans, she says:

"You have your choice between aluminum and enamel sauce pans. Aluminum is more expensive at first. But enamel pans are inclined to crack. Aluminum pans aren't. You can get good service out of enamel pans, though, by giving them good care. The principal thing is to avoid letting them become dry and overheated, in order to avoid chipping.

"Now in selecting aluminum pans, you have your choice between stamped and cast. Stamped aluminum is thinner and lighter than the cast. Stamped costs less, and the very cheap grades dent and bend easily and are not durable.

"Next, some facts about iron cooking utensils. These usually are cast iron-- utensils like frying pans, waffle irons, corn stick molds, and so on. In general the cast iron utensils are satisfactory for any use that requires a utensil which heats evenly and transfers its heat quickly. A warning--don't use galvanized iron for cooking. Never. And some instructions -- to make cast iron utensils live long and do good work, keep them dry or oil them to prevent rust.

"Now, let's see about baking dishes. Baking dishes of different sizes and materials are indispensable as food savers. You find them in a variety of materials oven-tempered glass, earthenware, sometimes, enamel. The oven-tempered glassware is the most expensive in first cost. You can get glass casseroles, pie plates, loaf pans, custard cups, and so on, which will stand gradually increasing oven heat. But never subject a glass baking dish to sudden changes in temperature -- never take it out of a hot oven and put it into cold water, for instance, or even into a cold draft. Cool hot baking dishes gradually; and by the same token warm cold baking dishes gradually -- don't take a glass baking dish out of the refrigerator and pop it right into a very hot oven. It will do some popping on its own account.

"Oh, yes, the reasons why we recommend glass baking dishes. Well, they are easy to clean, hold heat well, and resist the action of acids. While we're speaking of glassware, let me mention a new type of glass utensil, although it isn't a baking utensil. This is a glass saucepan lid. You can see how useful it is for use in cooking such foods as dumplings which are steamed and mustn't be disturbed until the cooking is finished.

"Good earthenware casseroles, beanpots, coffee and tea pots, custard cups, mixing bowls, and shallow baking dishes are very useful. They rank next to glass as efficient equipment for these purposes. But be sure the earthenware is good. Poorer grades will absorb flavors and odors from foods.

"Next, the tin utensils. Our kitchens wouldn't have many a laborsaving piece of equipment if it weren't available in tinware. The only thing I want to mention about it, is to warn against scouring tinware until it is bright. Tarnish protects the surface of tinware-- the plating of tin which covers the iron core. As soon as the tinplating is gone, the iron core will rust.

"Now, finally, the smaller pieces of kitchen equipment--

"Knives -- Good sharp, paring knives, preferably of stainless steel, will save considerable food when it comes to peeling potatoes, apples, and other vegetables and fruits. Select knives that have blades securely riveted into the handles, and handles that fit your hand. Keep knives in a wall rack where they do not touch each other, if you want them to be sharp. Never keep them in a drawer with a jumble of other small kitchen equipment.

Measuring Utensils -- Make sure they're accurate. If they are, they'll save material and give you more uniform results.

Mixing spoons -- Get them with wooden handles, so they won't bruise your hand.

Egg beaters -- See that the Dover type has a small cog between the handle and wheel near the top of the beater in order to prevent the cogs from slipping. See that the handle is comfortable. If you prefer a wire whisk, choose a smooth one with flat wires, not too heavy.

Mixing bowls -- Choose them heavy enough to stick to the table while you stir. Get some with sloping rather than straight sides. These are better for batters and eggs than the straight sided ones.

Well, I had so many suggestions about kitchen equipment from our home economist friend that I've almost overrun my time.

Tomorrow, we'll have some more comments on low-cost meals. And a menu for Sunday dinner, and a recipe for the chief dish of the menu.

