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HOUSEKEEPERS' CHAT

Monday, November 30, 1931.

NOR FOR PUBLICATION

Subject: "Cooking with Electricity." Information approved by the Bureau of Home Economics, U.S.D.A. Information on electric cooking from Iss VeNona W. Swartz, State College of Washington.

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Here's a Monday morning that we'll dedicate to those modern housekeepers who have been inquiring about cooking with electricity. Several who have electric ranges in their kitchens have asked for advice on using them successfully and economically. Another lady says she is going to buy a new stove and asks for information--all that is available--on electricity for cooking.

I'll have to be honest right at the start and confess that my experience with electric stoves is too limited to be really scientific. And you know that any advice I give you is what I've learned from specialists who have made scientific investigations along that line. I will say that the handsomest angel cake I ever made in all my life was baked in an electric oven. But, as for any other comments, I'm going to leave those to Miss VeNona Swartz, who is research specialist in foods at the Washington State College. I'm going to read you this morning exactly what she has to say on using electric fuel wisely.

Electricity for cooking is becoming very popular and satisfactory, especially in parts of the country where there is plenty of electric power and the rates are cheap. But in the use of this good fuel there has also been a great deal of waste. Knowing how to use it wisely may have a considerable effect on the family's pocketbook.

So here are ten suggestions or ideas for using electricity for cooking so that your monthly power and light bill will be as low as possible:

1. Use as few surface units on the stove as possible. A large amount of current is required to heat the element itself. After the elements are heated, however, cooking can be done very economically.

2. Use the fewest possible units in cooking by using the same ones over again. For example, after the carrots are cooked, make the gravy on the same unit.

3. Use pans that really were intended for use with electric ranges or pans that have the same good qualities. A pan should be at least as large as the unit over which it is used. If it is little larger, that's even better.

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4. Use the very least amount of water possible. Doing this will save not only fuel, but also the minerals and vitamins of the foods cooked.

5. Do not turn on the heat in the surface unit until the pan has been placed over it. This saves all the heat.

6. Once the water comes to a boil, it never gets any hotter unless it is under pressure. Hence boiling water furiously does not cook food any faster, but it does use much more current.

7. As soon as the water around the food is boiling, turn the heat off or very low. Even with the current off, food will continue to cook for 20 or 30 minutes on most ranges. The unit need not be red hot for cooking to be going on.

There are seven suggestions about top-stove electric cooking. Now we continue with Miss Swartz' helpful ideas about economical oven cooking.

8. Electric ovens consume a large amount of current. So, to use them wisely, use them to capacity. Since we like the flavor of baked foods, we are willing to pay for it, but the cost may be reduced by using the oven only when necessary and then cooking as many dishes as possible.

9. Since most electric ovens are well insulated, it is not necessary to keep the heat turned on until the food is completely baked. It is economical and just as satisfactory to turn the switches completely off for the last 15 to 30 minutes of cooking, thereby keeping down the electric bill.

10. Tins and other baking dishes with a dull finish are more efficient than those with a shiny finish. A highly polished pan reflects oven heat instead of absorbing it into its contents. Be sure pans are compact, covered; and convenient. Flat covered are desirable so that pans can be set on top of each other to use space economically.

Every one of these ten suggestions will help you cut down your electric bill. "Why use fuel wastefully in cooking and then lack money for one of the more worthwhile things in life?" asks Miss Swartz. "Save on fuel by thoughtful use, and have the other things as a reward.

If you missed any of these ten points or would like to have them down in black and white for your scrapbook or household files, write and we will send you a mimeographed page containing them.

The feature of today's menu is a vegetable loaf as main dish in a vegetable meal. Would you like to write the menu now?

Put down vegetable loaf first. After it write "Green radio cookbook, page 65." Next item is baked yellow squash or Baked yams. (Of course, you know what yams are. They are those big luscious sweet potatoes). Then, Chinese cabbage salad with French dressing. And for dessert, apple pie with melted cheese. That apple pie and melted cheese recipe is also in the radio cookbook.

Speaking of the cookbook reminds me of a letter I got the other day from a lady out in Iowa. A rather cross letter it was from an annoyed lady.

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It seemed that she had written for a cookbook a whole week before and hadn't gotten it yet. I was glad to have that letter in spite of its annoying tone. Most of my radio friends you know, are very patient and when they write, tell me only the nicest things about cookbooks, and bulletins and daily chats. But this letter reminded me that a word of explanation was due everybody on this matter of free bulletins and cookbooks. Your letters and your requests for bulletins are forwarded to Washington, D.C. where the bulletins are printed, stored and mailed out. It takes a little while for your request to get to Washington, if you send it to your Station, and it takes a little while for the bulletins to be put in an envelope, addressed to you, and sent off. And it takes a little while for the mail to carry it back to you. If you live in Iowa, for example, or Montana or Oregon, it certainly is likely to be more than a week before your letter gets way across to Washington, and the information you requested gets way back to you. We answer your letters and send your publications as fast as we can, but we have to ask you to be patient. Thousands of letters come to the Department of Agriculture every day and you should see how hard the people there are working to answer them all promptly.

But I'm wandering from my subject again. Better repeat the menu, hadn't I? And then I'll give you that vegetable loaf recipe.

The menu: Vegetable loaf; Baked yellow squash; Chinese cabbage salad with French dressing; Apple pie with melted cheese.

Now if you own a green cookbook you won't need to listen, for I'm going to give the recipe for vegetable loaf which you will find there all ready for you.

Quite a long list of ingredients in this recipe. I'll read them slowly.

3 tablespoons of melted butter or other fat	1/2 cup of chopped nuts
2 cups of soft breadcrumbs	4 tablespoons of liquid from cooked vegetables
1 cup of chopped cooked celery	2 eggs, beaten
1 cup of diced cooked carrots	1 teaspoon of salt, and Pepper.
1 cup of cooked or canned peas or string beans	

That makes ten. I'll repeat the list.

Now to make the loaf, mix the fat with the breadcrumbs, and reserve about 1/4 for the outside of the loaf. Mix together all the ingredients, form into a loaf on a sheet of greased paper, cover the surface with the crumbs, place on a rack in an uncovered pan, and bake in a moderate oven for 30 minutes. The loaf should then be hot through and the crumbs golden brown. Serve with tomato sauce.

Tuesday: "Caring for the Table Linen."

