“Wear-Ever” New Method of Cooking

and 100 tested Recipes from the Priscilla Proving Plant
Food and its relation to HEALTH

S THE natural condition of the human body is a healthy one, ill health indicates that there has been some transgression of Nature’s laws.

Probably the most common cause of ill health is malnutrition, resulting from a deficiency of the proper food elements rather than from an insufficient quantity of food. The serious import of this condition is indicated in a Bulletin published by the United States Bureau of Education which states that millions of children of school age are improperly nourished.

The foods we eat supply fuel and energy to the body and build its tissue and bones. Nature gives to the plant world the essential elements needed to make plants grow and we find the human body composed of the same elements. Among these elements are oxygen, carbon, hydrogen, nitrogen, calcium, phosphorus, potassium, sulphur, sodium, chlorine, magnesium, iron, iodine, fluorine and silicon. Plants are able to take these elements from the air and soil and make them available for use in the human body. Plants build these elements into substances which come under the following classification of food materials: Proteins, fats, carbohydrates, organic minerals and accessory food substances called vitamins.

Fats and carbohydrates supply the body with heat and energy. Fats make up such food as butter, cream, vegetable and animal oils, animal fats, etc., and they supply two and a half times as much energy as carbohydrates. Carbohydrates include flours, sugars, cereals, breads and tubers (potatoes, beets, etc.).

Proteins are materials which supply some heat and energy, but their chief function is to build tissue. In children, of course, they are building new tissue; in adults they are replacing old tissue. Proteins come to us in common foods—lean meats, fish, fresh vegetables, milk, egg whites, nuts, and legumes.

Minerals are used to build tissue, bones and blood, and to regulate the internal functions of the body. They are obtainable from lean meat, vegetables, fruits and milk. Especially important are phosphorus, calcium and iron.

Vitamines are substances in foods the chemical composition of which has not yet been determined. Their presence in the diet, however, is absolutely necessary for growth, proper functioning and maintenance of health. There are three principal vitamines, known respectively as, “Vitamine A,” “Vitamine B” and “Vitamine C.” “A” is a vitamine the lack of which retards growth and increases our susceptibility to infection. A lack of vitamine “B” causes loss of appetite and malnutrition of the nervous system, and lack of “C” is directly connected with the development of scurvy. Foods that include vitamine “A” are butter, fat, cream, cod liver oil, fresh vegetables, eggs and milk; those with vitamine “B” are tomatoes, whole wheat bread, sweet potatoes, eggs and milk; vitamine “C” is found in grape fruit, lemon juice, orange juice, lettuce, cabbage, spinach and tomatoes.
Therefore, to secure good nutrition, foods must include these five essential food materials—proteins, fats, carbohydrates, organic minerals and vitamins.

The family's health and happiness depend on the character of the food which is supplied. When you are in a run-down condition the doctor prescribes a tonic. Frequently the tonic is recommended because it replenishes the supply of iron which has been used up and which has not been replaced by foods which contain that element. It is far better to keep the body supplied with health-insuring minerals by proper diet, than to correct a poor condition with medicines. Moreover, the materials supplied by Nature in our food are more beneficial than those supplied in a tonic.

A great many people receive enough of the heat and energy-giving foods from their diet. But in many cases they do not take advantage of the minerals that are available in certain foods. Even where such foods are used it often happens that they are cooked in such a way that the most essential minerals are lost.

Many of the minerals which are used in making our bone and blood readily dissolve in water. Therefore, if green vegetables and fruits which contain such a large proportion of the necessary iron and calcium (which we need) are cooked in water, these minerals naturally dissolve and are thrown down the drain-pipe with the water discarded from the vegetable. Oftentimes as high as fifty per cent of this valuable mineral matter thus is wasted.

On the following pages of this book you will find described a new method of cooking which leaves in the food a larger per cent of the elements which Nature intended for use in nourishing our bodies. This new method makes food appetizing and takes away but little of its nutritive value. As the basis of this method is the cooking of fresh foods without added water, the mineral salts, which dissolve in water in most cooking operations, are not wasted.
The "Wear-Ever" New Method of Cooking

The PURPOSE of the "Wear-Ever" New Method of Cooking is to cook foods without loss of natural flavors and valuable mineral elements.

Many children, and some adults, do not like to eat cooked vegetables. The reason may be that ordinary cooking results in a loss of considerable flavor and a large percentage of the mineral salts. The retention of natural flavors by the New Method of Cooking encourages the increased consumption of these valuable foods.

Recently there has been much publicity given to "cooking without water" in magazines and newspapers. Many persons doubtless are of the opinion that this method is new. In a sense it is a step back towards the time when people ate mostly raw foods. Influences of the twentieth century civilization make it impossible for most of us to eat many raw foods today. Such vegetables as lettuce and celery and certain fresh fruits can be eaten in their raw state by the average person, but potatoes, turnips, meats and many other foods must be cooked to be properly digested. To some extent the "Wear-Ever" New Method of Cooking has been followed for years in many American homes and in leading hotels, sanatoriums and hospitals in which "Wear-Ever" utensils are used.

If one follows the "Wear-Ever" New Method of Cooking, it is important to have a complete equipment of the necessary utensils to cover the cooking of each of the following five food divisions:

1. Fresh vegetables—cooked without additional water.
2. Fresh fruits and berries—cooked without additional water.
3. Dried foods—cooked by direct or indirect steaming.
4. Roasts—cooked on top of the stove without water or fat.
5. Broiling chops, steaks, fowl, etc., without fats.

The same "Wear-Ever" utensils which for more than a quarter of a century have given excellent service in millions of homes can be used for cooking without water by a careful regulation of heat. The chief difference between these regular utensils and those designed for the "Wear-Ever" New Method is the thickness of metal. The additional thickness of metal in "Wear-Ever" New Method utensils is not necessary for durability, but solely to lessen the danger of burning when cooking some foods without water.

"Wear-Ever" New Method utensils are not made to supplant the regular utensils, but so that those who follow the "Wear-Ever" New Method may secure utensils of the proper thickness bearing the "Wear-Ever" trade-mark—assurance of highest quality in metal and workmanship. All "Wear-Ever" utensils are made of pure aluminum that is extremely hard and dense, subjected to tons and tons of pressure in the process of manufacture.
General Instructions

For the first few meals the housewife should take a little more time in the preparation of her food until she is accustomed to the method. It may even be necessary for her to start preparations for each meal a few minutes earlier than usual for the first week or so. The principal essentials for success in the "Wear-Ever" New Method are:

1. Utensils made of pure, thick sheet aluminum rolled under tremendous pressure to secure density.
2. Such aluminum should be substantially thicker than that used in the usual household utensils. "Wear-Ever" New Method utensils are of the proper thickness to serve the purpose for which they are made.
3. The food to be cooked should approximately fill the utensil. Utensils in equipment should be of selected sizes to best meet the more constant needs of the family.
4. Add no water, except where some dilution of flavor is desired—in such vegetables as turnips, cabbage, cauliflower, etc.—and then only a small amount, about one-half cup.
5. As soon as the utensil and contents are hot, turn the flame or fire as low as it will burn, or move utensil to the back of a coal or wood range. This is important, especially with fresh fruits and vegetables.
6. Cover utensil tightly and do not raise the cover until cooking has been completed.

Time Required

Since the time required to cook this new way depends upon the freshness of the food, the heat applied for the cooking, the quantity of food being cooked and other conditions, we do not undertake to furnish an accurate time-table for all foods. The Priscilla Proving Plant has given us a time-table based upon their experiments, but this table is only approximate. Generally speaking, foods cooked by the "Wear-Ever" New Method require about the same length of time for cooking as for the old boiling method, except possibly whole potatoes, which require a somewhat longer time. When foods are particularly fresh, it has been found that they cook more quickly by the "Wear-Ever" New Method than by boiling. In late Winter and early Spring, when root vegetables in particular are somewhat dry and tough, it may be advisable to soak them for a few minutes in just enough water to cover. The amount of water added by the soaking process offsets materially that which was lost from the vegetables through drying out.

Heat Required

A low heat is very essential. The thickness and density of the "Wear-Ever" utensils provide such rapid and complete distribution and heat-retaining qualities that a very low flame is enough to cook foods when no water is used. The cover of the pan should not be removed until the cooking process has been completed. Raising the cover to "peep" allows vapors to escape and dries out the food. Any escape of vapor and heat means that a longer time will be required for cooking. Do not become discouraged if you have difficulty at
first in getting your fire or gas flame low enough. If food should scorch while you are preparing your first few meals you will find that only that food which actually touches the utensil itself will taste scorched, and then only slightly—the rest will be entirely edible.

Learning to regulate the heat in the proper manner means less burned foods, less fuel consumption and less heat in the kitchen.

**Seasoning**

Nearly all foods cooked by the "Wear-Ever" New Method require less seasoning than boiled foods because most of the natural mineral salts are retained by the "Wear-Ever" New Method. While less seasoning is actually required, many people will prefer some seasoning because of habits covering a long period. Meats should not be seasoned until ten or twenty minutes before they are done. Butter may be added to such foods as carrots and string beans immediately after, or shortly before, they are cooked, although there are some people who prefer to add a little butter to these foods before they are started, in order that such seasoning may be absorbed by the vegetables. Others add small pieces of bacon to string beans when they are put on to cook because bacon adds to the flavor. Butter should not be added to spinach until it is thoroughly cooked.

The recipes in this booklet mention vinegar, salt and pepper. Lemon juice may be substituted for vinegar, while salt and pepper may be eliminated entirely by people who object to using these condiments. Some health institutions, such as the Battle Creek Sanitarium, advise against the use of vinegar, pepper and salt entirely. In making up the recipes the Priscilla Proving Plant considered the tastes and habits of the majority of people.

**To Keep Utensils Clean**

The "Wear-Ever" New Method utensils, being made of pure, hard, smooth, non-porous aluminum sheet, are easily kept clean. The following suggestions are made for your guidance:

1. Wash utensils in clean hot water, using a soap or cleanser which will not injure the hands. Never use alkaline soaps or cleanser, such as soda solutions, ammonia, lye, etc., on aluminum utensils. Generally speaking, soaps that will not injure the hands will not injure the aluminum pan.

2. If food should stick slightly in the bottom of the utensil, pour a little hot water in the pan and let it soak for about one-half an hour. Then clean with "Wear-Ever" cleanser.

"Wear-Ever" cleanser may be used regularly on the inside and bottom of the utensils, but it is best to use a silver polish or Bon Ami powder on the polished surfaces.

Whenever fruits and vegetables are cooked by the "Wear-Ever" New Method without the addition of water there is less tendency for the utensils to become dark on the inside. The iron, lime, etc., which formerly was deposited on the pan from the food, is by this method kept in the food itself.

Remember that aluminum does not become discolored. Apparent discoloration is due to the fact that a deposit of iron or lime has been made on the utensil. The cooking of some acid food in the utensil will remove the deposit; but it should be remembered that iron and lime are beneficial to the human system.
Miscellaneous Suggestions

FOODS cooked without water by the "Wear-Ever" New Method do not get soft or break down like boiled foods. Many people who have been boiling vegetables for years often cook foods longer than is necessary by the New Method, because, due to the firmness of the food, they feel it is not done. Dental and medical authorities say that firmer foods which require more chewing and better mastication are desirable from a health standpoint. You may expect vegetables and other foods to be somewhat firmer when cooked the new way.

Some foods cooked by the "Wear-Ever" New Method differ in color with the same foods boiled. For instance, potatoes will be more creamy; spinach will be greener. This is due to the retention of the natural mineral salts.

Some of our users have discovered that by holding the cover on tightly and shaking the pan occasionally when cooking carrots, potatoes or other root vegetables, the food will move around in the pan and so distribute the direct contact of the food with the pan that the food will cook quicker and there will be less chance of overcooking on the bottom. If this is done once or twice during the cooking operation the results will be gratifying.

The simplicity of the method for cooking fresh fruits and vegetables is shown in the following three steps:

1. Wash the food, remove bad spots, and drain off the water.
2. Place in pan of proper size and cover tightly.
3. Place over medium flame, and when pan is thoroughly heated reduce the flame.

In cooking fruits the New Method way the extra heavy "Wear-Ever" fruit pan No. 1053 ½ is most desirable. Fruits are rich in sugars and will burn rather quickly in thinner pans.

A large part of the mineral salts contained in vegetables and fruits lies directly beneath the skins. Avoid peeling these foods whenever possible. By washing and scraping carefully, then removing the bad spots, the results will be so satisfactory that you may eat the skins, which furnish roughage. Where the skins are not desired the Food Saver may be used, thus retaining practically all the nutrients and reducing waste to a minimum.

Test the broiling pan to cook chops, steaks, etc., by placing it over a high flame until a small piece of paper laid in the pan becomes brown—the color desired when the meat is done. Once the pan is hot enough to brown this paper the meat can be quickly browned. The flame should then be reduced, because of the heat-retaining qualities of the heavy aluminum.
Bear in mind that best results are obtained by having the utensil as nearly full as possible. If you try to cook one quart of vegetables in a three-quart pan the results will probably be disappointing.

A good rule to remember: When cooking without water, if the cover of the pan is hot, the food is cooking, and if moisture or vapor escapes, the pan is too hot. Do not raise the cover any more than absolutely necessary.

In cooking dried foods the question of using equal parts of water and food as against two parts of food to one part water is largely one of preference. To save time: In assembling the No. 8 or No. 12 press or the "Wear-Ever" Food Saver, the standards may have to be spread at the top so they will not easily fall out of the band when the press is being moved around.

It is desirable, when baking pears or apples, to core them only about three-fourths through, as this holds the natural juices in the fruits.

**Regulating Electric Stoves**

Fresh vegetables and fruits of all kinds require "low" on electric stoves. On some stoves "low" is still too hot, in which cases small asbestos mats may be used under the pans, or heat may be turned off for a few minutes to reduce heat. Some electric stoves are equipped with a small element comparable to the simmerer of the gas range. In many cases, satisfactory results have been assured by using this small element.

When the food is first placed on the stove "high" may be used for a minute or two in order to "fill" the pan more quickly with heat.

For cooking dehydrated foods—such as dried beans, cereals, and dried fruits—by the direct or indirect steaming method, "medium" may be used. However, if it is found that vapor is escaping from under the cover, the heat should be turned to "low."

The roasting pans and broilers are first placed empty on a "high" heat until hot enough to scorch a piece of white paper. The meat is then dropped into the hot utensil and seared thoroughly on all sides. After being seared the covers are placed and the heat turned to "low." This particularly applies to roasts. Fowls, both roasted and broiled, are placed in the cold utensils, covered, then cooked over a "low" heat.

**Regulating the Gas Flame**

**FULL**
For browning steaks, chops, etc. This flame is also used when browning roasts in roaster.

**MEDIUM**
For cooking dried foods by the steaming method; also for very large roasts, steaks, chops, etc., once they are well browned.

**LOW**
Essential for cooking fresh fruits and vegetables without water; also medium roasts when they are well browned.
FRESH fruits are an essential part of the human diet. They contain minerals, vitamins, essential oils, organic acids and usually furnish some heat and energy. Each fruit naturally has its own place in the diet as each contains the above-mentioned food essentials in different proportions.

Their minerals and flavor stimulate the digestive system and the high vitamine content is most important.

"An apple a day keeps the doctor away."

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General Method for cooking Fruits and Berries

Prepare fruits by washing and removing all spoiled portions. Cut into pieces or core three-quarters of the way through, depending upon the kind of fruit and the dish being prepared. Prepare berries for cooking by washing, hulling and picking over carefully.

Place fruits or berries in Pan No. 1053½ and add sufficient sugar to sweeten to taste. Cover and cook slowly until soft. Follow the same directions in regulating the heat as given for cooking vegetables by the “Wear-Ever” New Method. (See pages 9 and 11).

Spiced Peaches

6 peaches
6 cloves
½ cup brown sugar
3 tablespoons butter
2 tablespoons lemon juice
grated lemon rind
small piece stick cinnamon

Peel and halve the peaches, removing pits. Arrange them in Pan No. 1053½. Stick a few cloves in each peach half, sprinkle with sugar and dot with butter. Pour the lemon juice over and add a small quantity of grated lemon rind and stick cinnamon. Cover and cook until the peaches are soft. Serve hot with meat.

Maple Pears

6 large cooking pears
¾ cup maple syrup
1 tablespoon lemon juice

Peel the pears thinly, cut in halves and remove the cores about three-quarters of the way through. Place the pear halves in Pan No. 1053½, add maple syrup and lemon juice and cook very slowly until the pears are soft and have turned dark. This generally requires about two hours.

Bananas in Cranberry Sauce

1 pint cranberries
1 cup sugar
6 bananas

Place cranberries in Pan No. 1041½, cover and cook slowly until soft. Rub through Food Press No. 8 and add sugar. Halve the bananas lengthwise, place in Pan No. 1053½, add the cranberry mixture. Cover and cook until the bananas are soft but not broken. Arrange the bananas on a serving dish and pour the sauce over them. Serve cold.

Cranberry Jelly

Put 1 quart cranberries in Pan No. 1053½. Cover and cook slowly until soft. Rub through Food Press No. 8. Measure the pulp, add an equal amount of sugar and cook, uncovered for 5 minutes. Turn into molds and allow to cool.
General Method for Making Jam

Prepare fruit by washing and removing all spoiled portions. Cut large fruit in dice or slices. Prepare berries by washing, hulling and picking over carefully.

Place fruit or berries in Pan No. 1053½ and cook until soft. Add three-fourths as much sugar as fruit pulp and cook, uncovered, until very thick. Pour into hot, sterilized glasses and seal with melted paraffin.
CEREALS

All cereals may be cooked by the New Method indirect steaming process instead of in an ordinary double boiler. Whole grain cereals should be soaked according to the general directions. Cereal preparations such as wheatena and rolled oats need no soaking. Use the amount of water specified on the package.

The addition of raisins, dates, figs or other dried fruits to cereals while they are cooking increases their nutritive value and gives variety of flavor.
Whole Wheat

Whole grain wheat is very important as a breakfast cereal, since, with milk, it forms an almost complete food. It can be cooked by the indirect steaming method, following the general directions. After washing thoroughly, soak overnight in two parts water and then cook for about 3 hours.

Cracked wheat can be prepared in the same way. Only 45 to 60 minutes will be required.

Corn Meal Mush

1 cup corn meal
1 teaspoon salt
1 cup cold water
8 cups boiling water

Mix corn meal, salt and cold water and add boiling water. Bring to the boiling point, stirring constantly and then cook by the indirect steaming method for at least 2 hours. Serve with milk or with butter and syrup.

Combination Breakfast Cereal

\[
\begin{align*}
\text{\(\frac{3}{4}\)} & \text{ cup bran} \\
\text{\(\frac{1}{2}\)} & \text{ cup rolled oats} \\
2 & \text{ tablespoons wheat cereal} \\
\frac{1}{4} & \text{ teaspoon salt} \\
2 & \text{ cups boiling water}
\end{align*}
\]

Mix the cereals, add salt and boiling water and cook by the indirect steaming process.

CEREAL AND WHOLE GRAIN FLOUR DESSERTS

Brown Rice Pudding

1 quart milk
\(\frac{3}{4}\) cup brown rice
\(\frac{3}{4}\) cup brown sugar
1 cup raisins or dates, cut in pieces
1 teaspoon lemon extract

Mix in Pan No. 1297 and cook by indirect steaming for 2½ hours, stirring occasionally to prevent rice from settling.

Date Graham Pudding

2 cups graham bread crumbs
1 cup milk
1 cup brown sugar
\(\frac{3}{4}\) cup dates, cut in pieces
1 teaspoon vanilla or orange extract

Mix ingredients in Pan No. 1297 and cook by indirect steaming for about 30 minutes, stirring once after 10 minutes.

Steamed Graham Raisin Pudding

2 cups graham flour
\(\frac{1}{2}\) teaspoon soda
\(\frac{1}{4}\) teaspoon baking powder
1 teaspoon cinnamon
\(\frac{1}{4}\) teaspoon cloves
\(\frac{1}{4}\) teaspoon allspice
1 cup raisins
\(\frac{1}{2}\) cup sour milk
\(\frac{1}{2}\) cup molasses
1 egg
\(\frac{1}{2}\) cup shortening

Mix all the dry ingredients together and add the raisins (seeded or seedless as preferred), sour milk, molasses, beaten egg and melted shortening. Turn into greased cups and steam for about 45 minutes, using Steamer Basket No. 5 with Pan No. 1294.

Whole Wheat Indian Pudding

1 cup cracked wheat
2 cups cold water
1 cup milk
1 egg
\(\frac{1}{2}\) cup molasses
\(\frac{1}{2}\) pound raisins
\(\frac{1}{2}\) teaspoon salt
\(\frac{1}{4}\) teaspoon nutmeg

Soak the cracked wheat in cold water and cook by the indirect steaming method until it is tender. Add the milk, beaten egg, molasses, raisins, salt and nutmeg and continue the cooking for approximately 45 minutes.
IN MAKING cream soups none of the nutritive elements of the vegetable are lost, it is true, if water is used in cooking it, since the liquid becomes an ingredient of the soup. But by following the New Method of cooking the vegetable and adding extra milk to make up the necessary amount of liquid the soup will be higher in food value, containing as it does from 50 to 100 per cent more milk than when the ordinary method is employed. The fact that cream soup is often used as a means of introducing milk into the diet of those who refuse it in the usual form makes this point especially significant.
HEALTH SALADS

At least once a day the menu should include an uncooked vegetable and fruit. This can often be supplied most acceptably in the form of a salad. When selecting the ingredients for a salad consider the combination of colors and textures as well as flavors. Avoid putting too many varieties of vegetables or fruits together.

Raw Carrot and Cabbage Salad
2 cups grated raw carrot
3 cups shredded cabbage
1 tablespoon minced onion
French dressing
3 tomatoes

Mix the carrot, cabbage, and onion with French dressing. Garnish with tomatoes cut in eighths.

Canary Salad
1 cup grated raw carrot
1/3 cup finely cut celery
1/3 cup chopped raw apple
1/3 cup finely cut orange
Mayonnaise

Mix the vegetables and fruit together and combine with mayonnaise. Serve on lettuce.

Winter Fruit Salad
Arrange a mound of banana slices (dipped in lemon juice to prevent discoloration) on lettuce in center of each salad plate. Surround with alternate sections of orange and grapefruit, cartwheel fashion. Serve with French dressing.

Carrot—Banana Salad
3 bananas
2 small carrots
3/4 cup salted peanuts
Salad dressing (mayonnaise or boiled)


Stuffed Prune Salad
Allow 4 or 5 cooked prunes for each individual salad. Remove pits and fill with cream cheese. Arrange on lettuce and garnish with sections of orange. Serve with mayonnaise to which an equal quantity of whipped cream has been added.

Cole Slaw, Piquant
1 pint shredded cabbage
1 apple cut in "matches"
1 dozen peanuts or walnuts
Mayonnaise or French dressing

Mix cabbage and apple, moisten with dressing, heap in a glass dish and sprinkle with nuts. Two tablespoons of ketchup or chili sauce may be added to the dressing. A bit of diced celery or raw tomato makes a delicious addition to the salad. The nuts may be omitted if they are not on hand.
SEASONABLE MENUS

A balanced dietary is one which includes, in adequate amounts, all the food elements necessary for health. There must be protein for growth and replacement of cells; fat, sugar and starch for heat and energy; and also minerals and vitamins, substances which are present in foods in minute quantities but are of utmost importance in regulating body processes and protecting against disease.

Rules for Menu Making

It is impossible for the average homemaker to have an exhaustive knowledge of all the factors that have a bearing upon a balanced dietary, but by following a few simple rules in her menu making she can be assured of providing an adequate dietary for her family.

1. Use at least a pint of milk every day for each adult, a quart for each child. This may be used in general cooking as well as in beverages.

2. Serve at least two vegetables besides potatoes every day, one of them a raw green vegetable when possible.

3. Serve at least two fruits (fresh, canned or dried) every day. It is desirable to use fresh fruit frequently.

4. Allow a moderate serving of meat, fish or eggs every day.

5. Use a moderate amount of fat, in cooking and on the table.

6. Provide enough carbohydrate food (cereals, breads and sweets) to satisfy the appetite but see that they are not eaten so liberally that the milk, vegetables and fruit are neglected. Use whole grain cereals and breads frequently and the less refined sugars like molasses and honey, since they provide the protective elements as well as heat and energy.

7. Make meals attractive by avoiding monotony of color and texture and by choosing flavors which blend well.

The following lists of foods for different meals and courses have been prepared merely as a guide to menu making and a help in providing variety. In many instances luncheon and dinner dishes are interchangeable, some of the breakfast dishes are equally acceptable at luncheon, and many of the foods suggested for summer are entirely appropriate on winter menus.

Recipes for the dishes that are starred will be found in this booklet.
COLD PACK CANNING

The "Wear-Ever" way

THE "Cold-Pack" method of canning vegetables, fruits and meats was originated by the U.S. Dept. of Agriculture as a result of tests made to promote conservation of foods. The term "Cold-Pack" is used because the food is first scalded or blanched for a few minutes in boiling water, chilled by dipping at once into cold water, then packed in the container and covered with liquid—either water, syrup or juice, depending upon the food.

Foods may be canned in the "Wear-Ever" combination roaster and steamer illustrated in this booklet. It is so constructed that one may use either pint, quart or half gallon jars in it.

STEPS IN CANNING

1.—The jars, rubbers and covers should be washed in hot water; if new jars are used they may be put into warm water which should then be brought gradually to the boiling point. Allow the jars to cool slightly before they are packed, however.

2.—Scald means to pour boiling water on food material or to lower food into boiling water and allow to stand about one minute.

3.—Blanch means to pour boiling water on food material or to lower food material into boiling water, bring to boiling point and allow to boil a given length of time.

4.—Cold Dip means to chill by dipping into cold water.

5.—Cover. With Mason Jars, when putting the jars into the cooker to sterilize screw the cover until it begins to draw on the rubber, or as tight as you can screw it with the thumb and little finger, using little or no pressure. With glass-top jars provided with clamp, place the wire that goes over the cover just up to the first glass elevation on the lid.

For further information about canning and preserving, write for booklet No. 4267.

NEW METHOD TRIPlicate PANS

3 over one burner

IT WILL be noted that this set contains three different sized pans. This is in recognition of the important New Method of Cooking principle that natural foods, to be most successfully prepared, should fill or nearly fill the utensil. This prevents burning and sticking of foods and saves money, time and worry. In such a set potatoes, spinach and peas (or other desirable combinations) may be prepared over one burner; the large pan for the spinach, potatoes in the medium size, and peas in the smallest pan.

A liquid food or small pot roast may be prepared in one of the pans in case only two vegetables are desired for the meal. A variety of vegetables is, however, desirable for health.

The savings in fuel soon pay for the new, heavy "Wear-Ever" triplicate pans.
HOW TO MAKE COFFEE

The "Wear-Ever" way

Expert cooks and good judges of coffee have settled on the "Wear-Ever" Triclator system as the "last word" in coffee making; because it makes the best tasting coffee in the most healthful manner and because it is an all around, everyday pot. It is the most economical pot made, as it requires only one dessert spoonful of finely ground coffee for each cup. It is quick and easy to operate. Just put the coffee in place, pour hot water into the container and let stand from four to eight minutes. The flavor and stimulant go into the liquid, but not the harmful tannic acid.

Good Housekeeping Institute has this to say of the new Triclator, after a careful testing: "Coffee ground to the consistency of cornmeal was used, allowing two level tablespoonsfuls to each measuring cupful of boiling water. A sheet of filter paper was placed over the perforated bottom of the water container and the small disc put on top of this. The ground coffee was placed on this, then the large disc was put in place and the whole put over the lower pot. The boiling water was then poured into the upper section and the cover put on.

"When using six cupfuls of water, we found that it took nine minutes for the liquid to drip through. Although the pot was not placed over a flame or any heated surface the coffee was still hot enough to serve after twenty minutes. It had a temperature of 161° F.

"When making this amount of coffee, one filter paper gave coffee of desirable strength. For smaller amounts of coffee it was necessary to use additional filter papers or to increase the proportion of coffee in order to obtain coffee of similar strength. Of course, the liquid could be put through the Triclator a second time; but this at times was inconvenient.

"The Triclator was used many times in the Institute kitchen, and in every case the coffee was clear and of excellent flavor and aroma."

(Signed) Katherine A. Fisher, Director.

PANCAKES WITHOUT GREASE

With the proper heat, cakes can be successfully baked on a "Wear-Ever" Griddle without grease.

1—Place the griddle on medium flame.
2—On it lay a piece of light colored paper.
3—When paper begins to brown, the griddle is at the proper heat.
4—Reduce the flame at least one-half and bake cakes.

Nos. 384-385

INCREASE RECIPE

2 cups flour
2 tablespoons sugar
4 teaspoons baking powder
1 1/2 cups milk
1/2 teaspoon salt
2 tablespoons soft or melted butter

1—Mix and sift dry ingredients.
2—Beat egg, add milk and stir slowly into first mixture.
3—Stir in the soft or melted butter.
4—Drop by spoonfuls on a medium hot "Wear-Ever" Griddle.
5—If possible, don’t mix batter until ready for use.

Pancake Griddle

Inverted—Used as Broiler
"Wear-Ever" New Method of Cooking

Still Image

Subject
Children

Genre
advertisements

Date
1929

Temporal Coverage
1929

Subject
Cookware

Title
"Wear-Ever" New Method of Cooking

Company
The Aluminum Cooking Utensil Company

Product
Wear-Ever Aluminum Utensils

Description
Color and black/white illustrations of foods and utensils/cookware in use. Images of selected pages from this item are available. Searchable text is only available for this file.

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