



Some beating and mixing equipment is simple and some is complex.

but are not equally useful to everyone. The pressure saucepan, for example, though in constant use in some homes, has been relegated to a dark corner of the cupboard in others. It has frequently proved a boon to the housewife who, through a variety of outside interests, finds she has little time to spend in her kitchen. With the aid of a pressure saucepan she can provide her family with a wider variety of menus, and such economical dishes as stews, soups, suet puddings, and slow cooking meats and legumes can all be included in the menu without great inconvenience, many cooking easily in the period that it takes to prepare the rest of the meal. A quick, high heat to raise the temperature in the cooker rapidly also adds to its speed and convenience.

Points to look for include an absolutely level base for economical heating on coal, electric, and heat storage ranges, ease of serving (high narrow cookers are apt to be awkward to handle in this respect), a simple weight-type pressure-control mechanism, ease of cleaning, heat-proof, comfortable handles, and convenient size. Generally the medium or large pressure saucepans are more useful—even for a small family—as a wider variety of foods, such as a whole fowl, may readily be cooked in them.

Electric jugs and plungers have been widely used for so long that the majority of housewives have learnt, if only by a process of trial and error, of the points of construction which tend to provide the best service and durability. A guarantee, a solid metal element and non-tarnishable metal for the jug, ease of cleaning, a good-quality plug and cord, and insulated handles on metal jugs are indications

that the rest of the workmanship is good. Electric jugs with trailing cords provide an element of danger where there are small children, and the various types of gadgets designed to prevent jugs from tipping are good investments. Alternatives to jugs are the various insulated heaters which can be permanently installed over a sink. Their desirability depends on the quality of the hot water service already available, the demand for instant hot or boiling water, and the need for safety where there are small children.

Electric Mixers

Most housewives who plan their meal cookery and baking so that they make good use of their electric mixer will find it a useful time saver. However, it is an expensive item of equipment and careful consideration would be necessary before the purchase of an electric mixer, to ensure that the money could not be better spent on rebuilt cupboards or benches, the renewal of other equipment, or the purchase of other labour-saving equipment.

To make the best use of electric mixers they should be installed in a permanent and convenient position on a bench or special cupboard so that they are instantly available for all small tasks as well as the larger ones. There are two main types of mixer available—models with a detachable mixing unit which can be carried across the room and used, for example, at the stove, and models in which the mixing unit and stand are all in one piece. All types of mixers are provided with at least one bowl, and some have quite a variety of attachments

for different tasks and two sizes of bowls.

Most essential are multi-speed control with a dial which is easy to read and easy to reach and a motor with adequate power for all mixing jobs. It is also desirable that the motor give a constant speed at any setting, even with the heaviest batters, and that it should run quietly. The blades in some beaters are designed to avoid splattering and the necessity for continually scraping the mixture into the centre of the bowl, and in a well-designed beater they should just clear the bottom of the bowl when in position. The bowl platform should also be able to be shifted so that the beaters will be in an off-centre position when a large bowl is being used, and the platform should turn easily so that mixing is done thoroughly even with stiff batters. It should also be easy to remove the beater blades for cleaning and the motor unit if it is a portable type. Sealed-unit types which require no oiling, and others which require regular, if infrequent, oiling are available.

Mixers will do many more kitchen tasks through a variety of attachments such as the grater and mincer, juice extractor, and beverage mixer, which also purees fruits and vegetables. The main points to remember in their care are never to let water or juice splash or run into the motor, and, if it is a type which requires regular oiling, to remember always to do this.

Blenders do work that mixers cannot do without special attachments; they will liquefy or puree fruits and vegetables, mince meats, crackers, and dry bread, grate foods such as cheese, chocolate, and orange peel, mix the