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CONSUMER TIPS >>

(Information from Bureau of Home Economics, USDA)

RULES FOR COOKING

1. Have food ready when oven is right temperature.
2. Place pans in alternate positions on oven racks for best circulation of heat and least waste of energy.
3. When oven is hot, use it for as many cooking operations as possible. Preheating for short baking is expensive.
4. Use time and temperature chart; open oven door as little as possible.
5. Don't use oven to heat kitchen unless absolutely necessary.
6. Use flat-bottomed pans about same size as cooking unit. Pans that do not cover heating unit waste heat; ones that

extend too far beyond heating unit may crack enamel on stove.

7. Cook vegetables in smallest amount of water; $\frac{1}{4}$ inch of water is usually sufficient. Saves energy and food values.
8. Use pans with tightly fitted covers to conserve heat.
9. Heat only as much water in teakettle as you need.
10. Save energy by heating water in utensil in which it is to be used, covering it while heating.
11. Remove sediment that forms in teakettle.
12. In areas where power for war production needs are great and electric generating capacity limited, do as much cooking as possible during non-peak-hour-load hours. Peak loads: 5:00 to 6:00 PM - when lights go on in homes, offices, factories - dinner preparations begin - people homeward bound pack trolleys and other transportation systems. CT-71

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