

Everybody should read these facts concerning cookery and health / British Home Utilities Co. Ltd.

Contributors

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Everybody should read these facts concerning Cookery and Health



Most people know

that a considerable loss occurs during the cooking of all foods—but very few realise how enormous these losses are. Approximately 25 per cent. of the weight and substance of all food is lost during the cooking. This means that from every £1 worth of food purchased 5/- worth is lost in cooking—plus the cost of fuel.

What is more important

is the fact that most of the health-giving substances in the foods are destroyed by the chemical changes which are unavoidable when cooking by the ordinary method.

Nature provides abundance

of health-giving mineral salts in vegetables and fruits, and valuable restorative substances in all foods.

When these are destroyed or lost in the cooking any amount of artificial tonics will not compensate for that loss.

What is it worth to you

to save 25 per cent. of your present food costs—plus 80 per cent. of the fuel, gas or oil now consumed in cooking and **all** the health-giving substances in the foods?

More nourishment, better flavour, and better appearance.

You can save it!

See within.

What are the ideal conditions of perfect cookery?

According to the report of the Incorporated Institute of Hygiene, London, cooking is best attained by submitting the food to a high temperature for a few minutes, which coagulates the surface albumens into a juice retaining coating—and then by maintaining a much lower temperature of about 180 degrees Fahrenheit for the actual cooking.

WHAT HAPPENS NOW.

Firstly, the ordinary cooking stove is a never-ending expense in consuming coal, oil or gas—**burning money**. Next, it causes labour, mess, bother, and frequently—disappointment in spoiled foods. Worse than all, are the harmful effects it has on the foods.

When foods boil or simmer

the liquor is in a constant state of activity owing to the pressure of steam.

When linen is being washed by boiling in a copper it is the pressure of the steam which causes the water to be pumped through and through the fabric, and this process washes out the dirt.

Exactly this process in saucepans

washes out the substances from the foods, which in some instances is thrown away and in other instances is **chemically changed**. You would never allow tea to simmer over the gas for any length of time. Why?

Because the simmering water would wash more out of the tea leaves than you desire. You **do** allow beef tea to simmer for hours, because you **desire** to extract all the essences from the beef.

Boiling point—212 degrees—is danger point in cookery. Safe cookery heat is anything from 200 degrees **downwards** to 180.

When Roasting or Baking

in ordinary ovens the temperature of the oven is about 350 to 450 degrees. It would cook thoroughly at 200 degrees, but you **must** make it hotter to **brown** the food. Having made it so hot, it is difficult or impossible to reduce it down to **safe cooking heat**, viz., 200 degrees Fahrenheit.

So, many essential substances are destroyed by the intense heat and continuous evaporation.

You dare not leave the food longer than a certain time, or it will dry up or burn.

This seriously affects your health and pocket.

What the Fuel-less Cooker does

The "British Queen" Fuel-less Cooker

ensures safe cooking, saving 80 per cent. fuel costs, and about 25 per cent. food costs. There are no chemical changes in the food substances, and foods do not shrink or lose in weight as by ordinary cookery.

Its construction is simple.

An outer casing of metal with aluminium inner casings, forming an imprisoned air space, packed around with a special mineral compound which keeps in the heat.

For Roasting or Baking

two metal radiator discs are heated over a gas ring, oil stove or small fire, —just sufficiently heated to scorch paper.

One of the hot discs is laid in a baking frame and a tin or dish containing the raw food is stood upon it—the other hot disc lays above. The baking frame is then placed into the cooker, which is closed down with an Asbestos mat and the lid.

A certain amount of steam comes off the food and escapes whilst it is "browning." This steam reduces the temperature of the hot discs gradually, so once the food is browned it **cannot brown** (or burn) any further.

For Stewed or Boiled Foods

the food is placed into saucepans (supplied with the cooker), covered with liquor and the contents are first brought to boiling point.

The saucepans are then put into the metal-lined inner compartment of the Fuel-less Cooker, where the foods cook as **quickly as if they were on a fire**. No fuel or gas, no watching or stirring is necessary once the saucepans are in the Cooker.

In the airtight insulated compartment

the water retains all the heat necessary for perfect cooking, but has no activity. The liquor is motionless, so does not wash the foods.

Potatoes keep whole, even if left 7 or 8 hours. Greens keep green and the water is not discoloured same as when cooking over a hot stove, and does not smell because no chemical change takes place in the cooking.

Jam or marmalade will make overnight whilst you sleep.

No stirring—No loss—No wasps.

However long you leave the food unattended nothing can burn or spoil.

Keeps food hot for several hours after cooking—without overcooking.

THINK WHAT THIS CAN SAVE YOU!

CAN YOU AFFORD TO NEGLECT THIS SAVING?

The "British Queen"
FUEL-LESS COOKER

is serving and saving in more than
1000 households, hotels and institutions

LET IT WORK AND
SAVE FOR YOU

The "British Queen" FUEL-LESS COOKER

Ensures perfect cookery, which amazes clever chefs. You can forget all about the meals cooking. It does the cooking for you whilst you are out shopping or visiting. Can you wonder that Fuel-less Cookers are considered a priceless boon to the thousands who use them?

The "British Queen" Fuel-less Cooker

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