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## Careful Cook Keeps Cool, Chef Claims

The first rule of a gourmet cook is to keep a cool head—and cool ingredients, according to globe-trotting gourmet James A. Beard.

Beard, who "cooks in every language," is the author of "The James Beard Cook Book," "Wine Cuisine" and nine other tomes on the culinary art.

The modern electric refrigerator-freezer has done a lot to streamline the ancient art of cookery, Beard says.

To keep a cool head while following a complex recipe, the experienced chef prepares many of his ingredients well ahead of time. He cools or freezes them until the "hectic last minute," when it seems as though everything has to be blended in at the same time.

### Salads Won't Wait

Some basic ingredients chefs "keep on ice" for a large variety of recipes include meat and fish stock, standard sauces such as bechamel, veloute, hollandaise, tomato purées, and fine herbs, chopped and ready to be added at the last moment.

If the meal is to have many courses, it's usually necessary to keep some of them—such as the dessert, as well as champagne or white wine—in the refrigerator till needed. For a crisp salad, the chef is particularly grateful for a special vegetable compartment that provides a moist cold, preventing greens and other foods from drying out.

### Prefers Fresh Foods

Good cooks prefer fresh or frozen meats, vegetables, fruits, and fish to those that are canned or otherwise artificially preserved. The gourmet's art is to combine natural flavors or to improve them with seasonings. Beard also likes to keep a large supply and a wide range of foods on hand because a gourmet is a creature of whim. If he suddenly craves beef stroganoff or sweet-and-sour carp, he wants to be able to pick out the ingredients he needs from his well-stocked spice shelf and refrigerator-freezer.

## Teens Show Delinquency In Health

Diet delinquency among teenagers may be an even greater national problem than juvenile delinquency, many health authorities feel.

Studies made in nearly every state show inadequate diets among an alarming percentage of teenage boys and girls in homes at all income levels.

One of the most detailed studies was conducted over a 12-year period from 1947 through 1959 embracing statistics compiled by all of the California state agricultural experimental stations.

Causes, the studies show, include little or no breakfast, fat-free diets, and inadequate family meal planning. Many authorities agree that a leading reason for poor teenage nutrition is the failure of families to have adequate stocks of food—especially fresh food—on hand.

Often the blame here falls on the rounded shoulders of an aging refrigerator with too little space for the family's needs, and a freezing compartment too small to hold a supply of frozen citrus juices rich in vitamin C. In these cases, the solution is a modern electric refrigerator-freezer. Its wide shelves and compartments in both refrigerator and freezer sections keep a constant supply of fresh and frozen foods ready at all times to provide healthful nourishment as well as appetizing meals.

### Tape Saves Edge

Retract the blade of a plane when not in use, or cover the protruding edge with friction-tape to keep the blade from nicking.

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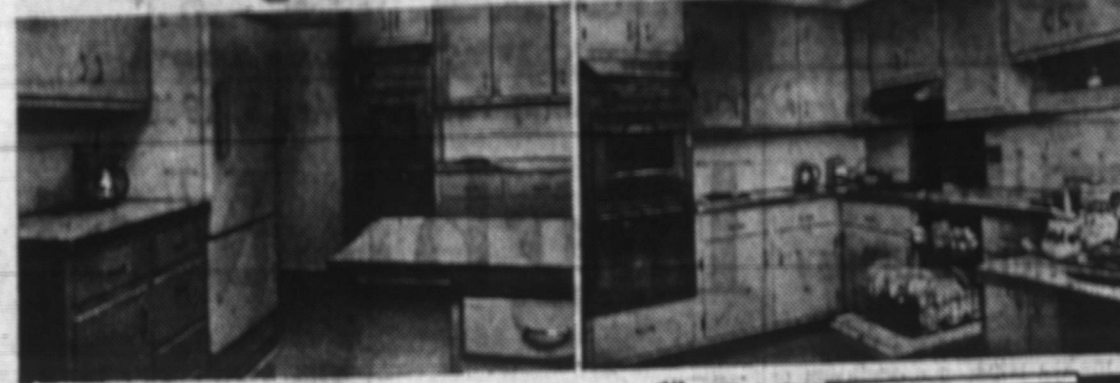
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## Planning Vital for New Kitchen



A new kitchen is not always a good kitchen, says Evelyn Chapin, kitchen designer. A good kitchen must be designed to fill the needs of the specific family that's going to be using it, she points out. Mrs. Chapin, who is associated with Westchester Custom Kitchens, Inc., of White Plains and New York, emphasizes the importance of careful planning to combine efficiency with beauty.

A good starting point is a new electric refrigerator-freezer, centrally located for easy access to both cooking and cleanup areas. If there is a dining nook in the kitchen, the refrigerator-freezer should be close enough to avoid long hauls back and forth.

In the kitchen pictured here, designed for the new home of Dr. and Mrs. Gustave Reich of Mount Vernon, N. Y., Mrs. Chapin placed the refrigerator-freezer opposite the sink and dishwasher. Between them, within easy reach, are the cooking units. Counter-tops adjacent to each of the major appliance centers provide convenient working space.

The big refrigerator-freezer is within a few steps of a counter-top cabinet that serves as a divider between kitchen proper and breakfast nook. It provides a handy serving counter only a

few steps away from both food storage and dining areas. When the Reich family moved into their new home, they had the foresight to keep their old refrigerator, which was placed in an entrance hall outside the playroom and painted yellow to match the walls. Stocked with beverages, it's a popular supply source for the Reich's teen-age son and his friends.

The new, slim electric refrigerator-freezer in the kitchen is reserved for generous supplies of fresh and frozen foods for the whole family. Although it occupies the same floor space as the old refrigerator, it holds much more food, keeping it fresh longer in moisture- and temperature-controlled compartments. The freezing section will hold many pounds of frozen foods—juices, meats, fruits and vegetables, baked goods, soups, sauces and casseroles.

The wise family, when building, buying, or remodeling a



home, will provide for the same convenience features Mrs. Chapin planned for this kitchen—a new electric refrigerator-freezer centrally located for convenience to all other working areas, and generous counter space adjoining each major appliance center.

## Careful Remodeling Gives Old Kitchen Modern Beauty, Smooth New Efficiency

Pink and polished is the theme of this recently remodeled kitchen near Greenwich, Conn. It's not all froth, though. Cox Kitchens of Port Chester, N. Y., designed it to provide the smooth working efficiency that was lacking in the old-fashioned kitchen it replaced.

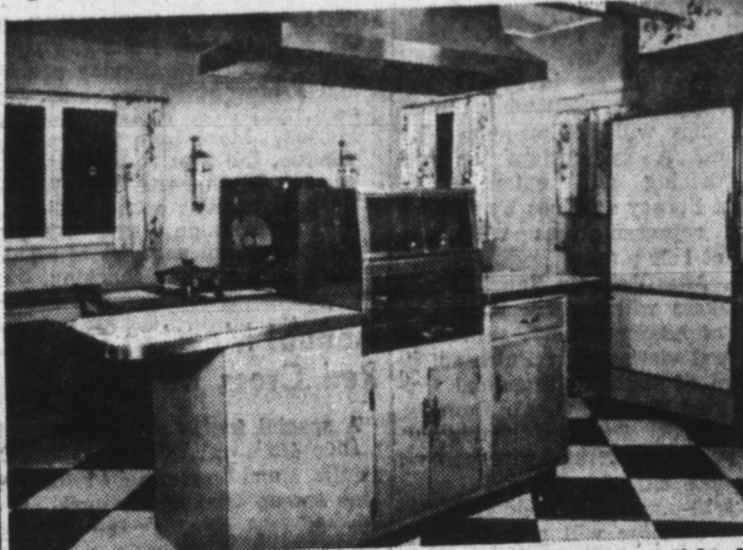
As the "before" picture shows, appliances and sink were reaching the antique stage and storage space was inadequate. The ancient refrigerator with its thick walls had no space for frozen foods, and even the fresh food compartment was too small.

### Has Built-in Look

The new electric refrigerator-freezer with its square corners and thin, straight walls, has a built-in look that suits this modern kitchen. It easily holds a week's supply of fresh foods in specially cooled compartments. The freezing section keeps quantities of frozen foods for months. Since the owners entertain frequently, party food can now be prepared in advance, at the hostess' leisure, and stored for later use.

### Saves Many Steps

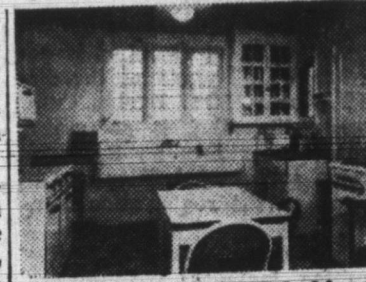
Because the kitchen is a large one, planning concentrated on saving steps. The refrigerator-freezer is just 3 1/2 feet from the sink, which has an automatic electric dishwasher next to it, and 8 feet from the built-in cooking units. Between each appliance and the next is a counter for food preparation or cleaning up.



**AFTER**—A new refrigerator-freezer and a barbecue "island" now stand where the old kitchen wall was, handy to both the working areas and the new dinette, saving time and steps.

A special feature, reserved for the man of the family, is the electrically-driven charcoal barbecue, set in a center island. This, too, is handy to the refrigerator-freezer and not far from the sink and dishwasher.

Both owners now enjoy working in a kitchen that is both good-looking and efficient. The roomy new refrigerator-freezer, combined with lots of cabinets, has solved their acute storage problem, so they no longer have to make several weekly trips to the store.



**BEFORE**—This old-fashioned kitchen was dreary and inefficient. Although crowded, it had little storage space for food.

### Corner Duster

Ideal for getting dust out of corners, is a whiskbroom or paint brush that has been trimmed to a point. Use razor blade or sharp knife for trimming.

### Hurricane Proof

Wood designed homes will withstand tremendous initial shock without shattering because wood has a certain "give" to it and will come right back to its original shape when impact from a sharp blow eases.

## Wood Windows Help Make USAF Academy Homier

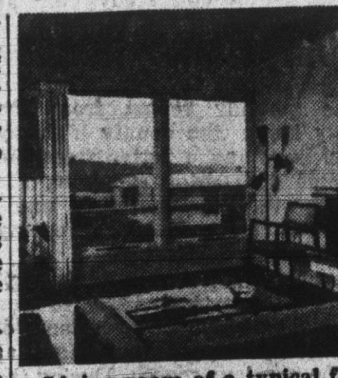
The nation's most future-minded organization—the U.S. Air Force—turned to one of nature's oldest building materials recently in the construction of housing at the new Air Force Academy in Colorado Springs, Colo.

Wood windows—factory-constructed units of ponderosa pine—were chosen for the academy's 1,200 family housing units. More than 16,200 window units were installed on the project.

These window units of ponderosa pine consist not only of the complete window itself—sash, frame, and hardware—but the entire portion of the wall, floor to ceiling, in which the unit is installed.

This permitted workmen on the project to merely tilt the wall and window section into place and nail it to flanking wall studs. The builders, Del E. Webb and Rubenstein Construction Co., said this speed of installation kept work on schedule.

These and similar window units of ponderosa pine also are ideal for home construction and remodeling. They reduce time



Living room of a typical family housing unit at Air Force Academy, Colorado Springs, Colo., is bright and cheerful, thanks to fireplace, wide windows of ponderosa pine.

on the job, resulting in a savings on labor costs, and provide the warmth and beauty of wood on the exterior as well as the interior of a house. Wood window units in all sizes to harmonize with most modes of architecture are available from building material dealers.

**Heavy Drilling Tip**  
Heavy drilling in metal calls for constant application of oil or kerosene to lubricate the bit. Time-outs can be eliminated by building a dam of putty around the drilling area and forming pool of lubricant.

### Disdainful

Delegates to the recent national conference on housing were disdainful of metals and plastics made to look like wood, saying they preferred natural wood and no inferior substitutes for their homes.

The first industrial enterprise in American was the manufacture of glass by members of Capt. John Smith's colonizing group in 1607.

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