

CARE AND USE OF THE REFRIGERATOR

By Helen Whittlesey, '28

Knowledge of the Construction of a Refrigerator Necessary for Its Proper Use; Correct Use and Care of a Refrigerator Explained

IN DISCUSSING refrigerators, their care, and use, the logical beginning would be with their construction. Keeping in mind a refrigerator's purpose—to keep dry cold within its four walls—this construction merely attempts to do this thing. The outside may be of wood, porcelain, or metal, all of them varying in price. The inside materials also may differ; a good grade of zinc being more desirable than a poor piece of porcelain, and a good porcelain lining, of course, is the best. However, its non-conductability and its air-tightness are most necessary and essential. Between the inside and the outside construction, come various layers of insulating materials, such as heavy blotter paper and cork, felt, sawdust, hair, flax, et cetera. There are many sizes, kinds, and grades of refrigerators on the market, and it cannot be too highly stressed as to the importance of knowing the construction of the refrigerator which one buys.

Refrigerators are used to preserve the appearance, taste, and quality of foods, by preventing, or partially checking the bacterial growth. The principle of the refrigerator is this: dry, cold air, through constant circulation. This principle is maintained with plenty of ice and proper care. The circuit starts where the warm air comes in contact with the ice, becomes cooled, and is forced downward. This makes the coldest part nearest the ice, in a "top icer," directly under the ice all the way down. In a "side icer" the cold place is below the ice, then, next to this, and on up the opposite side from the ice, the top being the warmest. Ice has a thin, filmy vapor over its surface, and this film absorbs all of the heat and odors that are carried to it, which are thus carried down the drain. So here we will insert one of the first "Refrigerator Don'ts"—never wrap ice in paper to be economical. Such a step is far from being economical. It prevents heat and odor absorption and thus prevents the chief function of ice. Air is cooled and dried by passing over ice surfaces. The drying is the all-important phase of the ice functions. The air, on being cooled, cannot carry so much moisture and, therefore, deposits it on the ice surface.

Use of the Refrigerator

Under the use of the refrigerator comes a very important step. That is the placement of food in the refrigerator. Those foods which require the lowest temperature should necessarily be placed in the coldest portion of the ice box. In a "side icer" put milk, butter, and broths directly under the ice. Milk bottles should be washed before placing in the box. If you have custards, or cream sauces, they, too, should be here. Drinking water is kept under the ice compartment in covered bottles or jars to prevent excess moisture due to evaporation. Meats demand the next coldest space. Berries and cherries may be placed in the coldest portion with eggs on the same shelf. Lettuce and celery should be washed well when first brought home, and placed in a tightly covered jar or other container. They will keep fresh and crisp longer and will not get broken and wilted as in a cloth bag. Other succulent vegetables will be in a better condition if kept cold until used. Asparagus should be in water.

Place all strong odored foods in the warmer portions of the box, so that air coming from them will be absorbed at once by ice vapor and not allowed to flavor other foods. Cabbages, oranges, melons, and peppers are on this list.

When refrigerators are iced from the top, the coldest part is directly under the ice, all the way down. Along the sides of these compartments, the temperature is higher, because the warm air is being forced upward. Place strong odored foods along the outer edges, and delicate foods in the central part.

Left-overs present a problem which may be solved more easily by reading a second "Refrigerator Don't"—never place left-overs in the refrigerator in the same dishes in which they were served. Besides being hard on the china, they take up too much room. When deciding on receptacles to place food in, think always of space conservation. Plan to use tall, narrow containers, such as fruit jars, mayonnaise and jelly glasses, for they are easily kept clean and take up little space. Look over left-overs daily and plan for their use with the refrigerator doors closed, because 80 per cent of the heat which enters the box comes, not

from the food, but from the outside air.

Care of Refrigerator

Keep the refrigerator always at a temperature between 45 and 55 degrees Fahrenheit. To do this, have it as nearly full of ice at all times as possible. It is never economy to let the supply run low, because the temperature then raises, and has to be lowered again. Never place food in the ice chamber, is a third "Refrigerator Don't." It blocks the air passages, its odor is absorbed by the cold air, and it takes up room.

Refrigerators should be as clean as the foods which one places in them. This is a rule often and widely misused, and is truly a most important thing because of sanitation, health, appearance, and the effect on food quality. Daily care should be exercised to the extent of constant cleanliness. It is not necessary to use hot water and soap daily. This is an unnecessary raising of refrigerator temperature. (Continued on Page 15)

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**CARE AND USE OF
ICE REFRIGERATORS**

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perature. Remove with cold soda water any discolorations on the refrigerator lining, using whiting or some soft soap, as harsh powders scar and crack enamel.

For the bi-weekly cleaning use cold soda water on both the inside and the outside of the box. It is not necessary to wash the ice chamber more than one time each week. Scour racks well with a small brush to remove any food particles. Be sure that the food is in clean containers.

A weekly cleaning includes the washing of the ice section and drains. Every two weeks they should be washed in hot water. The weekly cleaning should be done in water, and a wooden skewer used to get into the grooves. After using hot water, always rinse in cold water, and dry all parts thoroughly to prevent excess moisture.

Refrigerators are a blessing to the housewife and their care and use should not be abused. Every housewife should understand and appreciate their principles for efficient and economical conservation of her food materials.

**PRODUCTION OF CITRUS
NURSERY STOCK IN ARIZ.**

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full size the first year and if allowed to stand they may become too large. We have had little success with June budding, a system where bud wood of the current season's growth is used. It is not only difficult to get them to come out but they make an inferior growth and the loss of seedlings from being cut off or lopped over to make the buds sprout is greater at this season of the year than in the spring. While there is a certain technique about budding the important thing is to have the tree in proper condition and to be favored with the right kind of weather.

The future of the citrus nursery is tied up with the growth of the citrus industry. Since our state is free of serious insect pests if trees of equal merit are offered on the same basis as California trees buyers should give them the preference. Splendid trees can be grown in this state and some of our most promising groves are from home grown stock. There is no reason why these trees cannot be duplicated, especially if people are willing to pay a price

which justifies growing them. The extremes of Arizona climate make the production of citrus nursery stock difficult and risky, but I think the advantage of having a home source of supply warrants the effort of combatting these extremes.

"What part of the picture thrilled you the most?"

"The part where Joe kissed me."

"Is your husband still the loud dresser he was before you married him?"

"I should say so; you should hear him when he's looking for a collar button."

"Do you girls really like the conceited men better than the other kind?"

"What other kind?"

**A Strict, But
Paying Program**

SINCE every farmer's earning capacity is largely influenced by the efficiency of his power and machinery, this factor should determine his selection of machines and his future treatment of them.

He should buy only machines known to be most efficient for his conditions. He should maintain each machine constantly at full efficiency. He should discard immediately any machine that fails to do its full quota of work efficiently and well and replace it with the best machine for the purpose that the market affords, regardless of price. The best machine is always cheapest in the long run.

This program may appear too strict to many farmers, but it is the only one that assures the highest earning capacity and profit for the farm. We are more than willing to have Case tractors, threshers, combines and other power farming machinery judged by standards no less strict.



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