

Your kitchen 'trousseau' needs plenty attention

Pots and pans are the items for a bride's kitchen trousseau. She should check for basic needs and know the facts about various substances before she begins her shopping.

Aluminum, stainless steel, copper and cast iron are the metals most widely used in manufacturing pots and pans. Aluminum is a durable lightweight metal which heats quickly and evenly and has no hot spots to cause burning or sticking. If pots and pans are of fairly heavy gauge they will resist warping and denting.

Extra-thick aluminum utensils with lightening covers enable the homemaker to have waterless cooking, a method of low heat cooking in which more vitamins and minerals are preserved.

This metal becomes discolored from certain materials in food and water, particularly in areas where the water is hard.

but these stains may be removed easily.

INDESTRUCTIBLE

Pots and pans made of stainless steel are more expensive, but lightweight, easy to keep clean, and practically indestructible. This metal performs best when used to cook foods in water or other liquids. It is less effective for frying. Because a steel may develop hot spots, and cause food to brown unevenly.

Because copper is such an attractive metal, homemakers who plan to display their pots and pans invariably choose copper bottoms. In addition to its beauty copper is extremely durable, heats evenly, conducts heat faster than other metals, and does not require special care after each use to retain its beauty. It is an expensive metal.

Cast iron provides slow even heat, and gourmet cooks insist on this metal for certain dishes. It is one of the most inexpensive

heavy duty metals, and although not very attractive, in its natural state, is now available in a bright enamel finish. It is, of course, heavier to lift.

EASY TO CLEAN

The ceramics — porcelain, glass, pottery and similar materials

are popular in cookware, because they offer the advantage of being able to cook and serve in the same dish. The variety of colors, patterns and designs is extensive, and ceramic cookware is easy to clean.

The following is a list of re-

commended minimum needs for the pot and pan trousseau.

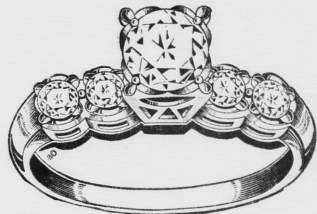
Saucepans — Two one-quart and one two-quart; one double boiler (glass is good, for checking the water level in bottom section).

CO. (CONTINUED ON PAGE 16A)

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