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## Foods and cooking

# Choose pots and pans with their uses in mind

By LAURENA PRINGLE  
 Love may be born over hamburgers and fries but if setting up housekeeping is the next step, there is the matter of three squares meals a day with nutritive balance.

(First in a series)

To start with, one has to have a suitable array of pots and pans to do the job. In almost every price range, in almost every material, in almost any color and size, there are utensils to be found in the housewares departments.

The best cooks choose different materials for different jobs. No one has a complete line of housewares in one metal for all jobs. Following is a list of various popular materials:

**ALUMINUM:** Conducts heat quickly and evenly. The greater the weight, the higher the price tag and the quality. Plain aluminum can become pitted from acid and salty foods, dulled by minerals in food and water, and repeated washings in an automatic dishwasher. Inside and outside special finishes for aluminum can help overcome these difficulties: porcelain-enamel, other enamels, stainless steel, non-stick coatings and ceramic finish.

**CAST IRON:** Oldest and most durable of all cooking metals. Heats evenly but takes a long time to cook the food to a finish. Rusts easily and needs a seasoning of fat or shortening to protect it. Heavy to handle and requires hand wash-

ing and drying and uncovered storage in a dry space. Now comes in finishes that prevent rust and eliminate seasoning.

**COPPER:** Excellent heat conductor, tarnishes easily and requires frequent polishing but looks most beautiful and decorative. Solid copper is very expensive. Lined always with tin or stainless. Pots with linings must be re-tinned from time to time. Don't use if such tinning is needed. Wooden, plastic and rubber utensils protect tinning.

**HEAT-RESISTANT GLASS AND GLASS-CERAMICS:** Both nonporous, easy to clean, reasonably priced, will not hold or transfer odors, heat slowly and sometimes unevenly but hold heat well. Neither are break-proof.

Heat resistant glass articles can go from freezer to oven but sudden or uneven cooling (contact with wet counter top or pouring in of cold liquid) can cause hot dish to crack or shatter. With exception of double boiler and coffee pots, glass items are for baking only.

Glass-ceramic items are practically impervious to rapid temperature changes. Can be used on range top and in ovens.

Both glass and glass ceramics can be washed automatically. Steel wool and metal cooking tools will mar them.

It can't be said too strongly that the new housewife (and old one too) must read the label on a pot or pan before investing and again before using it the first time.

(Next week: Finishes.)

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## Cranbrook sets fair

It helps to have a connection when raising money. Kingswood School Cranbrook and Cranbrook School students and parents are raising scholarship money, and their connection will be no ordinary one.

"The Foreign Connection," an all-day dinner from 8 to 8 p.m. Saturday, May 3, will include a fair, international supper and more. Proceeds will support foreign exchange and other special program students attending Cranbrook Schools.

A cake-walk and miniature golf will be among the student-organized events at "The Foreign Connection" fair from 8 to 6 p.m. in the Cranbrook School Auditorium, 550 Lone Pine Road. There is no entrance charge to the fair, which is open to the public.



An international menu of English roast beef, Greek salad and French pastry will be served from 5 to 8 p.m. in the Cranbrook School Dining Hall.

"The Foreign Connection" is sponsored by the mothers' clubs of Kingswood and Cranbrook Schools. Co-chairpersons for the

event are Mrs. Edward Emery of Birmingham and Mrs. Richard Pearce of Metamora.

Chairing the fair committee are Mr. and Mrs. William J. Field, Bloomfield Hills. The supper committee is headed by Mrs. Sally Parsons, Birmingham. Mrs. William Yetzer, Troy and Mrs. Fred Dohrn, Bloomfield Hills, are handling publicity.

For more information call Cranbrook, ext. 259.

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