FOOD

Where no paraffin or electric refrigerator is available a Charcoal Cooler is useful. It should stand approximately 20 inches from the ground and be about 3 feet long, by 3 feet high by 22 inches wide, in the form of a box with a door. The sides and back are formed by a double sheet of chicken wire, with a space of two and a half inches between them. The space between the wiring is filled with charcoal. A tray of galvanised iron is placed on top, cut slightly wider than the safe, with edges turned up to form a gutter. Above the line of charcoal perforations are made so that water may trickle evenly down into the charcoal to keep it moist. Two tins with a regulated leak placed on top of the cooler, or a cloth siphoning out water on to the tray, will keep up a constant drip. A lining of mosquito net helps to keep out insects and dust. Place safe in shade with a good draft. Coolness is maintained through the evaporation of the water from the charcoal.

Milk, vegetables, butter and fruit will keep in the safe. Meat does not keep well because of the humidity.

Another cooler, quickly contrived for emergencies or camping, can be made from tins, perforated, without ends and covered with hessian and kept soaking wet and mounted on a stand.

Lettuce, strawberries, watercress, and other vegetables used raw in salads should be immersed for a few minutes in a solution of permanganate of potash. Use sufficient to turn the water a fairly strong pink and then rinse in clear boiled water.