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Two and One-half Miles Saved a Day - Feat of Mrs. Carl Rone of Worth County

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What the efficiency engineer is to the manufacturer the extension worker is to the housewife. How Mrs. Rone, an Iowa homemaker, saved an hour and a half a day, and cut in half the number of meals usually taken in preparing her daily meals, is the fascinating story brought in by Miss Gertrude Lynn of the extension department.

Extension workers from Iowa State College have been doing a great deal in household management over the state with very satisfactory results. Mrs. Carl Rone, county chairman of the Woman's Farm Bureau work of Worth county, has given us a very definite example of improvements that may be made thru attending the extension meetings held in each county.

Mrs. Rone had always been at a loss to know what to do with her extremely large kitchen, in arranging it to the best advantage. After having taken the course in kitchen rearrangement offered by the extension department she proceeded to rearrange her kitchen with these startling results.

For one week Mrs. Rone wore a pedometer, before rearranging her kitchen, and found that she traveled five miles a day or 1,825 miles a year in preparing meals for a family of three, and expended 916 hours in the preparation. After rearranging the kitchen Mrs. Rone found that she traveled only two and one-half miles per day or 912 miles per year and spent only 465 hours in doing exactly the same work.

The diagrams show the chief ways in which Mrs. Rone saved steps and the paths she traveled in her kitchen before and after—walking only one-half as far in the rearranged kitchen.

Changing the position of the kitchen table, kitchen cabinet and sink were perhaps the greatest factors in step-saving, for she grouped these in the ell of her kitchen.

On first thought small articles do not apparently play a part in step-saving kitchens and yet they are vitally important. The dishpan was moved from the pantry to a shelf by the sink; the utility shelf from the south wall to above the sink on which she kept cleaning materials and a clock by which she schedules her work in the kitchen; the broom, dustpan, and match holder were placed by the stove.

She lowered the coffee mill one and one-half feet by the kitchen cabinet and raised the sink three inches since it is essential that all equipment be placed so as to require as little stooping and reaching as possible.

All cooking pans in constant use were moved from the pantry and cellar way to the kitchen cabinet, while the dishes that were seldom used were placed on a shelf in the cellarway. All other cooking utensils were placed in the kitchen cabinet.

The pump was moved to the right side of the sink so that the dishes could be washed and wiped from left to right, set on the kitchen cabinet and then put in the cupboard with but comparatively few steps.

Recipe books, which had been kept in the top drawer of the kitchen cabinet, were placed in a rack on the door of the cabinet, allowing more drawer space for kitchen knives and other small articles.

The most often used kitchen spoons, egg beaters, potato mashers and the like were moved from the kitchen cabinet to hooks above the sink. A trap with a vent was placed in the sink drain. The kitchen was then refreshed by paint, new oilcloth for the shelves and linoleum for the floor. A neat kitchen requires a definite place for each article, so accessory kitchen equipment must be given a place in the kitchen. Mrs. Rone kept her wood box in the northeast corner of her room and her fireless cooker underneath the sink. The kitchen stool, which is always essential, fitted in nicely between the sink and drop-leaf table, which was fastened to the west wall of the room.

After arranging the sink, stove and kitchen cabinet compactly in the ell of the kitchen and the kitchen table and chairs in the center of the room Mrs. Rone saved an hour and a half a day and cut in half the number of steps usually taken in preparing her daily meals.

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The Goal of Home Management Courses at Iowa State

(Continued from page 3)

to using more efficiently the time which each spends. Group meetings are held frequently to discuss equipment, its arrangement and other problems which arise. The cost of food and a part of the operating expense are borne by the members residing in the house at a rate which is practically the same as the amount paid for board by students living in the halls on the campus.

It should be said, in connection with this laboratory course, that it is far more than a course in which credit is given for work done. It furnishes an opportunity for young women to live together as a family and to appreciate the fact that cooperation is, truly, one of the most important characteristics in enduring family life. It makes possible, also, a center in which new associations are formed and can mean one of the most valuable and enduring experiences of four years of college life.

Finally, it may be said of the two courses that they supplement each other and that together they aim to give to the girl who is looking forward to her own home, or to the one who is expecting to teach others, an ideal of homemaking which will be both practical and inspirational.

Two and One-half Miles Miles Saved a Day

(Continued from page 8)

Rone found the east side of her room could be used for other purposes. She decided it could best be used by moving her sewing table and sewing machine into the kitchen before one east window and a magazine stand and rocker by the other, so that she could sew or read while baking her bread and thus spend every minute to good advantage. By this arrangement she was able to save time and steps as well as having a pleasant place in which to sew and read.

Many housewives may feel that this plan does very well, but that expense has been given no consideration. Mrs. Rone, however, kept expense accounts on the rearrangement of her kitchen and at the same time restocked her kitchen with the following items:

Expense Items for Remodeling Kitchen

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oilcloth</td>
<td>$2.10</td>
</tr>
<tr>
<td>Molding</td>
<td>.75</td>
</tr>
<tr>
<td>Hooks, hinges and castors</td>
<td>1.50</td>
</tr>
<tr>
<td>Sink pipe and strip</td>
<td>1.75</td>
</tr>
<tr>
<td>Paint</td>
<td>.75</td>
</tr>
<tr>
<td>Curtains</td>
<td>.20</td>
</tr>
<tr>
<td>Linoleum</td>
<td>.24</td>
</tr>
<tr>
<td>Asbestos-back of stove</td>
<td>.50</td>
</tr>
<tr>
<td>Linoleum binding</td>
<td>.75</td>
</tr>
<tr>
<td>Linoleum lining</td>
<td>1.75</td>
</tr>
<tr>
<td>Total</td>
<td>$35.50</td>
</tr>
</tbody>
</table>

Expense Items for New Kitchen Equipment

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double roaster</td>
<td>$1.50</td>
</tr>
<tr>
<td>Paring knife</td>
<td>.25</td>
</tr>
<tr>
<td>Oven thermometer</td>
<td>1.75</td>
</tr>
<tr>
<td>Kitchen stool</td>
<td>1.35</td>
</tr>
<tr>
<td>Material for large fireless cooker</td>
<td>1.50</td>
</tr>
</tbody>
</table>

The expense totaled $47.00, which is very reasonable considering the steps and time saved Mrs. Rone. The work was done by Mr. and Mrs. Rone during spare time.

Thus Mrs. Rone rearranged her kitchen so that she was able to cut down the steps taken in doing her work one-half; saved one and one-half hours time per day or six and one-half weeks per year and at the same time increased the interest and attractiveness of her kitchen. Mrs. Rone believes what she has done every other housewife can do by simply

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Younker Brothers
observing two rules when rearranging her kitchen.

1. Articles used together should be grouped together.
2. Articles used oftentimes should be in the most convenient places.

The there are many unforeseen things arising in household duties, every housewife should have a time for doing the routine work, and by placing things in their correct places these duties need require only one-half the time ordinarily given. Every housewife should ask herself the question—are short cuts in housekeeping worth while? Is my kitchen so planned that it is a step-saving kitchen? If these questions cannot be answered in the affirmative, the housewife should study her kitchen for, undoubtedly, rearrangement is her solution to short cuts in housekeeping.

Who is Responsible for the Child?

(Continued from page 8)

than can the fifth generation. That is, one’s immediate parents are in a better position probably to affect the environment of a child than are his grandparents, great or otherwise.

Well, after all, who is responsible for the child? If it be the race, then I am tempted to repeat the subheading, “Is Anyone Responsible for the Child?” To me, someone is responsible for the child. To me, the immediate parents are largely responsible for the child.

“Life is a peculiar mess.” (Philosopher quite unknown.) Someone has aptly compared life with a person walking along a railroad and trying to keep his balance. It is difficult work at times, for while one becomes more expert with practice, it calls for an unusual effort, an almost comic, were it not tragic, series of contortions, to remain on that small pathway. And people will fall off, either to the one side or to the other. And even with much experience that comes with years, one occasionally will find it difficult to focus the attention on the track, and falls come which may be of varying severity. It is probably true that no one ever succeeds in going ahead without some close calls, or an occasional slip or mis-step, or even a fall.

How remain on the track, going ahead, and yet diminish the number of falls? Man acts both by reason and instinct. A crisis comes into one’s life. Immediate decision and action are required. There is practically no time for deliberation, and possibly deliberation will help little because of the almost balanced and conflicting emotions. At that time one who has been brought up with a goodly measure of the so-called homely virtues will probably instinctively recall such virtues and automatically govern his conduct accordingly.

And from where are those homely virtues recruited? From the home in large part, and thru the efforts of the mother and father in large part, and of the two, quite probably more from the mother than the father.

But what on earth have homely virtues to do with child responsibility? What responsibilities should one have in mind in considering the child’s welfare? Health? Religion? Morals? Careers?—to mention only a few, and not including the tolerance, the deference due a lady, even tho she be an Old-Maid Aunt!