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Do You Know Your Kitchen Knives?

By HARRIET BRIGHAM

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ARTISANS need tools for the work they perform. Artists also need tools. Be ye artist or artisan at work in your kitchen, you will have a much better spirit at your work and will turn out a far superior product if you have the right tools with which to work.

Have you ever looked over a list of knives in a trade journal? In one there is a list of twenty-one different kinds which you could use in your kitchen and for those living in a farm home there are fourteen different additional ones, making thirty-five knives in all. This does not include machinery knives used in the fields nor those used in manufacturing or the trades.

You would not want thirty-five kinds of knives in your home. It is far better to have a few good knives which will take a good edge and hold it than to have a great number of cheap ones.

We might make a riddle, asking, "What tool is there in the kitchen, without which no meal can be prepared?" Surely if knives are as important as this, they should be selected with the greatest of care. The right knife properly used will last many years.

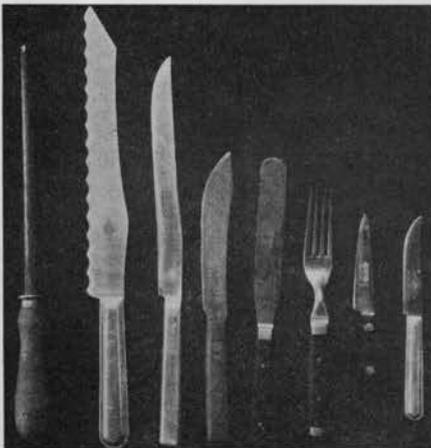
SELECTION

As a well made knife cannot be purchased at a low cost, it is unwise to buy an inexpensive one. A simple set of knives might include:

One 2¼ inch paring knife.....	25c
One 3 inch paring knife	35c
One 8 inch vegetable knife	75c
One 12 inch slicer	75c
One serrated bread knife	75c

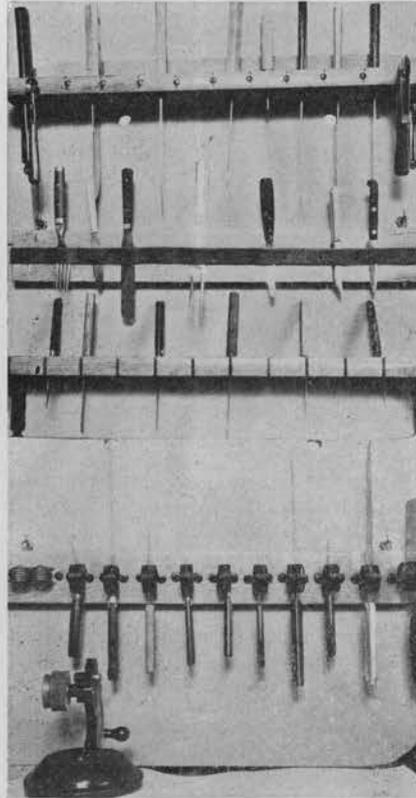
Such a set is shown in View I.

To this may be added any number of others such as a flexible slicer, \$1.00; a French carver, \$1.00; a saw toothed knife for bread or cake, which



VIEW I

No well equipped kitchen will be without this amount of cutlery.



VIEW II

Four simple and easily constructed knife holders.

sells for different prices from 75c to \$1.50. These come with metal, wooden or wire handle and have the rounded saw-tooth edge, a square saw-tooth edge or pointed saw-tooth edge. All of these are more efficient than a straight edged knife for the purpose.

The French vegetable knife, \$.60 to \$1.00, depending on the size and steel, a pie knife for \$1.00 used for either pie or cake, a steak set used for all small carving and costing \$1.50 up, and a grapefruit knife, \$.30 to \$.60, are all useful additions. A cleaver costing \$1.50 or more, a boning knife \$1.00, a butcher knife \$.75, and poultry knife or shears, \$2.50, may be added.

View 3 shows a more complete set. A broad spatula, three inches across, takes the place of the pancake turner, being useful for many other things. They cost from \$.50 to \$1.00 and with them you may remove food from pans, lift sections of pies, cakes, fried foods, cookies, etc. The spatulas range in size from very tiny to very large ones and range in price from \$.30 to \$1.50. There is a new spatula on the market, the blade of which is about ten inches long, which has one edge sharpened. This is splendid to use as a flexible

slicer for breads, meats, cakes, etc. When used as a spatula the back of it is used. This combines two tools in one.

In choosing any of the above tools, choose those which will keep their cutting edge, will keep their handles fastened to them securely, and those which are so balanced that they will be easy and pleasant to use.

SHARPENING

To keep your knives in good order, there are several sharpening devices on the market. It is best to use these frequently.

One kind is a flat sharpening stone, which is most effective when made of fine grit. One that is not quite as fine as that used for honing razors is best. To sharpen a knife on one of these—

1. Hold the knife firmly, but not rigidly.

2. Start with the heel of the knife on the stone, draw the knife toward the edge and at the same time toward the point, allowing the edge of the blade to follow the stone.

3. The sharpening of the other side is done in exactly the same manner with the knife reversed.

4. Caution. Hold the knife up so that only the edge touches the stone. If the back is held too high, the edge will scrape the stone and dull the blade. Do not have the angle too great between the blade and the sharpener.

The same instructions hold true when using a steel. The steel is held in the left hand, the knife in the right. The knife is drawn, cutting edge first, over the steel, having the same angle between the blade and steel as in the previous case. Repeat for the reverse side of the blade. If knives are sharpened often enough, three or four strokes on each side should give a good edge.

Watch the butcher the next time you shop for meats. He uses the correct method when sharpening his knives. Have you ever noticed how frequently he sharpens his? It is a matter of dol-

(Continued on page 15)



VIEW III

Choose the cutlery you need from a more complete set.

In Defense of the Boston Bean

(Continued from page 11)

And that brings up the thought of our typically northern buckwheat griddle cakes, which, to be complete, must be accompanied by maple syrup or by clover honey. Another favorite hot bread with us is graham "gems" or muffins.

I realize that our Southern friends are not to blame that hard wheat grows exclusively in the North and so I pass lightly and even commiseratingly over certain memories I have of alleged "light bread" served to me by well meaning Southern friends.

Unfortunately, tho, it seems to me, the Saturday baking in Yankee homes, which resulted in rows of brown crusted loaves of white and graham bread, flanked by pans of "rusk" and cinnamon rolls, is fast giving way to the baker's products—poor makeshifts at best for good home made bread. Salt rising bread, another of our favorites, is fast becoming a tradition.

I shall not go at length into the subject of New England desserts. Indian pudding, a corn meal dessert which my grandmother flavored with ginger, is one of the oldest. Pies, of course, there are in great variety and the greatest of these is pumpkin pie. None but a Yankee should ever attempt to make one. In Iowa or Kansas or farther south, when people discuss the merits of pumpkin pie, you may know they may be discussing products wholly unrelated to each other. Many kinds of unpardonable sins are committed in the name of pumpkin pie and something ought to be done about it. I do not know which is the worst, the flat, bright colored, pasty mess, evidently made of sweetened pumpkin alone, or the dark hued, overly sweet, heavily spiced, watery concoction. A New England cook, always frugal, does not try to use all the pumpkin there is in one pie. She uses at least half milk and two eggs to a pie; then she adds spice with imagination and judgment, both as to quality and quantity. Also, the pie is not over-baked, the crust is not soaked.

Now, just a word about the New England kitchen. Study one of Wallace Nutting's interiors and you have it in its quaint "hominess" and charm, shining and spotless. Probably because the housewife had to spend so much time in the kitchen, that part of the house became the living space for the family, as well as the work shop. Or it may be that it offered more comfort than the chilly "parlor" in the old fashioned stove heated house. The parlor in my grandfather's house was stiff and uninviting, wital it was reserved chiefly for "company" or for pious Sunday afternoon occupancy. Possibly the character of the parlor affords a key to the accusation that New England homes are lacking in hospitality. I do not know of any other explanation and I have always been considerably loath, on the basis of my own limited observation, to accept the usual comparison between Northern and Southern hospitality. How-

ever, I prefer to be open minded on that subject.

Whether right or wrong, there are doubtless differences in the method of showing hospitality. Abundant food materials and leisure for entertaining doubtless gave to the South a very just claim to first place in table hospitality, which quality, admirable as it may be, is surely but one phase of the main virtue. Genuine friendliness and graciousness are hardly to be confined to one locality, nor, it seems to me, do material food and drink necessarily enter the case. The stories of Mary E. Wilkins Freeman and Zona Gale's "Friendship Village" tales are fine portrayals of genuine New England sincerity and kindness.

Perhaps we need only to know each other better, and that is one reason why I have chosen to place my Boston baked beans and brown bread alongside Mrs. Brown's spoon bread and turnip greens!

How to Select Kitchen Knives

(Continued from page 6)

lars and cents for him in the appearance of the cuts of meat. A dull knife will mutilate the food it is cutting, resulting in rough edges and tiny rolls of fiber, which are a dead loss to one in business. Are they not just as much so in the home?

There is a miniature grindstone which clamps to a shelf. There is also one which has two sets of wheels placed opposite each other. These wheels are turned by means of a handle. The knife to be sharpened is inserted between the revolving emery or carborundum disks. In choosing one of these, decide on one having a fine grade of emery or carborundum, as a coarse grained one will wear away the metal of the knife very quickly, thus shortening its life. It is well to run the knife over a steel after having used a grinder of this type.

Another sharpener which gives good temporary results has two sets of steel disks through which the knife is drawn. This comes with a handle so that it can be held on the table with the left hand while the knife is drawn through it with the right.

Another of the same type has screw holes so that it may be securely fastened to the wall or shelf, which is most convenient.

CARE AND STORAGE

No knife, no matter how good, will keep its sharp edge if it is mistreated by being put carelessly into a drawer with other tools. There are many devices which will prevent this. If the man of the house is at all handy with tools, he can fix a section of the kitchen table drawer with a slotted piece of wood so that the blade of the knife will have its own place. The small amount of time used in putting each knife into its place is saved by having sharper tools whose edges do not have to be refinished so frequently and which therefore will last longer and give better service.

A rack might be placed on the wall above the working surface with a

place for each knife. (See View II.) Some knives may have a small screw eye in the end by which they may be hung on nooks conveniently near the space they are to be used.

A strap of leather tacked to a board in such a manner that there are loops between the tacks just large enough to hold the knives makes a convenient holder.

Another method is to use two small strips of board. These may be fastened together so that there is just room enough between them to slip the blades of the knives into the space left.

Cutting devices which also need care are the vegetable slicer or cabbage cutter, fruit corer, chopping knife, food chopper, soap shaver, pineapple eye, strawberry huller, kitchen shears, can openers and fish scalers. As these tools are more difficult to sharpen than those previously mentioned, it will be well to provide places for them so their edges will not become dulled. It is easier to keep them sharp than to sharpen them later.

It is interesting to note that the knives as we use them in the kitchen are a development of the hunting knife and sword. Knives were not used by each individual until a little over three hundred years ago, when for quite a long time each person carried his own set in a case at his belt or girdle. The first knives were fashioned of bamboo, shell, then copper, bronze and a mixture of tin and copper. The industry has grown until today each little process in the manufacture is highly specialized. These processes include forging the blade, heating and tempering, grinding, polishing, assembling, honing and finishing.

If each piece of equipment or each tool in your kitchen could tell you something of its history and manufacture, you would hear some wonderfully interesting tales and I am sure it would give you a great deal of respect for the little paring knife. I hope you will feel as I do, that it is a saving of time, patience, energy and money to follow the few simple suggestions which have been stated here.

"I live not in myself, but I become a portion of that around me."—Lord Byron.

"The beautiful rests on the foundation of the necessary."—Emerson.

Drugs	Notions
Jewelry	Pens
Candies	Ice Cream
Crosley Radios	

A. L. Champlin	
Campustown	