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Do You Do Kitchen Calisthenics...

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Do You Do Kitchen Calisthenics... 

By Emily Conklin

How long do you suppose it takes you to get to your breakfast? If you consider the amount of time you spend in the kitchen planning, preparing, serving, and clearing away meals, you will realize how true it is when I say that in a recent survey of Iowa women it was found that, on the average, 45 percent of the Iowa women's working time was spent in the kitchen.

The amount of time which one spends in the kitchen depends on the work demanded if the kitchen is arranged properly. Were you to decrease your time in the kitchen 10 percent, you would have approximately two extra hours daily to spend in reading, in working with the Parent-Teachers' Association, in assisting in community affairs, or in doing any one of the things which you have felt you didn't have time to do.

Let us stop to consider the processes that all of you use in the kitchen from the preparation to the clearing away of a meal. We'll use Mrs. Jones as an illustration. She gets up in the morning to prepare her breakfast. She prepares, cooks, serves, and clears away her food in the order named. From the work Mrs. Jones performs, as well as from your own kitchen experience, you can readily see that the kitchen work naturally divides itself into four centers—preparing, cooking, serving and clearing away.

If you consider the center further, you will see that each calls for certain pieces of both large and small equipment.

The preparation work demands a large table surface; for it is in this center that you mix your cakes, prepare your meats, roll your pie crusts and measure your ingredients. This surface need not be all in one large continuous section, for added space is easily furnished by the use of sliding shelves of various kinds.

Not only do you need this surface to work on, but at hand you will need cupboards space for small utensils such as pans, measuring spoons, paring knives, etc., which you need in peeling potatoes, or in any other common act of preparing food. These utensils can be put in nearby drawers, on shelves, or hung on hooks arranged for small equipment.

Then, too, while considering meal preparation, we need to keep in mind a cold storage space. Many, many times during the preparation of just one meal, you will need eggs, lettuce, milk, or cream from the refrigerator. The other important piece of equipment for the preparation center is the sink. Within the kitchen can be markedly lowered if the kitchen from the refrigerator. The other important piece of equipment for the preparation center is the sink. Within the kitchen can be markedly lowered if the kitchen preparation work demands a center.

The fourth working center is needed for clearing away the soiled dishes and the leftovers. If you do have space for a separate clearing center, you will find it much more convenient, for in most homes the housewife does not have sufficient time during the preparation of a meal to clear her preparation center so it is in condition to be used for a clearing center. This clearing center is most convenient when located at the right of the dining room door as you enter the kitchen. The small table on wheels serves nicely as a cart to transport the dishes from the dining room to the table by the sink. It also serves as a carrier of the butter and cream to the refrigerator. In this manner only a couple of trips from dining room to kitchen are necessary, while carrying the dishes on a tray would require more time and many more steps.

These centers should follow each other in a step-wise fashion, that is, they should be placed one after another in a logical sequence around the kitchen going from right to left. For instance, a right handed woman arranging her kitchen equipment logically she would place her preparation center somewhere near the outside door so that the groceries could be placed directly on the surface where they were to be used or by which they were to be stored, while the other centers would be arranged in sequence around the room according to

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Kitchen Calisthenics

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their use—(1) preparing, (2) cooking, (3) serving and (4) clearing away. The service table should place next to the dining room door so that the food to be served will be as near as possible to the table where it is to be eaten. It is also nice to have the refrigerator, if it is an electric one, near the dining room door, opposite the serving table, and as close to the preparation center as possible so that it will be easily accessible to both the food preparation center and the serving center. It is handy near the dining room for oftentimes salads, frozen desserts, butter, sandwiches or innumerable foods are placed there ready for service.

An oblong kitchen adapts itself to the suggested arrangement better than any other form. It allows for the maximum amount of wall space in which to arrange the large equipment for the least number of square feet of floor space. As you can see, such an arrangement necessitates the minimum number of steps from one side of the room to the other and all together tends to save time and energy.

Too many and misplaced openings are poor in a kitchen. Imagine a kitchen with four doors. Each of these doors require three or four steps to pass between the large equipment which they separated. They might have even separated two pieces of equipment in one center. This would be the worst possible arrangement for, if the utility cupboard were on one side of a door and the stove on the other side you would need to take many extra steps in securing utensils to use on your stove while if the cupboard were where you could reach it from the stove, no extra steps be necessary.

Low windows are not economical of space for every low window means less space in which to place large equipment. The windows can be arranged high enough so that they won't hinder proper equipment arrangement and also afford sufficient light. The number of windows can be increased if necessary. Casement windows over the sink give the necessary light and ventilation and makes the preparation center, where most of the tasks are performed, especially bright and attractive. Aside from these considerations, windows and doors should be arranged so as to afford cross ventilation. Two doors in a kitchen are sufficient—one into the dining room and one between the preparation and the cooking center leading to the outside. If a door to the cellar is desirable it might be wise to have the outside door of the kitchen lead into a hallway from which you could go outside or down cellar.

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ters to remember in arranging a kitchen are:
1. Have separate working centers for each type of work.
2. Work from right to left in a logical manner.
3. Have your equipment regulated to the proper working height.
4. Group your small equipment around the center where it is to be used.

Home Life in “Das Land”
(Continued from page 1)
A love of the fine arts is also inculcated in the German race. School children are taught to look at great masterpieces, photographs of sculptural pieces of art, and many once in a while, on a rainy Sunday, a domestic exhibition is given with criticism and discussion following. If there is an art gallery near, it is visited at least a few times during the year. Walks through the town or city and its vicinity, with older people along to tell stories about the places of interest arouse historic and community interest in the children.

Cards do not constitute the social diversion of Germany. The men play cards some, but women seldom do, more from lack of interest than for any other reason. Instead, they like to have their friends in to discuss political or cultural problems or to listen to a home concert.

Germans make more fuss over their festivals than do Americans. Church holidays and birthdays are most important. About the first of December the streets begin to fill with Christmas trees. One room in the house is often set aside and all preparations, including the trimming of the Christmas tree, go on behind locked doors. Weeks before Christmas, preparations for the baking are begun. Then on the 24th when everything is ready, the doors of the Christmas room are thrown open, all sing a Christmas carol together and the children make a mad dash to see what the Christ Child or the “Christmas Man”, as they call Santa Claus has brought them. Afterwards there is a supper of carp, or a lunch of coffee and cake. And there are two full days of merry making, for Christmas in Germany lasts until the 26th.

German customs and ways of living seem odd to Americans, but undoubtedly American life and traditions often seem foolish and funny to Germans. Oh, for a magic mirror to “see ourselves as others see us.”

Give the Tooth Paste a Break
Here’s something new! You needn’t be bothered by unsightly collapsed cold cream tubes. Some sympathizing person has invented a non-collapsible tube for cold cream. After the cream is pressed out, the tube pops right back into shape. What a “break” that would be for our tooth paste tubes!

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