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Make It Convenient...

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THE big farm kitchen with its many doors and windows and its great center table has had its day. For no longer do we consider large, square kitchens with two or three yards between sink and cabinet or between table and stove convenient.

The modern kitchen is rectangular in shape with an average area of ninety-six to one-hundred-fifty square feet. It has no more than two or three doors; and its windows are on adjacent walls to secure cross ventilation.

Though one can’t very well build her kitchen and then group the other rooms around it, she can plan it so that it is as nearly as possible the proper size and shape. She can plan to have the correct amount and types of equipment, arranged effectively, and proper floor covering and walls.

The kind of kitchen she decides upon will be influenced by the type of her home, the number who will work in her kitchen, and the size of her family. Certainly, if there are three or four women in the household, all of whom enjoy putting about the kitchen, the housewife will not want a tiny kitchen with one table crowded between a tiny stove and a sink.

THE floor and walls must be attractive and easily cared for. The walls should be light in color and of a finish that does not reflect the light. For the floor cement is very uncomfortable and rather unattractive. Waxcd surfaces aren’t particularly good if much dirt is tracked in. Linoleum is resilient, attractive and very easily cared for.

In placing the equipment there are five points to consider. In the first place, there should be separate work centers for preparation, cooking, serving and clearing. In the preparation center go the refrigerator, sink and cabinet. In the cooking center go the stove, of course, and all supplies to be used in cooking. In the serving center there should be storage space for your silver, dishes and linens, besides a corner for salads prepared but not yet served. In the clearing center go the sink and refrigerator. Here there must be storage space and room to work, of course. You see, these centers overlap considerably, for the sink and refrigerator are in both the clearing and preparation centers. The housewife must decide what arrangement is most convenient for her and place her equipment accordingly.

In the second place, it is most convenient to arrange equipment and work so that you will move from one place to another with as few back-trips as possible.

For the right-handed person the logical sequence is right to left. For a left-handed person it is vice versa. Just think of all the useless steps and motions the housewife makes by walking from one end of the kitchen to the other to put the dishes away.

A THIRD suggestion concerns the working centers. In each center the large equipment should be arranged compactly. If it is close together, one will save much time and energy by not having to ‘run back and forth.’

A fourth suggestion—all small equipment, the percolator, waffle iron and toaster, should be arranged around the place where it will be used. You wouldn’t want to have your toaster heated, the bread unwrapped, and then find that the bread-knife was in the other corner of the kitchen.

And lastly, all large equipment should be of the proper working height. This can be easily determined by pressing the palms downward on top of the piece. If the arms must bend or if it is necessary to stoop, the height is incorrect.

They’re All Healthy

TWENTY-FOUR babies!

That is the number of home management babies Mrs. Lulu Lancaster, head of the nursery school, has had under her care during her 9 1/2 years at Iowa State College.

Her most recent baby is Doris Marie Anderson, a husky, blue-eyed brunette, who has already made herself quite at home at the Isabel Bevier house. Doris Marie is taking the place of little Joan, who was adopted this spring. According to Mrs. Lancaster, the new infant’s visit will last about one year.

Mrs. Lancaster takes great pride in her robust babies. Although many of them were in poor condition when they arrived at the houses, all have left perfectly healthy. Moreover, the children are never seriously ill while there, which shows, she said, what careful systematic care will do.

Dr. Swanson Honored

DR. PEARL SWANSON, head of graduate and research work in the Foods and Nutrition Department, has recently been informed of her unanimous election to membership in the American Institute of Nutrition. This Institute was formed by prominent people in nutrition in 1928 for the purpose of disseminating scientific knowledge in this field.

At a meeting held in connection with the Federation of American Societies of Experimental Biology it was decided to enlarge the membership of the Institute in order to widen the scope of its work.

Here’s a helper for the ever present task of mending hose. Place small pieces of georgette crepe over the darning ball and darn worn spot in stocking to the crepe and you will have a strong but thin “patch” which is not noticeable and which will give good service. Just try it!

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