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Pace-Setter Kitchens

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**Meal Planning**

Experience Glamourized by

**Pace-Setter Kitchens**

NEW MEAL PLANNING laboratories—being built in Home Economics Hall to replace last generation’s outdated kitchens—are aimed to provide the most practical kind of experience in many kinds of kitchens.

The types of kitchens planned are an apartment kitchen, country style kitchen, health-of-the-heart kitchen, and kitchens in corridor style, U-shape and L-shape.

**Planned for efficiency**

Equipment, space and lighting have all been designed to give the maximum amount of efficiency in the apartment type kitchen. This plan is designed to be typical of the space available in small modern apartments in which a homemaker of today is likely to spend much of her time.

The country kitchen is planned on a large spacious scale. A big range, much counter space and generally more room provide a kitchen planned to be the center of family living. A round table with captain’s chairs helps to make this room cozy and liveable.

**Health-of-heart kitchen**

Adopted from the Heart Kitchen at Bellevue Hospital in New York, the health-of-the-heart plan is designed to help those who have heart ailments or are physically handicapped. Bellevue has many patients who are able to leave the hospital, but who should do their work with a minimum of energy.

So that these people may sit down to do much of their work, the arrangement of the heart room and the equipment has been chosen with a great deal of thought. The equipment is easily accessible from the chair and the plan is furnished with automatic garbage disposal. Working space is conveniently arranged, and cupboards which are higher than the patients should reach are painted a different color than the lower cupboards to serve as a warning to the patient. To make work more comfortable, this kitchen is provided with a posture chair. A small serving table on casters is easily moved to any desired place in the kitchen or dining room. To prevent stooping, the range has an eye-level oven.

**New equipment**

In the laboratories are examples of various types of tables. These include round tables and breakfast tables. The breakfast table is attached to another piece of furniture or the wall to give greater usability to available space. This facilitates use of available areas for storage. Much built-in cupboard and storage space provides for linens, silver and dishes.

Throughout the new laboratories, the equipment and lighting are completely modern, with a dish-washer and garbage disposal readily available. A mixing center for mixing processes is organized in the lab, and all corner cabinet shelves revolve.

**Lighting problems**

Lighting problems of the laboratories have been given special consideration by the Electrical Engineering Department at Iowa State, and the arrangement now demonstrates the proper lighting for any modern kitchen.

What more than all this could women majoring in home economics wish for? The meal planning course, students have commented, is one of the most valuable courses they are required to take—from a very practical standpoint. This up-to-date remodeling makes it even more practical.