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A Pattern in Hot Lunch Service for Rural Schools

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measuring cup and bowls. Near the stove should be placed those utensils most needed for cooking, such as skinning knife, pancake turner, long fork and large spoon. It is safe to assume that a colander, a strainer, a fork, a spoon and a knife will be needed near the serving table. Each small utensil needs to have a space and one which is not over crowded.

Since a woman’s back is not put together with hinges the height of working surfaces cannot be overlooked. The top of the stove and the work table, the bottom of the sink or any other surface upon which a task is performed should be of such a height from the floor as to enable one to work easily without having to stoop or raise one’s arms unnecessarily.

If the working surface is too low, the worker must continually raise and lower the upper part of the body with each motion. It is too high she must lift her arms in such a way as to bring unnecessary strain upon the muscles. In a recent experiment made by the office of Home Economics of the United States Department of Agriculture, a woman was put in a calorimeter and made to wash dishes at a table eight inches too low for her. It was found that nine and seven-tenths calories of energy more per hour were required to do the same work at a table too low and four and nine-tenths more per hour at a table too high, than at a table of the proper height for her. This experiment shows that needless energy and labor connected with kitchen tasks can be avoided by raising or lowering the working surfaces.

The table or stove can be raised with blocks of wood if they are too low. If, however, the table and stove surface are already too high the table legs can be cut off and shorter legs can be secured for the stove. To get the sink the proper height, the plumber may have to be “scalped” since may need to place it at a certain height without a considerarion of the height of the one who is to work at it. If the surface high or low it seems only a matter to be decided as to which is the more important—the plumber’s scalp or the housewife’s back.

### A Pattern in Hot Lunch Service for Rural Schools

**By GRACE McILRATH**

**That the** serving of a hot lunch in a rural school may offer an opportunity to teach habits of cleanliness, sanitation and simple cookery, to the school children, has been proved by the Big Springs school in Cedar township, Linn county Iowa.

“this little school could well serve as a model for other Iowa rural schools,” says Miss Margaret Baker, specialist in foods and nutrition, of the Agricultural Extension division of Iowa State College.

The twenty-five boys and girls enrolled in the Big Springs school are unusually enthusiastic, wide awake children. The Big Springs school itself situated in a generous acre of school ground is not unusual. It is the regulation one-room type school house with a large woodshed at one end and an artistic belfry (which is not exactly regulation), on top.

Mrs. Anne Schultz the teacher, with the help of Miss Hazel Spencer, the county home demonstration agent, organized the plan of serving hot lunches in the school in the fall of 1920. The project was put as much as possible in the hands of the children. The mothers of the children donated all the necessary small utensils and one mother expressed herself as being willing to donate a small oil stove. If the plan “didn’t prove a success,” the idea of outside help was sufficient to overcome any difficulties and the children saw to it that the plan was not a “fizzle.”

The woodshed was thrice scrubbed and one end of it partitioned off with beaver board for the kitchen. The boys made the counter (using three huge sections) and a door with a catch latch, and built a table which the girls covered with white oilcloth. A wide shelf served as a storage place for lunch pails and extra materials.

*Miss Baker accompanied by the home demonstration agent visited this little school some months after the hot lunch plan was started. In telling of her visit she said, “We arrived at the Big Springs school just before noon. At exactly twelve o’clock Mrs. Schultz excused three pupils who went to the basins outside of the ‘kitchen’ door, washed and returned to their places bringing lunch pails and dishes for the hot food. Three others followed until all the small hands had worked and put the cloths away. While the cloths were washed the children brought in the dishes for the day. By twenty forty the

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### Table and Stove Surfaces May be Raised With Blocks of Wood

**Table and Stove Surfaces May be Raised With Blocks of Wood**

- **Height of working surfaces**
  - 4 feet 10 inches: 37 inches
  - 5 feet: 38 inches
  - 5 feet 2 inches: 39 inches
  - 5 feet 4 inches: 40 inches
  - 5 feet 6 inches: 41 inches
  - 5 feet 8 inches: 42 inches

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### A Floor Plan of the Big Springs School


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### The following table has been worked out as the approximate heights for surfaces convenient for women of various heights:

**Height of working surfaces**

- Height of women:
  - Surface: 4 feet 10 inches: 37 inches
  - 5 feet: 38 inches
  - 5 feet 2 inches: 39 inches
  - 5 feet 4 inches: 40 inches
  - 5 feet 6 inches: 41 inches
  - 5 feet 8 inches: 42 inches

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Many times the work could be done just as well while the worker is sitting, if she only had a stool in her kitchen, and often times she could use a comfortable chair if one were only near at hand. Window curtains light and attractive and a well kept hearth with a geranium growing in it, will add much to the pleasure of the hours spent in the kitchen.

No set of rules for every kitchen and housewife can be put on paper. The worker must gradually work out in detail the arrangement best suited to her kitchen, and its equipment, and to her own likes and dislikes. But by keeping in mind the principles mentioned in this article and by constantly keeping alert to time and labor savers, she can make obsolete such trite expressions as the “overworked housewife” and “run down mother.”
Three Children Wash at a Time
Each Child Has His Own Towel Which Hangs Just Inside the Door

The Reason for the Addled Egg
By C. H. Plunkett

"What is so rare as a good egg in September or October? If ever there come perfect eggs, it seems my tough luck to miss them."

This thought no doubt comes thru the mind of many a housewife as she breaks open a high-priced dozen eggs, and finds only a few that are usable. Eggs rank with bread, milk and potatoes as one of the well nigh indispensable items of food. Since they are such an important part of the family food budget, the housewife is vitally concerned about these conditions exist but what can she do about them? Scold the baby and find out how far will that	

There is a decided loss due to careless handling by collectors and wholesale dealers. Records kept in New York City for one year, according to the New York Bureau of Markets, show that 10.5 percent of eggs are fresh, large weight, 45 pounds per case of 30 dozen, clean and sound-shelled. Second grades may be any one or a mixture of the following: small, clean, sound-shelled, fresh eggs: clean, large, sound-shelled, stale eggs, or eggs with incontinent chick development, not yet developed to the point of blood rings. Dirlies are all variations of size and freshness and are sold at low prices. Discards are spots, blood rings and checks.

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