

Do You Do Kitchen Calisthenics . . .

By Emily Conklin

Make Your Workshop Convenient

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 can be markedly lowered 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 preparing 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 close at hand you will need cupboard space for storing staple materials such as flour, sugar, salt, spices or other ingredients which are constantly in demand if you are cooking. Furthermore, you must leave cupboard 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. Those utensils can be put in nearby drawers, on shelves, or hung on hooks arranged for small equipment.

Then, too, while considering meal pre-

ter, the vegetable dish and other serving dishes can be placed ready to receive the cooked food. Many women will need in this center a table surface like their serving tables to be on wheels so that they can wheel the food into the dining table from the kitchen. Aside from

this surface, the serving center needs a cupboard space for all serving dishes, table linens or other dining room equipment.

The fourth working center is needed for clearing away the soiled dishes and the leftover foods. For this work you will need surface space. Since the process of preparation has been completed and the serving has been done, you may use both the preparation surface and the serving table, if on wheels, for clearing purposes.

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, were 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

(Continued on page 15)



Half-Acre Kitchens Are Passe

paration, 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. Herein we wash vegetables, strain pureed vegetables, rinse off dishes and any number of minor details which would seem a burden if it weren't for the sink.

Following logically, the next process to be performed is that of cooking. Of course, in this center the stove is the important piece of equipment. However, a utility cupboard for all equipment used at the stove, such as skillets, griddlecake irons, dutch ovens, etc. which need not be taken to the sink, is most desirable. This cupboard can be built for holding pan covers and deep fat frying baskets as well as the frying pan and small equipment used at the stove.

After the food is cooked we are in need of a space in which to prepare it for the dining table—this space we call the serving center. As you no doubt know, you will need in this center, a table service on which the gravy boat, the meat plat-

Kitchen Calisthenics

(Continued from page 5)

their use—(1) preparing, (2) cooking, (3) serving and (4) clearing away. The service table we 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.

The four most important working cen-

ASK FOR GOODS MADE IN AMES

Pennants, Pillow covers, Banners, Laundry cases, Memory Books, Lab Aprons and coats, Athletic blankets, Student expense books and Indexits.

Ames Stores Sell Our Goods

COLLEGIATE MANUFACTURING COMPANY,
Ames, Iowa

SENIORS --

Order those reference
books now

College Book Store

ON THE CAMPUS

Formal Parties

require expert attention of the hands, face and hair. Your Beauty Shop at Memorial Union offers you the best and most conscientious service.

Phone 2000 for appointments

Every Student Is a Member of the Union.

STUDIO PLACE

Gifts and Antiques, Wall Hangings,
Interesting Pottery, Copper and
Brass from all over the world,
Artistic Lamps and Shades, Linens.
408 Douglas Ave. 2nd Floor

LA GERARDINE to train a natural
wave in hair that has always
been straight.

Permanent waves, \$2.50 up
FIELD'S BEAUTY SHOP
Phone 1069

SUPERIOR SHOE REPAIR

While-U-Wait
"Bob" Williams

Across from Puritan Restaurant
228 Main St. Ames, Iowa

**PICTURE FRAMING
SWING FRAMES**

Miller's Wallpaper and Paint
Store
MASONIC BLDG.

Furniture Lower

Everything for the home in
new and used furniture.

Rugs, Stoves and Ranges at
LOWEST PRICES

Exchange used furniture for
new.

**WALSH'S FURNITURE &
HARDWARE**

East Main St. Phone 685

THE GIFT

that carries the true spirit of
Mother's Day

YOUR PHOTOGRAPH!

Mother's Day, May 10th

**THE
HART STUDIO**

Phone 767-W

Downtown

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 how to look at great masterpieces, photographs of sculptural pieces of art, and every 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!

FINE WATCH REPAIRING
Prompt and Efficient Service

SCHAFERS

Ames Theatre Building

MADSEN & SON

Merchant Tailors

Cleaning and Dyeing

213½ Main St. Phone 149
We call for goods and deliver

PARNO'S**Jewelry Store**

CRANFORD BUILDING

Remember Mother

Mother's Day, May 10th
Whitmans Artstyle
Mrs. Stovers Bungalow
Candies

Wrapped for mailing free

**LINCOLN WAY
PHARMACY**

THE REXALL STORE

West Ames Phone 1030

**AND NOW THE
THINNER
COTTONS
ARE HERE**

The fine sheer lawn

The crisp organdies

Dimity—Voile

and lace cloths.

You'll be surprised

how inexpensive they are

at

STEPHENSON'S

Opposite Campus
Where the Finest Fabrics come
from.