

A KITCHEN AND ITS FURNISHINGS.

by

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A Kitchen and its Furnishings.

A kitchen is that portion of a dwelling to which the preparation of pure, wholesome food is confined for the nourishment of our bodies.

When it is realized how necessary it is that food be pure and wholesome and properly prepared, the first thing to look to, is a suitable place for its preparation.

First should be considered the location of the kitchen with reference to other parts of the house.

It is a common thing in most modern houses, as well as those of earlier date, to see the kitchen practically left out in the design, and attached to some obscure part with little consideration as to its economical and sanitary location.

The disadvantages in so placing a kitchen are those of cost in money and cost in time and labor.

In an attached kitchen a separate roof and extra sidings are required, while if the kitchen is given a place with the rest of the house so that the same roof and sidings may enclose several rooms, the expense will be largely lessened.

The cost in time and labor comes, when one does their own house work, in not having an easy access to the kitchen from all parts of the house.

Together with these propositions comes the one of giving to the kitchen a situation which will insure an abundance of fresh air and warm sunshine. Both of which are indicative to the cleanliness and purity of a room so frequented with odors. An ideal location would be on the south east or south west.

The size of the kitchen depends not on the amount of money one can afford to put into it; in fact, in this particular, one may economize to good advantage; but it does depend upon sufficient room to allow of good ventilation

and ample space for the desired furniture and equipment and to permit of its most convenient placement. A kitchen larger than this is a burden to keep clean and increases the distance to be traveled in performing the necessary hundred operations.

If the plan given is followed the advantages of light and ventilation, convenience and comfort for working will be secured with out any undue expense or sacrifice of other household comforts.

Kitchen Floors

Maple, cypress and hard pine are the most common hard wood floorings which would cost one and one-half to three cents more per foot than the hard pine flooring. It is harder to lay than the pine floor. Cypress is also good. It costs from five to ten dollars per 1000 feet more than hard pine. The cost of a single laid hard pine floor is about five cents per square foot; of double laid floor ten cents per square foot. The best hard pine flooring is vertical grain B select 7/8 inch, costing 20 cents per square foot for double laid floor. Pine for flooring cut on the lengthwise slivers and does not wear well.

Waxing is an unsuitable finish for kitchen floors, for the reason that water falls on them and whitens and dulls the wax.

Any of the woods mentioned may be finished nicely with oil or they may be varnished with some good varnish as "Pratt and Lambert" Varnish. A floor when new should be given at least two and preferably three coats of varnish, and it should be put on when the floor is warm and when the varnish is warm and in weather when the windows may be left open. If windows are kept down during the drying the varnish will blister and peel off. Floor varnish should be thick and heavy. A good varnish costs about \$2.50 per gallon and one gallon will give one coat to from 500 to 700 square feet.

Paint for kitchen floors is not very satisfactory. It mars and wears off easily and requires frequent renewing, while the cost is not low for good paint.

Some argue strongly for linoleums for kitchen floors. They are easily cleaned, that is, they appear clean to the eye, but linoleum cracks easily and the little cracks fill up with dirt making it an unsanitary covering. This one feature is sufficient to condemn its use in an ideal kitchen.

Tiling is the best flooring for a kitchen. It costs 20 to 30 cents more per square foot than hard wood flooring. Mosaic tile varies from 16 to 31 cents per square foot. The preparation of surface for it and the laying would be the same as cost of total wood floor. But a well laid tile floor is no further expense and is very easily cleaned, while oiled or varnished floors have to be frequently recoated. The frequency of course depends on the amount of wear there is on the floor. Also they are harder to keep clean than the tile floor. In the long run then the tile floor would be the cheapest.

Standing Woodwork and Walls.

For standing woodwork and walls a good coat of paint may be applied and then a coat of varnish. This finish will show dirt, but the dirt is easily removed with a soft cloth. Varnish for such work should be light and transparent.

Such a finish if properly applied is durable and easily cleaned. The painting must be done well at first, as it cannot be done again till the varnish is removed, which is difficult. It may be done though by applying a liquid varnish remover and then scraping varnish off.

Plan for Interior Finish when a Wood Floor is Chosen.

The hard wood should be heavily varnished. Woodwork may also be varnished in natural color of wood. The walls may be brick enameled as high as wains coating with yellow brick enamel, and above this the walls and ceiling may be painted white with green borders and center design on ceiling covering

the paint with a light varnish.

Plan when Tiled Floor is used.

Green and white tiled floor and wainscoating, walls painted white with green borders and center ceiling design to match design on floor. Paint coated over with varnish. Woodwork may be stained with forest green acid stain and then varnished.

Windows

The windows should of course be on a sunny side of the kitchen. They should be large and so hung that both upper and lower sashes may be easily lowered and raised. There should be a door screen hung on the outside to cover the entire window. Green or white shades will be pretty and useful, but no long or sash curtains should be used as they serve as dust catchers and keep out some of the light.

The door leading into the entry may have a glass panel in it if more light is necessary. To insure good ventilation there may be a transom over the door. The outside entry door should be well screened.

Sinks

Sinks may be of plain iron, enameled iron, galvanized iron, porcelain lined or of soapstone. The material used is not a matter which affects the conditions of health, but it does affect the labor required to keep them clean, the appearance and the total cost.

Plain iron sinks rust easily and are hard to keep clean. Soapstone sinks look dark and are not readily seen to be dirty, while they are sometimes acted upon by water which pits and roughens them. The enamel sink is fairly good but hot water cracks it and it chips off when struck. The best sink is one of galvanized iron porcelain lined with back and sides all in one piece, in order

that there be no crevices or grooves, in which to accumulate dirt.

A good size for a kitchen sink is 18x30 inches. One of this size of porcelain lined material would cost about \$12.50. It should be of suitable height, set level and have open space underneath. It should be provided with a sink strainer, soap tray and cleaning brushes. There is a large quantity of grease carried down kitchen sinks and part of this is retained in the waste pipe. It soon becomes very offensive and dangerous to health.

To remedy this a lead grease trap, provided with a screw and cap either at the bottom or at the side for cleaning purposes should be fixed under the sink. A 6x10 inch grease trap may be had for about \$8.50.

The kitchen sink should be used only for the purposes for which it was intended, namely for dish washing and vegetable washing and not for washing people.

Care of Sink

All solid material should be strained out. No insoluble particles should be allowed to enter the waste pipes. The sink should be scrubbed with hot soap suds and brush and if the grease and soil are not then removed some cleaning material as "Sapolic" or "Dutch Cleaner" must be used. It should then be rinsed with hot water followed by several gallons of clear, cold water.

Cupboards

All cupboards should be enclosed with doors to prevent dust from settling on the utensils. There should be ample shelf room, and for utensils that may hang, hooks should be provided. The shelves and sides of a cupboard where utensils hang should be painted with white enamel paint and kept covered with clean, plain, light paper. Paper is inexpensive and the soiled sheets may be easily changed for clean ones. Some prefer oil cloth, but it is expensive and there is always the temptation of keeping it on hand too long. It cracks and holds dirt, therefore it is not as satisfactory as paper.

The paper should be changed at least once a week and oftener if it becomes soiled.

The cupboard shown in the plan is four feet long, fifteen inches deep and seven feet high. There are three shelves in the upper part for cereals, coffee, tea, double boilers, sauce pans, small stew kettles and other utensils which are needed around the stove. These shelves are enclosed by glass doors. Then there are two 4 inch drawers for dish towels. Below on one side are several shelves for mixing bowls, roaster, crocks, and baking dishes. The rest of the space is provided with hooks for frying pans, skillets, dish pan, draining pan, broiler, baking sheets, griddles, etc. Wooden doors are used to enclose the lower part. The cupboards may be varnished in natural color of the wood.

Above the sink there is a small cupboard, with white enameled and paper covered shelves for brushes and cleaning materials, enclosed with wooden doors. A convenient place for the kitchen clock will be on top of these shelves as it may easily be seen from all entrances into the kitchen.

At the place indicated in the drawing there are several shelves built in the wall for cook books and other reading material. Glass doors enclose these shelves. Below this cupboard are two drawers, one for hand towels and the other for aprons. At the right of the range there is a door in the wall enclosing a dumb waiter with white enameled shelves which will save many steps to and from the cellar. This may be very useful at the time of year when ice is not needed.

The Range.

The ranges on the market to-day vie very closely with each other in regard to their good qualities. It is essential to have a good range, as a poor one is a source of constant annoyance and embarrassment and consumes much extra fuel. In purchasing a range one should consider the size, height, kind of grate, trimmings, the question of a warming oven and of tank or reservoir. A six holed

range with an 18 inch oven is large enough for a family of moderate size. The height should be suitable to the person who is to use it. The fire box lining should be of iron as soft coal hooks to fire brick and is very difficult to remove. As little nickal or other fancy trimmings as possible are desirable, as they are a cause of needless toil. A warming oven is a great convenience and is a desirable addition to a range. One of the greatest conveniences in a kitchen is a large hot water tank. It is a luxury which is fast making itself a necessity in all modern homes. They are commonly used to furnish hot water for the bath room, so they should be sufficiently large to meet the demands of the household.

A reservoir is more of an annoyance than a help but may have to be used where there is no city water pressure. It requires constant refilling and this means constant carrying of water from sink to stove. Thus there is bound to be a spattered kitchen floor and the inconvenience of never having enough hot water when you want it.

Care of Range

The ashes should be removed every morning before the fire is built, as ashes absorb heat and prevent free circulation of air. All the flues and dampers should be kept clear, and the fine ashes which accumulate under the oven must be removed occasionally to insure proper heating. The oven should be brushed out every day and should be washed with soap and water frequently. If anything spills or runs over while cooking it should be cleaned up immediately and not allowed to burn on the stove, as it leaves a rough, dark looking spot which is difficult to remove, beside making a bad odor in the kitchen. The warming oven must be frequently washed to keep in good condition. The necessary trimmings may be cleaned with whiting and alcohol or with whiting alone. The top of the range may be rubbed off with paper and washed with soap and water. A range treated in this manner will be just as pleasing to the eye and will be cleaner than one that is blackened.

The range should be set on a sheet of zinc with a 6 or 8 inch margin around it to protect the floor.

Beside the range there should be a gas stove if gas is obtainable and if not a gasoline or oil stove for use in hot weather or at times when a fire is needed only for a short time and for immediate use.

Separate Furnishings.

Well made tables covered with zinc present a pleasing appearance, are the easiest to keep clean and need less repairing than any other.

One large table with drawers containing cutlery and one small table to be used around the stove are all that are necessary. These tables should be of suitable height and should have good rollers.

There should be an easy chair with out rockers, one high stool to be used at the sink and a small stool that may be used while working at the table and shoved under it when not in use. A small rack for drying dish towels in bad weather will be a great convenience.

A broom and a long handled floor brush, a dust pan, hand-basins, soap rack, water-pail, tea-kettle, towel rack, ironing board, large and small brushes, coal hod, poker and shovel complete the necessary furnishings for a kitchen.

Kitchen Utensils

In buying utensils for a kitchen a beginner will do best not to get too many things at first, for in this way it will be much easier to get things as one sees their needs and at the same time avoid unnecessary purchases.

There are many splendid kinds of ware on the market to-day, so that one may choose from among them according to preference and purse. The following is a list of some of the wares now on the market and a word as to their durability, value and care--The best and most expensive is the Stransky enamel. It is an imported German ware. It has four coats of enamel and makes a very desirable

and beautiful kitchen equipment.

The Roz-wood is a brown ware, less expensive than the Stransky and not quite so heavy. It wears well and would make an attractive equipment. Columbian ware is serviceable and of moderate price. It is a dark blue in color.

The Granite or Agate which is now on the market is cheap and does not wear well.

In purchasing any of these wares one should examine each piece closely to see that there are no bent, bulged or cracked places, as these are serious defects in a utensil.

Tin is corrodible, light, easily cleaned and inexpensive. Good tin is durable with care. The cold rolled process tin is the best on the market. All large spoons for stirring should be of wood or of iron heavily plated with tin, as enamel ware chips off when struck or bent.

Aluminum is a good ware for coffee and tea pots, tea-kettles and trays. It is durable, light, easily cleaned but very expensive.

Iron has the two great faults of being heavy and corrodible. It is also hard to keep clean, but we cannot dispense with it for some utensils at least. It finds its way into every kitchen, and some people treasure an old iron kettle as they would a keepsake.

For cleaning enamel or tin ware use some powdered cleaning material and apply with a cork. Such wares should never be scratched or dug with a knife as it is easy to dig through the enamel leaving the bare iron to rust. They should never be dried on a hot stove as the dry heat cracks enamel and discolors tin. Tin will melt at a low temperature. The above treatment will apply also to aluminum. The scouring brick may be applied directly to iron and steel, but such utensils should be wiped dry and not left to dry on hot stove as such treatment leaves them rough. The following is a complete list of equipment and prices for an ideal kitchen:--

Glassware

| | | | |
|--|--------|-------------------------------|------|
| 8 large size metal top supply jars | \$.88 | 1 sugar | .45 |
| 9 small " " " " " | .90 | 1 creamer | .20 |
| 1 lemon reamer | .10 | 1 bowl | .15 |
| 3 measuring cups | .18 | 1 pickle dish | .20 |
| 1 plain pitcher | .75 | 1 long celery dish | .25 |
| $\frac{1}{2}$ doz. plain thin tumblers | .60 | 1 pr. salt and pepper shakers | .20 |
| $\frac{1}{2}$ " " heavy " | .60 | 12 sauce dishes | .60 |
| $\frac{1}{2}$ " " " | .30 | 12 cereal bowls | 1.20 |
| 3 stemmed jelly dishes | .40 | 12 soup plates | 1.50 |
| 1 olive dish | .10 | | |
| 1 flat fruit dish | .25 | | |

Stransky Ware

| | | | |
|----------------------------|------|------------------------|------|
| 12 stemmed sherbet glasses | 1.80 | 3 small cups | .50 |
| | | 3 " saucers | .30 |
| | | 3 plates | .60 |
| | | 1 sauce pan | .30 |
| | | 1 " " | .50 |
| | | 1 long handled dipper | .35 |
| | | 1 1 qt. Rice boiler | .60 |
| | | 1 2 qt " " | .88 |
| | | 1 1 qt. pitcher | .50 |
| | | 1 long handled skimmer | .15 |
| | | 1 10 qt. milk pail | 1.00 |
| | | 2 preserving kettles | 2.00 |
| | | 2 stew kettles | 1.50 |
| | | 1 long handled kettle | .50 |
| | | 1 sink strainer | .25 |

China Ware. Royal Porcelain

| | | | |
|--------------------------|------|--|--|
| 12 10 inch plates | 2.10 | | |
| 12 $7\frac{1}{2}$ " " | 1.50 | | |
| 12 5 " " | 1.10 | | |
| 12 4 " " | .90 | | |
| 12 tea cups and saucers | 1.70 | | |
| 1 covered vegetable dish | .90 | | |
| 1 8 inch platter | .20 | | |
| 1 10 " " | .35 | | |
| 1 12 " " | .50 | | |
| 2 Baking dishes | .50 | | |
| 2 Scallop " | .50 | | |
| 1 Gravy boat and tray | .25 | | |

Stransky Ware (continued)

| | | | |
|-----------------------|--------|-------------------|--------|
| 2 wash basins | \$.44 | 1 Ricer | \$.25 |
| 4 9" pie pans | .48 | 1 Flour sieve | .15 |
| 1 pudding pan | .24 | 1 tin qt. cup | .20 |
| 1 Lisk Roaster | 1.50 | 4 small cake tins | .20 |
| 1 Round loaf cake pan | .50 | 1 potato masher | .10 |
| 2 4 qt. milk pans | .70 | 1 fine strainer | .10 |

Wooden Ware

| | | | |
|----------------------------|-----|-----------------------|-----|
| 1 16 inch wooden spoon | .05 | 1 large tin spoon | .10 |
| 2 10 " " " | .10 | 1 perforated ladle | .10 |
| 1 chopping bowl | .25 | 1 dish pan | .65 |
| 1 coffee mill | .50 | 1 draining pan | .25 |
| 3 bread, cake, meat boards | .60 | 1 dust pan | .05 |
| 1 Rolling pin, Maple | .50 | 1 chopping knife | .10 |
| 1 Wooden mallet | .10 | 1 cylinder cream whip | .08 |
| 8 small brushes | .40 | 6 loaf pans | .50 |

Tin Ware

| | | | |
|--------------------------------|------|--------------------------|------|
| 1 50 lb. flour can | 1.50 | 1 steamer | .35 |
| 1 Biscuit cutter | .05 | 1 vegetable press | .22 |
| 1 12" lid | .10 | 1 Graham flour container | .65 |
| 8 tin lids | .40 | 1 corn meal container | .65 |
| 1 grater | .10 | 2 scoops | .20 |
| 1 tea strainer | .06 | 1 dover egg beater | .25 |
| 1 colander | .10 | 1 large bread box | 1.35 |
| 1 cake tin 9x9x2 $\frac{1}{2}$ | .09 | 12 small molds | .60 |
| 1 toaster | .05 | 1 doughnut cutter | .08 |
| | | 1 funnel | .10 |
| | | 2 measuring cups | .06 |
| | | 2 baking sheets | .10 |

Tin Ware (continued)

| | |
|-------------------|--------|
| 1 cake box | \$.35 |
| 1 sugar container | .50 |

Wire Utensils

| | |
|--|-----|
| 2 square hole cake racks, 10 $\frac{1}{2}$ x14 $\frac{1}{2}$ | .22 |
| 1 straight wire frying basket | .05 |

Iron and Steel

| | |
|---------------------------------|------|
| 1 set 12 c gem pans | 1.25 |
| 1 waffle iron | .60 |
| 1 timble iron | .75 |
| 1 butcher knife | .50 |
| 1 bread knife | .50 |
| 1 long handled steel frying pan | .25 |
| 1 iron skillet | .50 |
| 2 omelet pans | .20 |
| 1 griddle | .55 |
| 1 iron stand | .07 |
| 1 set 3 irons | 1.35 |

Cutlery

| | |
|---------------------------|-----|
| 2 wooden handled spatulas | .50 |
| 6 common forks | .50 |
| 6 " knives | .50 |
| 3 paring knives | .30 |
| 1 cake knife | .25 |
| 1 can opener | .15 |
| 6 German silver teaspoons | .12 |
| 6 " " tablespoons | .18 |

Crockery

| | |
|-----------------------------------|-----|
| 8 yellow individual baking dishes | .40 |
| 1 small casserole | .25 |
| 2 3 qt. milk crocks | .20 |
| 1 2 qt. bean pot | .20 |

Nickel

| | |
|---------------------|------|
| 1 plain baking dish | 2.40 |
|---------------------|------|

Aluminum

| | |
|------------|-----|
| Coffee pot | .80 |
| Tea pot | .75 |
| Tea kettle | .60 |

Silver

| | |
|---------------------------|------|
| 1 doz. plated tsp. spoons | 3.00 |
| 8 plated tbsp. " | 3.00 |
| 12 " knives | 3.00 |
| 12 " forks | 2.50 |
| 1 sugar spoon | 1.00 |
| 1 berry spoon | 1.50 |
| 1 gravy ladle | 1.00 |
| 1 butter knife | .75 |

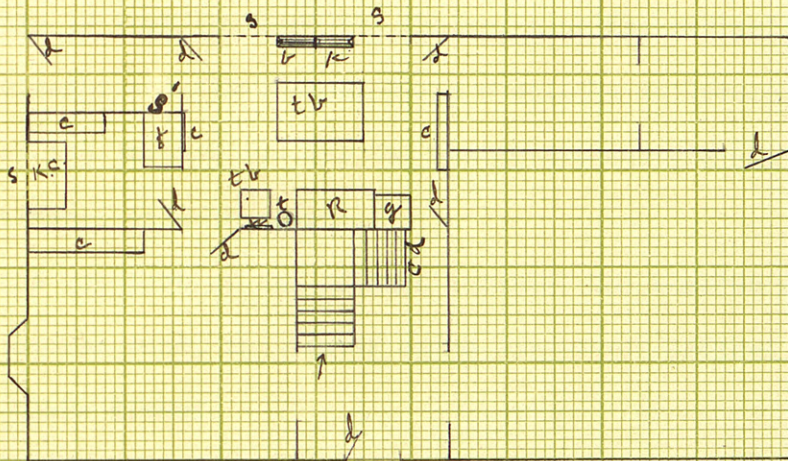
Miscellaneous

| | |
|---------------------------|--------------|
| 6 asbestos mats | .18 |
| 1 standard scales | 1.00 |
| 3 trussing needles | .09 |
| 3 pastry tubes | .25 |
| 2 steel 3 bar towel racks | .24 |
| 1 chemical thermometer | .80 |
| 8 towels | .80 |
| 12 dish towels | 1.20 |
| | <u>80.97</u> |

Pantry

Adjoining the kitchen there should be a pantry. It should be near the dining room, but should not open into it. Theoretically a pantry should be so clean and free from odors that there would be no objection to having it open into the dining room, but practically it cannot be made odor proof at all times, even with the best of care. The following are the reasons for the above statement:-- The pantry is the place where the food cooked and uncooked is kept and there is bound to be more or less odor from it. The odors from raw foods and from cooked foods which have stood for a time, although they are perfectly good, should not be allowed to enter the dining room as whiffs of various odors while eating, invariably take away one's appetite. The odor of freshly cooked food is not usually unpleasant. Of course when it is unpleasant the door of the kitchen opening into the dining room should be kept closed until the kitchen is well aired. Then the kitchen is a much larger room than the pantry and may be more quickly and more easily freed from odors which are gotten rid of out of doors, while if the opening into the dining room was through the pantry the tendency would be for all the odors to be blown directly into the dining room.

The following plan will be found very convenient and sanitary.



s, window to fill refrigerator by.
c.d. cellar door

d, doors

s, windows

t, tank

R, range

fr, refrigerator

w, dumb waiter

K.C. kitchen cabinet

tbl, table

c, cupboard

g, gas stove

sk, sink

v, drain board

There is a large south window fitted with a screen and hung with a shade. In front of the window stands a zinc topped kitchen cabinet containing bread board, flour and sugar bins and drawers for small utensils. There should be hooks at either end of the cabinet from which to suspend meat, bread and cake boards.

On both sides of this pantry are long cupboards. The one on the side next the dining room is built in the wall and has 15 inch shelves; the one on the opposite side is built out in the pantry and has 12 inch shelves. These cupboards are fitted with sliding glass doors above and with wooden doors below.

In the 12 inch cupboard the shelves near the cabinet are reserved for spices, condiments and flavorings, which should be in labeled glass jars or bottles and at the farther end are the baking dishes, pie and cake tins, bread pans, strainers, colanders, etc.

In the top part of the 15 inch cupboard the shelves near the window may be used for cooked food, the center space for common kitchen dishes and the farther end for table dishes.

In the lower part may be stored the large supplies of flour, sugar in etc. while the lower part of the other cupboard may be placed the jellies and canned fruits.

There is a space on the west side of the pantry at the end of the cupboard for a sliding window, through which the ice man may put the ice into the refrigerator which stands below the window. This saves having the kitchen and pantry tracked up by the ice man and makes a cool light and convenient place for the refrigerator.

The refrigerator should be stone lined and of good material. The legs being a weak feature in refrigerators should be of the best. The drip from the refrigerator should be connected with a drain pipe which will carry

the water away from the house. This drain pipe should not be connected with the sewer as that would make a direct route for foul odors and disease germs from the sewer to our food which is stored in the refrigerator. A good way to dispose of it would be to connect it with the over flow pipe of the cistern. A pan for the waste water is unsatisfactory as there will be times when one is much occupied that it will run over and soak the floor.

It is very essential that the refrigerator be kept in a perfectly sanitary condition as it makes a good harbor for bacteria if neglected. It should receive a thorough cleaning once a week. This preferably done when the ice is just out to prevent waste. Everything should be removed, washed, rinsed, aired and dried. The interior should receive the same treatment before anything is returned to its place. If anything is spilled in the refrigerator it should be immediately washed.

Opposite the refrigerator should be a stand for the water pail.

The floor, woodwork, cupboards and walls of pantry should be of same material and should receive the same treatment and care as those of the kitchen.

"A true woman's kingdom is her home", and all the practical knowledge of the systems and methods that will produce the best results with the least expenditure of time and labor in the kitchen work as well as in all the other household duties will prove of intensely useful information.

A woman does not owe her whole attention to her kitchen. A good housewife has innumerable other calls on her time and attention, so that it behooves her to have a thorough knowledge of her kitchen and its furnishings and the care of them; in order that she may perform her duties there, to the best advantage for herself and all others concerned.

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