
T H E S I S

An Ideal Kitchen

by

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An Ideal Kitchen

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Books and magazines read for reference work--

"From Attic to Cellar", by Elizabeth Holt.

"House Beautiful Magazine", Vol. XLIII.

"The Kitchen", by Jane Boulden.

"Kitchen Utensils" in American Kitchen Magazine, Vol. XLVIII.

An Ideal Kitchen

When we speak of the kitchen we mean the woman's workshop.

Perhaps no kind of work is more want to be irksome than that of housekeeping, and one reason for this is that it is done so poorly. The atmosphere of contentment is wanting. To remedy this, the kitchen of this home should be thoughtfully planned and well equipped with the best known appliances. Too often the kitchen is the most ill-constructed and most neglected part of the house, the aim being not so much to simplify processes as to cheapen them; not so much to secure the best results as to limit the cost of living. Good work of every class calls for generous outlay of money and labor.

The savage's kitchen consisted of a rustic mat made of leaves with the blue sky for covering. The colonial kitchen brings with it the thought of an abundance of supplies. Our grandmothers' kitchen was the scrupulously clean one. The fireplace and large oven performed their proper function in this stage of the evolution of the kitchen. Our author says that the housekeeper's object should be to supply the family with good, wholesome, palatable, digestible food that will build up and strengthen both body and mind.

Do women think of the influence which the kitchen exerts over the welfare of this wonderful land of ours? The body must have proper nourishment as well as the mind. From the standpoint of true and holy womankind, the mistress of the kitchen occupies a position of which she may well be proud, and it is her work in this capacity which moves the world along.

An ideal kitchen is one so perfect in its furnishings and conveniences that every housekeeper should try to reproduce it in her own home. In the ideal kitchen extra steps should not have to be taken. Therefore, the distance between the range, tables and cupboards should not be needlessly great. But some kitchens are so small that one cannot but feel "cribbed" just when stepping in them. In others, one is bewildered and lost in the great "Saharas" which are called kitchens--a wilderness where everything is lost and nothing can be found.

There is no reason why this particular apartment cannot be made tasteful and attractive, yet perfectly convenient. We can imagine a kitchen pretty enough for a fairy's bower--so picturesque, that to look into it would be a positive pleasure, but to have to work in it would be torture: and we can imagine one so clumsy and inconvenient that it would be just as intolerable to work there. But a happy medium can be obtained if one will but have patience and good judgment.

The kitchen should be large enough to be comfortable as to size and ventilation. A good size is 16 x 16 x 10 feet. This room is best located so that on two sides there can be windows. As to the location in the dwelling, on the South part of the house or on the East is the best part for the kitchen. One undesirable part in the house is the Southwest, as the winds generally are in that direction, thus taking the odors from cooking to all parts of the house.

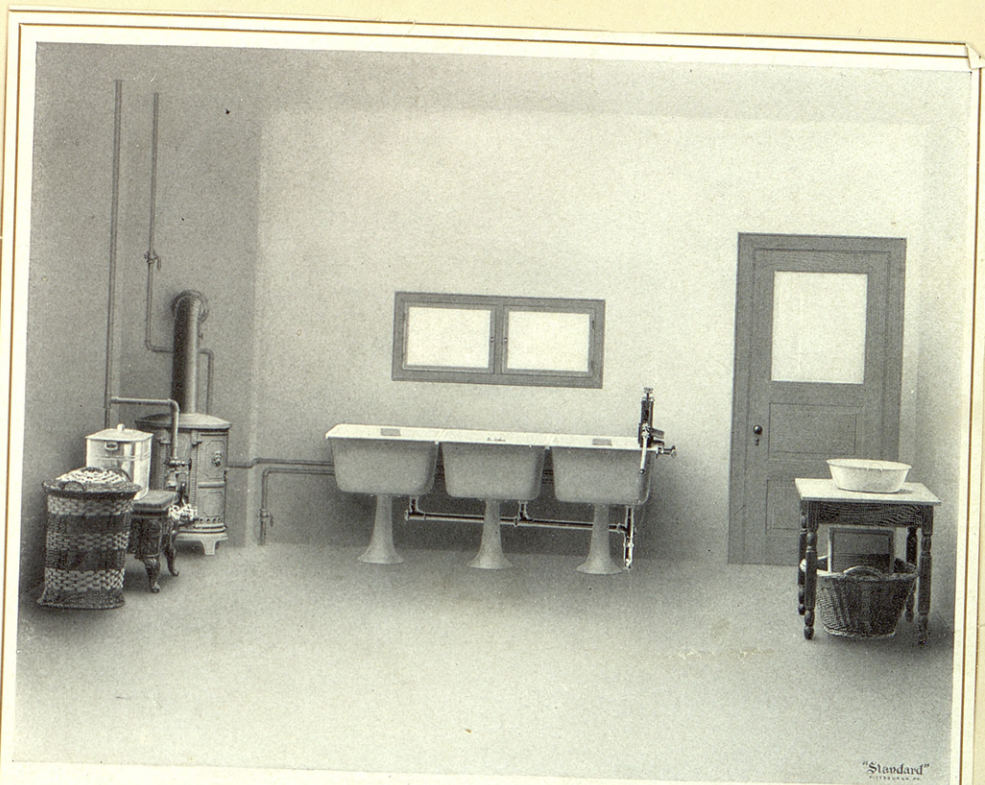
The height of the kitchen is an important factor, in considering the size of the kitchen. If the space from the top of the window to the ceiling is two or three feet, this space will be

sufficiently high so that odor and smoke will find a lodging place. A ceiling which is less than nine foot from the floor gives the room a stuffy appearance; and this low room is an uncomfortably warm one in the summer time.

The finish of the walls does not need to be such a problem. If one does not have to consider the price, a tiled wall is the kind to have. This wall is impervious to moisture, and repellant of fumes. It also is very beautiful and easily kept clean, thus being an ideal boundary for a kitchen. Oil-cloth covered walls make a solid, porcelain-like finish to which dust and dirt will not easily cling. Something that is, because of its cost, within the reach of all, and should be desired because of being cleansed easily, is the smooth, hard-finished wall. This wall may be tinted in some color, such as green or gray, as the color, white, is somewhat harsh. There are color tints--green, blue or gray--that convey a restful appearance, and these had best be used.

The wood work must be free from grooves, as it necessarily must be dusted often. Expensive woods can be used, but the hard pine looks well for the wood work of a kitchen. If a varnish is used for the wood work, one that will not spot with the water should be chosen. It is essential that the walls and wood work, both, be so finished that odors and moisture will not be absorbed by them. Every precaution should be taken to avoid dust and vermin. And, in order to abolish such, the windows and doors should be well screened. The kitchen should be kept scrupulously clean, for carelessness in the room where the ^fwood is prepared is a sanitary offense.

The floor should be of hard wood. A soft-pine floor which is



"Standard"
MODERN LAUNDRY, DESIGN I

soiled by whatever touches it requires too much cleaning, and it will not last nearly as long as the hard wood floor. The desirable floor is the hard pine, oiled. It needs, beside the regular sweeping, only to be wiped with a damp cloth occasionally. A speck of grease, if spilled on it, will not show. We do not advise the use of the lenolaum principally for the reason that it is expensive. It is expensive because there are places that will become unsanitary in a short time. It is decidedly unsanitary when the paint wears off, leaving a surface that will absorb and hold water.

Perhaps a description of the plan that is shown on the opposite page will best explain one convenient arrangement of a kitchen. A screened porch on the East side of the kitchen affords a place for the housekeeper to go to prepare vegetables, and is a necessary luxury in the hot summer.

Adjoining the kitchen, on the _____, are two rooms; one is used for keeping cleaning appliances, storing things, and some out-door garments. The other necessary room is the larger, and is the wash room. A wash room should be insisted upon whenever possible. To have soiled clothes sorted out in any place where food is prepared is repugnant to modern ideas of sanitation.

In the kitchen where it is likely to get hot, a cross draft is important. An outlet should always be provided for when cooking is going on, for it is this heated air at the top of the kitchen that will carry unpleasant odors and smoke all through the house. Three large windows are important and desirable. More than any other room in the house, this should have sunlight and fresh, pure air. In fact, light and good air are indispensable.

In the arrangement of the kitchen furniture, the utmost con-

venience must be the chief end. With a convenient kitchen, the housekeeper finishes her daily routine easily, quickly and without waste of time and energy.

When arranging in the plan as to where the range (No. 1 in plan) should be placed, it was decided not to have it opposite the door or window, for wind blowing in on a stove causes the oven to bake unequally.

The steel range is an economic one because of its good qualities of which the most important are: durability, good service, does not require any more fuel than a stove after it is once heated. The less trimmings on a stove the better it is for the housekeeper. A large amount of steel trimming requires more cleaning, and ornamented leaves with grooves catch everything that falls on the stove. Near the range should be the coal bin or wood box (No. 6 in plan) arranged, if possible, so that it may be filled from the outside.

In the plan (No. 5), as near the range as possible, is a cupboard for the cooking utensils. It is best to have the cupboard built in the wall and have the upper part with doors--glass or wood, sliding upward. The utensils that are used more frequently can occupy the most convenient shelf. Shelves should not be more than six feet as they are not convenient in any way.

Just a few steps from this cupboard is the proper place for a sink (NO. 4). One goes to the sink so often in preparing a meal and so as well as the cupboard must be close to the range, so also must be the sink. One should consider the sink, as to the kind, the location, and in connection with its location be considered the height at which it is placed. Sinks are best when made of porcelain or enameled iron. The enamel sinks are a good imita-

tion of porcelain, but much cheaper than the latter, and are quite durable. Sinks are best when molded without angles and fixed in one piece, and with the nickel faucets attached to the high enamel back.. Often times the faucets are not high enough to permit the placing of a bucket under them. This can be avoided if one will think of such things when purchasing a sink. The drain pipes should not be enclosed. When the exposed pipes are nickel plated, they make much prettier appearance than the iron pipes. /

On the kitchen sink it has been found convenient to have a small scrubbing brush to use in cleaning vegetables, such as radishes and potatoes.

Near the sink is a table (No. 2) on rollers. This table can have many uses: for preparing vegetables and meat, and washing the dishes; also for placing the dishes that are being made ready to serve. When a table has rollers and is not large or heavy, it can be moved near the sink or stove when necessary, thus saving many steps. The covering for any kitchen table has best be of hard white pine or zinc. Zinc has some advantages as covering because the hot kettles and sauce pans can be placed over it without marring it in the least.

On the side and near the sink is a cabinet table, (No. 3) in the plan. This kind of a cabinet table, having drawers and bins underneath, but no cupboard above, with a molding board which slides into the table just above the drawers, is a marvel of convenience.

The refrigerator, though not necessarily a part of the kitchen, is closely connected with it, and is of the first importance. The ordinary zinc-lined requires constant attention, as dirt clings, and being of the same color, is not readily seen. The ideal family

refrigerator is compact and rather small. The food compartments are lined with seamless white porcelain, made with smooth white ridges to support the shelves, which are of glass or enameled iron. The most convenient place for it is underneath a window, so that the ice chest can be filled from the outside. The drain pipe, if attached to the sewer, should be well trapped and not connected with the sewer pipe. If drain pipe is not connected with the sewer it should be detachable so that it may be frequently cleaned, as it is a most fruitful breeding place for microbes which may be carried up to the food with the air from without. In the plan the refrigerator is located, as (11).

Two common chairs are necessary, and a low rocker is a luxury. It is necessary to have one shelf on which can be placed a clock, some standard cook books, and this might also be the proper place for an oven thermometer.

In an ideal house the pantry is the subject of great consideration. The size should not be large, about five by seven feet working space is needed. It should be located between kitchen and dining room, connecting with them by double-acting doors. Odors and dust have a hard time getting through two doors. The question of light and ventilation is a very important one. The pantry should be fresh, light and inviting. Have one window in it, at least. The floor should be of hard wood as in the kitchen.

The wall opposite the dining room door is entirely taken up by shelves and cupboards. Above the ledge are shelves for dishes, enclosed with plain glass doors. The dishes, when nicely arranged, are a delight to any housewife; and a little care in the arrangement as to keeping them in order, is well repaid. The ledge is twenty-

four inches wide, and its convenience can scarcely be over estimated.

Many of the dishes for luncheon can be prepared on this work table, the ledge, with the desk board, the pantry often times being a cooler place than the kitchen. Beneath the ledge are two compartments inclosed with wood or glass doors for such articles as rice, breakfast food, and other supplies. Opposite the door leading into the kitchen is the window, and beneath this is the refrigerator, which can be supplied with ice from the outside by opening the window. This is convenient because it avoids the necessity of the ice man tracking in mud in rainy weather, when entering the kitchen.

The kind of utensils used by our Grandmothers is now replaced by granite or enameled ware, which is light and serviceable. The Aluminum ware is also used, but not so extensively because it is not within the means of all. There are several grades of enamel ware, and consequently several prices. If the foundation of the utensil is iron and covered with only one coat of enamel, it is very cheap because its durability is small. But a copper foundation with two or three dippings of enamel will form a vessel which will last a life time.

It would be difficult to give a list of requirements and utensils that would suit all housekeepers, but in the following list there is hardly any article that could be omitted.

General requirements:--

2 Common chairs, @ 50¢ each,	\$ 1.00
1 Low rocking chair,	1.00
1 Clock,	1.00
1 Thermometer (oven),	1.00
1 Galvanized pail for water,	.50

1 Galvanized garbage pail with covers,	\$.75
Kitchen cabinet,	8.00
Roller table,	1.50

Boards and wooden articles:-

Meat board,	.25
Bread board,	.25
Wooden spoon,	.05
Ice cream freezer,	3.00
Rolling pin,	.25

Steel ware:-

Bread and butcher knife,	1.50
Small pointed vegetable knife,	.15
2 Case knives and 2 forks,	.25

Enamel ware:-

1 two-quart double boiler,	.75
(If the new kind with "ears" is obtained, the lower part of double boiler can be used for kettle.)	
1 one-quart double boiler,	.50
1 six-quart kettle,	.75
1 four-quart kettle,	.50
1 large sauce pan,	.50
1 small sauce pan,	.35
4 four-quart milk and pudding dishes,	1.50
Individual baking dishes,	.50
Soap dish and sink drainer,	.35

Porcelain ware:-

1 Mixing bowl,	\$.15
2 two-quart bowls,	.20
1 Large and 1 medium-sized baking dish,	.40
6 small baking dishes,	.30

Tin ware:-

Frying basket,	.20
Soup strainer,	.05
2 Dish pans,	.60
1 quart measure,	.10
Wire toaster,	.10
2 Cake pans,	.15
6 Bread pans,	.40
4 Pie tins,	.30
1 Prune and vegetable press,	.15
Colander,	.10
Tea strainer,	.05
1 Funnel,	.05
Flour and sugar scoops,	.10
1 oven sheet,	.15
Bread box,	.40
Cake box (tin),	.40
1 Cake rock,	.05
Dover egg beater,	.10

Iron ware:-

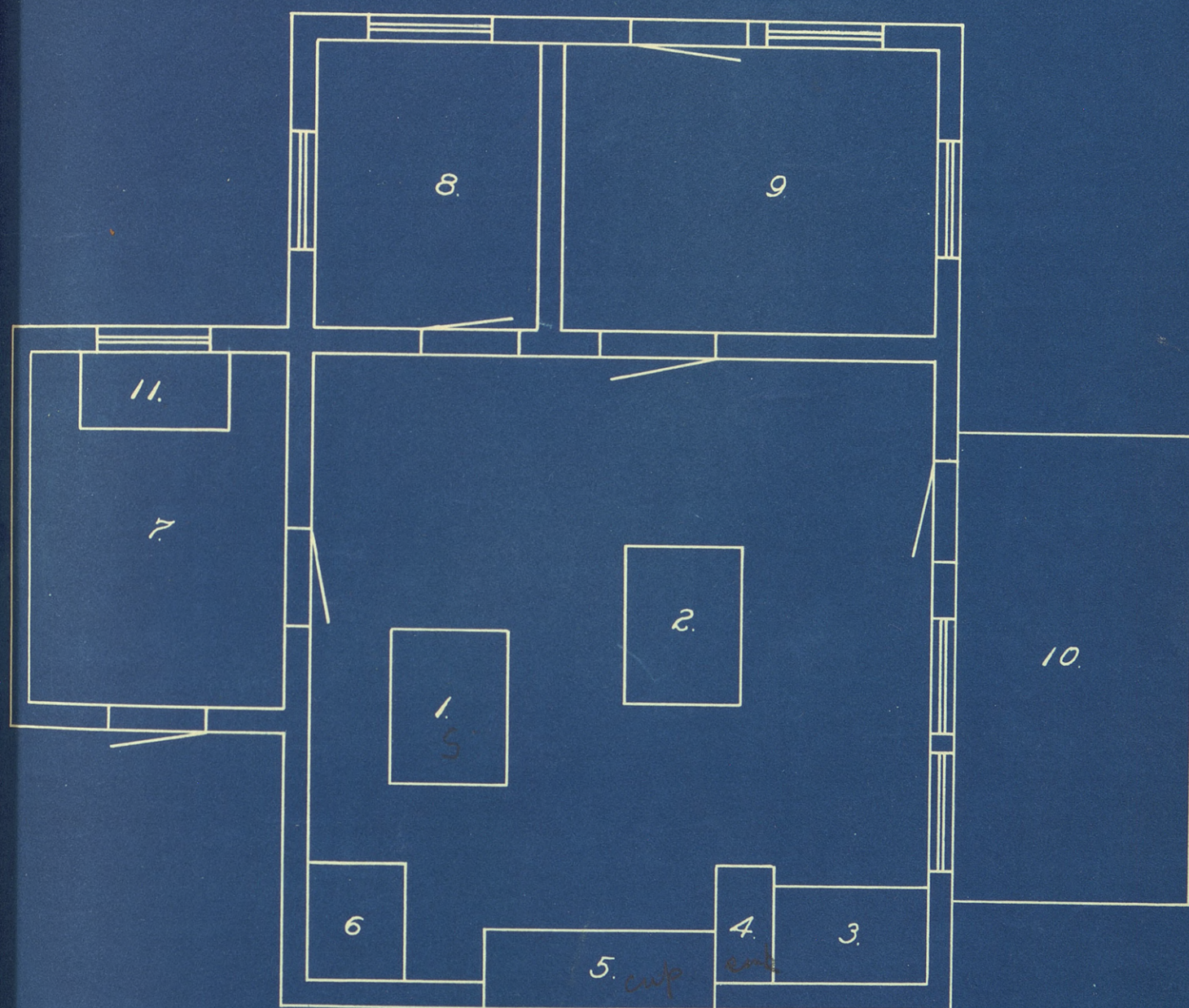
Waffle irons,	.80
Gem pans, .x.	.30
Meat chopper,	1.25

A good range will cost from fifty to sixty dollars. The teakettle will be about \$1.25, and the kind of a refrigerator one should have will be twenty or thirty dollars, making a total of about \$112.60.

It is the best plan to get the latest kind of a refrigerator, as it is the easiest cleaned.

One proud feature of this ideal kitchen is, when work is done there is no array of dish pans, cooking utensils, and spoons hanging around. Everything is out of sight, yet all is at hand, compactly stored away in cupboard or pantry, and only a few steps is required to reach every kitchen tool.

Kitchens can and will be improved more and more, for people now realize that all improvement comes through changed mental states which are, in turn, influenced by environment. They are beginning to realize, also, that the quality of our work is determined by our mental attitude, that cheerfulness tends toward the betterment of our work, and thus the wholesomeness of our food depends upon the cook's satisfaction, and the comfort and convenience afforded her for doing her work.



PLAN OF KITCHEN

Scale $\frac{1}{4}$ " = 1 ft.

C.A.G.