

*The Model Kitchen.*

*by*

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This is a subject which ought to appeal to everyone, because what person is not interested in his daily food which will be palatable and nutritious if properly prepared, or insipid and unhealthful if improperly prepared. The sooner our women of the world learn that the work accomplished in the kitchen is elevating instead of degrading, just so soon will all mankind be lifted to a higher level of life, morally, intellectually, and spiritually.

It has been said, "the kitchen is the heart of the home, and the parlor the crown," and again, "in the parlor may bloom the flower of its culture; but the root of its comfort is in the kitchen."

In olden times there were "ladies" and "servants" and so there are today; but the servant is a lady as much as her mistress and rightly so too in word as well as act, for the word lady means "dispenser of the loaf." From the standpoint of true and holy womanhood, the mistress of the kitchen occupies a position which she may well be proud of and it is her work in this capacity which moves the world along.

What is a kitchen? Some think it

the most unattractive room in the house, full of odors of cooking food and smoked walls. Here is our modern definition of a kitchen: "a kitchen is a chemical laboratory in which are conducted a various number of chemical processes, by which food is converted from its crude state into a condition more suitable for digestion and nutrition and made more palatable." What would our grandmothers think if we should tell them a kitchen was a chemical laboratory in which to prepare food. There is the science of cooking as well as the art and we learn to combine certain foods for their food value, as well as to make them palatable and inviting.

The first kitchen of which we have record was that used by the savages; it was the forest with a rustic mat of leaves and twigs and a canopy of God's blue sky. The Egyptians' houses were one room in the form of a circle and used for all purposes of living. The fire-place was rudely built in the center of the room. There was no chimney, consequently the ascending smoke had to escape through whatever outlet

between the roof and wall it could penetrate.

The colonial kitchen always brings with it the thought of an abundance of supplies ~~within~~ which to satisfy the inner man. Let us take a glance at our grandmothers kitchen. The floor was kept scrupulously clean for grandmother believed that cleanliness was next to Godliness. The deep windows were resting places for several plants which gave a touch of life to the room.

Festoons of dried apples and red peppers ornamented the ceiling which was not ceiled but consisted of the bare rafters. A fireplace and very large oven were both here, each performing its proper function.

Have we ever thought of the influence which the kitchen exerts over the welfare of this, our glorious land? What man is capable of noble thoughts and high standards of living if he has just finished a meal consisting of soggy bread and grease-soaked meat and potatoes. The body must have proper nourishment, as well as the mind, "a strong mind in a strong body" is what accomplishes

the greatest good to the greatest number of individuals. Great men come of good blood but how can we have good blood without good food to make it.

If those who have the keeping of our homes in charge could realize that a nation never rises above its homes, they would see the importance of the situation, and proceed at once to uplift mankind, by maintaining a higher standard of living.

A kitchen in which to prepare nutritious food must be furnished with all the proper and necessary utensils, for it is said, "a surgeon may as well attempt to make an incision with a pair of shears, or open a vein with any oyster knife, as a cook pretend to dress a dinner without proper tools."

There are many utensils which are necessary in a kitchen and many others are found there which are very useful and convenient but at the same time they may be dispensed with if economy has to be strictly observed.

The great iron pots and kettles which were enough to break our grandmothers

backs, have been replaced today by granite, enameled, and aluminum ware which is light, serviceable, and not very expensive. Aluminum ware, on account of the expense, is not used so extensively as the granite, which is found in almost every home. There are several grades and prices of granite ware, varying with its production. If the foundation of the utensil is tin and covered with only one coat of enamel, it is very cheap and its durability is small. But a copper foundation with two or three dippings of enamel will form a vessel which will last for years, and the price of it will be lost sight of in the durability.

What does a "model kitchen" mean to us? A model is a pattern which is perfect enough to be copied. A model kitchen should be one which is so perfect in its furnishings and conveniences that every housekeeper would try to reproduce it in her own home. In the model kitchen, extra steps should never be known, therefore this room should not be too large, but of such a size that the distances between the stove, tables, and cupboard are

small. Some think a kitchen must be large to be airy, but with proper ventilation this is unnecessary.

Cleanliness and cheerfulness in the kitchen are essential requisites to be noticed. If the furnishings and equipments are kept clean and bright, an air of cheerfulness is sure to be the result.

The floors of our grandmother's kitchen were almost immaculate by the aid of stiff brushes and elbow grease, but the consequence was an aching back and sore joints.

Today we want a tile floor in our laboratory with a small drain pipe at the side of the room, through which the water that cleanses the floor may pass into the sewer. The tile floor is a modern idea for domestic rooms but their neatness and hygienic qualities are bringing them rapidly into favor.

The walls and ceiling of the kitchen should be of the half-glazed brick or opalite to correspond with the floor, all being some light color as green, blue, or gray. Who would not enjoy working in such a room.

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The stove is built into the wall with a white enameled brick front, the floor also being laid with these bricks about two and one half feet in front of the stove. A marble slab is sunk into the wall and extending out about sixteen inches. On this slab are four gas burners with a metal rack above them. The two ovens are built above these burners at a convenient height and are warmed by burners just below them, which are invisible from the front of the stove, being hidden by two mica slides. A warming oven is located in this upper section also. Above the ovens is an opening in the chimney covered with a wire grating through which the fumes of all cooking escape, thus helping to keep the air fresh and pure. The oven doors are brass, all of the other metal work being iron finished with aluminum paint which blends with the marble and brick. Such a stove would be a thing of beauty, as well as a most convenient article and surely it would help to produce the best of pies and cakes. A table should occupy a convenient



place between the stove and sink and be of such a height as to prevent bending over when working on it. Two drawers under the table to hold knives, forks, spoons, string, scissors, and such articles will save time and patience.

The height of the sink should also be adapted to the person who uses it most. There should be no cupboard under the sink as enclosed drainpipes make too healthful a bed for the most infectious germs. At one end there is a grooved draining board which slopes toward the sink. Two feet above, is a shelf, on which the borax, whiting, ammonia, silver polish, etc. should be found.

There should be two or three straight chairs, and a stool just high enough to bring the arms conveniently on the table. Such a stool will save much strength and energy, when apples or vegetables must be washed; in fact a great deal of work may be accomplished while sitting, which the average woman does standing. A stool is not often found in the kitchen, but when its value is understood, it

will be considered a necessity rather than a novelty.

A cupboard opening into the dining room with three shelves above and two drawers below, will save many trips between the two rooms. The food for the table may be placed on the shelf and then transferred to the dining table from the other side.

The drawers should be made to slide either way so the table linen may be kept in one end, dishtowels, meat cloths, jelly bags, etc. may be kept in the other.

A cupboard containing shelves and drawers large enough to accommodate all of the dishes used in the kitchen, should occupy a conspicuous and convenient place.

It is not the number of articles found in the kitchen which makes it ideal, but the convenience and usefulness of them. As the art of Domestic Science is being taught more than ever, the intelligence which the women gain will be of great value to them in their selection of utensils for their kitchens.

The foregoing description gives merely

a general outline or suggestion of the plan which may be carried out in the furnishings of a model kitchen, leaving the details to the individual taste of each woman who aspires to have one room where she can perform the manipulations which if properly done will make the world move rightly. The meatgrinder, muffin rings, spatula, slotted wooden spoon, can opener, lemon squeezer and a score of other utensils will always be found in the properly furnished kitchen.

We may not all have to perform the domestic work in our homes, yet we should know how to direct the one who does it. The girl who does our work may not have had the scientific training necessary to a knowledge of nourishing and palatable combinations in food, so proper direction from the educated mistress will be the guiding line which will govern that girl's work in all her after life.

The sooner the importance of Domestic Science is known all over our land and practiced by all our women, the sooner will the standard of living be raised to such a degree as has never yet been attained.