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Recommended Citation

Dolve, M., "The Kitchen" (1922). *Extension Circulars*. Paper 87.
http://openprairie.sdstate.edu/extension_circ/87

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JUN 22 1922

THE KITCHEN

by

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The kitchen can well be called the work shop of the home for a very large part of the home maker's time and energy is spent doing the work in the kitchen. Sometimes we loose sight of the fact that much of what seems drudgery is to a great extent due to gloomy and inconvenient surroundings; that a room with a drab or dark blue walls create drab and blue thoughts, that a sunny and cheerful room will do much to keep the worker happy and contented.

The United States Department of Agriculture, Department Circular 189 says, "The conveniently planned and equipped kitchen saves time and labor for the housekeeper and contributes to the health and contentment of the whole family. Good lighting and ventilation are important too in making the kitchen a pleasant workroom."

Remodeling old kitchens is often a difficult problem, but even minor improvements, such as giving walls, woodwork, and floor an attractive, durable, easily cleaned finish, and adjusting table and sink to a comfortable height for the worker, reduce drudgery and save energy.

One of the best ways to start improving a kitchen is to take pencil and paper, sit down in the kitchen and make a list of the good points that can be made better and the bad points to be done away with. In this study of the kitchen these questions should be asked: Is it sanitary? Is it convenient? Is it beautiful? Very often changes can be made with little or no outlay of money.

To be sanitary there should be no places to harbor dirt or dust such as: cracks in the floor or old coats hanging around the wall; the walls impervious to water and grease but easily cleaned as should be the simple woodwork; sufficient windows and doors so that good ventilation and sunshine a part of the day is possible at all seasons.

To be convenient the fixtures such as the stove, sink, work table etc., should be so arranged in regard to each other that the work can be done with as few steps as possible and still not seem crowded. The table and sink should be of the right height for the workers. Sufficient utensils and labor saving devices will lighten the work.

South Dakota State College of Agriculture and Mechanic Arts and U. S. Department of Agriculture Cooperating. W. F. Kumlien, Director.

Issued in furtherance of Acts of May 8 and June 30, 1914.

To be beautiful, there must be plenty of light and the colors of the walls and floors must be cheerful, harmonious and easily kept clean and the furniture simple in design and finish so that cleaning is easy. No where does dirt mar beauty as much as in the kitchen. Beauty in the kitchen does not mean expense. It costs no more to have all enameled ware of one color in place of a mixture of all colors. There is no saving of money in selecting floor and wall coverings of drab or flashy colors or those that are unsuitable for sanitary reasons. Much cheer is given the worker by good selection. The most convenient arrangement of the well polished pots and pans is the most useful as well as the most beautiful and ornamental.

If you can get ahold of the November 1922 issue of the "Farmer's Wife" read the article, "My Kitchen Walls and Floor" by Marjorie Sims, Home Management Specialist, University of Illinois. Some other references are: The Well-planned Kitchen U. S. Department of Agriculture, Dept. Circular 189, The Farm Kitchen as a Workshop, F. B. 607 Home Made Fireless Cookers and Their Use (F. B. 771) Farm Home Conveniences (F. B. 927) Water Systems for Farm Homes (F. B. 941) Floors and Floor Coverings (F. B. 1219) House Cleaning made Easier (F. B. 1180)

Care of the Kitchen and Equipment

Everyday the care of the kitchen should include wiping off the stove, brushing up the floor, cleaning tables and shelves, thorough cleaning of the sink, and wiping off the walls and woodwork where needed.

Cleaning Agents

There are a good many cleaning agents on the market which are put up in special forms. These are convenient but often rather expensive. Some inexpensive cleaning agents we should all be familiar with are:

Soap - Choose one with no free alkali which is hard on the hands and finished surfaces.

Kerosene - Cuts grease and thus frees dirt.

Washing soda, Borax, Lye and Ammonia - Soften water and cut grease (Use $\frac{1}{2}$ lb. washing soda, 1 ts. lye, 1 lb. borax, or 2 lb. ammonia for each gallon of water)

Whiting - The foundation of most cleaners so it is economical to buy in pound packages. Moistened with water it makes a good cleaner for most metals and glass but with the following is even better:

Whiting and alcohol, for silver

Whiting and ammonia for nickel

Whiting and dilute acid for metal such as aluminum, brass copper and nickel.

Whiting and warm water for enamel.

Whiting and fine steel wool for aluminum.

Stove

The stove may be kept clean by wiping off while still warm, any grease or spilled food with a newspaper. To clean top of ranges, a cloth dampened with kerosene makes a good cleaner. Of course this should be used only when the stove is cold. Steel top stoves need only the application of soap and water for cleaning. If very greasy add soda to the water and it will clean more easily and thoroughly. The stove must be kept free from ashes and soot to get the best results from the fuel used. The U. S. Fuel Administration in its "Fuel Facts" said; "That a thin layer of soot has as much heat resistance as ten inches of iron!" Daily cleaning of ashes and weekly cleaning of soot is necessary. In caring for the gas or kerosene stove the tray under the burners should be regularly removed for cleaning. The burners may be cleaned by washing with water containing soda - boil until clean. Rub clean with paper or brush.

Sink

The sink needs thorough cleaning after each meal. Clean wood-work and faucets and flush out sink with hot water to dissolve the grease in pipes. At least once a week flush out pipes with hot salt soda or lye solution. Iron sinks should be wiped dry and rubbed over with an oiled cloth. Keep the sink free from food. A sink drain is necessary for collecting refuse during meal preparation and straining dish water. This should be emptied, and thoroughly cleaned when the sink is washed. For an enameled sink soap, coal oil or whiting are good cleaning materials. Coarse scouring material remove the enamel and leaves an unattractive appearance. The garbage pail needs to be emptied frequently and scalded with hot soda solution. Cleanliness in this matter will help to keep the house free from flies, water bugs, etc.

Steel Cutlery

Bath brick is an excellent cleaner for steel ware. A large cork is better for scouring than a cloth and can be easily kept clean. After scouring, wash, scald and dry well to prevent tarnishing.

Silver Ware

If silver ware receives good daily care it requires little special cleaning. Do not let it remain unwashed. Use plenty of soapy water, scald and dry thoroughly to prevent tarnish.

For cleaning use a soft cloth, if very much engraved, a brush, rub with whiting moistened with water or alcohol. Wash and dry thoroughly. Another method of cleaning silver with much less effort or just as good results is to place silver in an aluminum pan with 1 lb. baking soda and 1 lb. salt to each quart of water needed to cover the silver. Boil until clean which will be about ten minutes. The same results can be gotten by using a zinc pan or an agate ware dish with scraps of shut zinc placed in the bottom.