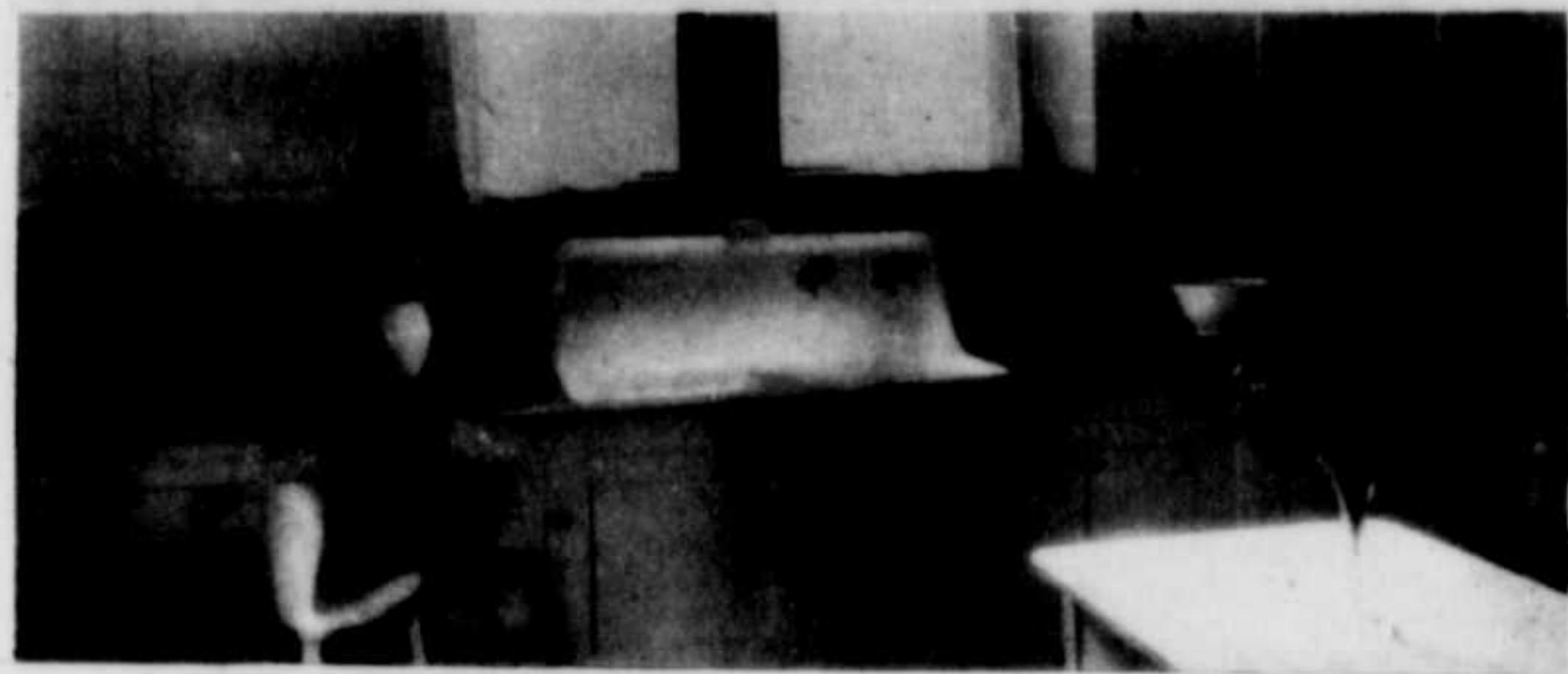
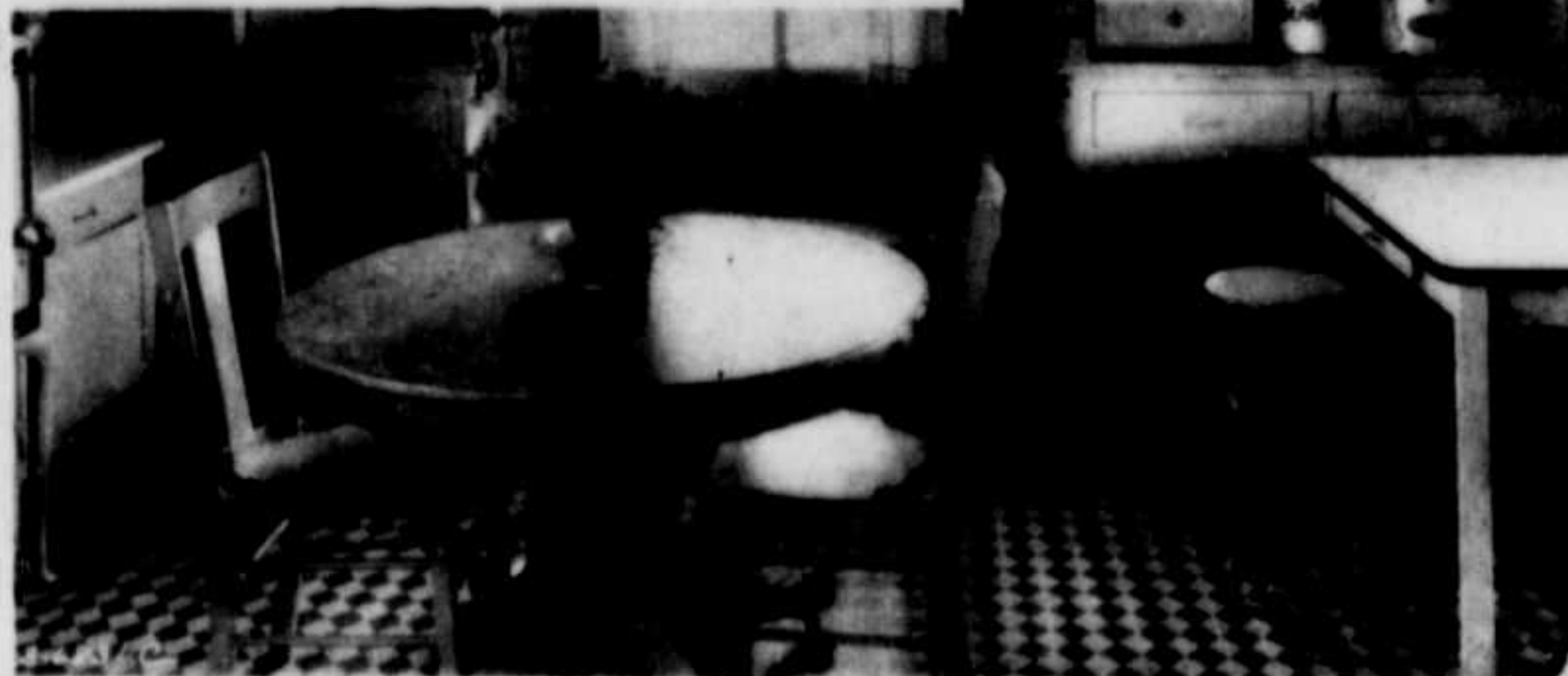


Homemaker's Pages



A Tennessee 4-H Club girl's prize-winning improved kitchen.



Kitchen cupboards cut down the work in this Prince Williams County, Virginia, farm home.

Step Saving Methods Lighten Kitchen Labor

Small Changes Often Show Striking Results

STEP-SAVING methods for the farm kitchen are being stressed this year in home planning activities throughout the South. The objective sought is to cut in half, the number of steps taken by the average women in preparing the three daily meals for the family.

Thoughtful farm home-makers, home demonstration agents and university specialists in home management have jointly tackled this problem. Already they have discovered that there are plenty of kitchens where the mere rearrangement of equipment will work wonders in saving steps and eliminating

lost motion.

The first step is to place equipment so that work progresses from right to left. Movements are to the left. This is logical since the left hand usually deposits utensils while the right hand does the work. Studies show that when the cabinet, or in some cases a cupboard with a table beneath, is directly to the left of the sink, much less effort is required and work is expedited.

"Assembly Line" Established

The chief step-saving systems hinge upon using refrigerator and sink as the base. It is from this point that preparation of food starts. The kitchen cabinet is the next point most frequently visited and the stove is the fourth point of contact.

The kitchen table should be located as nearly central as possible from refrigerator, sink, cabinet and stove. The table should never be placed in sequence from refrigerator to stove.

In many farm kitchens where running water is not available, it has been found a great convenience to use a reservoir such as an old oil or gas drum, or a large size keg with a tap attached. In this way, a day's supply of water can be stored at one time.

Small Changes, Big Results

Home Demonstration Agents have constantly found that very little changes often accomplish surprising results. In one Maryland home, a sink and hand-pump were moved from the back porch into the kitchen and a capacious cabinet was built across one side of the room to just the right height for the comfort of the housewife while doing

her kitchen work. These small changes cut work in this farm kitchen almost in half.

Miss Maude E. Wallace, Virginia Home Demonstration Agent in reporting on the work completed in 1935, tells specifically of 4,023 kitchens made more convenient; 409 sinks installed; 323 kitchens with running water installed. In all, there were 15,750 women enrolled in home improvement demonstration clubs in Virginia at the beginning of this year.

At the University of Kentucky, 150 girls enrolled in the college of agriculture are required to spend six weeks during their senior year in the University Home Management house where they are given intensive practice in keeping a home, particularly in problems of the home kitchen. Experimental cookery not only deals with problems of diet and nutrition, but also with modern step-saving kitchen practices.

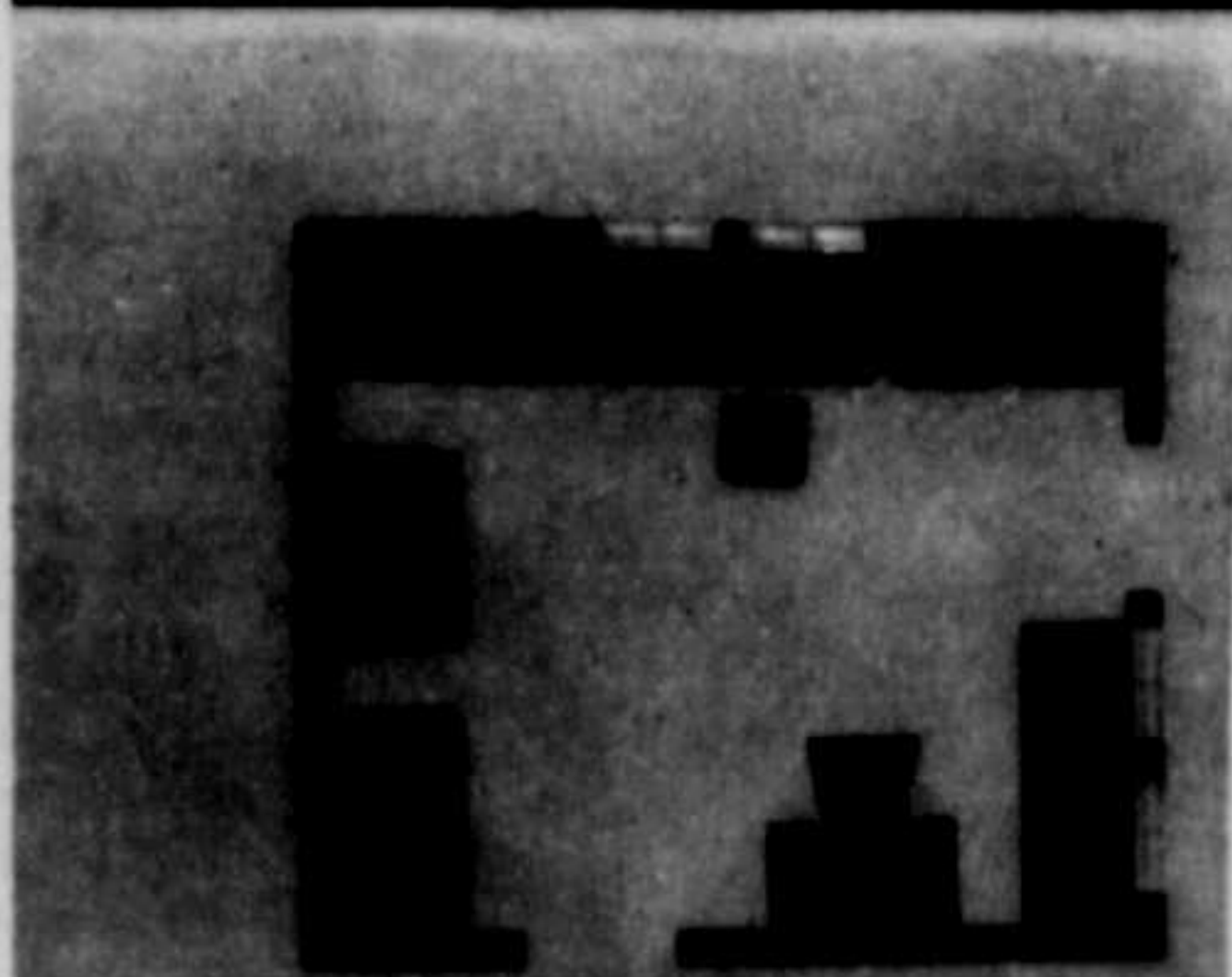
In Tennessee, home management specialists of the extension service this year hope to reach 50,000 farm homes in their improvement projects—last year the total reached was 34,801.

Running Water Essential

In all kitchen improvement projects, the installation of running water is given consideration. In one demonstration system a simple force pump lifts the water over 20 feet from a spring 180 feet distant and then forces it into a tank 10 feet above in the attic. The complete cost for the installation of this system was less than \$100.

Miss Lillian L. Keller, University of Tennessee Extension Specialist, explains that many kitchens can be made more comfortable by putting in an extra window and obtaining better ventilation. Two windows provided by putting the lower sash of a long narrow window on a level with the upper sash will give much better light and ventilation.

Left, Miss Alma Nixon, Home Demonstration Agent, Davidson County, Tennessee, exhibits a blue-print of her step-saving kitchen. Below, a photograph taken looking directly down into a model of Miss Nixon's kitchen.



M-O-T-H-E-R -- What a world and of memory there is crowded. It is indeed fitting that on the second pauses to do reverence to that honored 10, no man, no woman, but will turn or in memory, to that fount of e MOTHER.

"Play-Acting" Fu



The gavel is just ready to fall as two of the play, "Clubbing a Husband," successful Homemakers.

By MRS.

KENTUCKY Homemakers like dramatic club programs. Nice sums of money are community kitchens, school lunches, building well as financing trips to state and district Federation.

There are eight regularly organized drama three in Pike.

Last Fall, a drama contest held in Pike skit at the annual Fall meeting, Henry Clay

In Madison county, White Hall Home the most interesting members of the cast was well. In Harlan county, a Twilla Club member an evening's entertainment netted \$25 to pay at State University, Lexington. In numerous of projects sponsored by the Extension Service food project were embodied in "A Visit to D Mrs. L. G. Davidson. In Kenton county, "M character in a play in which she was "shown."

A unique undertaking for the 1935 state play, "The Neighbors," by a cast of persons previously and who came together at that time met for the first time just the day before the

"Play acting" has proven a delightful for those attending and an easy means of fina

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