

*Planning*

*Modern*

*Farm Kitchens*

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# Planning Modern Farm Kitchens

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A convenient and comfortable kitchen is a treasure in any farm home, and is the one room in the house in which the homemaker spends more hours during the day than any other. Since the kitchen is one of the most important, it should also be one of the most attractive and conveniently furnished rooms in the house.

There are as many factors to consider in refinishing old kitchens as in the construction of new kitchens. The modern kitchen is scientifically planned to save waste motion, and to provide a light, well-ventilated, colorful place in which the homemaker really enjoys working. Each old kitchen presents an individual problem, but this does not eliminate the fact that there are certain fundamental principles the homemaker must consider before remodeling her kitchen.

One of the aims in kitchen improvement is to have farm homemakers study their kitchens as they exist in order that they may plan how to improve their kitchens according to their needs. There is no one model kitchen which will fit the needs of every homemaker. A convenient kitchen is one that is adequately furnished, well arranged, pleasing in color, and of a size adapted to the needs of the family occupying the home.

## PROVIDING ADEQUATE LIGHTING AND VENTILATION FOR THE KITCHEN

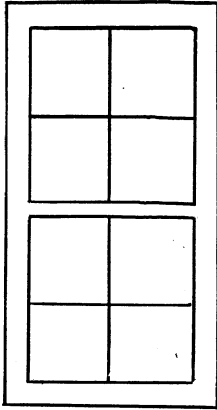
It is a comparatively simple task to plan an efficient kitchen when building a new house, but the old kitchen with its large doors and many tall windows presents complicating problems. In most kitchens, built several years past, the natural lighting and ventilation are very poor. Inadequate natural lighting often requires more expense for correction than inadequate artificial lighting. Eye and nerve strain result from kitchens that are dark in the day time and poorly lighted at night. During several months of the year the dark cloudy weather makes it necessary to use artificial lighting during the day.

**LOCATE WINDOWS TO GIVE ADEQUATE LIGHTING AND VENTILATION.** The placement of the window in the wall is very important. Broad short windows placed 45 inches to 50 inches

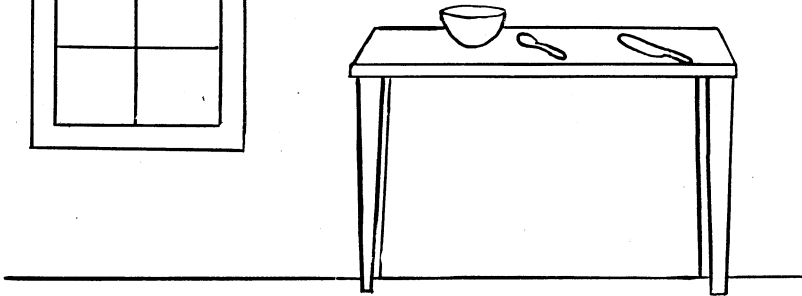
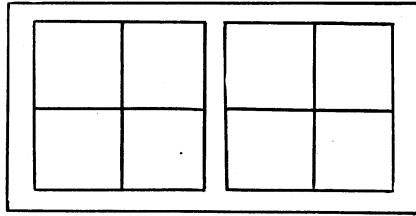
from the floor are best for kitchens, because they permit the odors to escape, and provide space beneath for the placement of furniture. Tall narrow windows in an old kitchen can be turned crosswise to give better lighting and more space for placing furniture. (See picture below.)

#### CONVENIENT PLACEMENT OF WINDOWS

Tall narrow window.



Same window turned crosswise.



Windows placed on opposite sides of the kitchen provide the best ventilation. It is not advisable to place windows in the center of a wall as it cuts the wall space into equal divisions, which is not conducive to the best furniture arrangement. Windows should be placed so that good natural lighting is obtained at the sink, the stove, and the work table. Kitchen windows placed at the side of the sink rather than directly over it give less glare, especially when the sink is located in a west or an east wall.

THE TYPE AND SIZE OF WINDOWS ARE TO BE CONSIDERED. The size of all windows should equal one-fifth of the floor space to produce sufficient light in the kitchen. If the kitchen is 10 feet by 12 feet, there should be 24 square feet of window-space in the kitchen.

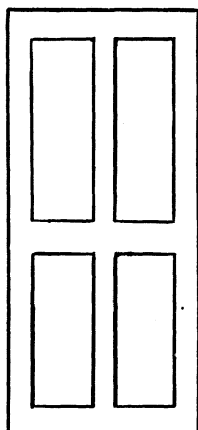
It is necessary for windows to open at both the top and the bottom to give proper ventilation in the kitchen. Screens on kitchen windows should extend the full length of the window for sanitary purposes.

**KIND AND PLACEMENT OF DOORS DIRECTLY AFFECT LIGHTING AND VENTILATION.** There should be as few doors as possible; probably four is the maximum number desired in any kitchen and three is preferable. A door placed in the wall about one-third the distance of the wall from one corner and two-thirds from the other corner divides the wall into good proportions for furniture arrangement. Large pieces of furniture may be placed against large wall spaces. It is very necessary that all kitchen doors have space to swing back and forth or to stand open when needed.

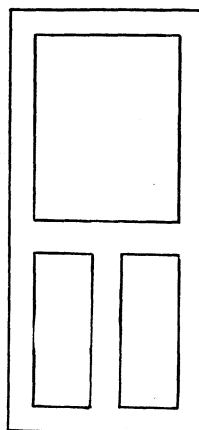
Many kitchens need more light and better ventilation. A transom inserted above the door often helps to give better ventilation and natural lighting in a dark, poorly ventilated kitchen. In a small kitchen, with little room for windows, natural light may be introduced by putting glass in the upper part of the door leading outside or to an open porch. (See picture below.)

**INTRODUCING MORE LIGHT INTO THE KITCHEN**

**Kitchen Door  
(No light)**

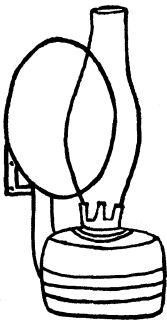


**Glass Inserted at Top  
(More light)**

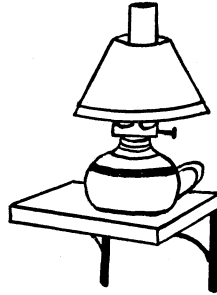


**ARTIFICIAL LIGHTING SHOULD BE CAREFULLY CHOSEN.** It is very necessary that great care be taken in the selection and arrangement of kitchen lighting fixtures. Poor lighting in the kitchen creates a nerve strain, and is injurious to the eyes.

There are several types of lighting used in the kitchen today. Some of the types used are kerosene, gasoline, carbide, and electric lights. Regardless of the kind used the amount of light should be sufficient to work with ease. If kerosene lights are used, the bowl should be large enough that it does not have to be filled each day. Cleanliness of chimneys, bulbs, globes, and fixtures is very important. Dirt and dust obstruct part of the light and result in less light for the worker. Kerosene produces more light when a reflector is placed over the chimney. It is safer to set a kerosene light on a shelf or of light eliminates any shadow in the kitchen and is inexpensive. (See picture on following page.)



**Kerosene Lamp with Reflector  
and Wall Bracket**

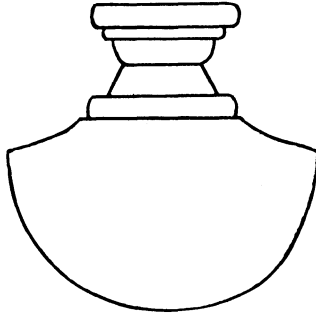


**Kerosene Lamp on  
Shelf**

A light is needed near the stove, near the dish washing center, and at the breakfast table, if meals are eaten in the kitchen. Lights should be arranged so the worker will not have to do her work in a shadow.

Electricity is one of the most ideal types of lighting for the kitchen. The design and placement of electric light fixtures greatly influence the lighting of the kitchen. A single electric light bulb dangling on a cord from the center of the ceiling lights little but the floor beneath and is considered a very poor method of lighting. If this type of lighting is already installed it may be improved by placing a shade over the bulb. A bulb should never project beneath the shade if glare is to be eliminated. In a medium size kitchen one white diffusing globe will furnish sufficient light provided about 100 or 150-watt frosted electric light bulb is enclosed. This type of light eliminates any shadow in the kitchen and is an inexpensive size. (See picture on following page.)

**APPROPRIATE CEILING FIXTURE**



**Good Method of Lighting Kitchen.**  
White globe with 150-watt  
frosted bulb enclosed.

In a large kitchen it is well to place a light above the sink for the best lighting. This light should have a shade or globe which projects the light downward as shown in picture below.



**Suitable Lighting Above the Kitchen Sink.**  
A frosted bulb used in this type of globe produces a soft  
light without glare, which is highly desirable.

**HOW TO CHOOSE WALL COVERINGS FOR THE KITCHEN**

Kitchen walls and ceilings are a part of the background of a room and should be just as attractive as the walls of any other room. Kitchen walls and ceiling should be smooth, easily cleaned and cheerful in appearance.

Since the walls and ceilings form a part of the background in the kitchen they should be related to the color and to the type of furniture as well as to the woodwork used in the kitchen.

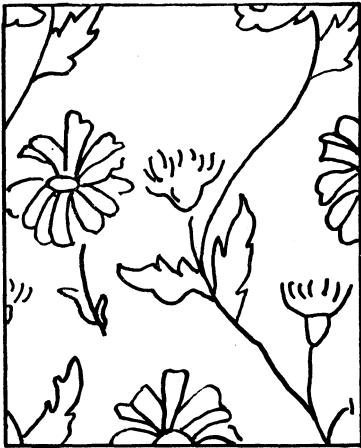
The color chosen for the wall and ceiling coverings depends upon the amount of light or darkness in the room and the exposure of the room to the sunlight. A kitchen with scanty daylight needs the help of very light walls and ceiling to make the room lighter. The color chosen for the wall

should be one that is not tiring to the eye. Brilliant, strong colors should be used in small areas such as in window curtains, utensils, accessories, and linings of cupboards. There are many coverings suitable for kitchen walls, such as oilcloth, plaster, washable paper, and oil paint.

**CEILING FINISHES SHOULD HARMONIZE WITH WALL FINISHES.** The ceiling of a room is above the heads of people and should not appear top heavy; therefore, the ceiling finish should appear the lightest in color of all the backgrounds. If the ceiling covering is dark in value, intense in color, or covered with bold and striking designs, a feeling of heavy weight above the head is produced.

The ceiling finish should harmonize in texture and color with that used in the wall covering. A plaster ceiling covering may be exactly like the wall covering, but it is usually more attractive when finished in a shade lighter than is used on the walls. The ceiling paper may be the same as the wall paper provided the color is light and the design is very small. If the ceiling and wall papers are the same type, a border is seldom used.

Cream, ivory, or oyster white ceiling paper are preferable to dark tones. Silver or gold finished designs are glaring on the eyes, and should never be used in wall or ceiling coverings.



Poor Design



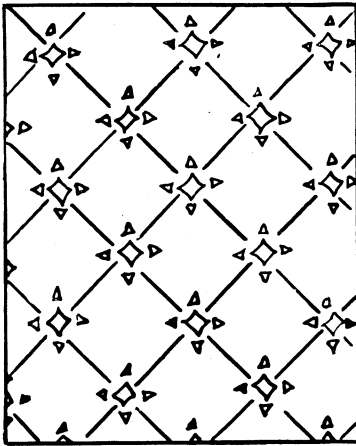
Poor Design



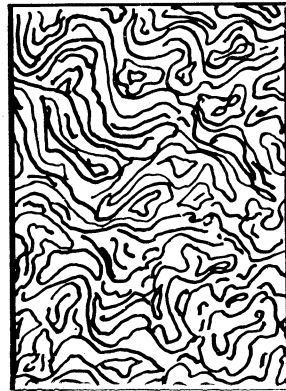
The proportions of a room with a high ceiling can seemingly be changed by extending the ceiling finish down on the wall. This effect makes the room seem lower in appearance.

**CHOOSING ATTRACTIVE WALL COVERINGS REQUIRES MUCH THOUGHT.** Since the wall is a part of the background of a room it should have a flat, solid appearance, which remains stable. A wall that displays realistic or natural-looking pictures of birds, fish, flowers, people, or landscapes destroys the solidity and flatness of a wall.

The design should be chosen in accordance with the size of a room. Large designs make the room appear smaller, while plain or small designs make the room appear larger. All designs should be conventionalized, when used in wall coverings or borders.



Good Design



Good Design

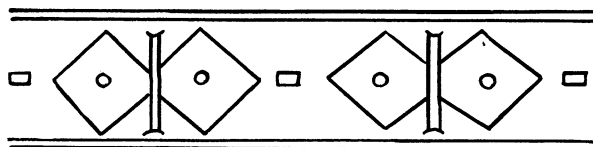
All-over, marbled or stippled effect designs are always appropriate designs for kitchen wall coverings. Large checks, stripes or designs easily counted are inappropriate for kitchens. Glazed, shiny paper reflects light and produces a glaring effect, and should not be used for wall coverings.

The color chosen for walls depends upon the location of the room, and other colors used in the room. Light and neutral colors such as cream, tan, beige, bisque, sand, taupe, and putty are usually desirable colors for kitchen walls. Cool colors such as pastel blues, and greens or orchids may be used on the kitchen with a sunny west or southwest exposure. Warm colors

such as pastel yellows, and rose may be used successfully on a kitchen with a north exposure that has very little sunlight during the day.

**BORDERS MAKE OR MAR THE ATTRACTIVENESS OF A WALL COVERING.** The width of the border enhances or detracts from the appearance of a wall according to the way it is used. Borders used in kitchens with low ceilings should be very narrow, probably one and one-half inch to two inches in width, while the border used in a kitchen with a high ceiling may be three inches in width.

The design in the border should be chosen with as much care as the design in the wall paper. The design in a border should be conventionalized, and should not be spotted in appearance as shown in picture below. The design in a border should have rhythm, which means that the eye is led pleasingly from one design to another.



**Poor Design**  
**(Border without rhythm, and spotted in appearance)**

Subdued colors of designs used in borders are more attractive than bright, striking colors.

**CONSIDER OTHER TYPES OF COVERING FOR KITCHEN WALLS AND CEILINGS.** Oil cloth is durable, easy to clean, hangs well on rough walls, and is reasonable in price, but needs careful hanging and occasional finishing with a clear spar varnish for the best results.

Plaster is satisfactory for a wall covering if it is smooth, hard, and is covered with two or more coats of good quality semi-gloss waterproof varnish. When applied over the enamel, varnish helps to hold the finish, and makes it grease proof. Rough plaster is not as easily finished or cared for as smooth plaster. Plaster may be blocked in tile brick designs, but is more easily cleaned when left smooth. Plaster is attractive when finished with stippled designs in appropriate colors of enamel.

Enameled walls are easy to keep clean, washable, and durable. Semi-gloss enamel proves quite satisfactory as a finish for walls since it does not produce a glaring effect. Flat paint should never be used on kitchen walls as it is very difficult to clean. Kitchen walls should not be calcimined because it is not washable, and is ruined by grease spots, even though it is an easy way to have a temporary, inexpensive, colorful wall finish.

Linoleum, which is made in a lighter weight than the type used on floors, makes a desirable wall finish that is durable and easy to clean. This type of wall covering is too expensive for the average home, and is best adapted for wall coverings in commercial kitchens.

Sanitas is especially desirable for kitchen wall coverings. It is made from cloth, and the top side covered with a coat of enamel. It is durable and may be refinished with enamel when the old design has worn thin. The excessive cost prohibits its use in many kitchens.

#### **HOW TO SELECT AND FINISH KITCHEN WOODWORK**

The woodwork of a room is a part of the wall, and for that reason is a part of the background. Since the woodwork is a part of the background it should be treated to harmonize in color and tone with the wall covering. There should be as little woodwork as possible in the kitchen, and it should be simple in design.

**THE FINISH FOR KITCHEN WOODWORK SHOULD BE CHOSEN WITH CARE.** In former years all woodwork in the house was painted dark to harmonize with dark wall coverings and furniture, but most woodwork used in kitchens today is finished in light colors. The type of wood used may influence the finish. If a cheap grade of pine is used, it is well to use an enamel finish or oil paint so the blemishes in the wood may be invisible. If the wood is of a good grade, smooth in texture, and of a fine grain the homemaker may desire to finish it with a clear, washable spar varnish. The more coats of varnish or stain used, the darker the wood appears.

Dark wood finishes seem to make the kitchen appear small, and neither does dark woodwork combine well with a light

wall finish. Light woodwork finishes are preferable in small rooms with many doors and windows. Woodwork without grooves and trimmings is more easily finished and cleaned than elaborately designed woodwork. Doors with several panels are difficult to finish and to keep clean. New wood should have a coat of flat paint, used as filler, before enamel is applied. Enamel is an excellent finish for old badly abused woodwork, as it hides many defects. It is well to sandpaper enamel between the application of each coat. Three or four coats with a sanding between each coat gives a nice finish. Door facings, window facings, wood or archways, and base boards should have the same finish. Flat paint should never be used as a finish for kitchen woodwork because it absorbs grease readily and is hard to clean. The finish of woodwork in the kitchen need not be the same as in other rooms of the house. Enamel finish for woodwork is usually preferable in the kitchen, and may not be desirable for other rooms.

**ATTRACTIVE COLORS ADD CHARM TO KITCHEN WOODWORK.** Light colored finishes add much to the attractiveness and sanitary appearance of woodwork in the kitchen. Subdued colors for woodwork are more fitting than the darker colors. There is nothing more attractive than a finish of ivory semi-gloss enamel. Other colors of enamel often used for woodwork are pale green, light tan, and soft light gray. Bright reds, black, or dark brown are not appropriate for woodwork finishes. These colors may be used in finishing accessories for the kitchen. When paper is used as a wall covering the color of the woodwork may harmonize with the background of the paper or with the design in the paper as desired.

#### **CHOOSING WINDOW TREATMENT FOR FARM KITCHENS**

Windows are the eyes of the house through which we look upon the outside world. Many homes are judged by the type of window curtains as viewed from the roadside. Curtains are not absolutely essential in the kitchen, but windows are usually more attractive if they are curtained.

Curtains for the kitchen should be simple in design, made of durable material, easy to launder, and should harmonize in color and texture with other backgrounds used in the room.

**CURTAINS SERVE A PURPOSE IN THE KITCHEN.** The purposes of a window in the kitchen is to give light, air, and an outside view. Many women like to stand at their kitchen windows while they work and enjoy a sunset, the meadow, or some beautiful view on the hillside.

Curtains in the kitchen are to temper the incoming light, to give privacy, to soften the severe effect of wood trim, to add a decorative note, to give cheer to the family, to shut out ugly sights, and to correct bad proportions in windows. Any curtain which obstructs a view or decreases light ceases to serve its purpose.

**CURTAIN MATERIALS SHOULD BE SELECTED WITH CARE.** The homemaker should exercise the greatest of care in the selection of materials for kitchen curtains. Price is no indication of good design and pleasing colors in curtain materials. The ability to select curtain materials depends more upon the knowledge and understanding of art principles than upon the money available.

The type of material chosen will depend upon whether the kitchen needs to exclude light or to let in more light. If the kitchen is dark, select materials which introduce light, such as cotton scrim, marquisette, voile, dotted swiss, dimity, cheese cloth, and thin flour sacks. Some kitchens are too light, especially those located on the southwest, and need curtains that exclude light. If so, choose such materials as print, gingham, percale, glass toweling, sugar sacks, and unbleached muslin.

**GENERAL COLOR SCHEME OF THE KITCHEN CONTROLS CHOICE IN CURTAIN MATERIALS.** There are several factors to consider in the choice of color in curtain materials. First, if the curtain is to form a part of the background of a room, it should harmonize in color with the wall covering, woodwork, and floor covering. Second, the choice of color depends upon which side of the house the kitchen is located. Cool colors, as blues and greens, should be used on windows having a sunny exposure. Warm colors should be used for curtains at windows located on north side of room. Light entering a room through pale blue, green, or lavender is cool in appearance, and certainly should not be used at north windows. Such a window should be curtained with colors as cream, ivory, yellow, soft tans, peach, apricot, or tints of pink and rose. It is very necessary that the color in curtains not be too intense. Pure white curtains are not desirable unless a great deal of white has been used elsewhere in the kitchen.

Curtain materials with a design of several colors may be chosen provided they are not in contrast to the dominating color of the room. Colors may be chosen which repeat the same color found elsewhere in the kitchen, or the color may be adjacent to other colors used in the room.

In a small kitchen, curtains which have a color in contrast to other colors in the background, make the walls appear broken into sections, and should not be used.

DECIDING UPON THE DESIGN IN MATERIALS AND TRIMMING TO BE USED REQUIRES KNOWLEDGE. One of the first considerations in deciding whether to use plain or figured material depends upon whether or not other background coverings are plain or designed. If the wallpaper and floor covering have definitely noticeable patterns, it is best to use plain curtain materials.

Larger designs may be chosen when curtains are to hang in folds than when curtains are placed straight across a window. If the design in the material is large it should not be used at small windows, and neither should material with striped design be used on tall windows. It is much safer to select materials with small designs than materials with large designs. One is always safe in choosing curtain material without any design.

The same principle for choosing designs in wall paper holds true in selecting curtain materials; that is, choose material with conventionalized design rather than naturalistic designs.

Kitchen curtains of designed or figured materials do not need any trimming or decoration. Curtains made of plain material may be decorated with bias tape or other tailored trimmings. If the bias tape is used as a decoration, the distance between the pieces of bias tape should not be the same as the width of the bias tape. Decoration in odd numbers is more attractive than even number.

For example, one, three, or five rows of decoration are more pleasing in appearance than two, four, or six rows of decoration. The principle of unequal lines and spaces is a law of Greek proportion in design and holds true in the decoration of kitchen curtains as well as when applied to other interior decorations.

The width of the decoration on kitchen curtains should not be the same width as the hem, especially when the decoration forms a part of the hem or is placed above the hem. For instance, three rows of bias tape used as decoration should not be two inches in width, if the hem is two inches in width. Two rows of medium green bias tape with a row of soft yellow bias tape placed in the center make an attractive decoration. Other combinations of colors in tape may include medium green and rose pink, light reddish brown and grayed orange, or medium blue and apricot. Bias tape may be folded and stitched on the curtain in rows, or it may be folded and used as a piping when the hem is turned to the right side and stitched. Lawn or cambric bias tape combines well with many different materials and launders well. Be sure that colors used are guaranteed against fading in sunlight.

Rickrack or contrasting colored materials may be used for decoration on kitchen curtains in a similar manner as bias tape. When rickrack braid is used, the medium and small size are very attractive and launder more easily than the wide width.

Shadow designs enclosed inside wide hems give a pleasing decorative effect. Conventionalized floral designs may be used as tulips or roses with the green leaves. The designs may be cut from plain colored cotton materials and fastened inside a wide hem with embroidery thread or stitched by machine.

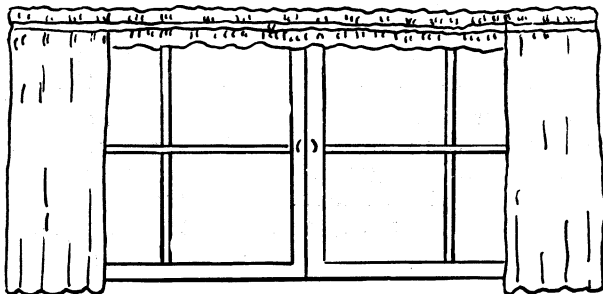
Applique is very attractive on kitchen curtains when the colors and quality of the materials and thread harmonize with the curtain material. Ruffles and frills are not appropriate for kitchen curtains, and should never be used. Trimming used on curtains should be tailored, since it is necessary to launder them frequently.

**MEASURING CURTAIN MATERIALS CORRECTLY IS RECOMMENDED.** Many homemakers make the mistake of not measuring correctly, or buying an insufficient amount of materials for curtains. Most cotton curtain materials shrink when laundered and result in curtains that are too short for the kitchen window.

Measure the length of the window from the top of the window facing at upper end of the window to the bottom of the window facing at lower end of window, plus the width of hems at both ends, plus two inches for shrinkage in each section of the curtains. In a short window probably one inch for shrinkage is enough to allow in each section. Unless the window is very small it is best to have two full widths of materials in each pair of curtains. When buying large designed or striped curtain material allow extra length for matching designs and stripes.

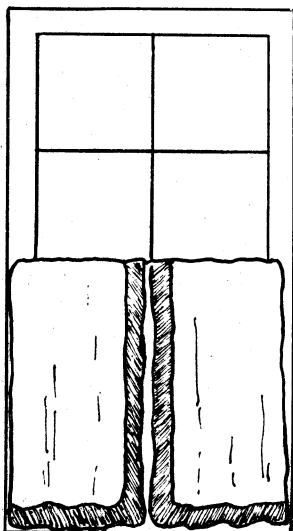
**DESIGNING, MAKING, AND HANGING KITCHEN CURTAINS IS IMPORTANT.** The lines and design of a curtain will vary according to shape and size of a window at which it is used. A narrow window will appear wider if the valance extends over the sides of the top of the window. A wide window will appear narrower if the curtains are set in, thus showing the woodwork. Short windows will appear taller when vertical trimming and designs are used in the curtains.

Double or triple windows should be treated as one window. A double casing is often preferred to a valance for short windows. (See picture below.)

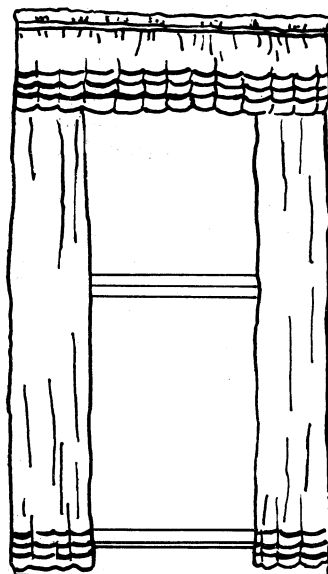


**Suggested Treatment For Double Windows**

Sash curtains are poor in design as they seem to divide the window into two equal parts as shown in picture at left below.



**Sash Curtains Inappropriate  
Seemingly Divide Window  
Into Equal Parts**



**Window Treatment for  
Tall Narrow  
Windows**



Cottage sets may be used for kitchen windows, but are not as good in design as straight line curtains.

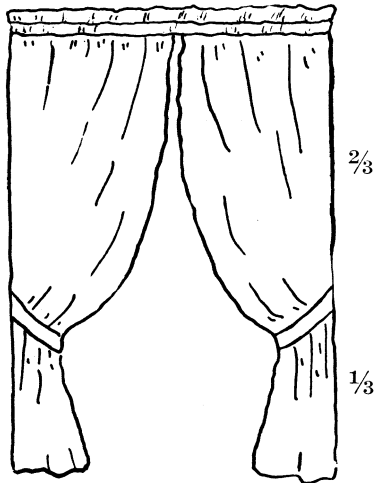
A valance, if used, should be reduced to a narrow width for a short, wide window or for two short windows. A wide valance with horizontal decoration makes the tall narrow window seem shorter. (See picture above.) Never use a valance alone at a window as it is poor design.

The construction is just as important as the designing of kitchen curtains. Selvedges often shrink and get out of shape when the curtains are laundered. Always remove selvedge and put hems in the sides of kitchen curtains. The hems on the sides of curtains may be from one-half to one inch wide. Kitchen curtains should have a small heading above the top hem or casing in which the rod is inserted. The bottom hem of curtains should always be wider than the side hem. The width of the bottom hem may vary from one and one-half to five or six inches depending upon the material, decoration, and size of window. A very wide hem should not be used at a short, narrow window; neither should a narrow hem be used at a tall window. The width of the top hem will vary according to the size of the rod to be used. The hem should be deep enough that the rod can be easily inserted without pulling the threads. The edges of the hems at both top and bottom should be fastened together with a small whipping stitch to prevent fraying out.

Much of the beauty of a curtain depends upon the way it is hung. Window curtains should be hung at the top of the upper window facing. When the window is very tall, it may appear lower by hanging the curtain at the lower end of the upper facing. A window curtain should extend to the bottom of the window facing rather than ending in the center of the facing. If the window is very tall, it may appear shorter by placing the curtain so that it extends only to the top of the lower window facing.

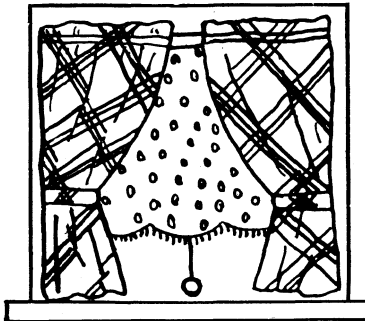
Tie-backs add interest to curtains, and hold the curtains apart to let in more light and permit space for the homemaker to see outside.

A tie-back should be placed one-third the length of the window from the lower edge, and two-thirds from the top. A tie-back should never be placed so that it divides the curtain into equal parts. When the tie-back is fastened, there should be a nice round curve in the lines of the curtain on the inside as shown in the picture. Tie-backs may be held in place by attaching a bone ring to each end, then fastening the ring on a screw hook, which has been previously attached to the outer edge of window facing.



**Appropriate Placement of Tie-Backs on  
Kitchen Window Curtains**

**SHADES FOR KITCHEN WINDOWS SHOULD BE DURABLE.** Shades used in the kitchen should be of durable material, light in color, and easily cleaned. It is not always necessary to use curtains when attractive shades are used. Never use a shade and a curtain both having designs as shown in picture below.



**Poor Design in Window Treatment**  
**Figured design in both curtains and shades. Fringe not needed**

There is nothing more durable and practical for the kitchen window than an attractive, well constructed oil cloth shade. Use roller sticks and end sticks from old worn shades. Measure

the length of the window plus the width of the hem. Hems are much better than scallops or fringe for the bottom end of shades. The hems should be stitched with long machine stitches to prevent cutting the material. Designs in oilcloth shades should be small, inconspicuous, and should harmonize with other colors used in the kitchen. Shades worn at the bottom edge may be cut off and hemmed again or exchange the lower end with the upper end of the shade. Oilcloth shades are no more expensive than paper shades found on the market and last several times longer. If there are two windows in the kitchen, measure the width of the two and purchase oilcloth accordingly. The 46-inch oil cloth may be wide enough for both shades; if not, buy the 54-inch. Shades should be made lengthwise of the oilcloth. The edges do not need a finish if the cloth has been cut parallel with a thread. An oilcloth shade may be cleaned from time to time with soap and water.

Shades may be made of cretonne, unbleached Indianhead, plisse crepe, glazed chintz, or unbleached muslin. These materials are inexpensive and easily laundered.

Other types of shades used in the kitchen should be light in color and washable. Shades of tan, cream, or ecru color are practicable for kitchen windows.

#### **HOW TO CHOOSE PLEASING COLOR COMBINATIONS IN KITCHENS**

Gone are the days of dark gloomy colors in farm kitchens. No longer does the homemaker feel that her kitchen should be dark in color to prevent it showing soiled places easily.

The color used in the kitchen often influences the disposition of the homemaker. Color may be soothing or irritating, cheering or depressing, according to its intensity and use in the kitchen.

Good balance and harmony should prevail in color combinations for kitchens. Light colors should dominate, and should be used in large quantities, while bright colors should be subordinate to the light color. If a third or a fourth color is added to the color scheme of a room, it should be used in small areas. No color would be used in a room unless it is repeated elsewhere in the room. Many colors are expressive; for example, yellow expresses cheerfulness, orange gives note of cordiality, red seems to stimulate, blue signifies calmness, and green is restful. Only one color and its variations of values and intensities used throughout a room is monotonous to most people.

Adjacent color combinations are most always pleasing to the homemaker. Some combinations of this type are: green, green-yellow, and yellow; blue, blue-green, and green. A triad or three-type color combination is very interesting. An example of this type would be green, red, and violet; yellow, red-purple, and blue. All of the colors mentioned above would need to be grayed to a subdued tone by adding white or black in sufficient quantities before they are appropriate to use in kitchens.

**ATTRACTIVE COLOR COMBINATIONS CREATE BEAUTY IN THE KITCHEN.** A pleasing color scheme should be planned for the kitchen, since it is an inexpensive and usually a successful way of making a kitchen attractive in appearance. Color is used to compliment the kitchen without plenty of light as well as to improve the kitchen having plenty of light. It is a known fact that light values of colors such as ivory, buff, tans, daffodil, yellow, soft gray, and pale yellow-green reflect from 67 to 76 percent of light, while dark brown reflects 22 percent, and dark green only reflects 14 percent of light.

The location and exposure of the kitchen will determine whether a warm or a cool color will be used. The general color scheme for decorations in the kitchen suggests cool colors as blues, greens, grays, and violet on the west or south exposure, and warm colors such as yellows, or rose-pink in kitchens with north exposures.

**SUGGESTIVE COLOR COMBINATIONS FOR KITCHENS ARE OFFERED.** The colors used are ivory, green tint with accent of grayed orange and black.

Ceiling—Cream or light ivory.

Border—Pale blue-green, grayed-orange, and black.

Walls—Paper of ivory background with orange, and blue-green designs.

Woodwork—Light ivory.

Cupboards—Ivory both inside and outside—decorations green.

Table and Chairs—Ivory with green trim.

Linoleum—Light warm tan background with design in ivory, green, black, and orange.

Quarter round and lower five inches of table legs and chairs painted black.

Shades—Cream oilcloth background with orange and green designs.

Accessories (as clock shelf, racks, etc., green, or grayed orange.

The same combinations are attractive when using ivory, blue, rose-pink, and black.

Two shades of warm tan with reddish brown, orange, and ivory make a very pleasing color combination for kitchens.

#### **ADJUSTING HEIGHTS OF WORKING SURFACES TO THE INDIVIDUAL**

The height of working surfaces in the kitchen should be adjusted to suit the needs of the worker. Thirty percent more energy is required to do a task at working surfaces that are too low, such as, the kitchen table, the ironing board, wash tub, sink, or stove than is used in doing work where the surface is of the proper height.

Many women have tired backs and round shoulders from working at surfaces that are too low or too high. Stooping over at a working surface for 15 or 20 minutes causes fatigue that will require two or three hours to overcome. Fatigue caused by doing housework depends more upon the way in which the work is done than upon the amount of work. When working surfaces are too low, the results are round shoulders, cramped lungs, and a tired back. Working at surfaces that are too high often causes a tired feeling between the shoulder blades.

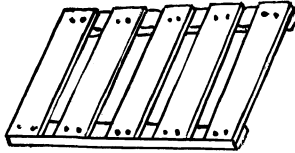
In every kitchen the working surfaces of all furnishings should be adjusted to the individual. The length of the waist and arm, and the height of the person must be considered in choosing the correct height for working surfaces.

**KNOWING WHEN THE WORKING SURFACE IS THE CORRECT HEIGHT.** It is very essential that the homemaker know when the working surface is the correct height for her. The working surface will vary according to the height of the worker. A tall woman needs high working surfaces, while a short woman needs low working surfaces.

The work table is the proper height when the palms of the hands can be laid flat on the table without bending the back, or raising the shoulders. The stove should be about the same height as the table.

When working at the sink the hands are held above the bottom of the sink. For this reason the bottom of the sink should be lower than the table top, provided the table top is the correct height. For example, if the sink is eight inches

deep, the bottom of it should be four inches below the table height. This arrangement would bring the rim of the sink four inches above the cabinet top when the sink is built in between the cabinets. This arrangement would be unattractive and inconvenient. It is best to have the cabinet top the correct height and let the sink working surface be too low.



**Sink Rack**  
(For raising working surface)

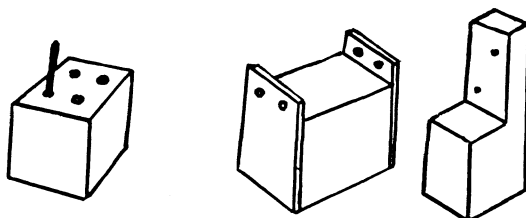
A small wooden rack as shown in the picture may be used in the bottom of the sink for setting the dishpan upon, which will bring the working surface to the proper height for the worker while washing dishes.

Sinks are rather difficult to adjust, but even a plumber's bill is a better investment than developing poor posture by working at surfaces that are not adjusted to the height of the worker.

The average height for dishwashing is 32.5 inches when dishes are washed on the bottom of the sink rather than in a dish pan placed in the sink, but this height will vary with the individual. The average height of the cabinet top needed for rolling is 33.5 and for beating is 31.5 inches, while the average height preferred for cutting is 35.4 according to a recent study, but again these measurements will vary according to the height of the worker. If it is not possible to have the cabinet lower than the sink top, a sliding pastry board can be built in the cabinet at a height of 33.5 and if this is done it is best to use a shallow sink probably 5 or 6 inches deep, and set so the bottom is about 31 inches from the floor if that is your average working height needed for dishwashing. If the rim of the sink at the front is three inches in width, the sink should be set higher than 32.5 inches because the worker must hold her arms at an angle from her body that is greater than is the case where the rim of the sink is narrow.

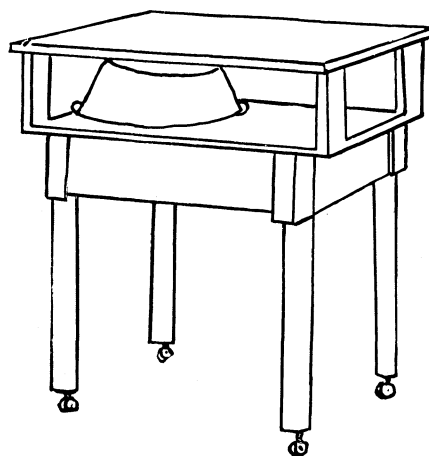
**METHODS USED FOR ADJUSTING WORKING SURFACES WILL VARY WITH FURNISHINGS.** There are several methods used in adjusting working surfaces to the individual. Some furniture may need lowering and some may need raising in order to have the correct working height for the worker.

The kitchen table or movable cabinet may be raised by the use of casters in the bottom of legs. Casters will add from one to one and one-half inches to the height of the working surface. Glass caps placed underneath the table or cabinet legs will add some height to the working surface.



**Blocks for Raising Height of Working Surface**

Wooden blocks as shown in the picture are often used to raise the height of a working surface. The blocks may be attached to the table legs with nails or screws. A table can be raised by building a new top above the old table top. The old top is often used for a storage shelf. (See picture below.)



**Raising Height of Kitchen Tables**

If tables or cabinets are too high, they may be lowered by sawing off the lower ends of the legs.

A stove can be raised by setting the legs on blocks or bricks. It is hardly possible to lower the working surface of a cook stove, especially one with heavy iron legs.

The ironing board height should be one or more inches lower than the table height to allow for pressure; then the height of the iron will raise the working height at least three or four inches.

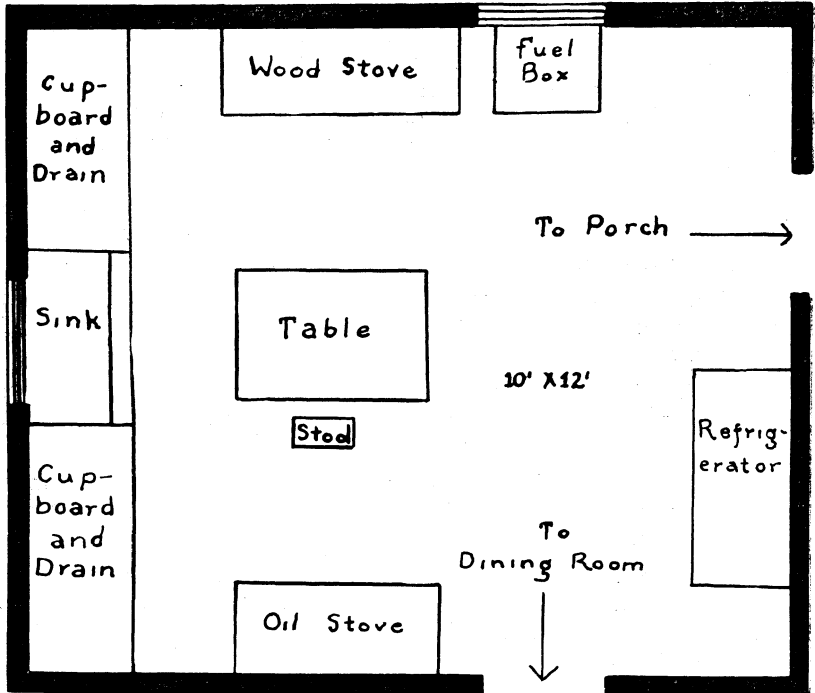
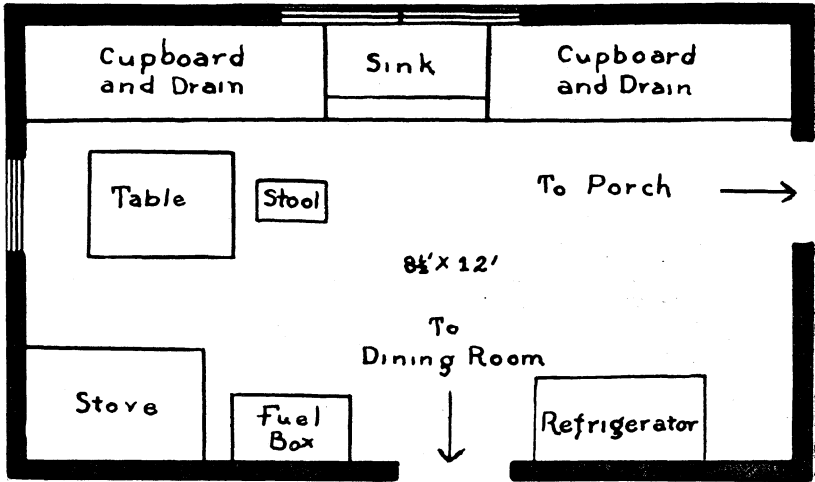
Most adjustable ironing boards are made in three heights, 30, 32, and 34 inches. These heights may be used for built-in adjustable boards where different height individuals use the ironing board. The height of a non-adjustable built-in board, when not built for a specific individual may be built 32.5 inches, but these heights will vary with the individual home owners.

Built-in shelves in pantries and cupboards should be adjusted to the height of the worker according to eye level and reach. The average eye level is 60 or more inches, but may be different for each homemaker. Shelves for visible articles to be used each day should not be higher than the eye level when standing, if the work is to be done while standing. The average eye level while sitting is about 30 inches. Knobs and latches on cabinet doors may be placed at the height of the thumb tip with an arm outstretched.

A kitchen stool should be adjustable, probably to three heights, 28, 30, and 32 inches to fit the needs of the average individual. The distance from the seat to the foot rest should be 15 to 16 inches for the average worker.



KITCHEN FLOOR PLANS



**SUGGESTIONS FOR SCORING KITCHENS**

A score card may serve as a check on the progress being made in kitchen improvement. Not a great deal of emphasis should be placed on the score of a kitchen. The homemaker should realize that the scoring of her kitchen is a minor factor in the improvement process. The major issue is to have the farm kitchen improved so the homemaker will have a more convenient, comfortable, and attractive kitchen than she has had in the past.

It is very important in kitchen improvement not to select one kitchen as the outstanding model kitchen above all others. No kitchen possesses all the good qualities. Credit should be given where credit is due regardless of the amount of progress made. The kitchen that is improved to meet the needs of one homemaker would not be ideal for another person.

It is well to score the kitchen both before and after improvement has been made. Improvements to be made between the first and second scoring may be listed on the back of the kitchen score card and referred to when visiting the kitchen a second time to check progress being made.

**NUMEROUS FACTORS ARE TO BE CONSIDERED IN SCORING KITCHENS.** Every kitchen presents different problems in scoring. No two kitchens can be scored in the same manner since no two kitchens are identical in the basic principles to consider in scoring a kitchen. Some of the items for consideration are as follows:

Ventilation is adequate if there are windows on opposite sides of the kitchen; at least one side and preferably two. A door may aid in meeting ventilation requirements.

Natural lighting is satisfactory, when the worker can work in any part of her kitchen on a dark day without eye strain. If so, a high score may be recorded.

Artificial lighting is sufficient when there are no shadows at work centers such as the sink, the stove, and the cabinet and there is plenty of light for seeing.

Walls and ceiling are in poor condition when they are dirty, the plaster cracked, and the paper torn. A high score could not be given if such a condition prevailed.

Woodwork is in fair condition if the wood is not cracked, chipped or badly scarred. Badly soiled woodwork may need only a good scrubbing or an additional coat of enamel to be in first-class condition.

Floors completely covered with good grade inlaid linoleum may rate high, while a worn wood floor without finish or covering would not rate so high.

Curtains and window shades are fair when free from slits or blend well with other colors in the kitchen, and have good design.

Arrangement is good if there is a food preparation center, cooking center, a serving center, and a dish washing center, grouped to save time and steps of the worker. Other centers which make a kitchen more convenient are a business center and a relaxation center.

Storage is adequate if it is sufficient to take care of utensils, dishes, and food supplies usually stored in the kitchen. Fuel storage facilities are also necessary. The type would vary with the kind of fuel used for heating purposes.

Running water and a sink add much to the convenience of a kitchen and should be given due credit.

Sanitation is very important in rating the score of a kitchen. Screens on windows and doors should be in good condition.

Proper disposal of garbage is necessary for the best sanitation in the kitchen. A covered garbage pail with a foot lever is an asset in any kitchen, and should be recognized in scoring the kitchen.

Appearance should be attractive both inside and outside.

A color scheme which is restful and harmonious adds much to the quality of a kitchen.

Accessories should be in attractive colors, properly placed and appropriate for the kitchen.

Cooking facilities are of great importance when scoring a kitchen. If a wood or coal stove is used, it is well to have an oil stove for summer use.









