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## EC57-1122 Easy Does it : Kitchen and Workroom

Clara N. Leopold

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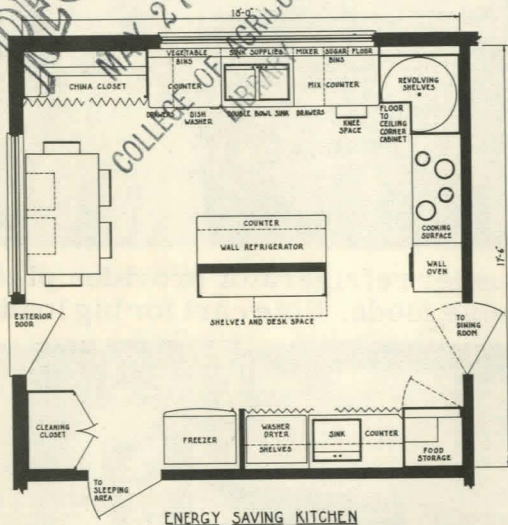
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EC57-1122

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# Easy Does It

## KITCHEN AND WORKROOM



- take fewer steps
- reach and stoop less
- sit down more
- enough counter space
- open and close fewer doors
- clean with less trouble

Are you walking miles in your kitchen?

Are you stooping and reaching until you could scream?

No place in the kitchen for eating?

Then no doubt you are in the mood to appreciate this kitchen - workroom where storage design, workspace and equipment arrangement is planned to cut to a minimum the energy cost of kitchen activity.

This plan is based on research by the U.S. Department of Agriculture. It is a broken-U kitchen plus utility area that would fit into a square room, typical of many found in older homes. It is planned with the homemaker

who is restricted in her physical movement in mind, but why shouldn't any perfectly well homemaker take advantage of the same design and equipment arrangement to save time and energy?

Dining area, kitchen at left; laundry center, freezer on right.

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The kitchen area is separated from the workroom by a wall refrigerator and counter--backed by shelves and desk space. Here the homemaker can use the telephone and carry out business of the home--all while she keeps an eye on the laundry or on some activity in the nearby kitchen. The broken-U area used in the kitchen is convenient and permits easy access to other areas of the house.

Walking is reduced to a minimum. Mixing center, sink and range are placed close together since research has shown that these three units are the most frequently used in meal preparation. Note the "work triangle" formed between these three centers. Since this triangle is both compact and out of the lane of traffic there will be a minimum of interference during meal preparation.

Wall Refrigerator is placed across from the mixing center. All shelves are within easy reach, and food readily can be seen.

Planning and Laundry Centers are in back of the wall refrigerator. Their convenient location allows these tasks to be dovetailed with food preparation. A wicker chair at the planning center provides restful sitting. Shelves take care of recipes, bills, radio, books, and other items.

Sit Down. At principal work centers the homemaker can sit comfortably while she works. About one-third of meal preparation takes place at the mixing and vegetable centers. An adjustable posture chair on wheels and with fold-down back support is the key to a less-tiring day. The chair is stored under the mixing center and rolls easily to the sink.

Revolving Floor-to-Ceiling Corner Cabinet stores supplies and utensils. Placed between mixing center and range, the cabinet is easy to reach from either location.

Bin storage for flour and sugar is in front of the homemaker as she works, at the back of the counter. Similar storage for potatoes and onions is at the back of the counter at the left of the sink, but this area is vented to outdoors.



Cabinet under refrigerator provides place to assemble foods. Note cart for big loads.



Homemaker uses planning center for meal planning, ordering and home business.



Tools and ingredients at mixing center are easy to reach. Revolving cabinet at right.



Perforated Wall Board at each work center provides for hanging often-used tools and utensils within easy reach. Shelves and drawers move easily and quietly on nylon bearings or rollers. At the dining table the homemaker can reach the sliding shelf of table appliances from her chair.

Open and Close Few Doors while preparing and serving meals. Door of circular supply cupboard is attached to the shelves and revolves with them, eliminating separate motion for opening. One light push moves accordian-type doors on dish cabinets. Doors can be left open without being in the way. Folding doors close off the laundry area.

Wall Oven has bottom of interior 32 inches from the floor. The most-used racks are 35 inches and 40 inches from the floor. The adjoining surface cooking unit is 35 inches high. Bulky serving dishes, platters and trays are filed separately above the oven.

Reach and Stoop Less. The space between 27 and 63 inches from the floor is most economical of energy for most women. Storage units, refrigerator, and oven are so planned that reaches necessary for everyday food preparation are confined to these limits. In the floor-to-ceiling cabinet, space at higher and lower levels provides storage for lightweight items and those used only occasionally. Washer-dryer is raised from floor level to end stooping.

Sliding Door Compartment is located at the back of the sink for storing soaps, syndets, cleaners, scouring pads---no need to stoop.

Tip-Out Chute for empty cans and waste paper is under sink, high enough to avoid stooping. Trash falls into a drawer below, fitted with plastic or tin liner; drawer rolls out easily on small wheels and the liner lifts out for emptying when full.

Double Sink With one Shallow Bowl. Drain is set back to provide knee room. Dishwasher is at left of the sink.

Enough Counter Space and Adequate



Dish cabinet is convenient for setting table and replacing dishes after washing. Pull out shelves bring appliances within easy reach of homemaker.



Lifting family-size roast from this waist-high oven is easy.



Storage. Adequate areas for food preparation, service and storage, laundry and home office are provided in a room about 18 feet square.

Storage is provided at each center for supplies and utensils used there.

Counter at the left of the sink is 36 inches long, and at the right about 42 inches, meeting space requirements determined by research as suitable for mixing and food preparation.

There is counter surface at the left of the laundry center sink. The laundry cart slides under the counter at the left of the sink, and a cover pulls over the laundry sink to make additional counter space.

Clean With Less Trouble. Laminated plastic counter tops, home-built cart and table swish clean easily. Pattern on vinyl floor covering is light and attractive but does not readily show spots and marks.

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Working Drawings Available. Construction plan No. 7103 for this energy-saving kitchen can be purchased from the Agricultural Extension Engineer's Office, College of Agriculture, Lincoln, or from your county Extension office.

Consult a local carpenter or building material dealer for a cost estimate.



Cleaning up after meals takes less energy when homemaker can sit at sink, pick up dishes stacked on cart, rinse, and set them on dishwasher trays.

Circular prepared by Mrs. Clara N. Leopold, Extension Specialist, University of Nebraska College of Agriculture, Lincoln, Nebraska. Photos from USDA.