

## THE MARKET BASKET

By Bureau of Home Economics  
U. S. Department of Agriculture

As long as Americans eat their customary three meals a day, the kitchen will be one of the most important rooms in the house. And as long as that is the case, cheer and convenience will be the two requirements of every kitchen that is really satisfactory.

About this time of the year many home-makers are renewing kitchen cheer as part of their annual spring housecleaning. For cheer in a kitchen is made up of such details as freshly painted woodwork—a pleasant view through shining window panes—potted geraniums on the sill.

Convenience in a kitchen, on the other hand, is more difficult to arrange. It involves getting clearly in mind all the routine jobs to be done in the kitchen, studying the order in which these jobs are done, and then choosing and placing the needed equipment accordingly.

It's along about spring housecleaning time that many families check up on old kitchens with an eye to remodeling. Others look over kitchen plans in the blueprint for a new house. In either case there are some principles of arrangement that apply to old and new kitchens—whether the equipment is movable or built-in.

In the first place, a kitchen is a workroom—a place to prepare and serve food. Therefore it should have a key position in the house. In small houses it should have a wall in common with the dining room and a door connecting the two rooms. In large houses the connection is often through a "butler's pantry" which has a door both on the kitchen and dining room side. From the kitchen it should be possible to get quickly to both front and back doors, to the cellar, the stairs, and the telephone.

Kitchens are compact and small as possible for efficiency in meal preparation. A rectangular kitchen is more satisfactory than a square one because it is more economical of floor space. It must be wide enough to allow for placing pieces of equipment on both walls. Unless the stove used is a wood or coal range the kitchen should not be over eight or nine feet wide.

Ideally, the kitchen is well ventilated so that odors are carried away quickly. It is lighted both naturally and artificially so that the cook never has to work in her own shadow. There are as few doors as possible and those are planned so that they do not break into working spaces. All woodwork and furnishings are easy to keep clean.

It is a good idea to arrange the different pieces of equipment first on a floor plan of the kitchen drawn to scale. This extra planning will save a lot of moving and changing about later. And it may save buying a piece of furniture that will not fit into the spot where it should go.

Arrange kitchen equipment with an eye to its uses. Group furnishings that are used for the same kind of work near each other. And as far as possible have storage space near the place where the stored articles are used most frequently. For this purpose several small storage units are more efficient than just one all-purpose kitchen cabinet.

There are at least four work centers in any kitchen—one for preparing food to cook—one for cooking—one for serving—and one for clearing away and washing dishes.

The food preparation center will naturally be around the sink. The sink usually is situated somewhere near a window, preferably so that the light comes over the shoulder of the person working at it. If the window is in the same wall as the sink it should not be directly in front of it unless it is a north wall or there is some protection from glare.

Near the sink should be cupboards for knives, stewpans, and other utensils that are filled with water before they go on the stove. Sometimes there is also a ventilated storage space for small quantities of raw vegetables under one of the drainboards. Somewhere near the sink will be the worktable for longer mixing jobs—where cakes are mixed and desserts connected. This worktable has storage space for flour and other staple foods needed in mixing, for rolling pins, and similar equipment.

Of course the stove is the cooking center. Usually it is at a right angle to the sink. But it may be across the room in a narrow kitchen. A small preparation surface near the stove is a convenience. There thickening may be mixed—beverages made—other short jobs done in connection with the cooking.

Storage space near the stove should provide room for frying pans, coffee percolators, spatulas—all utensils used mostly in cooking.

After the dinner is prepared and cooked the next step is serving. For this there should be a serving center, sort of a collection place between the stove and the dining room, where the final touches are put on the food to be served.

This center may be a plain table or one on wheels. Or it may be a drop shelf or a pass cupboard. If the center is large enough it contains

linen, mats for hot dishes, electric toasters and other equipment used in serving a meal.

A pass cupboard between the kitchen and the dining room saves innumerable steps. In it are shelves for storing dishes and a shelf for serving—both accessible from kitchen or dining room. Thus both in serving and in clearing off the table dishes may be passed through from room to room without going the long way around through the door each time.

The fourth center needed in every kitchen is for dishwashing. This also centers around the sink. For dishwashing purposes the sink should be as near the serving center as possible. It should have a flat surface to the right for stacking dishes and drainboard to the left since dishwashing naturally is done from right to left. If dishes are stored in a kitchen cupboard the best place for this is above the left drainboard, or within easy reach of it.

Another piece of equipment in most kitchens is a refrigerator. Since this is used in many operations—preparing, cooking, and serving food—a central location is best.

### Origin of Name "Texas"

The name "Texas" is derived from a Hasinal word meaning "friends" or "allies," and in its original form was probably "tehasas," according to an authority. It has been used by the Hasinal Indians as a form of greeting. The word "Dakota" had a similar meaning among the Sioux Indians.

## Farm Women Learn To Stretch Dollar

Farm housewives all over North Carolina are finding that the food dollar can be stretched considerably by careful buying practices, says Miss Ruth Current, of State College.

Especially in Sampson, Gaston, Rutherford Alexander, and Durham counties are household accounts receiving close attention. In those counties, nearly 300 rural women are keeping accurate information on their spending.

Where these accounts are being kept, the women are constantly on the lookout to secure quality products at a minimum cost.

Much of the necessary food for the farm family can be produced at home, but there are some foods that need be bought. Here, Miss Current says, is where prices should be studied.

To safeguard the health and pocketbook of the food buyer, the government has made regulations concerning labeling, but if the buyer fails to read the labels, the attempt to protect her may avail little.

Since spending is an art, thought should also be given the clothing budget. When buying ready-made garments, the buyer should examine the quality of the material and the workmanship carefully.

Care and repair of clothing requires consideration, and a check should be made on money spent for household operations such as fuel, lights, house care, laundry, telephone, recreation, books and magazines, toys, hobbies, and luxuries.

## For Better Yields From Your Fields

USE

# SCO-CO Fertilizers

Made Locally

BY

THE SOUTHERN COTTON OIL CO.

Hertford, N. C.



## GET THE FACTS first hand!

IT'S a real job to make fertilizer that will produce big yields of long staple cotton year after year. That's why we are so anxious that you talk to a user of Swift's Improved Red Steer Fertilizers.

Those who have used this Physiologically Neutral and Non-Acid-Forming Fertilizer can best tell you what you can expect from it. The added plant foods make it the biggest 1938 value in fertilizers.

**SWIFT'S RED STEER**  
PHYSIOLOGICALLY NEUTRAL and NON-ACID FORMING  
For Sale By:

- |                   |                 |
|-------------------|-----------------|
| Milton Dall       | T. R. Kirby     |
| R. M. Baker       | M. Bunch        |
| J. O. Felton      | C. T. Phillips  |
| J. C. Hobbs       | J. H. Symons    |
| George W. Jackson | H. L. Chappell  |
| E. M. Perry       | O. A. Chappell  |
| J. T. Wood        | L. P. Chappell  |
| J. B. Webb        | J. M. Fleetwood |

NEED & FELTON, Warehousemen  
Hertford, N. C.

**Shaped Heads to Gain Builge**  
Early inhabitants of Palestine shaped their heads to make them bulge in the back—so British archeologists at Lachish found.

**Originated Trading Stamps**  
Trading stamps were originated by Thomas A. Sperry in 1891. He put his trading stamp plan into effect in 1896.

**Elephant and Mouse**  
An elephant would consume 20,000 pounds of food a day if it ate as much, in proportion to its size, as a mouse.



Next Week Is Clean Up and Paint Up Week... Do Your part to make your County more beautiful.



NOW is the time to order screen windows and doors at substantial savings! Copper types at limited-offer low prices!

## A House that needs PAINTING stands out like a SORE THUMB



A new spirit has swept across the country of late—PRIDE OF HOME—and the desire to enter into the community spirit of a "City Beautiful."

Everywhere you see people "sprucing up" their homes with paint. After all, painting it really makes a house like new again.

IF YOUR HOME hasn't been painted in a long time, "IT STANDS OUT LIKE A SORE THUMB." Why not PAINT NOW and make it one of the prettiest on the street?

## Athey's 100 Percent Pure Paint

Clean UP PAINT UP



You'll still need a step-ladder long after Clean Up Week.



Johnson Waxing Kit - Wax Mop

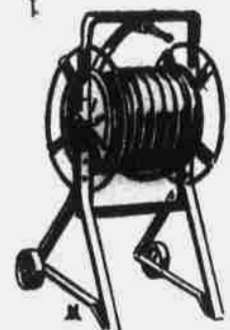
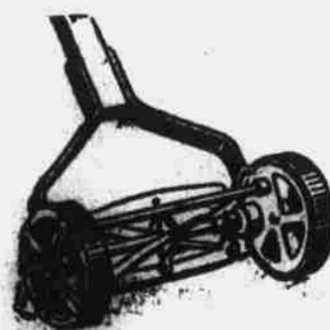


Long-life Pots and Pans to make the kitchen bright and more pleasant.

## The Lawn Is a Part of Your Home That Can Never Be Overlooked

These necessities will keep your lawn

Looking Tip-top



High Pressure Constant Flow Lawn Sprinklers

Genuine Wearwell Ball-Bearing Lawn Mowers

Hose and Hose Reels

## Hertford Hardware & Supply Co.

"Trade Here and Bank the Difference"  
Hertford, N. C.