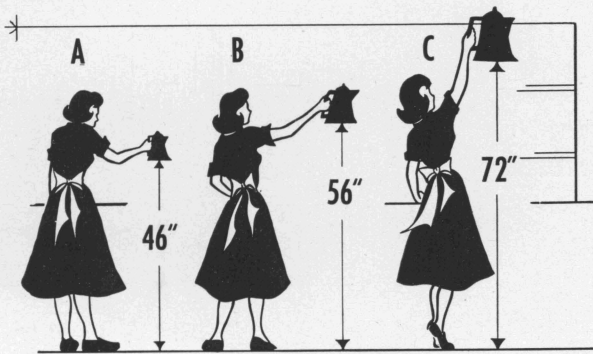




# arrange your kitchen for

CHARLOTTE  
Extension Specialist in  
Texas A. & M. U.



**D**OES WORK IN YOUR KITCHEN tire you? Convenient storage can save you lots of time and energy. Plan for better use of space inside your kitchen cupboards.

## Storage in the Right Place

- Saves time
- Saves stooping
- Saves stretching
- Saves steps
- Saves you!

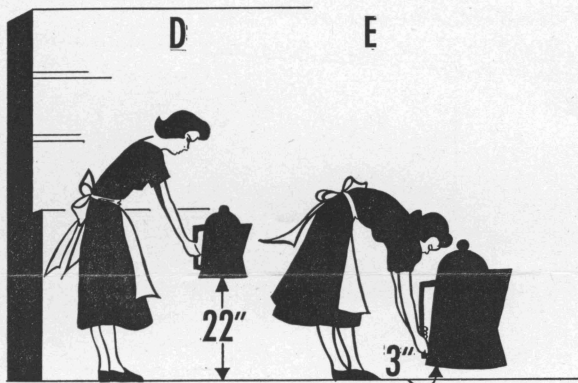
Reaching to different distances requires varying amounts of energy. Reaching up to 46 inches from the floor takes the least energy for the woman who is about 5 feet 3 inches tall.

Reaching to 56 inches requires twice as much energy.

Reaching to 72 inches requires four times as much energy.

Bending to reach 22 inches above the floor requires more than 4½ times as much energy.

Bending to reach 3 inches above the floor requires more than 11 times as much energy.

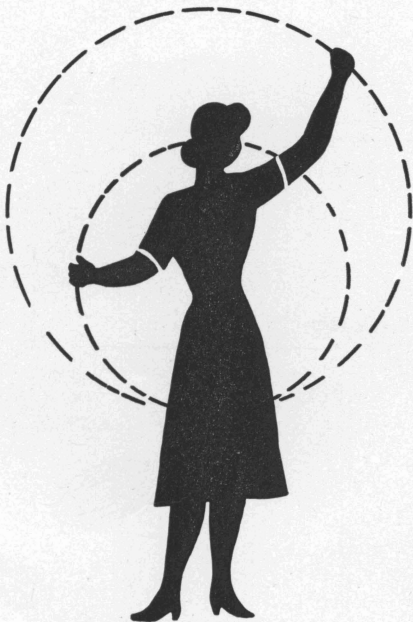


## Easy-to-reach Storage

Too much lifting, stretching, stooping and bending is tiring. Plan your cupboard space so you can store those supplies and utensils used most often within areas easiest to see and reach. Look at the drawing to the left.

You can find your easy-to-reach distances by doing this—face the wall, and stand about a foot away; move your arm freely from the shoulders so your hand makes a large circle in front of you. Bend your fingers as if you were reaching for a dish. Have someone make a pencil dot at the highest point you reach, and then at the lowest one as your hand comes back to your side. These dots will tell you how high you can reach without stretching and how far below the counter you can reach without stooping. The sides of the circle show your easy sidewise reach for work space and storage.

Your most comfortable reach is your elbow reach. It is easy on your upper arm and shoulder muscles. To find your elbow reach, stand as you did for your shoulder reach but move your arm only from your elbow. The smaller circle tells you where to store the things you use most often.



# convenience and comfort

THE TOMPKINS  
in Home Management  
I. College System

## Guideposts for Kitchen Storage

- Check to see if you are making the best use of your present cupboard space.
- Get rid of (or store some other place) all utensils and supplies you are not using.
- Store utensils, dishes and supplies at places where you first use them.
- Store together the things you use together.
- Use the easy-to-reach and easy-to-see spaces for things you use most often.
- Place utensils, dishes, cutlery and food supplies so that moving one to get another is not necessary.
- Put only like kinds of things in front of each other on a shelf.
- Stack together only things of the same size and kind.
- Plan to keep on the same shelf only things of about the same height.
- Use your measuring stick, pencil and paper to fit storage space to things you store. Allow for clearance at the top and sides. One to 2 inches are needed at the top.
- Make storage space easy to clean. Shelves and partitions should be removable and surfaces should be smooth.
- Keep in mind that you will need storage space for future purchases.
- Store mixing bowls, platters, plates and pans of different shapes singly on shelves and in drawers.

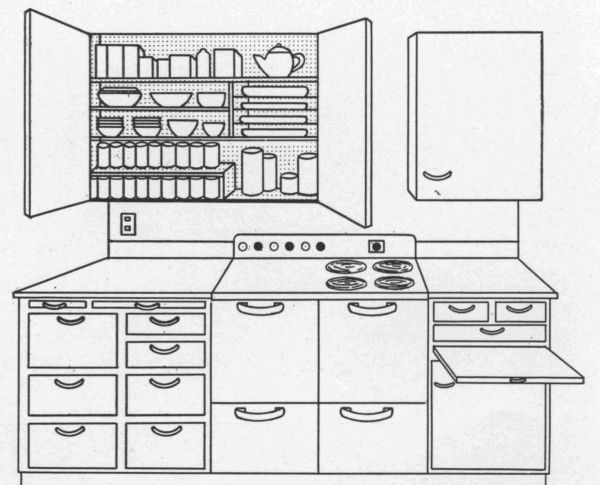
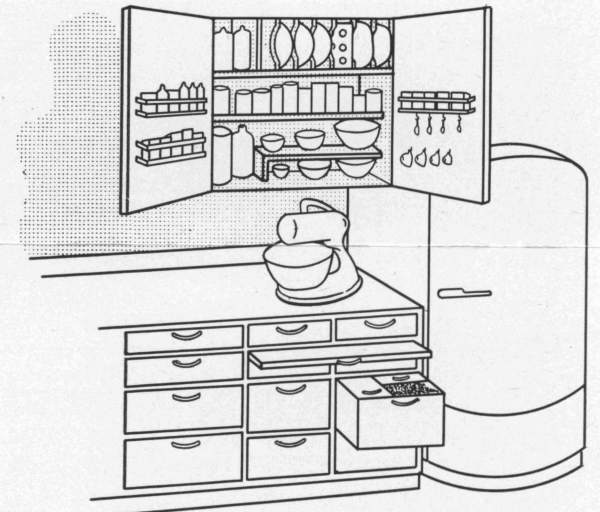
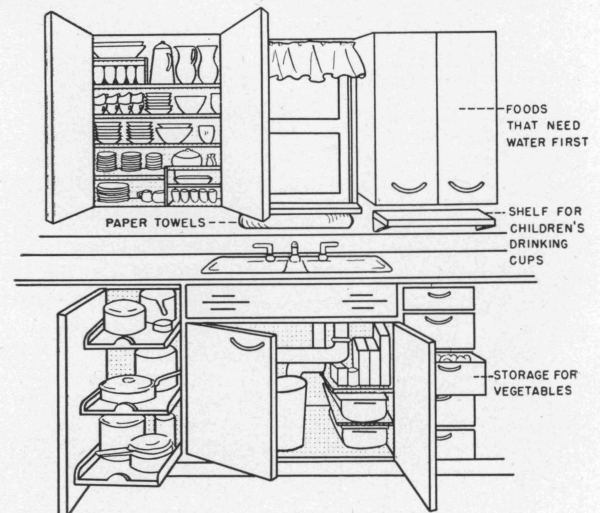
## Storage Where You Need It

You work in your kitchen at these places: **mixing center, sink and cooking center.** Food may be served from one of the centers shown on the right or you may prefer to have a special serving center.

Each center needs storage and counter space; for example, the refrigerator, often next to the mixing counter, provides some food storage. It is convenient to have nearby storage for containers used for refrigerated foods. The dishes you use for meals can be stored near the dining table or at the sink and those on which you serve hot foods can be stored at the cooking center.

## Utensils and Supplies Stored Where First Used

On the back page there are guides to help you plan for storing kitchen supplies where you use them. Not many women work alike. Vary these combinations to fit your needs. A storage place or a counter space may serve more than one work area in some kitchens. You may need to duplicate some utensils and supplies at more than one center.



## MIXING CENTER

Store together the supplies that usually are mixed before use.

sugar  
flour  
salt  
soda  
chocolate

baking powder  
meal  
vinegar  
prepared mixes  
cooking fats

spices  
herbs  
food coloring  
flavorings

Store at the mixing center the utensils and supplies used there. The dishes listed are used for finishing or storing foods.

Beater and mixer  
Refrigerator dishes  
Biscuit and cookie cutters  
Cookie sheets  
Flour sifter  
Knives  
Measuring cups  
Measuring spoons  
Spatula  
Tray

Bread board  
Cake coolers  
Casseroles  
Custard cups  
Roasting pans  
Rolling pin  
Mixing bowls  
Tablespoons  
Waxed paper  
Bread pans

Cake pans  
Cutting board  
Grinders  
Pie pans  
Pastry blender  
Mixing spoons  
Teaspoons  
Graters

## CLEANUP OR SINK CENTER

Most right-handed workers like to store dishes at the left of the sink for quick putting away after washing. Utensils used for cooking vegetables are kept there too, as well as dish washing supplies.

Aprons  
Dishes  
Funnel  
Garbage container  
Scissors  
Towels and dish cloths  
Soap and cleaners  
Can opener

Dish washing utensils  
Paring knife  
Root vegetables  
Sieve  
Teakettle  
Colander  
Vegetable brush  
Sink strainer

Trash basket  
Measuring cup for liquid  
Cutting board  
Sauce pans and kettles  
Coffee maker (if you use cold water)

Store foods that need water first at the sink center.

Rice  
Canned milk

Dried foods  
Gelatin

Canned soup

## RANGE AND SERVING CENTER

The range and serving centers often are combined. At this place keep ready-to-eat foods, dishes for serving them, as well as for serving hot foods. Utensils used first at the range and some seasonings belongs here.

Canned vegetables  
Coffee  
Cook spoons  
Lids  
Teapot  
Testing spoons  
Salt  
Trays  
Crackers  
Spreads

Jam  
Can opener  
Meat slicing knives  
Flour  
Pepper  
Potato masher  
Hot pan holders  
Bread box  
Cookies  
Pickles  
Jellies

Coffee maker (if you begin with hot water)  
Measuring spoons  
Cook forks  
Cereals to be cooked  
Skillets  
Tea  
Pancake turner  
Serving dishes for hot foods  
Ready-to-eat cereals  
Olives

*The information and storage ideas in this leaflet are based largely on work done by the U. S. Department of Agriculture, by cooperating experiment stations of the Land Grant Colleges and by the Agricultural Extension Services of various states.*