

CLEAN-UP PAINT-UP FIX-UP

History Of The Kitchen

If you never seem to get out of the kitchen as fast as the lady in a famous TV commercial, don't despair. After all, homemakers have been in the kitchen for some 10,000 years—ever since the Stone Age!

At Aichbühl in Germany, New Stone Age farmers lived in rectangular wooden structures with only two rooms—but one of them was clearly a kitchen. This area, with its hearth and clay oven, was walled off from the main living room.

When the ancient Greeks later added a second story to their houses, the kitchen, oddly enough, was usually located on the second floor. The Greeks must have had a very enthusiastic word for good cuisine—for they valued copper cooking pots so highly that they bestowed them as prizes in Olympic games!

Roman kitchens, as revealed by excavations at Pompeii, were usually equipped with a large brazier on legs; it contained burning charcoal over which one basin could simmer. In wealthier homes, there was a "range" of brick or stone containing a number of holes, so that several dishes could be cooked at once.

In Northern Europe, early housewives cooked over a fire built on the floor in the center of the room.

When they bent over a hot stove, it was to warm themselves, not the food—for stoves, in that period, were used to heat the house and not to cook the meals.

During the Middle Ages, some of the finest kitchens and best cooks were found in monasteries! The kitchens, located in separate buildings, were equipped for large-scale cooking, baking and brewing. There were low arched recesses in the walls where fires could be regulated more easily than was the case when they burned in the middle of the floor. Roasting was done on rotating spits which had dripping pans below, and cooking pots hung suspended on hooks over the fire.

Birch plywood paneling is a popular feature in today's kitchens, but early 16th century French kitchens make much more extensive use of wood, for the common people ate their meals from wooden plates, cups and bowls. The table at which they sat was often just a crude plank of wood on a trestle. But the rich had "great tables" of elaborately carved wood, frequently walnut. From the French word *banquet*, for the bench on which the diners sat, we get our word "banquet."

An ingenious French contribution to a "banquet" was the pressure cooker—few people know that the first one was invented in 1680! In

that year, the Frenchman Denis Papin exhibited a "new Digester or Engine for softening bones" to the Royal Society of London. Papin and the members of the Society sat down to a meal cooked in his "Engine"—the first pressure-cooked repast ever served!

In colonial America, things were much more rugged. The kitchen fireplace was commonly used for cooking until about 1760, when use of the stove became more prevalent. Chiefly responsible for this advance was Benjamin Franklin, who in 1742 invented the stove which bears his name. The Franklin stove was a kind of metal fireplace which could be set inside a regular open fireplace to save fuel and give off more heat.

By the 1800's most American homes had a large kitchen, the most important room in the house. It served nearly every purpose from cooking, dining and sitting to laundry, bath and parlor. In the sod houses or log cabins that dotted the midwestern prairies at that time the kitchen was at one end of the single room, with the opposite side reserved for sleeping.

Extensive use of wood—wooden beams or, in pioneer settlements, walls made of logs—gave early American kitchens their rustic charm.

The kitchen cabinet is such a standard feature that many people assume it has been in use for ages.

Would it surprise you to learn that this was a 20th century improvement—like the electric toaster, dishwasher and garbage disposal unit. It was first used in the Middle

West, as an adaptation of the German kitchen cupboard. The kitchen of tomorrow is already on the way. Ovens that can cook entire meals in seconds by in-

frared heat... a combination refrigerator - beverage dispenser - ice maker... a movable range that can be wheeled from kitchen to patio are just a few of the already-designed appliances that may become standard kitchen equipment within a few years.

With the convenience of today's kitchen, which includes not only latest appliances but also the eye appeal of wood-paneled walls, cabinets and work areas, many women may not even want to "get out of the kitchen—fast." Contemporary kitchens are pleasant places in which to linger—while designers and manufacturers keep cooking up new wonders that would have

Perennial Weed Control In Spring Bulb Beds

Perennial weeds start their spring growth at about the time hyacinths and daffodils break through the ground and are going strong by the time tulips are ready to bloom. Not only do they spoil the appearance of the flower bed, they also rob bulbs of food and water. Early weeding will give you a prettier, healthier garden.

A useful tool is a sharp "onion hoe", with a blade not more than

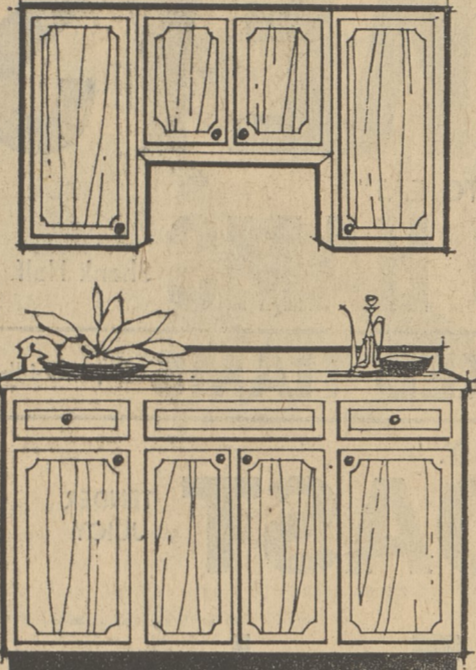
amazed those early housewives who thought they were being ultra-modern when they prepared meals over an open fire.

Colored Cages For Mice

New, colorful cages for pet mice or hamsters are more decorative than standard cages, making your home look less like a laboratory. The design is the same as conventional cages, including exercise wheel, so your pet may not care that his home is painted red, powder blue, or soft green.

two inches wide. It's handy for chopping up weeds in the narrow spaces between bulbs. You may have to repeat the process a few times, but the results are worth the effort. Scatter some complete fertilizer on the beds before the final hoeing, and next season's flowers will be even better.

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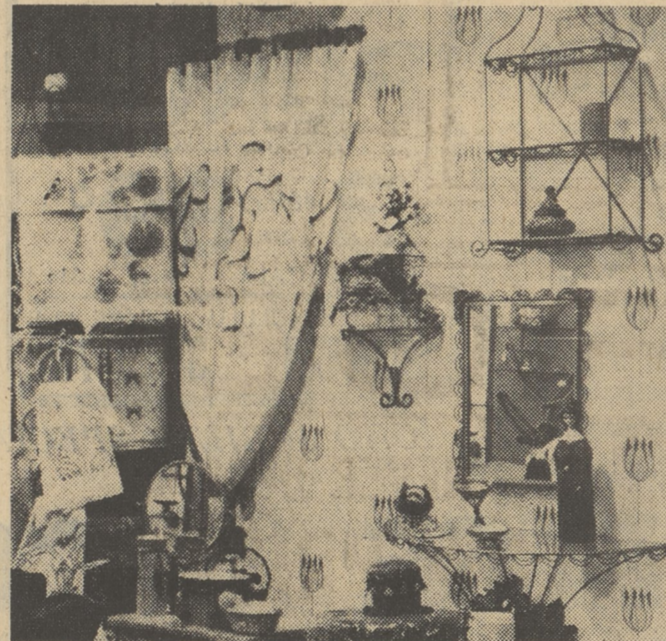
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