

In a small Institution—namely, the one in question—there is no excuse for having badly-cooked food for either patients or Staff, because if the cook is a cook (which is not always the case), she will look a-head, and arrange as far as possible to-day for to-morrow, that is to say, as far as soups, beef-tea, and puddings are concerned. Milk, vegetable, haricot, and such like soups can be made on the day they are to be used, but almost all other soups require two days to make them properly. Beef-tea need not necessarily be made a day beforehand, but in cool weather it is wise to do so. And all *boiled* puddings can be prepared, if not parboiled, the day before they are required. This plan of arranging beforehand will do away with a great deal of hurry, confusion, and bad cookery.

There is no greater extravagance than to have a poor cook, for cookery books only puzzle her, and whether she uses them or not the result is ever the same—namely, waste of good food, waste of materials sufficiently good for stock, and loss of temper to both mistress and maid. If then the kitchen is to be worked smoothly, let us begin by having an intelligent and thrifty cook who knows her work, and with a mistress who knows how to cater for her household.

And so I pass on to the arrangements of the kitchen; it is a pleasant task to me, for I delight to spend some hours in a well arranged, and a well kept, kitchen, by which I mean a kitchen where there is a place for everything and everything is kept in its place. Everything, from the stove to the skewers, and from the tea cups to the washing-up bowl, must be perfectly clean and free from grease. It is impossible to have things well polished if they are greasy, so to work a kitchen well we must understand the advantages of common soda and sand; but I shall refer to the cleaning saucepans, &c., later on, and next take the subject of stoves. In choosing my gas stove I might mention "Giles' Patent" of Blackheath, Kent, as I know it to be perfectly free from smell, and they use this make at the "National School of Cookery," S.W.; but I prefer for our present purpose the "Cosmopolitan," manufactured by Davis & Co., because it has a grill for chops, toast, &c., as well as having the necessary accommodation for roasting, frying, boiling. This stove is also free from smell. A gas stove is of the greatest convenience for the following reasons:—Firstly, the heat can be regulated to a degree; secondly, there is little or no dirt; thirdly, in the summer time the kitchen is kept pleasantly cool by the use of gas; and lastly it is cheaper. Of course we cannot do away with the kitchener, but a gas stove is a great addition to a well appointed kitchen.

As regards the kitchener, I think Flavel's, of

Leamington, is quite the best and most convenient make. Flavel was, I believe, the first to introduce these kitcheners, and from time to time we see new sorts and kinds sent to market from other manufacturers; but Flavel's will out-live them all as being the best all-round. The one I have chosen in my list has a grill attached to it, so when necessary to grill chops or steaks over fire it can be done very easily.

With regard to the walls of the kitchen, they should be tiled to the height of about four feet with white tiles; this gives a nice bright appearance, and they are so easy to keep clean. The floor most suitable is one of slate, which will look almost black, or, at all events, very dark blue. It consequently shows up the furniture well, and it is much less trouble to keep clean than stone or tiles. The hearthstone, however, must be of stone, and kept whitened as far as the inside of the fender *only*, otherwise the white would tread about the kitchen, rendering it untidy looking at once. The furniture necessary will depend a good deal upon the size of the kitchen, therefore one cannot state the exact number of tables and chairs; consequently I have left them out of my list. And in speaking of plate-shelves, racks, &c., I have taken it for granted they would be fixtures, and not to be included in the list either. Amongst these fixtures there will be a substantial dresser, over which will be placed a plate-shelf, and as a good deal of work is done at this dresser there *might* be a piece of cocoa-nut matting provided to put down in cold weather to keep the cook's feet warm. If the servants have to sit in the kitchen—which will probably be the case—there ought to be a hearth-rug or piece of matting to place before the fender when the work is done, to give the kitchen a cozy and home-like appearance for them.

The meat or plate screen is kept in the kitchen, in which sauces, puddings, vegetables, &c., warm until they are wanted after being dished; dishes and plates are also warmed in this screen. The one I have mentioned in my list has a door at the back, so that the things can be taken out without trouble.

The roasting screen, with jack attached, is also kept in the kitchen. Both these articles can be put aside when not in use, but they must be cleaned in each instance after use, and before they are put away. Too much stress cannot be laid upon the rules that to work a kitchen smoothly, one must wash and clean things as soon as possible after use, and so put them out of one's way. It just wants a good beginning with the resolution to avoid confusion. In a matter of this kind one can soon be trained into good habits, and after all it is much less trouble in the end to be clean and

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