

Conservation in the Kitchen

MISS HELEN McKERCHER, Director Home Economics Extension Service and Miss Ruth Moyle, Consumer Information Specialist, recently visited Michigan State University to study the Home Economics Extension programme there, particularly the programme dealing with the simplification of work in the home and the conservation of the worker's time and energy.

A feature of special interest in their observation was a kitchen equipped to help the handicapped worker, for example the woman crippled with arthritis who cannot walk or stand at her work,



Mrs. Kettunen working at the sink in her own home. The use of the mobile chair, and having utensils within easy reach without unnecessary stooping, reaching or lifting, make it possible for her to do her work in spite of an experience of heart disability.

or the woman with a heart condition who must not expend unnecessary energy. Along with the energy-saving equipment goes instruction in how to work without unnecessary effort. For instance, it may be news to some of us that in climbing stairs, the build of the stairs (whether "hard" or "easy") is not more important than the way we handle ourselves in our climbing.

Miss Moyle is already doing tape recordings on this study for local stations that use the Ontario radio releases, and it is Miss McKercher's plan to introduce work simplification in other phases of extension service.



Mrs. Ruth Kettunen (right) home management specialist at Michigan State University, with Miss Ruth Moyle, Consumer Information Specialist, and Miss Helen McKercher, Director Home Economics Service, Extension Branch, Ontario Department of Agriculture. Mrs. Kettunen shows a commercially made and fairly expensive posture chair, designed to make kitchen work easier for a handicapped houseworker who is unable to do much or any standing or walking. The improvised chair on which she sits serves the same purpose, even providing a well-adjusted pad for back support. It is a kitchen chair with the legs shortened a little, mounted on a platform and fitted with casters to give mobility.



Miss McKercher is seated on the improvised kitchen chair shown above with a television table and its removable wooden tray. Cleats on the bottom of the tray clip it to the table to make a secure little work table.