

# Home and Garden '83

## Kitchens are colorful but functional

Today's kitchens are not only boasting brighter colors, but they've got surprisingly practical functions built right into their designs.

More and more, the layout and design is a made-to-order package which can accommodate the career-oriented family, whose members also enjoy the occasional home-cooked meal.

Bozena Sandori, the manager of Design Kitchens on 8400 Woodbine Ave., in Markham, says she will consider many factors before ordering the right kitchen.

A designer — whom the majority of people now consult before renovating — records how many people there are in the family, how much time is spent in the kitchen, the type of appliances people use, and the general lifestyles of the family.

Mrs. Sandori's company only does complete renovations. Her staff will tear out the old cupboards and put in new ones.

"But we're pretty flexible," she says. Homeowners can remove their own cabinets, thereby saving some of the costs.

"If they (the clients) are just re-facing, or replacing doors, they don't gain much in actual use, and they're still spending quite a bit of money," adds Mrs. Sandori.

She says that she prefers a customer to come to the showroom first, then get the estimated costs.

Next, the company will visit the house, take measurements and draw up the plans.

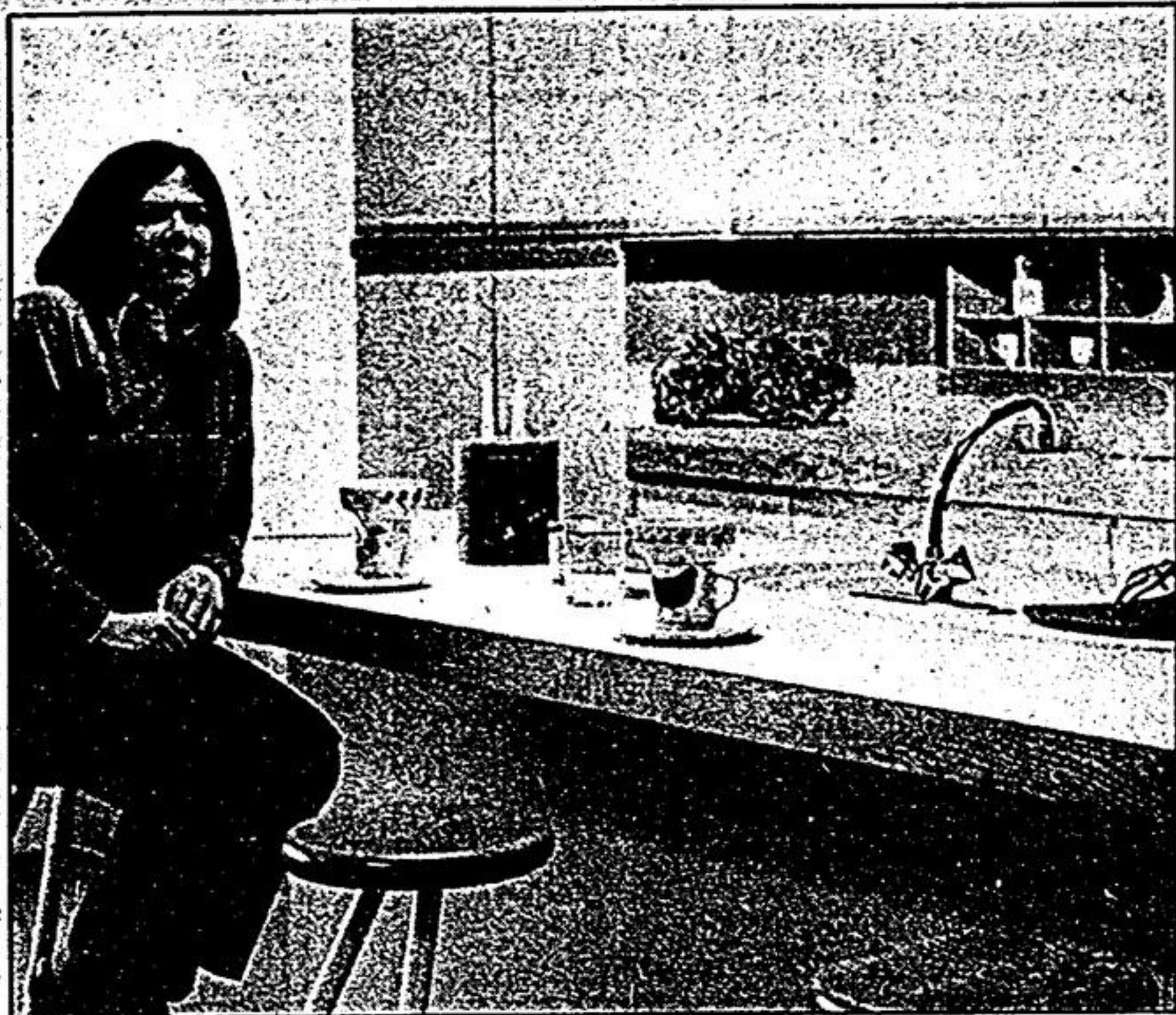
Trends in counter surfaces are slightly changing she says — from the traditional woods such as the popular oak — to the brighter, easier-to-clean laminates.

Whether you buy kitchen components of Italian pastel grey with pink or blue trim, the smooth, sometimes shiny surface of the laminate units are more cheerful, Mrs. Sandori says.

"Eating and working areas are often combined," she notes. "Dining rooms are still popular," she adds. "But eating bars, built right into the design are now also popular."

New-fangled sinks are also on the market. Cast iron sinks are often larger than the traditional stainless steel, and like the acrylic sinks, come in a wider variety of colors.

Also, colorful sinks, shaped like hour glasses and small bar sinks are relatively new. "The bar sink acts as a second sink in or near the food preparation area," Mrs. Sandori said.



Bozena Sandori, manager of Design Kitchens, sits at the counter of a display showing one of the many modern kitchen configurations available at her outlet.

Homeowners are using brighter colors with many built-in features which are convenient for modern families on the go. — Jackie Steffler

## Some tips for storing food in refrigerator

Why do so many of us find our refrigerators too crammed for comfort? It could be that we're storing more leftovers now, more bulky fresh fruits and vegetables, more "from scratch" basic ingredients to avoid the cost of ready-prepared dishes.

Today we'll have regular milk and skim milk, several types of juices and tall mineral water bottles all competing for top shelf space; along with ketchup, white wine and what-have-you.

Foods stored in irregular packages or just loose on plates cannot be stacked, which contributes to space loss and untidiness. And, peering into a messy, haphazard refrigerator can make a person just home from work feel exhausted even before dinner preparations are begun.

Moreover, poorly stored food loses nutrients and flavor, and can spoil more rapidly than properly-contained edibles. A collection of quality storage containers in different sizes and shapes to use in storing various foods is a wise investment for the economy-minded.

The Educational Services Department of Tupperware Home Parties, a group dedicated to nutrition and health education, has some interesting suggestions on proper food preservation. For instance:

- Cooked poultry can keep for several days in a tight-sealed container. Store any stuffing

or gravy separately in sealed plastic containers.

- Egg yolks or whites will keep fresh and not dry out refrigerated in sealed plastic containers. Add a little cold water to the yolks if you prefer to: pour it off before use.

- Cheese needs to keep moisture in and air out. Cheese will also pick up or give out odors. Tight-sealed containers in a variety of stacking shapes will hold blocks, wedges or slices of all types of cheese fresh for days.

- Firm vegetable shortening can be stored at room temperature if tightly covered. But, opened olive oil and salad oils should be refrigerated on the bottom shelf of the door. If they solidify, 20 minutes at room temperature and they will become liquid again.

- Non-fat dry milk can get stale and lumpy once the package is opened. For freshness, transfer the powder to a sealed container and store in refrigerator. Open canned milk should be poured into a small sealed container to keep flavor in and odors out.

- Wash celery, spinach and salad greens, and refrigerate them in special containers with a raised grid to keep them above the water dripping off leaves.

- Some yeast bread doughs can be stored in a tightly-sealed bowl in the refrigerator which slows down yeasty action. Mix one day and bake the next.



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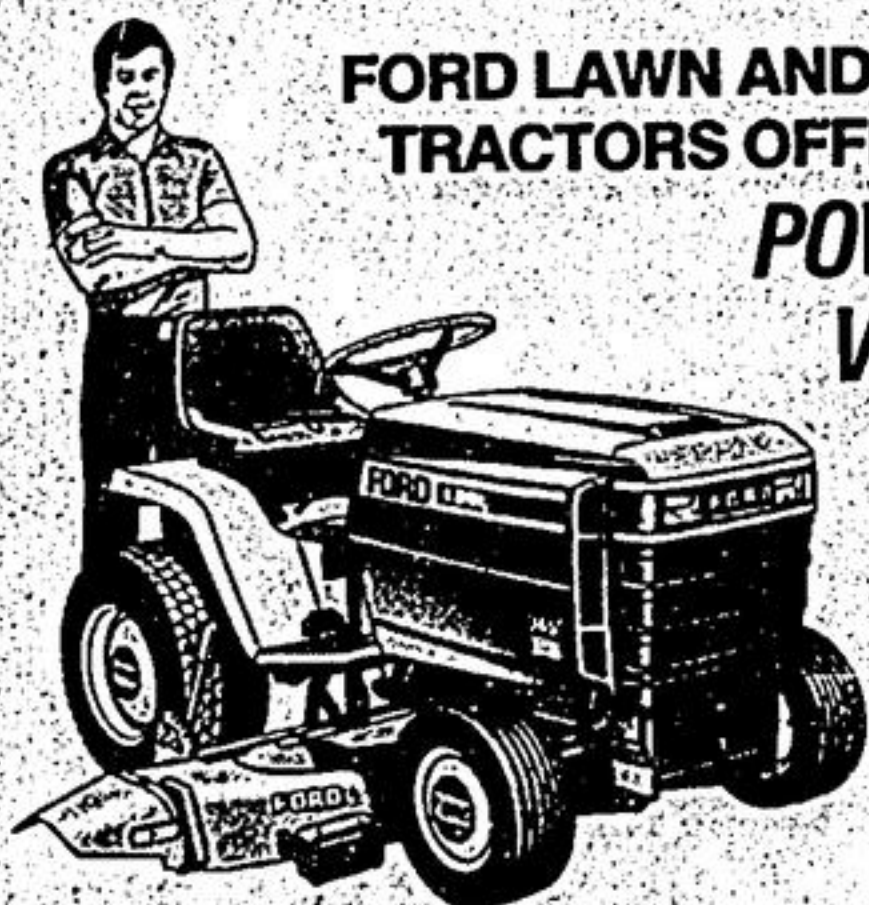
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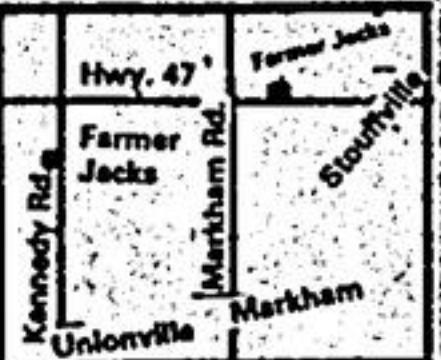
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