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Food

Along with wash day, cooking and preparing food took up a large part of many daily routines. The kitchen was a domain in which women would have seen many changes in the way things were run and stored. Kitchen appliances and many utilitarian objects have developed as a way to save time and energy. They were designed to make life easier when cooking and preparing food. These are the sort of designs that leave people wondering how they functioned before it was invented.

Shopping and storing food

'Well women tended to go shopping every day at that point. In the larder there was a stone shelf so that kept things cool. But obviously there was a time limit of how long you could keep things in the larder. So you did have to shop quite often.' (Marion Hockley)

'I had a larder cupboard which had marble shelves and kept things really cool. I only had tiny little galley kitchen so little space for other things.' (Sharon Jordan)

'You wouldn't go shopping on a Monday because that was wash day and that took all day. So it would be later on in the week that you would shop but there were certain things that you couldn't keep like milk and bread – these were brought fresh.' (Marion Hockley)

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Couple with ice box.

Fridge / Freezers

'We didn't have a fridge for years. Before we had this little tiny square thing that had an asbestos side – we didn't know that was bad for you then. You used to pour water down the side of it. That kept it cool but it didn't keep it cold.... That was another luxury when it came, the fridge.' (Margaret Nicolls)

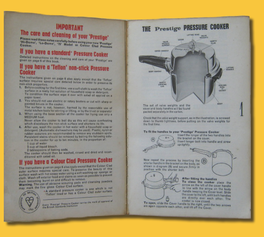
'Our first fridge was a big lumber-some thing with a small ice box in it. But even that was marvellous because obviously you didn't have to shop so often.' (Marion Hockley)

'Early 70s we had a chest freezer. That was probably the biggest thing that had changed my life as such. It was a company that came and knocked on the door. You bought the fridge freezer full of food the first time – then you paid weekly for it... We used to be able to freeze everything. Cakes and all that - I could do a batch every week and freeze them for the children. That saved loads of time and it did change our life.' (Joy Harris)

Cooking

'We had a Kenwood Chef. It was a super duper mixer to make things like bread. Before it was a hand mix, then the Kenwood came along so we could make cakes and things.' (Lorraine Ridley)

'We would always have a stew, a lamb stew on Monday's. Cooked in a pressure cooker where you turned the knob and the lid went on, so you could get on with other things while that was cooking.' (Lorraine Ridley)



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