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November 1982 60p

# HOUSEHOLDER

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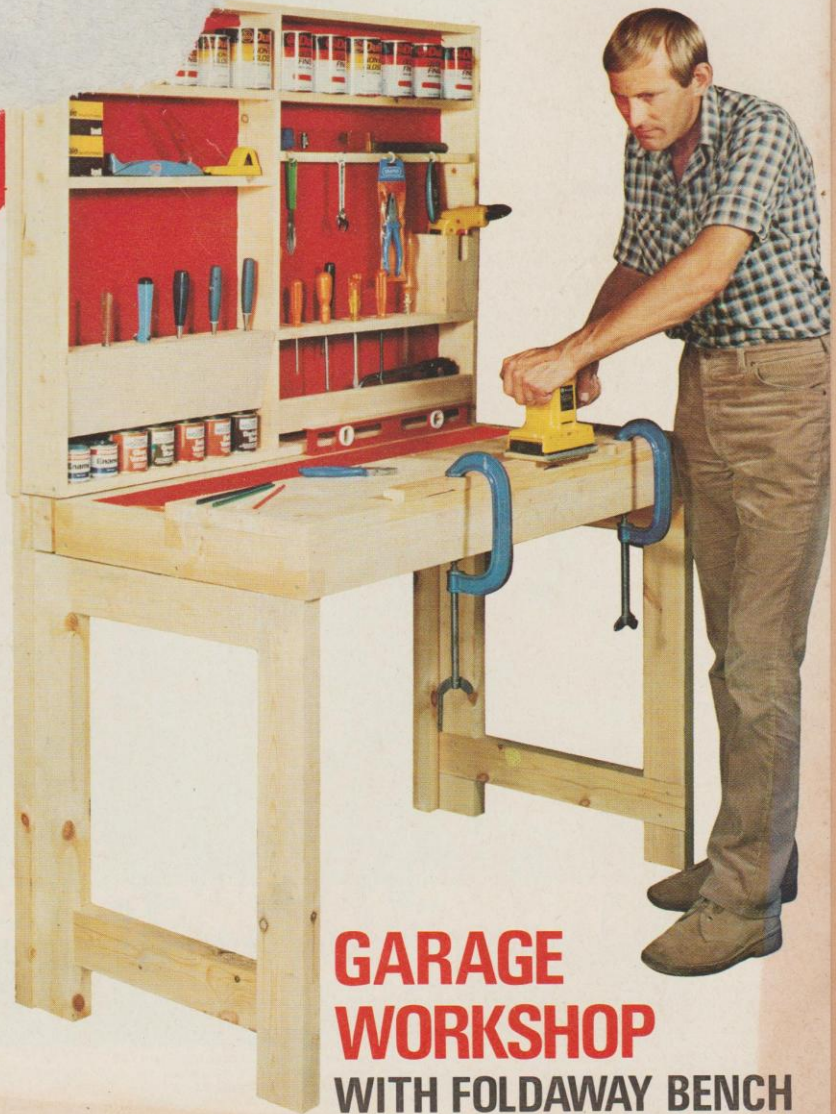
**GLASS  
SAFETY**

**FITTING  
SHOWERS**

**METAL  
REPAIRS**

**EXTRACTOR  
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**WINTER WARMTH  
AT LOWER COST**  
ALL YOU NEED TO KNOW  
**HEATING SUPPLEMENT**



**GARAGE  
WORKSHOP**  
WITH FOLDAWAY BENCH

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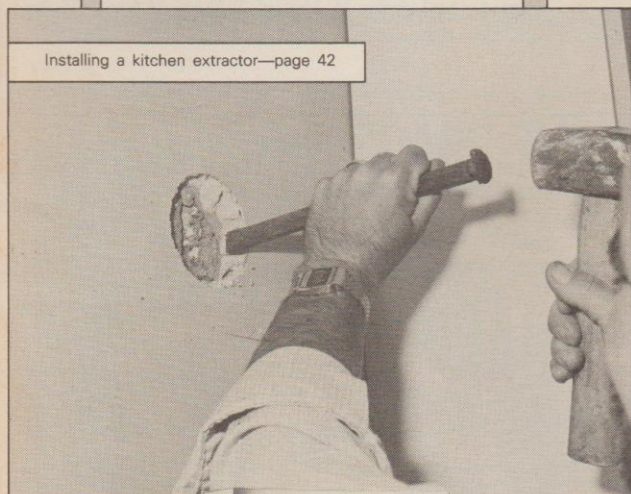
PRactical HOUSEHOLDER  
 INCORPORATING PRACTICAL HOME BUILDING & DECORATING AND NEW HOMEMAKER

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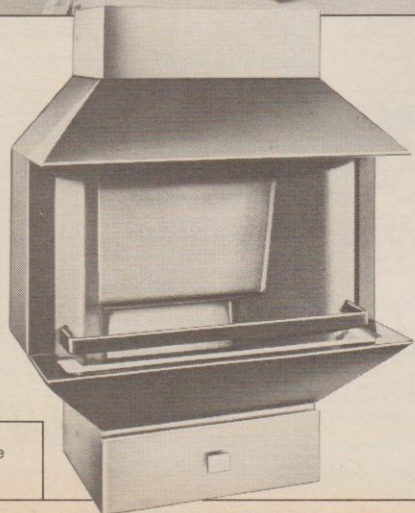
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Glass: cutting down on home accidents Page 37



Installing a kitchen extractor—page 42



Old fuel, new appliance—see Heating Supplement

There must be times when most of us have waited for either a plumber, electrician or builder to call as arranged and then been let down. Or been asked to complete a detailed form to send off to a manufacturer for a spare part not held locally, which often means waiting for weeks with some piece of much used home equipment made unserviceable for want of a small item. As we all know to our cost there are many sealed units manufactured nowadays where there is no option but to obtain a factory made replacement and we would not advocate trying to open up and effect a repair in these cases. No, it is in the simpler fields of straight-forward repair using common-sense and some basic know how that the average householder can save so much money and frustration. The choice is ours in assessing what jobs are beyond our capacity or too time consuming of our leisure hours. Practical Householder tries to cover a wide range of interests from the large constructional projects such as home extensions down to those most

common of household diy tasks, painting and decorating. The same tenets hold good for them all, sound preparation and a methodical approach. It is in the time element where the householder has the edge over the professional for except in "distress" or emergency jobs the time can be chosen to suit your convenience and you can devote more of it to attaining a high standard of finish. Manufacturers have realised the huge potential in the diy market and are packaging their products specifically for it with easily understood instructions. No longer do you have to stand in line at a builders merchants and sometimes be made to feel an idiot for lack of technical terminology and knowledge—in fairness not all builders merchants fell into this category of unhelpfulness but many potential customers were lost, who on finding the 'hassle' involved handed the job over to a professional. The vast majority of householders only need clear cut instructions and confidence to enable them to make big savings—plus the satisfaction of a job well done.

**Derek Eddy**

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Xpelair



**Top left:** For taking the heat out of steamy kitchens, a simple extractor fan installed in either wall or window is the answer. A pull cord operates the fan which features automatic back draught shutters. From Xpelair, price £38.50.\*

**Above:** Slimline Xpelair NKH three-speed cooker hood for wall or under cupboard installation, is sold in four sizes with a choice of white or brown enamelled housing. Prices from £100.93.\*

**Below:** Atag under cupboard cooker hood in mocha finish can be installed for either recirculation or direct extraction. Prices from £123.\*  
Kitchen units, Colonial in pine by Truewood Kitchen design.

**Below left:** Impressive Truewood corner canopy with Exactum motor and feature tile rail. Veneered finish is available in nine stains to tone with kitchen furniture. Price £250.\* Kitchen units, Countess in mahogany, also from Truewood.

\*Prices exclusive of VAT



# IF YOU CAN'T STAND THE HEAT...

... keep your cool in the kitchen.

Modern methods of ventilation make life more bearable in hot spots.

OPENING a window is one way to ventilate a kitchen, modern cooker hoods and extractor fans are another. What's more, they are easy to install, cheap to run and far more efficient when it comes to keeping your cool in the kitchen.

## What size?

Size of fan should be determined by the number of air changes per hour recommended for the room in which it is to be sited. In the domestic environment, these are: bathroom 15-20; living room 4-6; kitchen 10-15; toilet 10-15. Size of fan needed is calculated by estimating the volume of a room, and multiplying the result by the number of air changes, eg:

Room	Kitchen
Size	3x2.6x2.4m = 18.75m <sup>3</sup>
Air changes per hour	15
Air movement required	18.75 x 15 = 282m <sup>3</sup> h

The fan should therefore be able to move 282m<sup>3</sup>h of air to ventilate the room efficiently. A Vent-Axia VA150 or Xpelair GXC6 for example, both wall/window mounting models, have an extraction capacity of 300m<sup>3</sup>h, and would be ideal in this situation. Retail price of these models is approximately £44 including VAT.

To pick the best buy, look also at the cost of running the unit (wattage)—models capable of moving an equal volume of air don't necessarily consume the same amount of electricity in operation. Finally, listen to the unit at work if you can—the characteristic incessant hum is more pronounced in some models and may begin to annoy you over a long period of time!

Choosing a cooker hood is easier; hoods are manufactured in standard sizes from 550-900mm (22-36in)—measure the total width of your cooking area and select a size that is slightly larger, but do check that the hood (whatever its size) has an operating capacity of at least 200 cu.m an hour.

## Where to put it

Buy the right size of fan and install it in the wrong position and you will be wasting your hard-earned cash. Generally, fans should be positioned as high as possible in a room (hot air rises!) and near to the source of pollution, ideally opposite a source of replacement air such as an internal doorway. Do not install a fan:

- directly over a cooker; temperatures in excess of 40°C will damage it
- adjacent to a door or window in frequent use; it will curtail the effect of the fan at the other end of the room
- in the transom light over a door; for the same reason as above.

In a kitchen therefore, the ideal spot for an extractor fan would be in a window or wall adjacent to the cooker, and opposite a door or main air inlet.

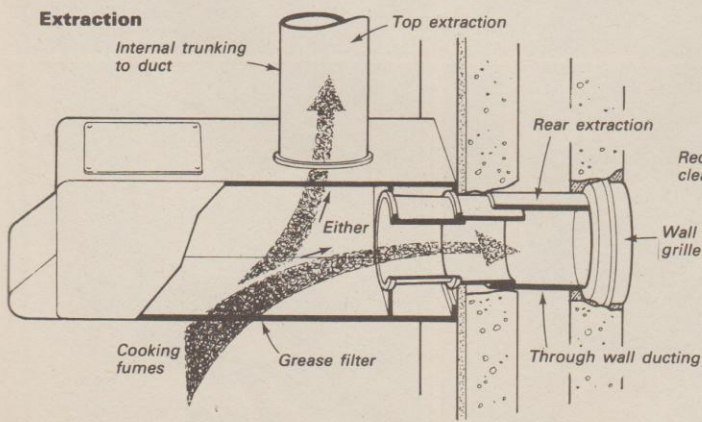
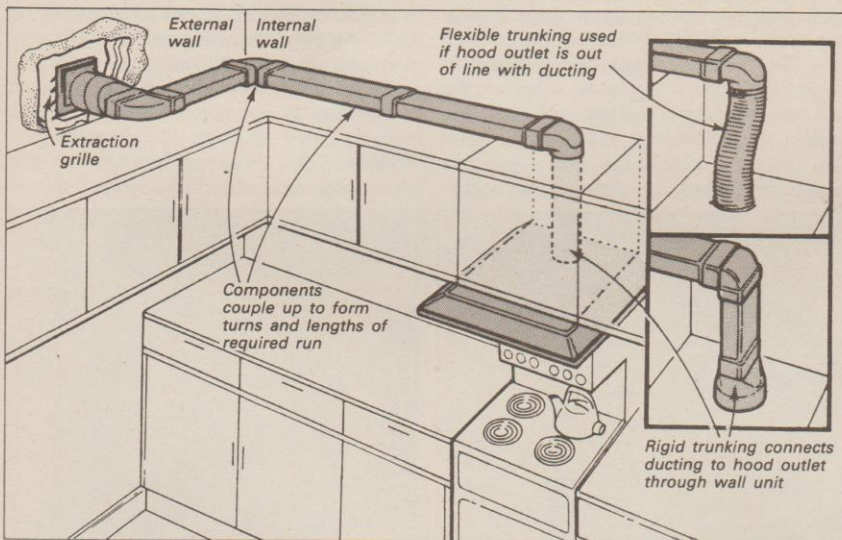
If the room contains a flued fuel burning appliance which does not have a balanced flue, ensure there is adequate air inlet at all times so that fumes are not drawn back down the flue.

## Window-mounted fans

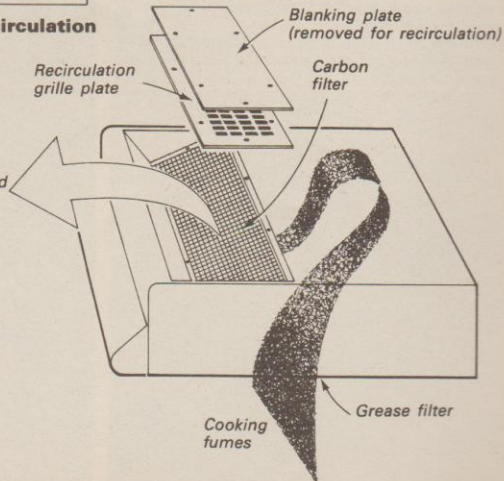
It's quite straightforward for someone with average diy skills to fit an extractor fan in a window—follow our step-by-step instructions. However it is advisable for the round aperture to be pre-cut in a new pane of glass by a professional glazier, particularly if you are not used to working with glass. A glazier may be prepared to cut a hole in an existing pane of larger windows which are expensive to replace, but smaller pane sizes are likely to crack under the stress.

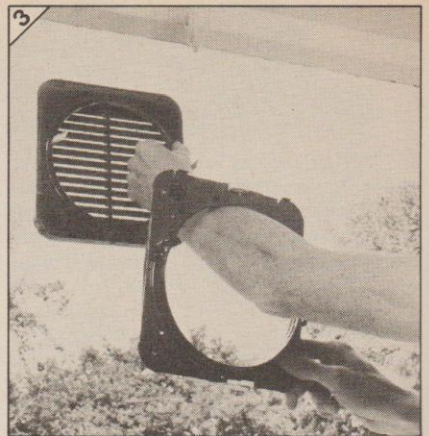
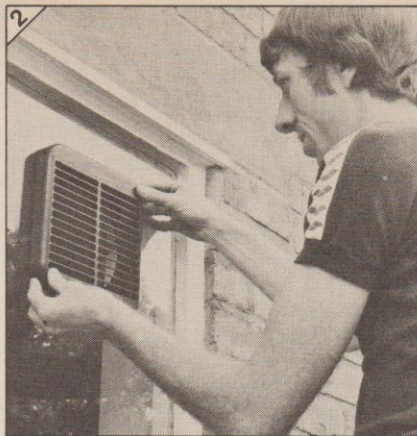
## Double glazing

Fans can only be installed in hermetically sealed double glazing if at the time of ordering the correct sized hole has been pre-cut and ready sealed by the glazing manufacturer. Not all fans are suitable for installing in double glazed windows.



## Recirculation





### 43 Cooker hoods

By far the best way to remove the steam and smells created by cooking is to fit a cooker hood or canopy—directly situated over the source of pollution they are able to capture much more of the problem than a

#### Above

- 1 Old glass removed and the frame clean of putty, the new pane is fitted and putted in position. A hole to accept the fan has been pre-cut to the manufacturer's recommended size
- 2 The extractor grille is located on the outside of the glass. Ladder strips, bent slightly, hold the grille in place
- 3 On the inside, holding the outer grille, the clamp plate is offered up to the fixing strips and secured with worm screws
- 4 Motor duct assembly is screwed into place
- 5 With the fan isolated from the electrical supply, the cable is fed through the lead guide and connected to the fan terminal box
- 6 Back draught shutter is fitted over the inner clamp plate and slid over the latch button. Unit is then connected to the mains supply

#### Below

- 1 Using a spirit level, mark the position of the hood at the recommended height over the hob
- 2 Using the wall mounting bracket as a template, mark the duct outlet and position of fixings
- 3 Cut through plaster and brickwork to form a recess for the trunking (see 'Forming an Air Duct')
- 4 Check the fit of the trunking, trim if necessary and push into place
- 5 Drill out fixing points, and insert wall plugs. Fixings must be made into timber struts on stud walls
- 6 Assemble the outlet flange on the wall mounting bracket
- 7 Screw the mounting bracket into place. The outlet flange push-fits into the trunking
- 8 Drill and plug fixings for outer grille. Fit and seal edges with mastic
- 9 Slide the body of the hood onto the arms of the mounting bracket. Refit fixing screws
- 10 Access door assembly and grease filter are screwed into position.
- 11 With the unit fixed firmly in place, wire the unit to a fused switched outlet or a suitable 3 pin plug and socket outlet

window mounted fan, even though that unit may have a higher operating capacity.

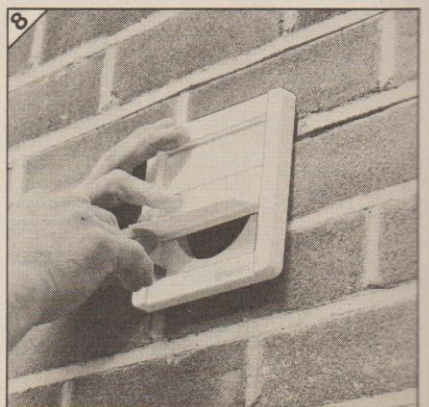
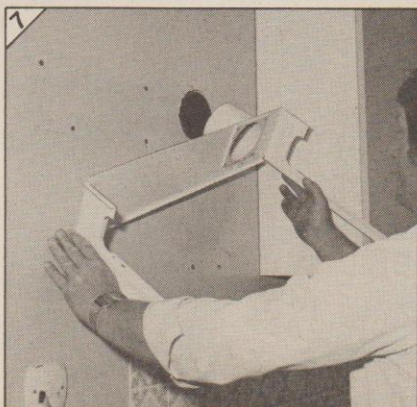
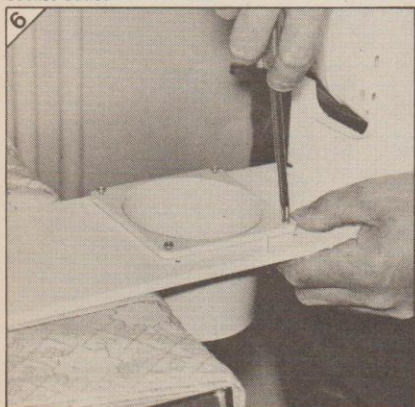
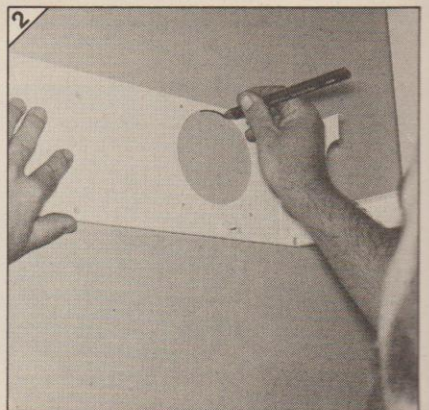
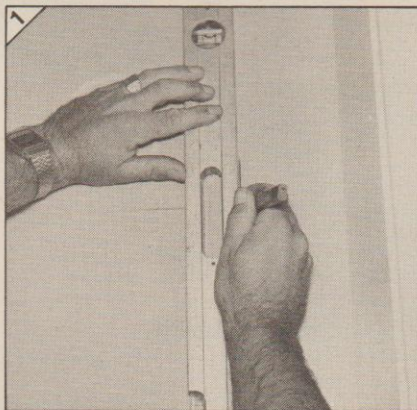
Cooker hoods, whether they are made from stainless steel or the more impressive models in beaten copper manufactured by W S Westin, are sold in three basic configurations: conventional units—for wall or under cupboard mounting; integrated units—fit into a drop door cupboard which is opened during use; and build-in units which fit under a canopy or island unit.

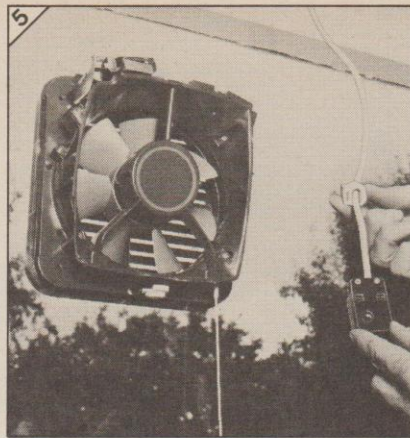
All three types usually incorporate at least two, sometimes three speed operation and integral illumination of the cooking area. The hoods contain grease filters to clean, and carbon filters to sweeten the polluted air. Some models feature a fire protection shield which, in the event of a fat fire, will shut down the unit so flames won't be sucked up through the cooker

hood.

Cooker hoods will operate in one of two ways—extraction or recirculation (see illustration of principles). With direct extraction, steam, smells and hot air pass through the grease filter and then pass straight into the outside atmosphere. This effectively reduces the volume of heat in a kitchen at the same time. With recirculation, steam, smells and hot air pass through the grease filter and the carbon filter, to be returned to the kitchen de-greased and freshened. The recirculation process is not so successful in reducing either the amount of heat or condensation in a hot kitchen.

To work effectively a cooker hood must be located at the correct height above a cooking area—600mm (24in) minimum, 750mm (30in) maximum—but check the manufacturer's recommendations.





### Do-it-yourself ducting

Where a cooker is located against an interior wall, smells and hot air cannot be ducted directly outside from source, but trunking can be used to carry the flow to a vent on an external wall. Eurocuisine and Kontinental Housecraft both manufacture ducting in individual component parts or diy kits. The fire-resistant systems simply push-fit together to form a run of the required length and formation (see illustration, previous page). The trunking is sold in brown only but can be painted, and at only 55mm deep, lays unobtrusively along the back of wall mounted cupboards.

Choose a system that will encourage a continuous air flow. Joints should push-fit into the next component in the direction of the air flow; fitting over a joint will cause turbulence at this point, and reduce the

efficiency of extraction. Eurocuisine actually mark air flow direction on each part so that the system can't be accidentally reversed.

Over long runs of say, 7 metres, an additional boost to airflow will be needed. This can be provided by a slave suction fan installed near the wall outlet. Where two outlets need to be ducted (ie, oven and hob) Y-shaped component parts allow both sources to be ducted through one outlet.

Typical prices for a 10 part diy kit is around £50, and £33 for a slave suction fan with a 100mm (4in) motor, including VAT.

### Forming an Air Duct

First check for buried pipes and cables where you propose to site the duct, and that the outside wall is not obstructed by drainpipes. To cut through brickwork:

1 Drill a series of holes round the perimeter

of the outlet on the inside wall. Use a 10mm (3/8in) masonry bit.

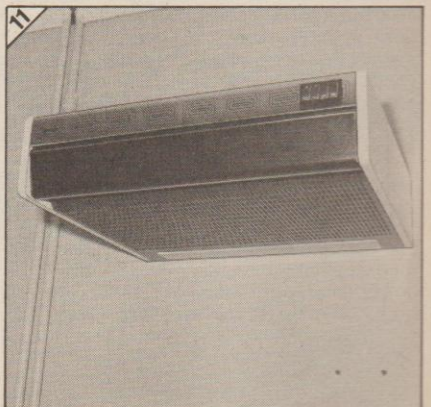
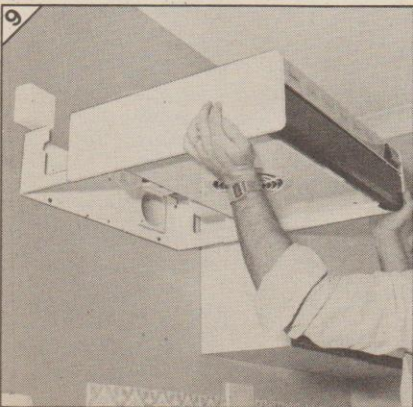
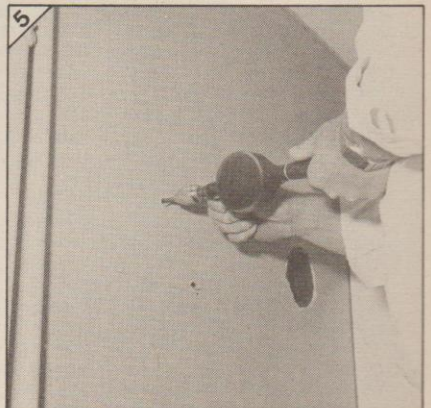
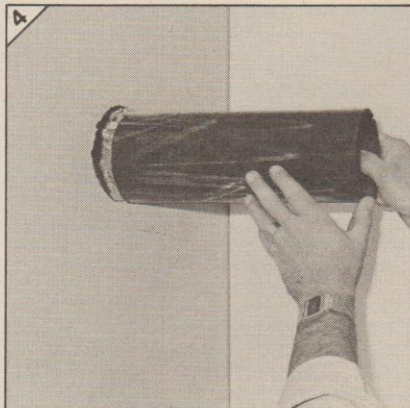
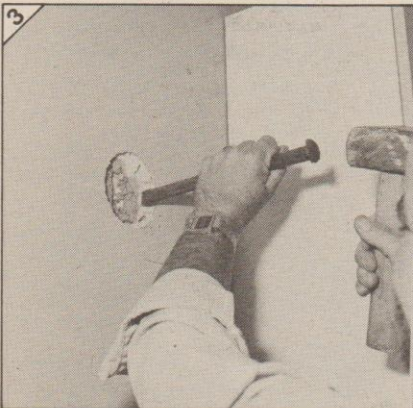
2 Cut through plaster using a small cold chisel and hammer. Don't cut beyond the half way point in solid walls—you run the risk of smashing exterior brickwork.

3 Once through the inner skin, drill through the centre of the duct to the outside.

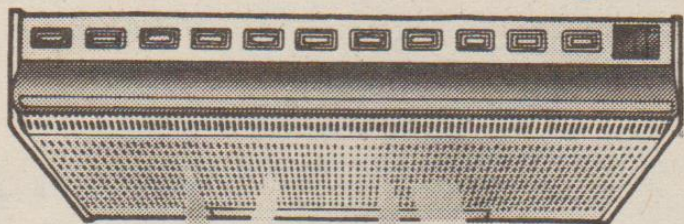
4 Working outside, use the template to mark out the position of the duct, using the newly drilled hole as your centre point.

5 Again drill a series of holes around the duct and, working from outside, chisel out the remaining brickwork.

If you are confident enough to fit a grille plate flush in a wall, neatly cut a square recess and pack the corners with broken bricks and mortar once the grille is in position. Always make good any damage to pointing.



# Cooking smells?



Kippers might smell delicious when you're looking forward to a tasty meal, but not so delicious when they're all you smell in the kitchen for the next week.

In fact a lingering fishy smell around the home is rather an offensive problem.

It wouldn't be a problem if you had an Xpelair.

An Xpelair fan will clear the air in your kitchen in the time it takes you to clean the plates.

Fill in the coupon, send it to us and we'll show you how with 'The Ventilation Handbook' which we'll send you absolutely free.



Please send me my free copy of 'The Ventilation Handbook'.

Name \_\_\_\_\_

Address \_\_\_\_\_

To: Publicity Department, GEC-Xpelair Limited,  
P.O.Box 220, Deykin Avenue, Witton, Birmingham B6 7JH.

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