

THE PEOPLE'S INSTITUTE OF AESTHETIC SCIENCE

COOPERATIVE HOUSEKEEPING



YOU may not class central heating plants under co-operative schemes, but they are decidedly expressions of the progressive twentieth century ideas that are just as good in practice as in theory.

Co-operative housekeeping is going to settle the servant question. It is going to double the leisure hours of women at home, and increase efficiency and happiness. It is the answer to the protest against the drudgery of housework, specialization being the keynote.

By Grace Vial Gray Domestic Science Expert, Chicago, Ill. CHARLOTTE PERKINS GILMAN says that a mother is expected to be an embryo combination of cook, nurse, laundress, chambermaid, waitress, governess and housekeeper.

Other countries are more advanced than we are along co-operative lines. We Americans admit we are in a muddle; we women know we are handicapped in the home, but we have been sitting for years with our hands folded, so it is high time we were trying to solve the problems of the chief cook, bottle washer, nursemaid, etc.

The annual charges for rent, heat, light, baths, food and service, including pneumatic sweeper, window cleaning and even shoe polishing, range from \$20 for two adults occupying a three-room apartment, to \$30 for four adults occupying a five-room apartment.

The Fich system has wonderful advantages, and I can see no disadvantages. This system settles the great question of the household that centralized has much of its work performed by machines or by skilled labor.

Some women are saying: "I would not know what to do in a Fich apartment." I should sit all day with my hands folded in my lap, and my feet in the operation not for indifferent women like you, but for the live, up-to-date women interested in affairs outside the home.

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Each of these women has a different idea of what a Fich apartment is. Some think it is a place where a woman can sit all day with her hands folded in her lap, and her feet in the operation not for indifferent women like you, but for the live, up-to-date women interested in affairs outside the home.

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The Interior of a Cooperative Store

Table with columns: COMMODITY, FORM OF Pkg., WEIGHT OR QUANTITY, SEASON WHEN GOOD AND HOW PLentiful. Lists various fruits and vegetables like Apples, Bananas, Cabbages, etc.

Besides the co-operative buying and marketing, a group of people called operate in buying land and building houses. There are five different groups of University of Chicago professors who joined together.

MENUS AND RECIPES FOR A WEEK FROM AN EXPERT IN COOKERY

This department will be in charge of a different instructor every month. The plan will give the housewife the benefit of wide and varied experience, and will present topics of interest to all.

CAREFULLY planned bill of fare has something in common with a well-designed landscape. The latter is likely to have a broad background of neutral tints which, from the very fact that they are neutral, offer no violent contrasts to each other.

Table of weekly menus from Monday to Sunday, including breakfast, luncheon, dinner, and supper items.

each and cook them for ten minutes in boiling salt water. Strain them and cook in a covered saucepan with the butter for about 1/2 hour or until they are very tender.

the meat is done and thicken the milk with flour before serving. Cabbage and Green Pepper Salad. This is made like coleslaw, except that the cabbage is mixed with an equal volume of chopped sweet green peppers.

THE HESITATING LOSER

THE pages of history attest to the fact that the one who hesitates when a valuable opportunity knocks at the door is a regretful loser. Even in household matters is this true. Grandmother should help you to improve on grandmother's days and ways. That's progress.