

SOLVE THE PROBLEM

**Eastern College Students
Have Learned the Art
of Living Cheaply.**

BOARD FOR A DOLLAR

**Meals Served by Student Board-
ing Club for an Average
of Five Cents Each**

An eastern college student, writing to a friend in a western school, says: The students of our school have solved the problem of going through school in an economical manner and at the same time living healthfully and well. The solution lies in the student self-boarding clubs which are becoming numerous. We found in our freshman year that the greatest item of expense was the board bill, and the board at that was not like mother used to give. We soon learned that late hours of study, confinement in the class room and lack of exercise were telling upon us, and we set about to discover some plan of remedying our condition. One of our number, a poor fellow, suggested that we organize clubs and board ourselves. We did not look upon the proposition with favor at first, for innovations are always met with a storm of objections. Our chum persisted, and shown us how to live well and cheaply. We formed ten clubs of five members each. One of our number was chosen steward and treasurer. A gasoline stove, dishes, and napkins were purchased. We were green at house-keeping at first, but we learned rapidly. Each fellow had his portion of work to perform. One set the table, another washed the dishes, the third swept the crumbs from the table and floor, and the steward got our food for us. Our landlady gave us many suggestions from her long experience in housekeeping. But the best feature of our plan is the simplicity and ease with which a meal can be gotten up. The hardest problem was the food to select. At first we confined ourselves to the proverbial boarding house menu but not one of us was satisfied. Then we tried so-called health foods. Most of them required too much preparation and time is a consideration with us students. We tried prepared oats, rice, hominy, etc., because we were caught by glittering ads extolling their virtues. At last we bought a box of Shredded Wheat Biscuit and, say, we are staunch advocates of this food. It's the easiest food to prepare that I ever saw. All you have to do is toast it a little and spread some butter over it. A cup of chocolate, a piece of cheese and a banana makes a fine breakfast, and it only takes a few minutes to prepare the entire meal. We have made a study of shredded wheat and find that it contains all the elements necessary to physical and mental upbuilding. Not any of

the original wheat berry is lost. All its properties are contained in the finished product. Every student knows that the foods of nature cannot be improved upon and contain the properties necessary to build bone, teeth, nerve and brain. We have discarded white and other breads from our table, because they are unnatural, requiring chemicals to make them light and short. We don't eat meat, because meat contains so much waste and so little tissue building material. Get a chemical analysis of beef and you will agree with me.

We have made rapid strides in this self boarding plan and nearly every student in our college boards himself. The restaurant keepers are naturally sore, for their profits are less now than formerly. But self preservation is a law, you know. Our meals cost us less than five cents apiece, to be more specific, a Shredded Wheat Biscuit costs one cent, chocolate one cent, a banana one cent, milk and butter less than two cents. We are in love with our plan and intend to keep it up. There is a marked improvement in our health and purses. It originally cost us \$3. per week for board, while it now costs us but little more than \$1. You fellows ought to try our plan. It is simple and has many advantages over the old boarding house.

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