

On the physical-economic side is the inefficiency and waste inseparable from individual housekeeping. Labor-saving machinery and devices are often too expensive for the individual home, and so small stoves do the cooking and the heating, each individual housewife or her helper washes by hand the dishes of each little group. Shopping is a matter for each woman, and necessitates numberless small shops; perhaps the biggest waste of time and energy lies here. The cooking is done according to the intelligence and knowledge of nutrition of each housewife, and housewives, like the rest of the world, range in intelligence from feeble-mindedness to genius, with a goodly number of the uninformed, unintelligent, and careless. Poets and novelists and the stage extol home cooking, but the doctors and dietitians know there are as many kinds of home cooking as there are kinds of homekeepers. The laboratory and not the home has been the birth-place of the science of nutrition, and we have still many traditions regarding the merits of home cooking and feeding to break from.

Take as one minor example the gorging