Grinding Down The Cost Of Living

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COVER Cover photo by Mark Kateyama.
Stop grinding out those greenbacks faster than you can make them. Read on for some penny-saving hints.
A COOPERATIVE EFFORT

by Wendy Aas
Illustration by Scott Simpkins
Plunk! Plunk! PLUNK! "Darn that faucet!" Nancy exclaims. "It's just too expensive though!"
Nancy and Susan can afford to get their leaky faucet fixed; they could get it done for free. For free, if they belonged to a labor co-op, where all sorts of labor would be free.
A labor cooperative is made up of a group of people who have two things in common. First, they like to be

Step-by-step, here's how to start your own co-op:
1) Call about 20-30 people who might be interested. Arrange for a meeting to explain to them how the co-op can help them and how much of their time would be involved.
2) Give them a couple of weeks to call you with a definite answer. About half at the meeting will probably be interested.
3) When the number of members is determined, a compiler may be established, where numbers and skills offered. Each member should be given a copy of this list.
4) One person's "skill" will be acting as secretary for the group. This duty includes keeping the above-mentioned list up to date, and keeping a record of debts (see no. 4).
5) A member who needs help should estimate the number of hours needed to get the job done. Then he can call the person or persons with the particular skill needed and arrange for a convenient time to do the job.
6) If a job takes six hours, the person whom that job was done owes the co-op a six-hour debt, or six hours of his services. The debt does not have to be paid back to the same person from whom the job was taken.
7) There should be a time limit, such as a year, in which the debt must be worked off. This ensures everyone a fair trade.

These rules were compiled from the article "Darn-Raising in Brooklyn," by Robert V. Weinstein in Family Circle, October, 1974.

fast or cook well, but hardly anybody can do everything. It makes sense to pool knowledge and skills and distribute them where they're needed. After all, who would you want to wallpaper your kitchen, someone who can apply it wrinkle-free or someone (yourself?) who ends up wrapped like

a Christmas package, with a length of sticky paper as the lopsided bow.
If the last example sounds like butterfingers you, don't fret; give up the ship—join a labor co-op like one smart couple, Tom and Vicki, did. Tom and Vicki wanted to move the

completed the job in the estimated two hours. The couple now owes the co-op eight hours of their services; they were multiplied by two hours each (equals a total of eight hours).
Joe, a college student, wanted to have a shirt made because he couldn't find what he wanted in the stores. He called Vicki because she was on the list as "seamstress." She stitched up the shirt to his exact specifications in four and a half hours. This reduced the couple's total eight-hour debt by four and a half hours.

A another example: Leslie wanted a small bookshelf built in her room. Tom was listed as a "basic carpenter," so Leslie called upon him to make the shelf. It took Tom three hours, reducing his and Vicki's debt to one-half hour. Vicki later babysat a co-op member's child for half an hour. This completely repaid their debt to the co-op.

A girl with a broken leg asked Joe to drive her to the doctor a few times a week. This enabled Joe to repay his co-op debt, for having Vicki make his shirt.
A cooperative could be made up of electricians, TV repairmen, carpenters, plumbers and mechanics, all of whose professional work costs an arm and a leg. But the skills of typists, cooks, babysitters and dog walkers can be just as useful. It just depends on the needs of the members. Pooling time would be beneficial to everyone involved.

The only possible drawback is the failure of members to pay back the debt owed within the time prescribed by the member. This is particularly foreseeable when dealing with students, because they are such a mobile population.

One solution might be to charge an initial membership deposit of $30 to join. If at the end of a year, a student member did not wish to rejoin the co-op, his money would be refunded. If he repaid all his debts. If his debts were unpaid, part of his deposit would be kept by the co-op as payment for his debts.

Poly students have always been inventive and constructive; a co-op could really thrive around here. Singles and marrieds, alike, can benefit from a co-op's money-saving labor.

Get in on the action. Stop handling out those dollar bills when your stereo breaks down! Start a co-op and get someone to join who knows

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**Hamburger Hints**

by Joyce Thompson

My old roommate from the dorms had finally invited me over for dinner and she promised to cook, if and when we ever escaped the dorms. Rumor had it that she was a good cook and went hog wild cooking for her guests.

I was remembering these gourmet tales as I walked up the stairs to my old roommate's apartment. Then the aroma from her kitchen hit me and I nearly ran up the last flight of stairs. Umm...good. I envisioned steak, eggplant sauce or soufflé.

Boy I was surprised when dinner turned out to be hamburger. But what a pleasant surprise to find that just when I was so tired of hamburger it had become a dirty word and I was sure even Hamburger Helper couldn't help anymore, hamburger really could taste good!

Hamburger is about the only meat we students can afford to eat much of these days. After a steady diet of hamburger for a quarter or two, I became a task just to look at another hamburger patty. But don't despair. The following recipes will make your hamburger in a hurry.

**HAMBURGER PIE**

1 onion—shredded
1 lb. hamburger
salt and pepper
P. B. Most cost under 65 to make. Now you have some ideas to start creating your own Christmas. So start checking craft shops and magazines for more detailed instructions.

**QUICK MEAT LOAF**

1/4 cup oatmeal—uncooked
1/4 cup chopped onion
1 tsp. salt
1/2 tsp. pepper
1 cup tomato juice
1 egg, beaten
Mix together all ingredients and put into greased loaf pan. Bake at 350 degrees for one hour and 15 minutes.

**CHINESE CABBAGE**

1 lb. hamburger
1 pkg. frozen peas
1 can mushroom soup
1 small onion, chopped
2 cups celery, diced diagonally
1 pkg. potato chips, crushed fine
1 can water chestnuts (optional)
milk, 1/4 tbs.
boy sauce to taste

Cook meat and onion. Layer in casserole—meat, peas, celery and mushroom soup mixed with milk and soy sauce. Top with potato chips. Cook 30-40 minutes at 325 degrees or until hot through. This will feed three people.

**COST BREAK DOWN:**

- 1 lb. hamburger: 85 cents
- 1 pkg. peas: 30 cents
- 1 can mushroom soup: 33 cents
- 1 small onion: 4 cents
- 2 cups celery: 10 cents
- 1 pkg. potato chips: 30 cents
- Total Cost: $1.20

_Quick Meat Loaf_ by Janet Herring

Illustration by Paul Ksrlsn

...around as you try to inch your way through the Christmas shoppers. You finally make it through the crowd to the toy and game section—just in time to see the last Parcheesi game (the one you wanted for your little brother) snatched from the shelf. And enchanted by the same grey-haired, hook-nosed lady who nearly knocked you down with her armful of shopping bags in her hurry to get into the elevator before you.

You wouldn't feel so bad if you thought she just had to have it. But from the looks of all her diamond rings and turquoise jewelry, you just knew she could have just as easily afforded something else, even if it did cost more than a Parcheesi board.

This year don't let those Christmas crowds tire your patience and stoop on your already soiled feet. Don't let them festle your elbows and knock the pyramid of packages in your arms to the floor, only to be played kick-the-can wish by the crowd. Don't get angry with the clerks when they hand you receipts with such large totals. Christmas vacation is all too short to be spent in agony over crowds and embarrassed.

This year try your creativity and resourcefulness instead of your patience, temper and wallet. Spend the $16 shopping days left until Christmas at home, by the fire, with the eggnog brewing, making your own Christmas gifts. Take a look at this "do-it-yourself, cheaply" Christmas list and give Banta a run for his money.

**CHRISTMAS LIST FOR DO-IT-YOURSELFERS**

strup and yard plaecemats (remove those straps and weave yarn in)

**EDITOR'S NOTE**

A recent survey on banking facilities generated a lot of enthusiasm and unfortunately, a few bills of misinformation. Take note of the following corrects for future reference.

**CROCKER AND U.C.S. BANK**

Both banks give loans if you meet the specific requirements.

**CROCKER BANK**

Checking accounts—15 cents a check.

**TOTALS**

<table>
<thead>
<tr>
<th>Service charge when balance drops below $100—3 cents plus 6 cents per check. No service charge for balance above $200. Give loans to students but not federally insured. Maximum lending is $2,000 ($600 extra for summer school).</th>
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<td>BANK OF AMERICA INTEREST RATE ON LOAN IS 7 PER CENT.</td>
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SAN LUIS OBISPO
by Diane Booth  
photos by Tom Kelsey

You don't have any teeth that are candidates for the tooth fairy, all your empty bottles are non-returnable, your piggy bank isn't bringing home the bacon and all you have left to pawn is your soul.

Okay, so your money is tight, but that is no reason to deprive yourself of a vacation you have earned. Discard the notion that an enjoyable vacation will set you back financially; take up camping!

Winter camping, a variation on an old theme, is dirt cheap entertainment, and its kick-back atmosphere is just what the doctor ordered to recuperate from finals. Reject the common misconception that winter camping is an ordeal practiced solely by the robust outdoors type. Retrieve the gear you put in mothballs until spring and head out into winter, the camper's paradise.

Campgrounds are literally deserted so you can frequently avoid making reservations. You'll be able to select a campsite rather than settle for one. You'll relish the deafening silence and absence of humanity.

Of course the recreation vehicle crowd will be out in droves, but they usually hibernate in the comfort of their homes away from home. With their television blaring, they prefer the stars on the tube to the ones flickering in the heavens.

If you need help in deciding where to set up camp, Granite Stairway Mountaineering, 851 Santa Rosa Ave in San Luis Obispo, can fill you in on the facilities at your disposal. The Los Padres National Forest and the Sequoias boast campgrounds open year round, but most forests in the Sierras are closed in winter by snow.

There are campgrounds right in our own backyard at Lopez Lake, Lake San Antonio and Lake Nacimiento.

When camping during the winter, there are two factors that can make or break a trip, advised Nancy Bester of Granite Stairway; your ability to keep warm and whether or not the eating is good.

Protection from the elements is the objective in selecting camping apparel. You don't need to invest in a costly wardrobe, just make do with what you already have. Thermal underwear, a wool sweater or down jacket and a windbreaker will keep out the chill.
You're best advised to pack a poncho, to keep off the rain. Ponchos are available in most sporting goods shops for $3. They can double as a tarp of rain. Wear at least two pairs of socks, a cotton pair next to the foot and outer woolen socks.

When selecting sleeping bags, remember that a fiber-filled bag still affords warmth when wet, while a down bag provides only misery when it's wet. A foam pad of insulating sandwiched between the bag and the ground will insulate your body from the cold ground.

A tube tent costs about $2.50. This is a two-ply sheet of plastic that converts to a tent for two from a square the size of a bandana.

Essential to the outing's success is good eating. This does not mean fussing with elaborate meals, since simple fare like stew can seem like a sumptuous feast to the camper's palate. Put your household cooking and eating utensils to work outdoors. A big soup pot and a frying pan are a must.

Don't depend on wood for cooking or to provide heat. Stringent California laws protecting the state's timber make it next to impossible to rely on natural woods for fires. What you can scrounge up will likely be wet.

Coleman 2-burner stoves and other gear can be rented from the Outings Committee at Cal Poly for weekend and weekly rates. A hibachi can do the cooking jobs with charcoal cheaper than a stove powered by fuel. A homemade lantern fashioned from a tin can and candle furnishes hours of light for less.

A few winter weekends ago three friends and I ventured up Highway 1 to Plaskett Creek Campgrounds in the Los Padres National Forest. It turned out to be a hassle-free undertaking from start to finish.

No reservations were secured, but we nabbed the primo sight of the camp despite our late arrival. We shopped for thrifty culinary delights like hot dogs and Rice Krispies. The cost of the trip was kept down by pooling and mooching for the necessary gear.

You too can enjoy a weekend with three mammoth meals a day in the privacy of a lush, green-carpeted suite with a view of the ocean and your own private forest. Our weekend tab for four people amounted to $17. and half a tank of gas.

Indulge in a mellow vacation with a price tag to match—go winter camping.
**The Dollar-A-Day Diet**

by Eric DeVal

photos by Robin Cleary

If you're wondering what to do with the visions of flying dollar signs dancing in your head as you walk out your soul in return for an economical nine-meal plan?

Well then maybe you were the one who happened to be thumbing through a newspaper that day, or you were sitting around the laundromat (waiting for your turn to dry) and you noticed an ad which read, "Year's supply of dehydrated food, $235 delivered. Complete balanced diet keeps indefinitely 844-3464." Being a mathematical wizard, you may have calculated that meant something like a dollar a day. This may have caused you to remember that yesterday you forked out $1.13 for a between-class snack, a move which you later termed "highly questionable." So you read the ad again. This time you thought to yourself "dehydrated, eh," and you didn't bother to take down the phone number.

Had you taken the trouble to write the number down, and had you trusted the further tenacity to dial it, the ringing end of your call would have been fielded by one, John Crawshaw. A personable guy with a drooping mustache, Crawshaw is in the true marketing vocation at below average prices. Much like the average grocer, Crawshaw markets a product widely available on the major food groups. That is the extent of the similarity, however. All the groceries bought from Crawshaw are dehydrated.

Crawshaw is quick to point out that the science of food dehydration has made great advances in the last few years. He further stipulates that the dehydrated food he offers is not to be associated with playing "army-at-war" or with a home version of back-packing.

David Cardona, a junior political science major, has been using the dehydrated food for one month. "This food tastes much like fresh or frozen food actually. This is due to the fact that once it has been reconstituted it is, for all practical purposes, fresh," he says. "And in a meat loaf, for example, I sometimes forget that it is made with textured vegetable protein (TVP) and not from ground beef."

Today's dehydrated carrot cubes can count the dried apricot, the slice of beef jerky and the raisin among its ancestors. Man first dried his fruit in the sun and later his meat in smokehouses. World War II ushered in the vacuum process. It has been remodeled a great deal since and currently removes 60-90 percent of a food's moisture. Moisture is thus eliminated as a spoilage factor.

Fresh produce in a grocery store is usually picked green and allowed to ripen on its way to market. Fruits and vegetables to be dehydrated are picked ripe in large quantities and are then dehydrated en masse within two hours. This scheme allows the loss of nutrition prior to sale or packaging. Dehydrated foods have, for the last several years, been parked in nitrogen, an inert gas, thus eliminating oxygen, another major cause of food spoilage.

An economist of the classical school, Crawshaw believes that in a situation of runaway inflation people turn to the dehydrated foods. A year's supply of dehydrated food costs 30 cents, as compared with the national average of 20 per regular meal.

From his past experience with dehydrated food, Crawshaw believes that in a situation of runaway inflation people turn to the dehydrated foods. A year's supply of dehydrated food costs 30 cents, as compared with the national average of 20 per regular meal.

This year's supply of dehydrated food takes between five to 15 minutes to reconstitute and can be used in conjunction with, in place of, and just like fresh food in any recipe. It tastes and smells are almost identical. There is very little difference between fresh and dehydrated food when hit the table. Crawford's customers don't necessarily buy the whole 12-month package. Any dehydrated item can be purchased separately by the case.

Crawshaw serves his hungry guests bacon fried rice, peas and a meatless loaf, all of which smell and taste delicious. As they eat Crawshaw tells them what he feels to be the advantages of dehydrated food. He says by using the dehydrated food his average meal costs 30 cents, as compared with the national average of 20 per regular meal.

High COST OF LIVING?

**WE CAN HELP A LITTLE!**

When I was a freshman at Berkeley, my tuition was $58 per semester. With a part-time job, I didn't have too much trouble scraping up that $58.00 as you have today with your tuition fees. On top of everything else, you are facing the high cost of living. The cost of everything keeps going up. I don't know if I could hack it as a student today.

Your student I.D. card is worth a dime for every dollar you spend in our store. Not a lot, but just a little help.

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Today's Joe Average citizen thinks he has a lot of things to worry about these days with food costs rising, high levels of unemployment, and essentials sometimes hard to find. But that's nothing. Take these burdens and add the extra cost of education and you have even more difficulties—the difficulties of today's Joe Average college student.

That's where this issue of outpost is all about. We've found some ways to beat the cost of living.

According to an article in Changing Times Magazine, college fees have gone up an average of 7 percent this past year. By 1983, the U.S. Office of Education predicts that four years of college will cost about $12,000. It's probably about this time that you're wondering if you made the right decision in coming to school. Well, you can relax. If the worth of a college education can be measured in terms of lifetime earnings, a 1972 male college graduate could expect to earn a lifetime income of $710,349, which is considerably more than a high school graduate ($231,896). Not to mention the prestige of a diploma.

So, the problem now is one of dealing with the rising costs. A study of past Cal Poly catalogs shows that the typical estimated expenses for the California resident student has jumped from $884 in the 1971 catalog to expected rates of $170 in the 1974-75 school year. That's a $314 increase in just three years.

Of course, the main ways to beat the rising costs are to get a well-paying job, or a scholarship, loan fund, or award. According to the catalog, there are about 228 scholarships awarded yearly to students in special study areas and with financial need requirements. But there are other ways to beat the cost of living that are not available in books or from the administration building. These are hints from the survivors—those who've made it through.

After interviewing students last week, I found the most efficient way to beat the cost of living was not to go drinking or partying. A fifth year senior explained to me that this way you could spend more time studying and going to classes and you get better grades and get out faster. I wonder if it's worth trying out?

Another way I found to cut the costs is through textbooks. You can either borrow them from the library, buy them used or from downtown stores, share costs with friends or forget them entirely—and take good notes.

Other helpful hints include getting old print out sheets from the computer center or extra handouts from teachers and use the backides for taking notes. Or buying notebooks, pens, pencils, etc. at local dime and discount stores.

For other ways to beat the cost of college living, keep on reading. You can't afford not to. You can't afford to throw this issue away. At least keep it and use the white space for scratch paper or to kindle your fireplace or to insulate your house—or if you're desperate—might make good toilet paper.
Enter Outpost's photo contest and win a $30 camera carrying case from Jim's Campus camera for your prizewinning photo story. Pick up contest rules in Graphic Arts 226.

Enter Outpost's writing contest and win a dinner for two at McLintock's for your award winning story. Pick up contest rules in Graphic Arts room 226.

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