



OPERATORS' LIVING HABITS
RELAY ASSEMBLY TEST ROOM

1927



UNIVERSITY OF WISCONSIN - MILWAUKEE

**WEEK OF
5 O'CLOCK "CHECK"**

4-22	4-23	4-24	4-25	4-26	4-27	4-28
10:30	10:30	10:	11:	12:	10:30	12:30
6:00 11:30	6: 11:30	6: 5:30	6: 5:30	6: 7:	6:15 6:15 X	6:00 7:30 Y
WALKING, DANCING. 2 MI.	WALKING APPR. LIGHT HOUSE OX. 3 MI. WORK	WALKING 1 MI. WALKING - 1 MI.	WALKING APPR.- WALKING - LIGHT HOUSE 0X. 3 MI.	WALKING 3 1/2 MIS. WALKING. ABOUT 3 HOURS.		
YES. B	1 GLASS B.	1 GLASS D.	1 GLASS B	1 GLASS B	1 GLASS B	1 GLASS D
2 EGGS, BOILED COFFEE, 1 PC CAKE 2 MILK.	COFFEE. 1 PC. CAKE. 1 PC. CAKE. 2 GLASSES MILK. 1 GLASS WATER.	OATMEAL + CREAM COFFEE. 1 PC. CAKE 2 GLASSES MILK 1 GLASS WATER.	OATMEAL + CREAM COFFEE. 1 PC. CAKE 2 GLASSES MILK.	OATMEAL + CREAM. 1 CUP COFFEE. 1 DOUGHNUT. 1 PC. CAKE. 2 GLASSES MILK.	COTTAGE CHEESE SAND-WHITE. 1 TOMATO 1 PC. CAKE 1 APPLE	PORK SAUSAGE. CATSUP + CHILI. 1 CUP COFFEE + CAKE 1 GLASS WATER. 12:30 APPLES 1 ORANGE 2:30
Soup, R-CHICK. HAM SAND. PEARS, R-POTS, CRKE, PEACHES. WATER.	1/2 HAM SAND. 1 PC. CAKE. 1 APPLE 1 ORANGE 1 BANANA.	1 HAM SAND. 1 PC. CAKE. 2 APPLES. 2 BANANAS. 1 ORANGE. WATER.	1/2 HAM SAND-WHITE 1 PC. CAKE. 2 APPLES. 2 BANANAS. 1 ORANGE. WATER.	HAM SALAD SAND. HONEYSTEAK - FRIED SAUERKRAUT. SPAGHETTI. POTATO CHEESE SALAD. TEA	COTTAGE CHEESE SAND-WHITE. 1 TOMATO 1 PC. CAKE 1 BANANA. 1 APPLE 2 BANANAS-WATER.	FRESH PORK SAUSAGE. CATSUP + CHILI. 1 CUP COFFEE + CAKE 1 GLASS WATER. 12:30 APPLES 1 ORANGE 2:30
VEAL, POT. SAUCE POT. CARROTS, MEAT. 1 PC. B+C STRAW-SHORT LETTUCE. CAKE, COFFEE BREAD-WHITE. L: WATER. 6: P.M. GARDEN CAKE 3 APPLES. PINEAPPLE WHIP, WATER.	POT. SOUP. MASHED POTOS. 1 CUP TEA. COOKIES.	HAMBURGER. MASHED POTOS. 1 CUP TEA. COOKIES.	STEAK. POT. B LETUCE-CREAMED COOKIES.	BEET SOUP + CREAM MINT DUMPLINGS - 1 GLASS WATER. COOKIES 6: P.M.	HONEYSTEAK - FRIED SAUERKRAUT. SPAGHETTI. POTATO CHEESE SALAD. COOKIES. WATER. 1 SL. BREAD. WHITE. 6: APPLES (3) 9:30	HAM SALAD SAND. STRAWBERRY SHORT C. 1 GLASS WATER 7:00 COOKIES. WATER. 1 SL. BREAD. WHITE. 6: APPLES (3) 9:30

DO NOT DISCLOSE IDENTITIES
 From the beginning of these studies, the identities of the persons under study have been kept confidential. We look to you to carry on this trust. Please guard the privacy of the persons involved by substituting fictitious names, or code symbols for real names.

OPER. NO. 1	DATE 4-29 SUN.	DATE 4-30 MON.	DATE 5-1 TUE.	DATE 5-2 WED.	DATE 5-3 THUR.	DATE 5-4 FRI.	DATE 5-5 SAT.
1. Hour of Retiring.	11:30	12:30	9:30	12:00	11:	11:	12:15
2. Hour of Rising.	9:30 9:00	6:00 / 6:30	6:00	6:30	6:00	6:00	6:00
3. Vigorous Exercise in Evening (Work or Amusement).	VISITING.	SHOW. DANCING.	WALKING 1 1/2 MI.	WALKING ABOUT 1 1/2 SETTING UP EXERCISE. ABS. 1 H.R.	WALK. 2 MI.	WALK. 2 MI.	WALK. 2:30
4. Glass of Water Upon Rising (Before Breakfast).	1-R	1-R	1-R	1-R	1-R	1-R	1-R
5. Breakfast	1 CUP COFFEE 1 PC PINEAPPLE 1 PC CAKE.	1 CUP COFFEE. COOKIES. 1 GLASS MILK.	1 EGG BOILED(SOFT) OATMEAL 1 CUP COFFEE. 1 PC CAKE. 1 GLASS MILK.	1 CUP COFFEE 2 GLASSES MILK	EGGS BOILED(2), 1 CUP COFFEE. COOKIES. MILK 2 GLASSES.	1 CUP COFFEE 1 DOUGHNUT 1 GLASS MILK WATER.	EGGS - BOILED-(2) 1 CUP COFFEE 2 PCS BREAD - WHITE. 1 DOUGHNUT. 2 GLASSES MILK.
6. Lunch	TOMATO SOUP. OYSTER CRACKERS ROAST VEAL. DR. W. PATS. ROAST. BACON LETTUCE SAND BEEFONES - WATER	WATER HAM SAND. WHITE 1 PC CAKE. 1 APPLE. 2 BANANAS.	1/2 CORNBEEF SAND 1 PC CAKE. 1 APPLE. 2 BANANAS. 2 BANANAS. WATER	1/2 CORNED BEEF SAND. WHITE. 1 PC CAKE. 1 APPLE. 2 BANANAS. 1 BANANA.	1/2 HAM SAND. WHITE. COOKIES. 2 APPLES. 2 BANANAS. WATER.	CHEESE SAND. W. 1 PC CAKE. 1 APPLE. 2 ORANGES. 1 BANANA. WATER.	SAUSAGE - FRIED CABBAGE. 2 PCS. BREAD - WHITE 1 CUP COFFEE. COOKIES. PEANUTS.
7. Dinner	TEA. CHICKEN SALAD SAND. CHOCOLATE PEANUT SUNDAY. 1 GLASS WATER	PORK CHOPS FRIED POTS. FRIED SOUP-CABBAGE. BUNS (2) BUTTER ST. BERRY (SHORTCAKE) COFFEE (WHEATCREAM) WATER - 4 GLASS MILK 2 GLASSES	MEAT + CABBAGE. SOUP-CABBAGE. 2 PCS. BREAD-WHITE 1 GLASS WATER	STEAK FRIED. CUCUMBER SALAD 1 PC PREAD WHOLE LETTUCE SALAD+ CREAM. 1 GLASS WATER	HAMBURGER - FRIED. POTS. MASHED LETUCE SALAD+ CREAM. POT. PANCAKES. 1 CUP TEA. COOKIES. FRUIT SALAD.	MACRONI SOUP HALIBUT - FRIED. POT. PANCAKES. COTTAGE CHEESE SALAD PEACHES. - CHILLED WATER. 6: WATER. 6: PEANUTS (2) 9:	HAM SALAD SAND. WHITE TEA. BANANA SPLIT. 6: ORANGES. (2) 9: PEACHES. - CHILLED ORANGES. (2) 9: WATER. 6: WATER. 6: WATER. 2
		WATER 2 " 12:15			MILK (2) GLASSES WATER 10:30		

5TH WEEK OF STOCK CHECK

5-6	5-7	5-8	5-9	5-10	5-11	5-12
11:	11:	11:45	10:30	10:30	11:	12:
10: 9:45	6: 7:	6: 7:	6: 6:15	6: 7:30	6: 7:30	6: 7:
DANCING. WALKING. AUTO RIDING	WALKING. 2 MI. SHOW WALKING 1/2 MI.	WALK 1 MI.	WALK HOME WALK. 1/2 MI.	1 1/2 MILES.	SHOW.	
1-R	1-R	1-R	1-R	1-R	1-R	1-R
1 CUP COFFEE 1 PC PIE. COOKIES. CORN FLAKES. 1 GLASS MILK.	1 CUP COFFEE. COOKIES. CORN FLAKES. 1 GLASS MILK.	1 CUP COFFEE 1 PC TOAST. 1 EGG BOILED COOKIES. 2 GLASSES MILK.	ORTHEMEL. 100% COFFEE. 1 PC OMELE. 2 GLASSES MILK.	TOAST. 1 CUP COFFEE. 1 DOUGHNUT. 2 GLASSES MILK. 1 GLASS WATER.	TOAST. COFFEE. 1 PC CAKE. 2 GLASSES MILK.	COFFEE. 1 PC CAKE. 2 GLASSES MILK.
CHICKEN - ROAST POTS. - ROAST PEAS - CREAMED. SOUP - TOM. EGG DRESD. 1 PC PINEAPPLE. 1 GLASS WATER.	PORK CHOP SAND WITH. POTATOES. 2 ORANGES. 2 BANANAS.	1/2 HAM SAND. WHITE 2 DOUGHNUTS. 2 ORANGES 2 BANANAS. 1 APPLE. WATER.	1/2 HAM WHITE. COOKIES. 2 ORANGES 2 APPLES. 1 BANANA. WATER.	HAM SAND. WHITE. DOUGHNUT. 1 APPLE. 2 ORANGES. 1 BANANA. CRINITY.	CHEESE SAND 1/2 W. 1 PC CAKE. 1 ORANGE. 2 APPLES. 1 BANANA.	SOUP STEAK - FRIED. POTS - BOILED. LETUCE SALAD. WATER & GLASSES. 1: 1 PC BREAD. WHITE.
PORK CHOPS - FRIED SOUP VEG. 1/2 DR. POTS. FRIED. BEEF ROAST. HONEY BEAN SALAD POTS. ROAST. 1 PC BREAD - WHITE. LETTUCE SALAD STRAWBERRY SHORT - WITH SOUR CREAM! CIPAB. COFFEE. FRUIT SALAD. WATER.	SOUP - TOM. WITH ROUND STEAK & ONIONS. POTS. BOILED. OGBUM SALAD. 20 (SOUR CREAM) PINEAPPLE. 6: 2 APPLES 1 GLASS MILK.	SAUSAGE - FRIED. PUNS. CELERY. LATTUCE TOM. 3 HAM ORANGE JUICE. 2 GLASSES WATER.	STEAK & SOUP BEEF CABBAGE SOUP. POTS. BOILED. PUNS. CELERY. LATTUCE TOM. 3 HAM ORANGE JUICE. 2 GLASSES WATER.	STRAWBERRIES. 1 GLASS WATER 1 CUP CREAM. 1 CUP COFFEE. COOKIES.	NOODLE SOUP. FISH - FRIED. COTTAGE CHEESE SAND ST. BERRY SHORTCAKE - WHIMMED. 3 PCS BREAD - W. FRUIT SALAD. 1 GLASS WATER 3 APPLES	HAM SALAD SAND. TOAST. TEA. WATER - 6: 1 GLASS WATER 3 APPLES
1 APPLES 1 ORANGE. 10:30 2 GLASSES MILK WATER.	10: 2 APPLES 2 GLASSES WATER 10: 10:45 2 APPLES 2 GLASSES MILK WATER.	11:15 2 APPLES 2 GLASSES WATER 10: 2 GLASSES MILK WATER.	9: 2 APPLES 2 GLASSES WATER 10: 2 GLASSES MILK WATER.	9: 2 APPLES 2 GLASSES MILK WATER.	10: 1 CUP TEA 1 GLASS MILK CRACKERS. 1 GLASS MILK WATER 10:30	10: 1 GLASS MILK WATER 10:45

May 19

5-13	5-14	5-15	5-16	5-17	5-18	5-19
11:	11:	1:	9:30	9:30	10:	12:
10:	6:	6:	6:	6:	6:	6:

NONE. WALK 1½ MI DANCING 1HR 1½ MI. WALK. 1½ MI WALK SAME AS
 ½ HR EXERCISE - SHOW.
 INC. DISH WASHING. YESTERDAY.
 WALKING '20

CEN. HOUSE WORK.
 SHOW.
 WALKING.

I-R I-R I-R I-R I-R I-R I-R

TOAST - 1PC COFFEE. 1 PC PIE.	EGGS. (2) BOILED EGG - BOILED COFFEE. 1 DOUGHNUT. WATER. 2 GLASSES MILK.	TOAST. COFFEE. COOKIES. 2 BANANAS & MILK. 1 GLASS MILK.	TOAST. COFFEE. OAKE. Egg BOILED. 2 GLASSES MILK. 1 " WATER.	OROTMEAL COFFEE. CAKE. 2 GLASSES MILK. 1 GLASS WATER.	COFFEE 2 PCS TOAST 2 GLASSES MILK.
Soup TOM. CROCK VEG. ROAST. POTS. FROG-CREAMED. CHOCOLATE SALAD. BREAD. 1/4 ORANGE. FRUIT SALAD. WATER. 1/2 CUP HAM SOUP - POT. DEEP STEW. HAM SAND W. POTS. BONES. COFFEE. LOTUS SALAD. PEACHES-CANNED 2 PCS BREAD. 1 GLASS MILK - WATER 1 " WATER. 2 GLASSES MILK MILK WATER 10:	HAM SAND W. 1/2 CAKE. 2 BANANAS. 1 APPLE. 1 ORANGE. CHOP SUEY. RICE. (2) BUNS. BUTTER (3) WATER ST. DERRY SH. CAKE. TEA. 6:30 WATER 2 GLASSES MILK	HAM SAND W. 1/2 CAKE. 1 APPLE. 2 BANANAS. 1 ORANGE. SOUP + ONIONS. POTS. BOILED. (2) BUNS. BUTTER (3) WATER ST. DERRY SH. CAKE. TEA. 6:30 WATER 2 GLASSES MILK	PORK CHIPS. BROILED. SOUP NOODLE. PEAS & CARROTS CREAMED. SPAGHETTI LETUCE SALAD. TOMATO SALAD. 2 PCS PREP'D. W. TEP. COFFEE. CAKE. STRIIPS CREAMED BREAD WATER 2 GLASSES MILK	EGG BOILED. 1PC B+B. W. CAKE. 2 APPLES 2 ORANGES. 2 ORANGES. COOKIES. WATER 2 APPLES 1 " WATER 2 GLASSES MILK	HAM SAND W. STEAK STRAWBERRY SH. CAKE-WHIPPED CREAM. HOT CHOCOLATE. FRUIT SALAD. ICE CREAM. 2 GLASSES WATER. 6: (2) APPLES (2) GLASSES MILK (2) " WATER. 11:00

	5-20	5-21	5-22	5-23	5-24	5-25	5-26
11:30	10:30	11:	10:	10:30	11:00		12:00
6:00	6:15		6:00	6:00	6:00		6:00
9:							
GEN. HOUSE WORK.	WALKING 1/4 MI. SHOW.		WALK. 1 MI.	WALK 1 MI.	WALK 1 1/2 MI.	WALKING 1 1/2 MI.	HOUSE WORK.
1-R	1-R	1-R	1-R	1-R	1-R	1-R	1-R
TOAST BUTTERED OATMEAL. COFFEE. PIE.	TOAST. COFFEE. (2) GLASSES MILK.	2 PCS TOAST COFFEE. 2 GLASSES MILK	CORN FLAKES. COFFEE. GLASS MILK " WATER.	CORN FLAKES-MILK. 2 PCS TOAST. COFFEE. GLASS MILK.	CORN FLAKES-MILK. COFFEE. TOAST (2) MILK.	OATMEAL COFFEE TOAST (2) BUTTERED 2 GLASSES MILK	
SOUF -TOAST. PORK ROAST. POTS. BROWNED. CUCUMBER SALAD. 2 PCS. BREAD. W. PACHES - CHANED. 1 GLASS WATER.	1/3 HAM SAND. W. 1 PC CAKE. 2 APPLES 2 ORANGES.	1/3 HAM SAND. W. (2) TOMATOES. CAKE. 2 APPLES 2 ORANGES.	1/3 HAM SAND. W. CAKE. 2 APPLES 2 BANANAS.	PORK SAND. W. CAKE. 2 APPLES 2 BANANAS.	1/2 cheese SAND. W. CAKE 2 APPLES 2 ORANGES	SMOKED SAND. 2 PCS TOAST. COFFEE. 2 CUPS. PIE WATER.	
PORK CHOPS-BROWNED. HAMBURGER. FRIED. HONEY BEAN SALAD. 1 PC BREAD. W. ORANGE. COFFEE. ICE CREAM. 1 GLASS WATER 6:30	SOUP- VEG. HAMBURGER. FRIED. LETTUCE SALAD. 2 PCS. BREAD. W. WATER. 6:30 2 APPLES 9:30 1 GLASS WATER 6:30	SOUP- VEG. HAMMERGER DUMP STEAK. LINES. 2 PCS. BREAD. W. WATER 6:30 1 ORANGE 10: ST. BERRIES + CREAM. 1 GLASS MILK 2 " WATER	RIBSAR. SOUP. HAMBURGER POTS. MASHED. POTS- BOILED. 2 PCS. BREAD. W. WATER 6:30 1 GLASS MILK 2 " WATER	CHOWDER SOUP. HAMBURGER POTS. MASHED. CUCUMBERSALAD POTS- BOILED. LETTUCE SALAD. 2 PCS. BREAD. W. WATER 6:30 1 GLASS MILK 2 " WATER	SPAGHETTI COFFEE. 2 PCS. WH. BREAD FRUIT SALAD COLLIES. WATER. 6:30 1 GLASS WATER 6:30 2 APPLES 9:30 1 GLASS MILK 2 " WATER	Noodle soup FRIED TROUT SPAGHETTI 2 PCS. WH. BREAD FRUIT SALAD COLLIES. WATER. 6:30 1 GLASS WATER 6:30 2 APPLES 9:30 1 GLASS MILK 2 " WATER	COTTAGE CHEESE DUMPLINGS. COTTAGE CHEESE PUDDING. TEA. COOKIES. WATER. 6: 1 GLASS WATER 6:30 2 APPLES 10: BANANAS ORANGE 1 GLASS MILK 10:00 1 GLASS MILK 1 " WATER 10:30
2 APPLES 1 ORANGE. 1 GLASS MILK. 2 " WATER 10:30	1 GLASS MILK 2 " WATER 2 " WATER 10:30 10:	1 GLASS MILK 2 " WATER 9:30 2 " WATER	1 GLASS MILK 2 " WATER 9:30 2 " WATER	1 GLASS MILK 2 " WATER 10:30 2 " WATER	1 GLASS MILK 2 " WATER 10:30 2 " WATER		

5-27	5-28	5-29	5-30	5-31	6-1	6-2
12: 9:00	10:30 6:	11: 6:	10:30 8:	10:30 6:	12:15 6:	11:30 6:
WALKING 1 MI. WITH 1½ MI. AUTO RIDING.	WALK 1½ SHOW. ½ = 2 MI. PARADE SHOW.	WALKING 2 MI. SETTING UP WATCHING EXERCISES. WALKING 1½ MI.	WALKING & EXERCISES. WALKING 1½ MI.	WALKING 2 ½ HRS. AMUSEMENT PARK	SHOW. WALKING 2 ½ MI. HOUSE WORK.	
1-R	1-R	1-R	1-R	1-R	1-R	1-R
CAKE. COFFEE TOAST.	EGGS - BOILED. CORN FLAKE ST BREAD - W MILK. COFFEE CAKE 2 GLASSES MILK 1/2 GLASS WATER.	EGG (2) FRIED 1 PC BREAD - W. COFFEE CAKE 2 GLASSES MILK 1/2 GLASS WATER.	EGG BOILED. 1 PC BREAD - W. CAKE 2 PCS. TOAST. 2 CUPS COFFEE	EGGS (2) BOILED. 1 PC BREAD - W. 2 GLASSES MILK 1 CUP COFFEE PIE	OATMEAL. COFFEE. 1 PC TOAST. 1 PC TOAST + HAM. 2 GLASSES MILK DOUGHNUT.	SAUSAGE - FRIED TOMATO SAUCE. SOUP - TOMATO. 2 PCS. BREAD - W. 1 GLASS WATER.
CHICKEN - ROAST POTS. PEAS & CARROTS. CUCUMBER SALAD 2 PEARS 2 APPLES	1/2 HAM SAND. W. CAKE 2 APPLES 2 ORANGES. 1 APPLE.	1/2 HAM SAND. W. CAKE 2 APPLES 2 ORANGES. 1 APPLE.	KIDNEY BEAN SOUP HAM SANDWICH - W. PORK CHOPS BREADED CAKE CUCUMBER SALAD RAISINS. 2 PCS. BREAD - W. 1 GLASS BEER. FRUIT SALAD.	HAM ON TOAST SAUSAGE. CAKE 2 PCS. BREAD - W. 1 CUP COFFEE 1 CUP CREAM. 2 APPLES	SPAGHETTI FISH - FRIED. COTTAGE CHEESE DUMP - KING. SHALMON SALAD. 1 PC BREAD - W. TEA COOKIE - 6.	HAM SALAD SANDWICH. STRAWBERRY SHORTCAKE WHIPPED CREAM. ICE CREAM SUNDAE. 1 GLASS WATER. 6: 2 APPLES 1 ORANGE. 10: STRAWBERRIES AND CREAM. 11: COFFEE. HAM SANDWICH 1 GLASS MILK 2 GLASSES WATER
SHRIMP COCKTAIL. POK ROAST. POT SALAD. FRUIT SALAD. 1 PC BREAD - W. WATER. 6: ICE CREAM SOUP. WATER. 9: CAKE 2 GLASSES MILK 2 " WATER 11:	STEAK. ONIONS - FRIED. SOUP - VEG. CUCUMBER SALAD. LETTUCE SALAD. 3 PCS. BREAD - W. RHubarb - SOUP. WATER. 6:30 2 APPLES 8: 2 GLASSES MILK WATER 10:30	STEAK. ONIONS - FRIED. CUCUMBER SALAD. LETTUCE SALAD. 3 PCS. BREAD - W. RHubarb - SOUP. WATER. 6:30 2 APPLES 8: 2 GLASSES MILK WATER 10:30	WATER 2" WATER 2" WATER 2" WATER 10: WATER 10:	WATER 2" WATER 2" WATER 2" WATER 10: WATER 10:	ORANGEADE ORANGEADE ORANGEADE ORANGEADE ORANGEADE	10: 10: 10: 10: 10:

HOURS OF SLEEP AND AMOUNT
OF EXERCISE.

6-3	6-4	6-5	6-6	6-7	6-8	6-9
11:	11:	11:	11:	9:30	10:30	12:
10:	6:	6:	6:	6:	6:	6:

WALKING 2MIS. WALKING 1MI. WALKING 1MI. SAME
SHOW. DISH WASHING DISH WASHING

WALKING 1/2 MI. CLEANING HOUSE. GEN. HOUSE WORK.

<u>HOUR OF RETIRING</u>	6-10	6-11	6-12	6-13	6-14	6-15	6-16
10:	6:	6:	6:	6:	6:10	6:	6:
<u>HOUR OF RETIRING</u>	11:30	1:30	10:30	9:	11:		
						10:30	11:30
<u>EXERCISE.</u>	VISITING	DISH WASHING	DISH WASHING	WALK 1½ MIS. SHOW.		WALK 2MIS.	WALK 2MIS.
				WALK 1MI.			

6-17 6-18 6-19 6-20 6-21 6-22 6-23

RISING — 7: 6: 6: 6: 6: 6: 6:

RETIRING 10:30 8:30 11: 10:30 11:30 11: 1:30

TENNIS. 1 HR. WALKING SHOW WALK 1½ MRS. VISITING. WALK 1½ MRS. WALK 2 HRS.
WALK. 3 HRS. 1½ HRS. WALKING 1½ DANCING ½ HR.
DANCING ½ HR.
RIDING

HOUR OF RISING 6-24 6-25 6-26 6-27 6-28 6-29 6-30

~~10:00~~ 10: 6: 6: 6: 6: 6: 6: 9:

HOUR OF RETIRING

10:30 10:30 10:30 10:30

EXERCISE WALK 2 HRS. WALK $1\frac{1}{2}$ MI. WALK 1 MI. WALK $1\frac{1}{2}$ MI. WALK 1 MI. WALK 4 MI. WALK - 2 HRS.
SHOW. RIDING-AUT. RIDING - 3 HRS.

EXERCISE. 3 HRS.
RIDING - AUTO. RIDING - 3 HRS.
SHOW

7-1	7-2	7-3	7-4	7-5	7-6	7-7
-----	-----	-----	-----	-----	-----	-----

8:	6:	6:10	10:30	6:	6:	10:00
----	----	------	-------	----	----	-------

RISING

<u>RETIRING</u>	12:30	11:	10:30	11:00	11:00	11:00	12:
-----------------	-------	-----	-------	-------	-------	-------	-----

~~WALK - 2 HRS.~~ WALK 2 MI. IRONING AND WALK 2 HRS. WALK 2 MI. WALK 2 MI. HOUSEWORK - 2 HRS.
~~RIDING~~ 5 HRS. GEN. HOUSE - SHOW.
~~(AUTO)~~ WORK 1 HR.
~~WALK 1 1/2 MI.~~ SHOWER

EXERCISE

HOUR OF RISING	7-8	7-9	7-10	7-11	7-12	7-13	7-14
----------------	-----	-----	------	------	------	------	------

9:	6:15	6:	6:	6:	6:	6:	9:30
----	------	----	----	----	----	----	------

HOUR OF RETIRING

11:30	10:30	10:30	1:00	10:	11:	12:
-------	-------	-------	------	-----	-----	-----

EXERCISE WALK - 2 M. WALK 2 MI. WALK 2 1/2 MI. WALK 2 MI. WALK 1 1/2 MI. WALK 2 MI. HOUSEWORK 1 1/2 HRS.
~~HOUSEWORK~~ HOUSEWORK HOUSEWORK SAME
~~(LIGHT)~~ LIGHT LIGHT
~~SHOW~~ SHOW

7-15 7-16 7-17 7-18 7-19 7-20 7-21

9:00 A.M.

RISING

9:

6:

6:15

6:

6:

6:10

7:30

9:00 A.M.

RETIRING

1:

11:

11:

10:30

11:

11:

2:15 P.M.

1½ GEN.
EXERCISE.
HOUSE WORK

WALK 2 MI. WALK 2 MI. WALK 2 MI. WALK 1 MI. WALK 2 MI.
IRONING ¼ HR. IRONING ¼ HR. IRONING ¼ HR.

SHOPPING 1 HR.
HOUSE CLEANING 1 HR.
PLAYING BALL 2 HR.
SWIMMING
WALK 3 MI.
FOX RIVER GROVE

<u># HOUR OF RISING</u>	<u>7-22 SUN.</u>	<u>7-23 MON.</u>	<u>7-24 TUE.</u>	<u>7-25 WED.</u>	<u>7-26 THU.</u>	<u>7-27 FRI.</u>	<u>7-28 SAT.</u>
-------------------------	------------------	------------------	------------------	------------------	------------------	------------------	------------------

9:00

6:

6:

6:

6:

6:

HOUR OF RETIRING

12:00

11:

11:

10:30 11:30

EXERCISE.

WALK 2 MI. WALK 2 MI. WALK 1 MI. WALK 1 MI. WALK 3 MI.
PLAYING BALL 1 HR.
SWIMMING
AFTERNOON
FOX RIVER GROVE

	AUG. 12	8-13	8-14	8-15	8-16	8-17	8-18
RISING	# 7:30	6:	6:	6:10	6:	6:	10:30
RETIRING	11:	10:30	10:30	10:30	11:	11:	11:30
EXERCISE.	PLAYING BALL AUTO RIDING WALKING	AT HOME WALK 1 MI.	WALK 1 1/2 MI. WALK 2 MI.	WALK 1 1/2 MI. WALK 2 MI. SWIMMING	AUTO RIDE 2 HRS. SHOW WALK 1 1/2 MI. SWIMMING PLAYING BALL 2 HRS.	SHOW	HOUSEWORK-(LIGHT)
HOUR OF RISING	8-19	8-20	8-21	8-22	8-23	8-24	8-25
	9:30	6:	6:15	6:10	6:	6:	8:
HOUR OF RETIRING	11:30	10:30	9:30	9:30	11:	10:30	1 P.M.
EXERCISE.	SHOW WALK - 1 1/2 HRS. HOUSEWORK 1-HR. LIGHT WASHING DISHES	WALK 1 1/2 MI. WALK 1 1/2 MI.	WALK 1 1/2 MI.	WALK 2 M.	WALK 1 1/2 MI. SHOW HOUSE WORK (LIGHT.)	HOUSE WORK 2 HRS.	SHOPPING 1 HR. SHOW

2 weeks vacation

	8-26	8-27	8-28	8-29	8-30	8-31	9-1
<u>HOUR OF RISING</u>	9:45	6:10	6:	6:10	6:	6:	10:
<u>RETIRING</u>	10:30	11:	11:	11:	12:	11:	12:
<u>EXERCISE</u>	WALK 1/2 MI.	WALK 1 1/2 MI.	WALK 1 1/2 MI.	VISITING WALKING 1 HR.	VISITING WALK 3 1/2 MI.	HOUSE WORK (LIGHT) DISH WASHING. 1/2 MI WALK.	HOUSE WORK 2 HRS. SHOPPING 1 HR. WALK 1 1/2 HR.
<u>HOUR OF RISING</u>	9-2	9-3	9-4	9-5	9-6	9-7	9-8
<u>RETIRING</u>	10:	11:	6:10	6:	6:	6:	6:00
<u>HOUR OF RETIRING</u>	12:	11:	11:	11:	1:00 A.M.	1:30	1:A.M.
<u>EXERCISE</u>	HOUSE WORK (LIGHT.) STANDING 45	SHOW WALK 1 HR.	WALK 1 1/2 MI HOUSE WORK (LIGHT)	WALK 1 1/2 MI. WASHING DRAWS.	SNACK 2 MI. SHOW.	HAIR DRESSERS WALK 1 MI.	HOUSE WORK 1 HR. SHOPPING 4 HRS.

9-9-58 9-10 9-11 9-12 9-13 9-14 9-N

RISING

10: 6: 6: 6: 6:15 6: 6:15

RETIRING

12:30 10:30 10:30 11: 11: 11: 8:47 A.M.

VISITING.
AUTO RIDING.
WALK 1 MI.
SHOW.

WALK 1 1/2 MI. WALK 1 1/2 MI. WALK 2 MI. WALK 1 1/2 MI. DISH WASHING.

DISH WASHING & VISITING 2 HRS. DISH WASHING

SHOPPING 4 HRS.
PARTY + DANCE.

<u>HOUR OF RISING</u>	9-16	9-17	9-18	9-19	9-20	9-21	9-22
	10: A.M.	6:	6:	6:	6:	6:15	6:

HOUR OF RETIRING

9:	8:30	11:	10:45	9:	11:	11:00
----	------	-----	-------	----	-----	-------

SHOW.

WALK 1 1/2 MI. WALK 1 1/2 MI. WALK 1 1/2 MI.

DISH WASHING

SHOW.

DISH WASHING.

DISH WASHING.

WALK 1 1/2 MI.
DISH WASHING
HOUSE WORK 4 HRS.

WALK 1 1/2 MI.
HOUSE WORK 1 HR
SHOPPING 1 HR
SHOW.
WALK 1 MI.

EXERCISE

9-23 9-24 9-25 9-26 9-27 9-28 9-29

RISING

— 10: 6: 6: 6: 6: 6:

RETIRING

— 11: 11: 11:30 11:45 10: 11: 12:00

DISH WASHING. WALK 1 $\frac{1}{2}$ MI DISH WASHING SHOW. WALK 1 $\frac{1}{2}$ MI.
HOUSE WORK. DISH WASHING SHOW WALK 1 $\frac{1}{2}$ MILES. WASH DISHES. WALK 1 $\frac{1}{2}$ MI.
EXERCISE HOUSE WORK WALK 1 $\frac{1}{2}$ MI WASH DISHES. HOUSE WORK 2 HRS
2 HRS. WALK 3 HRS. HOUSE WORK 2 HRS
SHOW.

<u>HOUR OF RISING</u>	9-30	10-1	10-2	10-3	10-4	10-5	10-6
	10:00	6:	6:	6:	6:	6:	6:

HOUR OF RETIRING

— 11: 10:30 11:00 10:30 10:30 11:00 12:00

EXERCISE WASH DISHES. WALK 4 BLOCKS WALK 4 BLOCKS. WALK 1 $\frac{1}{2}$ MI. WALK 1 $\frac{1}{2}$ MILES. SHOW
WALK 2 MILES. WASH DISHES. SHOPPING 3 HRS. WASH DISHES WASH DISHES.
VISITING. HOUSE CLEANING 1 $\frac{1}{2}$ HR. WASH DISHES

10-7 10-8 10-9 10-10 10-11 10-12 10-13

RISING

10: 6: 6: 6:15 6: 6: 6: 6:

— RETIRING

1: P.M. 10:30 9:30 10:30 11:00 9:00 11:30

EXERCISE

WALK 1 1/2 MI
VISITING WASH DISHES WALK 1 1/2 MI. WASH DISHES WALK 1 1/2 MI. WASH DISHES
SHOPPING 1 HR. VISITING WALK 1 1/2 MI.
WASH DISHES WALK 1 1/2 MI
HOUSE WORK 3 HRS
SHOPPING 2 HRS

HOUR OF RISING

10-14 10-15 10-16 10-17 10-18 10-19 10-20

10:00 6: 6: 6: 6: 6: 6: 6:

HOUR OF RETIRING

11:00 12: 12: 10:30 10:30 11: 12:

EXERCISE WALK 1HR. HEALTH SHOW
VISITING 6 HRS EXHIBIT. WHICH DISHES AND WALK 1 1/2 HR. WALK 1 1/2 HR. SHOPPING 3 HRS
HOUSE WORK 1 HR. HOUSE WORK 2 HRS. HOUSE WORK 3 HRS. HOUSE WORK 4 HRS.
READING 1 HR. WALK 1 1/2 HRS.

10-21 10-22 10-23 10-24 10-25 10-26 10-27

RISING

9:30 6: 6: 6: 6:15 6: 6:

— RETIRING

10: 11: 9:30 9:30 10:30 10:30 8: A.M.

EXERCISE — VISITORS. HOUSE WORK 1 HR. WALK 1 1/2 MI. HOUSE WORK 1 HR. WALK 1 1/2 MI. PARTY. WALK 1 1/2 MI. IRONING 1:HR. HOUSE WORK 2:HR.

HOUR OF RISING 10-28 10-29 10-30 10-31 11-1 11-2 11-3
3:P.M. 6:15 6:15 6:15 6: 6: 6:

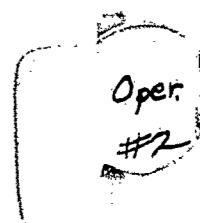
HOUR OF RETIRING

10:30 10:30 10:30 11: 11: 11: 11:

EXERCISE VISITORS WALK 2 1/2 MI. VISITING. WALK 1 1/2 MI. HOUSE WORK 1:HR SHOW. WALK 1 1/2 MI. HOUSE WORK 1:HR WALK 1 1/2 MI. HOUSE WORK 2:HR. WALK 1 1/2 MI. SHOPPING 2 HRS. HOUSE WORK 3:HRS.

HOURS OF SLEEP AND AMOUNT OF EXERCISE

OPERATOR NO. /	DATE 11-4 SUNDAY	DATE 11-5 MONDAY	DATE 11-6 TUESDAY	DATE 11-7 WEDNESDAY	DATE 11-8 THURSDAY	DATE 11-9 FRIDAY	DATE 11-10 SATURDAY
1. Hour of Rising	9:30	6:	6:15	6:	6:	6:	6:
2. Hour of Retiring	10:30	10:30	11:00	11:	10:30	11:	12:
3. Exercise	VISITING SHOW.	WALK 1½ MI. HOUSE WORK 1:HR	WALK 1½ MI. HOUSE WORK 1:HR.	WALK 1½ MI. BAKING 1:HR. HOUSE WORK 1:HR	SHOW	WALK 1½ MI. HOUSE WORK 2:HRS READING ½:HR IRONING ¼:HR	WALK 1½ MI. HOUSE WORK 1:HR SHOPPING 1:HR SHOW
	11-11	11-12	11-13	11-14	11-15	11-16	11-17
1. Hour of Rising	10:	6:	6:	6:	6:	6:	6:
2. Hour of Retiring	11:	9:45	10:30	10:30	10:	11:	11:00
3. Exercise	VISITING. HOUSE WORK 1:HR (LIGHT)	WALK 1½ MI. HOUSE WORK 1:HR READING 1:HR.	WALK 1½ MI. VISITING ½:HR. HOUSE WORK 1:HR READING 1:HR	WALK 1½ MI. HOUSE WORK 3:HRS.	WALK 1½ MI. HOUSE WORK 1:HR VISITING 1½ HR	WALK 1½ HOUSE WORK 2: READING ½	WALK 1½ MI. HOUSE WORK 2:HRS. SHOPPING 2½ HRS SHOW.
	11-18	11-19	11-20	11-21	11-22	11-23	11-24
1. Hour of Rising	10:	6:					
2. Hour of Retiring	12:	Discontinued taking these records in accordance with information in Turners letter of Nov 2, 1928.					
3. Exercise	VISITING HOUSE WORK 1:HR.						



UNIVERSITY OF WISCONSIN - MILWAUKEE

WEEK OF
5 O'CLOCK "CHECK."

2

4-22	4-23	4-24	4-25	4-26	4-27	4-28
------	------	------	------	------	------	------

10:30	10:	9:10	11:	10:30	10:	11:30
-------	-----	------	-----	-------	-----	-------

6:00	6:30	6:30	6:25	6:20	6:35
------	------	------	------	------	------

7:30 X	8:30 X	9:30 X	7:30	8:30 X	8:30 X
--------	--------	--------	------	--------	--------

WALKING.

WORKING.
GEN. HOUSE WK.
WASHING CLOTHES,
DISHES ECT.

DISH WASHING.

IRONING.
13 SHIRTS.
2 HRS.

IRONING.

1 1/2 HRS.

NONE

SCRUBBING FLOORS.
WASHING DISHES AND
CLEANING UP IN GEN.
SECURITY TO MORNING.

No.	1 GLASS R				
-----	-----------	-----------	-----------	-----------	-----------

TEA + BUTTERED TEA + BUTTERED TOAST.	SAMIE			
---	---	---	---	-------

MILK + LADDO. PORK SAND.
WATER, COFFEE, MASHED MASHED POTS.
SMALL BREAD POTS. CAKE + 1 GLASS WATER.
WATER

YOGH, POT. SALAD NOODLE SOUP.
PEAS + CARROTS. LUNG STEW. +
2 PCS H + O. POT. PEPPERS +
STRAW-SHIRT. CRAYEY.
CAKE, COFFEE DREAD. WHITE.
CHEESE CAKE. DREAD. WHITE.
AND APPLE WHIP. 3 GLASS WATER.
WATER. BANANA.

PORK SAND. CHOP SUEY.
MASHED POTS. 2 DUNS + BUTTER
1 GLASS WATER. STEAMED RICE
1 GLASS WATER.

DEEP STEW.
POTS. + PEPPERS.
BREAD - WHITE.
COTTAGE CHEESE
LETUCE SALAD -
OIL + VINGER.
2 GLASSES WATER. 6:
1 GLASS MILK. 8:

HALIBUT STEAK.
MASHED POTS.
2 PGS RYBREAD + BUT. STERRY PIE - W - CREAM.
BART SALAD.
1 GL. WATER.
ST. B PUDDING - W - CREAM.

NAVY BEAN + POT POTS. + PEPPERS STEW.
STEW.
SALMON SALAD. LETTUCE SALAD - OIL + VINGER.
BROILED ARTICHOKES. 2 GLASSLESS WATER. 6:
BREAD 1 SL. WHITE.
2 GLASSES WATER - 6: 1 GLASS MILK 8:30
1 GLASS MILK 7:30

2

4-29

4-30

5-1

5-2

5-3

5-4

5-5

10:45
8:15
~~8:45~~12:45
6:30
~~11:45~~11:15
6:35
~~10:00~~1:30
6:35
~~11:15~~~~10:10~~
6:15
~~11:45~~11:30
6:30
~~8:30~~10:30
6:15
~~7:45~~GENERAL
HOUSE WORK.

SHOW.

IRONING 1 1/2 HRS. WALKING
ADT. 6 BLOCKS.

NONE.

NONE.

NONE.

1 R

1 R

1 R

1 R

NONE

1 R

~~1 R~~
1-RTEA AND
BUTTERED
TOAST.SAME
NONESAME.
NONETEA AND
BUTTERED TOAST.

NONE.

TEA AND BUTTERED
TOAST. ~~None~~
SAME.

CHICKEN SOUP. HOT PORK SAND. HOT PORK SAND. WHITE. HOT PORK SAND. WHITE. HOT PORK SAND. WHITE.
 1 PC. CHICKEN. WHITE. POTATOES. MASHED. GRAVY.
 SPAGHETTI. MASHED POT. GRAVY.
 CHUCK STEAK STEW. GRAVY. 1 CUP COFFEE.
 1 PC. BRAID. WHITE. 1 PC. PIE.
 1 GLASS WATER. 1 GLASS WATER.

ICE CREAM. VEAL - BOILED & SPAGHETTI + TOM. SAUCE.
 COOKIES. CREAM SAME.
 1 GLASS WATER. MASHED POT. LETTUCE SALAD.
 1 GLASS MILK. 4 WEST BERRY SHORT CAKE + WHIPPED CREAM.
 1 CUP COFFEE.

POTATOES. MASHED. GRAVY.
 1 CUP COFFEE.
 1 PC. PIE.
 2 GLASSES WATER. 2 GLASSES WATER.
 1 CUP COCOA.
 1 PC. PIE.
 DONUTHOLTS. (2)
 ICE CREAM.
 WATER. 10:30

SAUSAGE - FRIED
 BEAN - STRING
 STEWED.
 POTS. STEWED.
 2 PC. BRAID.
 2 PC. BRAID.
 2 PC. BRAID.
 2 GLASSES WATER. 6:10
 1 CUP COCOA.

ASPARAGUS - FRIED IN
 EGG.
 WATER (3) GLASSES.
 2 PC. BRAID.
 2 PC. BRAID.
 2 PC. BRAID.
 2 GLASSES WATER.

EGG SAND. RYE. SOUP - CHICKEN.
 RYE.
 1 CUP COFFEE.
 WATER 1 GLASS.

SAUSAGE - FRIED IN
 SPAGHETTI.
 HAMBURGER - FRIED.
 PORK CHOPS + ONIONS - FRIED.
 LETTUCE SALAD - OIL + VINEGAR.
 2 PC. BRAID - WHITE.
 2 GLASSES WATER.
 1 ORANGE. 6:
 YEAL CUTLET.
 1 PC. BRAID
 POT. SALAD
 WATER. 8:30

JTH WEEK OF 5:00 CLOCK
CHECK.

5-6	5-7	5-8	5-9	5-10	5-11	5-12
11:30 10:30 9:00	11: 8' 6:25	10:30 7:15 6:15	10:15 8' 6:25	11: 8:15 6:30	11:30 7:30 6:30	11:30 7: 6:30
HOUSE CLEANING. IRONING 3 HRS. DISH WASHING. WALKING WALKING 2 MI. HOUSE WORK.				WALKING 1 1/2 MI.	DISH WASHING.	NONE.
1-R	1-R	1-R	1-R	1-R	1-R	1-R
TEA + BUTTERED TOAST.	SAME.	SAME	SAME	SAME.	SAME.	SAME.
SPIGHTETTI. CHUCK STEAK. SLICED WHITE BREAD. 1 PC BREAD. WHITE MASHED POTOS. 1 GLASS WATER. 1 PC PIE. 1 CUP COFFEE. 1 GLASS WATER.	HOT PORK SAND. SAME BUT MASHED POTOS. 2 GLASSES WATER. 2 GLASSES WATER. HOT PORK SAND. MASHED POTOS. MASHED. GRAVY. 1 GLASS WATER. CANDY.	HOT PORK SAND. MASHED POTOS. MASHED. POTS. MASHED. GRAVY. 1 GLASS WATER. CANDY.	Egg SAND. RYE. 1 PC PIE. COFFEE. WATER.	CHICKEN SAND. POTS - MASHED - GRAVY. 1 PC PIE. COFFEE. WATER.		
PORK ROAST. POTS. PORK. 2 PC BREAD. 1 GLASS WATER. 50. CANDY 9:30. --- GLASS WATER GLASS MILK	SOUP VEG. NOODLES. ARTICHOKES, BOILED. 2 PCS. BREAD WHITE. GLASS WATER.	PORK FRIED. POTS. FRIED. 3 GLASSES 1 GLASS WATER.	SAME AS N/A. EXCEPT 3 GLASSES 1 GLASS WATER.	MACARONI. 1 GLASS WATER. 7:30	DANDELIONS. - BOILED. SALMON OMELO. 2 PCS BREAD. - IN 2 GLASSES WATER.	LENTILS. - STEW. POTS. + PEPPER STEW. SAUSAGE - FRIED. LETTUCE SALAD. 1 GLASS MILK. 3 PCS DRIED WHITE 0 GLASSES WATER.
		CANDY (LUNCH)				COFFEE. DONUT. ECLAIR. CTOE.

2

5-13

5-14

5-15

5-16

5-17

5-18

5-19

11:30

11:30

12:15

11:15

12:

9:15

11:15

9:30

6:30

7:30

5:45

5:45

6:30

6:30

GEN. HOUSEWORK. IRONING 2 HRS. ~~WALKING~~ HOUSE WORK
SHOW. WALKING 30
SHOW.

NONE

GEN. HOUSE -
WORK

HOUSE WORK.

1-R

1-R

1-R

1-R

1-R

1-R

1-R

TOAST BUTTERED SAME.
TEA.

SAME.

SAME.

TEA + CAKES.

TOAST
TEA

TOAST + TEA.

SPOONETTI & CHICKEN
STEAK-CHEESE. PORK SAND. W. SAME AS
WATER. 1:30 GRATED. YESTERDAY.
POTS. MASHED. PIE.
CHNOY. 7: COFFEE.
WATER.

VEAL. ROAST.
POTS.
LETTUCE SALAD.
1 POUND BREAD. W.
WATER 11:
SOUP VEG.
NOODLES.
EXCEPT COFFEE
VEAL - ROAST.
BEEF SALAD.
ARTICHOKES.
3 POUNDS BREAD. W.
ORANGE.
WAFFLES.
MILK 11:

MEAL SAND. W. HOT ROCK. SAND. SALMON SALAD SAND.
POTS - MASHED POT. MASHED TOAST.
PIE. GRAVY. PIE.
COFFEE JELLO. WHIPPED. COFFEE.
WATER. WATER. 2 GLASSES WATER.

POTS + RICE. STEAK - ROUND.
SAUSAGE. FRIED CUCUMBER SALAD.
PEPPERS. " 1/2 POUND. W.
WATER. " 2 GLASSES WATER.
BREAD. W. CANDY. 6: 2 POUNDS BREAD. W.
WATER 8: COFFEE 10:30 2 GLASSES WATER.
CAKE WATER. LETTUCE SALAD.
WATER. 1 GLASS WATER.

FRANKFURTERS - FRIED.
POTS. FRIED.
TEA.
3 POUNDS BREAD. W.
2 GLASSES WATER.

CHEESE SAND. W.
POTS. BOILED.
1 GLASS WATER.

	5-20	5-21	5-22	5-23	5-24	5-25	5-26
1:	11:	10:	10:15	10:30	10:30	11:00	
	6:30	6:20	6:25	6:30	6:30	6:30	6:30
MOVING.	ARRANGING HOME.	GEN. HOUSEWORK IRONING 2 HRS.	GEN. HOUSEWORK IRONING 1 1/2 HRS.	GEN. HOUSEWORK IRONING 1 1/2 HRS.	GEN. HOUSEWORK IRONING 1 1/2 HRS.	GEN. HOUSEWORK IRONING 1 1/2 HRS.	HEAVY HOUSE WORK 1:30 TO 9:30
NONE.	1-R	1-R	1-R	1-R	1-R	1-R	1-R
TOAST. TEA.	B+D TEA.	TOAST + TEA TEA.	SAME.	SAME.	SAME.	SAME.	SAME
SPAGHETTI. MACRONI. HAM BURGER. CHICKEN. 3 P.S. BREAD W. 3 GLASSES WATER. LETUCE SALAD. PORK CHOPS BREAD. KIDNEY BEAN SALAD. 1 P.L.A.M. AD.	PORK SAND. W. POTS - MASHED GRAVY. STRAWBERRY CAKE. VHIPPED BROM. (2) BUNS. WATER. WATER. SOUP - VEG. Noodles. BEEF SALAD. POTS. STEW. POTATOES - FRIED. CAKE. COFFEE. ICE CREAM WATER 6:30 1 ORANGE. 9:15	CHOP SUEY. RICE. WATER. WATER. PIE. WATER. BEEF. PEAS. POTS. POTATOES. 2 P.S. BREAD W. CHEESE. WATER. 2 P.S. BREAD W. WATER. WATER 9: WATER	VEAL SAND. W. POTS - MASHED GRAVY. PIE. WATER. BEEF STEW. PEAS. POTS. POTATOES. 2 P.S. BREAD W. FRANKFURTERS - WATER. 2 GLASS WATER FRIED. WATER. ORANGE 6:30 2 P.S. BREAD W. WATER	SALMON SALAD SAND. W. GLASS WATER COFFEE. PIE. WATER. RICE. POTATOES. BEEF. LETTUCE SALAD. 1 P.S. BREAD W. WATER. 2 GLASS WATER WATER	FISH - STEW POTS - MASHED SAUCE. BREAD - W. COFFEE PIE - WATER NAVY BEANS POTS. BEEF. LETTUCE SALAD. 1 P.S. BREAD W. WATER. 1 GLASS WATER WATER	HAM SAND W. CHEESE " W. TEA. WATER. CHEERIES RAW. PORK CHOPS FRIED POTS. FRIED LETTUCE SALAD BREAD - W 3 P.S. WATER.	WATER 8:15 2 " 9:15 1 GLASS WATER - 10:00

	5-27	5-28	5-29	5-30	5-31	6-1	6-2
11:	10:45	1:15 P.M.		12:15	10:	11:20	11:30
7:30	6:30	6:40	8:30	6:25	6:15	6:20	
WALKING. WORK AROUND HOUSE.	BEN. HOUSE - WORK. SCRUBBING FLOORS.	SHOW	WALKING - USUAL HOUSE - 3 HRS. WORK. SHOW.	LIGHT HOUSE WORK	HOUSE WORK 11:30 TO 6:30 WALKING 1 MI.		
1-R	1-R	1-R	1-R	1-R	NONE.	1-R	
TOAST. TEA.	SAME.	SAME.	SAME.	SAME.	SAME	SAME	
MACHRONNI PORK STEW. 2 PDS BREAD-W/ 1 GLASS BEER. CRANNOY. 4: BRANDY.	PORK SAND-W. POTS-MASHED. GRAVY. WATER. SOUP- VEG. NOODLES. COFFEE. BEEF SALAD. CRUSH-FRIED. 2 GLASSES WATER 1 GLASS MILK 2 PDS BREAD-W. CLAMS. CRABS. WATER 9:	PORK SAND-W. POTS-MASHED. GRAVY. PIE COFFEE. WATER. CLUB SAND. COFFEE. BEEF SALAD. WATER. 6: CRUSH-FRIED. 2 GLASSES WATER 1 GLASS MILK 2 PDS BREAD-W. CLAMS.	HOT DOG SAND. PORK SAND. W. CRACKER JACK POTS-MASHED GRAVY. COFFEE STRAWBERRY SHAKES + WHIPPED CREAM WATER. PORK CHIPS. POTS. FRIED. LETTUCE SALAD. 3 PDS. BREAD-W 3 GLASSES WATER 1: CRANNOY.	PORK SAND. W. CRACKER JACK POTS-MASHED GRAVY. COFFEE STRAWBERRY SHAKES + WHIPPED CREAM WATER. LUNCHEON. POTS. MASHED. PEPPERS. LETTUCE SALAD 2 PDS BREAD-W 2 GLASSES WATER 1 GLASS WATER ICE GRAPPA COOKIES 10: WATER.	MEATLOAF STEAK POTS-MASHED TOMATO SAUCE 1 1/2 BUNS. 1 GLASS WATER 1/2 COFFEE. SPINACH FISH-FRIED SALMON SALAD 2 PDS BREAD 2 GLASSES WATER 1 GLASS WATER ICE GRAPPA COOKIES 10: WATER.	POTS-FRIED. EGGS-" TER. 3 PDS. BREAD -W.	MACHRONNI. WATER. CRANNOY - 11:--

HOURS OF SLEEP AND AMOUNT
OF EXERCISE.

6-3

6-4

6-5

6-6

6-7

6-8

6-9

10:

10:15

12:00

10:30

12:15

10:30

11:30

8:30

6:30

6:30

6:30

6:30

6:30

6:30

HOUSE WORK IRONING
2 HRS. AND
HOUSE WORK

VISITING

LIGHT HOUSE SHOW.
WORK.

IRONING 1HR SHOPPING 2 HRS.
SCRUBBING 1/2 HR. HOUSE WORK 7 HRS.

HOUR OF RISING

6-10

6-11

6-12

6-13

6-14

6-15

6-16

7:30

6:15

6:30

6:15

6:30

6:30

6:30

HOUR OF RETIRING

11:10

9:45

10:30

11:

11

10:30

11:15

EXERCISE

LIGHT HOUSE WORK WALKING 1 1/2 MILES. DISH WASHING. SHOPPING 4 HRS. HOUSE CLEANING 3 HRS.

IRONING 2 1/2 HRS. HAIR DRESSING 3 HRS. WALK 1/2 MI.

SHOPPING 5 HRS.
IRONING 1 1/2 HRS.

	6-17	6-18	6-19	6-20	6-21	6-22	6-23
<u>RISING</u>	9:20	6:40	6:30	6:30	6:30	6:25	6:30
<u>RETIRING</u>	11:45	11:15	10:30	11:30	9:45	10:45	3:30 A.M.
LIGHT - HOUSE WORK SHOW SHOW.	DISH WASHING IRONING 2HRS. SHOW WALK	DISH WASHING SHOW WALK 1 MI.	HOUSE WORK- LIGHT.		HOUSE CLEANING SHOPPING 3HRS. 3 HRS.		
<u>HOUR OF RISING</u>	6-24	6-25	6-26	6-27	6-28	6-29	6-30
	9:	6:35	6:30	6:30	6:30	6:30	6:30
<u>HOUR OF RETIRING</u>	11:15	9:45	11:30	12:30	12:	11:30	1:30
<u>EXERCISE.</u>	HOUSE WORK IRONING (LIGHT) SHOW	2½HRS. NONE	SHOW.	SHOW DANCING	HOUSEWORK 2 HRS.	HOUSEWORK (LIGHT) SHOW	

	7-1	7-2	7-3	7-4	7-5	7-6	7-7
<u>RISING</u>	9:15	6:10	6:40	10:00	6:30	6:40	9:
<u>RETIRING</u>	11:45	9:30	12:00	12:15	10:15	12:	1:
HOUSEWORK (LIGHT) 2 HRS.	IRONING 1½ HRS.	NONE	HOUSEWORK (LIGHT). SHOW.	SAME	HOUSEWORK - 3 HRS.	HOUSEWORK - 3 HRS. (HEAVY)	
<u>HOUR OF RISING</u>	9:20	6:35	6:30	6:30	6:30	6:30	9:
<u>HOUR OF RETIRING</u>	12:15	11:	10:15	12:30	8:00	10:	12:
<u>EXERCISE</u>	HOUSEWORK (LIGHT) SHOW	IRONING 1½ HRS.	DISHWASHING	SAME	NONE	CLEANING KITCHEN - DISHES.	HOUSE CLEANING 6 HRS

R

	7-15	7-16	7-17	7-18	7-19	7-20	7-21
<u>RISING</u>	6:15	6:40	6:30	6:30	6:40	6:30	7:30
<u>RETIRING</u>	12:	9:30	10:15	11:45	10:30	12:00	12:45
<u>EXCURSION</u> <u>(LAKE)</u>	IRONING 1/2 HRS.	IRONING 1/2 HRS.	CLEANING KITCHEN	SAME.	WALK 3 1/2 HRS.	WALK 2 HRS. SHOW.	HOUSE CLEANING ALL DAY. STFW W.
<u>EXERCISE</u>							
<u>HOUR OF RISING</u>	7-22 MON.	7-23 TUE.	7-24 WED.	7-25 THU.	7-26 FRI.	7-27 SAT.	7-28 SUNDAY
	9:00	6:30	6:30	6:30	6:40	6:40	
<u>HOUR OF RETIRING</u>							
	11:30	10:	11:	11:40	9:30		
<u>EXERCISE</u>							
	SWIMMING SHOW.	IRONING 1HR.	CLEANING KITCHEN.	WALK 1 MI.	CLEANING KITCHEN.		

	8-12	8-13	8-14	8-15	8-16	8-17	8-18
RISING	9:	6:30	6:30	6:	6:	6:30	7:
RETIRING	12:	10:	10:30	9:45	11:	11:	10:30
EXERCISE.	HOUSEWORK (LIGHT)	IRONING 1½ HRS.	NONE	HOUSEWORK (LIGHT)	HOUSEWORK (LIGHT)	SHOW	HOUSEWORK 9 HRS.
HOUR OF RISING	8-19	8-20	8-21	8-22	8-23	8-24	8-25
	7:	6:15	6:45	6:30	6:30	6:30	8:30
HOUR OF RETIRING	12:30	9:45	10:30	11:45	11:	11:	12:
EXERCISE.	HOUSEWORK 5 HRS.	IRONING 2½ HRS.	HOUSEWORK 1 HR.	HOUSEWORK 1½ HRS.	HOUSEWORK 1 HR.	IRONING 1 HR	HOUSE WORK 5 HRS.

2 weeks vacation

	DATE 8-26 MON.	DATE 8-27 TUE.	DATE 8-28 TUE.	DATE 8-29 WED.	DATE 8-30 THUR.	DATE 8-31 FRI.	DATE 9-1 SAT.
1. <u>HOUR OF RISING</u>	9:	6:30	6:25	6:40	6:30	6:30	7:30
2. <u>HOUR OF THE RETIRING</u>	11:30	9:20	1:	9:45	10:30	10:30	12:30
3. <u>ACTIVITIES</u> <u>EXERCISE</u>	HOUSE WORK 3 HRS.	IRONING - 2 HRS. WASHING CLOTHES 1 HR.	NONE	HOUSE WORK 2 HRS.	HOUSE WORK 2 HRS (LIGHT.)	HOUSE WORK 11 HRS. (HEAVY)	
4. <u>HOUR OF RISING</u> <u>UPON RISING</u> <u>REGULAR ROUTINE</u>	9-2 8:30	9-3 HOLIDAY 9:45	9-4 6:30	9-5 6:30	9-6 6:40	9-7 6:40	9-8 6:30
5. <u>HOUR OF RETIRING</u> <u>REGULAR ROUTINE</u>	12:30	11:30	10:15	11:	10:45	12:00	12:30
6. <u>ACTIVITIES</u> <u>EXERCISE</u>	HOUSE WORK 5 HRS. (LIGHT.)	HOUSE WORK 4 HRS. SHOW	IRONING 1 1/2 HRS.	NONE	HOUSE WORK 1 HR.	HOUSE WORK.	HOUSE WORK 6 HRS.
7. <u>IN VED</u>							

R

9-9-28 9-10 9-11 9-12 9-13 9-14 9-15

RISING

~~7:15~~ 6:30 6:30 6:10 6:30 6:10 6:30

RETIRING

12:15 9: 12: 10:30 11: 11:20 12:30

HOUSE WORK 6 HRS. IRONING 1HR VISITING SICK. HOUSE WORK 2:HRS. IRONING 1 $\frac{1}{2}$ HRS. HOUSE WORK 3:HRS.

EXERCISE

SHOW. HOUSE WORK 1HR.
WASHING CLOTHES
145

HOUR OF RISING

9-16 9-17 9-18 9-19 9-20 9-21 9-22
~~9:00~~ 6:30 6:30 6:30 6:15 6:30 6:30

HOUR OF RETIRING

11:10 10:30 10:45 11:30 9:45 11: 1:15

HOUSE CLEANING IRONING 1HR HOUSE WORK HOUSE WORK 1HR. HOUSE CLEANING HOUSE WORK 1 $\frac{1}{2}$ HRS. SHOPPING 2:HRS.

EXERCISE.

SHOW. 1HR. IRONING 1HR. HOUSE WORK 3:HRS.

	9-23	9-24	9-25	9-26	9-27	9-28	9-29
<u>RISING</u>							
	9:30	6:30	6:30	6:30	6:30	6:30	6:30
<u>RETIRING</u>							
	11:30	10:30	10:30	11:15	10:	11:	12:15
	HOUSE WORK 3 HRS. IRONING 2 HRS. SHOW.	HOUSE WORK 1 HR.	SHOPPING 1 HR. HOUSE WORK 1 HR.	READING 2 HRS.	HOUSE CLEANING 3 HRS.	SHOPPING 2 HRS.	BAKING 2 HRS.
<u>EXERCISE</u>							
<u>HOUR OF RISING</u>							
	9:30	10-1	10-2	10-3	10-4	10-5	10-6
	8:00	6:30	6:30	6:30	6:30	6:30	6:30
<u>HOUR OF RETIRING</u>							
	11:30	10:15	10:45	11:15	9:15	10:30	12:00
	HOUSE WORK 3 HRS. SHOW WALK 1 MI.	IRONING 2 HRS. WALK 1 1/2 MI	NONE	SHOPPING 1 HR. WALK 1 MI.	HOUSEWORK 1 HR. HOUSEWORK 2 HRS. SHOW.	HOUSEWORK 6 HRS.	
<u>EXERCISE</u>							

2
10-7 10-8 10-9 10-10 10-11 10-12 10-13

RISING

5:00 6:30 6:30 6:30 6:30 6:15 6:30

RETIRING 12:00 11:00 12:00 11: 8:30 10:00 1:30 P.M.

HOUSEWORK NONE HOUSE WORK 1HR HOUSE WORK
EXERCISE 4 HRS. IRONING 1HR SHOW 1½
SHOW WALK 1 MI.

HOUR OF RISING 10-14 10-15 10-16 10-17 10-18 10-19 10-20

9:15 6:30 6:15 6:30 6:30 6:30 6:30

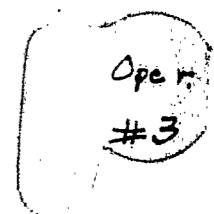
HOUR OF RETIRING

11:15 11:00 11:30 9:15 10:30 10:45 12:

HOUSEWORK 4 HRS. ^{HEALTH} EXHIBIT. IRONING 2 HRS. SHOPPING 1HR HOUSE WORK 1HR HOUSE CLEANING 3 HRS. SHOPPING 4 HRS.
SHOW HOUSE WORK 1 1/2 HR. HOUSE WORK 1HR IRONING 1HR HOUSE WORK 4 HRS.

	10-21	10-22	10-23	10-24	10-25	10-26	10-27
<u>RISING</u>							
	7:30	6:30	6:30	6:30	6:30	6:30	6:30
<u>RETIRING</u>	11:	12:15	11:15	10:	12:	11:15	NONE.
	HOUSE WORK SHOW 3:HRS	WALK 1 MI. IRONING 2 HRS.	HOUSE WORK 1HR GIRL'S PARTY HAWTHORNE CLUB.	HOUSE CLEANING 2 1/2 HR	SHOPPING 3:HRS. HOUSE WORK 1HR PARTY.		
<u>EXERCISE</u>	BKING 1:HR SHOW	VISITORS.			IRONING 1/2 HR.		
<u>HOURL OF RISING</u>	10-28	10-29	10-30	10-31	11-1	11-2	11-3
	6:30	6:30	6:30	6:	6:30	6:30	
<u>HOURL OF RETIRING</u>							
	8:00	11:15	12:00	11:15	11:45	11:	9:30
	HOUSE WORK 3:HRS IRONING 2:HRS HOUSE WORK VISITING 1:HR	SHOW.	BKING 1/2 HR. IRONING 1:HR. HOUSE WORK 1:45	HOUSE WORK 1:HR VISITING 3:HR.	IRONING 1:HR. HOUSE CLEANING 1:30 SHOPPING 2:HRS.		
<u>EXERCISE</u>							

WEEKLY SCHEDULE OF ACTIVITIES							
OPERATOR NO. 2	DATE 11-4 SUN DAY	DATE 11-5 MONDAY	DATE 11-6 TUESDAY	DATE 11-7 WEDNESDAY	DATE 11-8 THURSDAY	DATE 11-9 FRIDAY	DATE 11-10 SATURDAY
1. Hour of Rising	9:00	6:30	6:30	6:30	7:45	6:30	6:30
2. Hour of Retiring	12:00	10:15	10:	11:15	11:45	9:15	1:15
3. Exercise	HOUSE WORK 8:HRS SHOW	HOUSE WORK 1:HR. IRONING 2 $\frac{1}{2}$ HR	HOUSE WORK 1:HR SHOPPING 1:HR.	HOUSE WORK 1:HR.	SHOW	1/2 HRS HOUSE WORK IRONING 1:HR.	HOUSE CLEANING 4:HRS. IRONING 15 HR. SHOW.
	11-11	11-12	11-13	11-14	11-15	11-16	11-17
1. Hour of Rising	9:30	6:30	6:30	6:30	6:30	6:30	6:30
2. Hour of Retiring	11:30	10:	11:	10:30	12:00	10:45	12:30
3. Exercise	HOUSE WORK (LIGHT) 2:HRS BAKING 1 $\frac{1}{2}$ HRS SHOW WALK 1 MI.	HOUSE WORK 1/2 HR IRONING 2:HR.	HOUSE WORK 1 $\frac{1}{2}$ HR SHOPPING 1:HR. WALK 1 MI.	SHOPPING 1:HR. WALK 1 MI. VISITING 1 $\frac{1}{2}$ HRS.	HOUSE WORK 1:HR. IRONING 1:HR. VISITING 3 HRS.	SHOPPING 4:HRS HOUSE CLEANING 2 $\frac{1}{2}$ HRS.	HOUSE WORK 1:HR SHOW.
	11-18	11-19	11-20	11-21	11-22	11-23	11-20
1. Hour of Rising	7:30	6:30					
2. Hour of Retiring	11:30	See note on oper. No 1 st sheet.					
3. Exercise	HOUSE WORK 3:HRS. SHOW.						



UNIVERSITY OF WISCONSIN - MILWAUKEE

"WEEK OF
5 O'CLOCK "CHECK."

3

4-22	4-23	4-24	4-25	4-26	4-27	4-28
------	------	------	------	------	------	------

10:30 TO BED	9:	9:55	9:55	9:30	9:45	10:30
11: SLEEP						

5:45

6:25

WALK ABOUT
20 BLOCKS,
PLAYED BALL,
W DANCES,

NONE.

NO

NONE.

NONE

1 GLASS. R.

NONE

CUP COFFEE CUP COFFEE.
HAM & RYE
2 SLICES RYE.

BUTTERED TOAST
& COFFEE.

NONE

NONE

NONE

1 CUP COFFEE
1 SL. PUPPIESSED CAKE.

YERL STEW. HAM + BUN.
POT. SALAD. ORANGE, APPLE
B. CABBAGE. BANANA.
JELLO + FRUIT.

HAM + bun.
orange, apple +
banana

HAM SAND.
1 ORANGE.
1 APPLE.

CHOP SUYU
STEAMED RICE
1 CUP TEA.
2 BUNS + BUTTER.

1/2 CHEESE SAND. RYE. 1 PC. PORK FRIED.
1 ORANGE. 2 POTS. BOILED.
1 MAPLE. GRAVEY.
1 BANANA. 1 PC. DRIED WHITE
1 CUP COFFEE.

YERL, POT. SALAD FRIED HAM
PEARS + CARROTS + ONIONS.
1 PC. B + B 2 SLICES RYE.
ST. SHORT CAKE COFFEE 6:PM.
CHEESE CAKE COFFEE 8:00
FINGER PAPER WHIP. ORANGE + APPLE COFFEE 8:00
1/2 WATER. 8:30. 1 ORANGE 6:50

STRAW-PIE -
WHIPPED CREAM
OX TAIL SOUP +
COFFEE 6:15
NOODLES. 6:30
HASH. RYE BREAD CHERRIES + MILK 9:30
CUBED MEATS - CREAMED.
1 CUP COFFEE. 6:
1 ORANGE + WATER. 9

1 GLASS MILK L: BREWED PORK CHOPS. MAFARONI + TOMATO
SPICE.
MASHED POTS.
BROWNED GRAVEY.
1 PC. BREAD RYE.
1 CUP COFFEE. 6:
1 GLASS MILK. 9:30
1 ORANGE. 9:30 WATER 10:

1 PC. CAKE
1 CUP COFFEE 6:00
1 PC. PIE WHIPPE CREAM
1 CUP COFFEE. 6:
1 GLASS MILK. 9:30
1 ORANGE. 9:30 WATER 10:

4-29	4-30	5-1	5-2	5-3	5-4	5-5
10:30 9:30	9:30	10:30	10:40	10:35	10:30	11:30
6:00 WALKING. 1 HOUR	6:00 NONE.	6:10 WALKING ABOUT 3 HRS.	6:00 WALKING 6 BLOCKS.	6:10 WALKING 6 BLOCKS.	6: NONE.	6:00 WALKING 3 MI. SHOW.
1 GL. R	NONE	NONE	NONE	1-R	1-R	1-R
PC-CAKE 1 CUP COFFEE.	NONE.	NONE	NONE. PREPARED BREAK- FAST FOR FAMILY.	NONE.	NONE.	NONE. NO TIME
BREADED PORK CHOP. 1 PC BREAD. COFFEE.	HAM-BUN. 1 ORANGE. 1 APPLE.	HAM SAND. RYE. 1 BANANA. 1 ORANGE. 1 APPLE.	HAM SAND. RYE. 1 BANANA. 1 ORANGE. 1 APPLE.	1/2 HAM SAND. RYE. CHEESE-BUN. 1 ORANGE. 1 APPLE.	1/2 HAM SAND. RYE. CHEESE-BUN. 1 ORANGE. 1 APPLE.	1 PC CAKE. 1 CUP COFFEE 12:30 1 CHEESE CAKE 2:00
1 GLASS MILK. 1 EGG-PIRED 1 PC BREAD-RYE.	SOUR YFG. 6: HAM + EGGS. CAKE + COFFEE 6:30 CRANDY. ORANGE	SWEET POT. BOILED. ROAST PORK. 2 PC BREAD-RYE SAUR KRAUT. 1 CUP COFFEE. 6: SODA	POTS. MASHED. 1 PC PORK-FRIED GRAVY. 8:30 1/2 PEACH. 2 ORANGES 10:20 SOUP (COLD) 9: LIKE EATING WARM WEATHER.	1/2 SALMON BALLS-FRIED. HAM SAND- RYE. TOMATO SAND. RYE. 1 CUP COFFEE. DEANS. " " BABOOGIE - DILLED 6: CHARLIES - CRANBRO. 9: 1 GLASS WATER. 10:30	1 PC BREAD RYE. 1 CUP COFFEE. 6: CRANDY 10:30	

5-13	5-14	5-15	5-16	5-17	5-18	5-19
11:30	10:30	10:10	10:30	10:20	10:	10:30
9:30	5:30	5:55	6:10	5:55	5:50	6:

WALKING 1 HR. WALK. 1 HR. WALKING 1/2 HR AUTO RIDING AUTO RIDING
DISH WASHING.
SHOW - ~~2~~ 3 MHS.
AUTO RIDING.
DANCING.

I-R I-R I-R NONE NONE NONE

~~WALKING.~~ 1 HR.

~~JETTY PARK W.~~
~~COFFEE.~~ I-R

COFFEE.	CAKE.	Eggs (2) FRIED. HAM. 2 PCS BREAD W. NO TIME. COFFEE.	NONE.	COFFEE. HAM ON WHITE.	Egg - FRIED. JELLY + BREAD W. 1 PC BREAD W. COFFEE.
---------	-------	---	-------	--------------------------	---

POTS. MASHED. VEAL STEW. PEACHES.	SAUSAGE + BON. 1 ORANGE. 1 APPLE.	SAUSAGE ON WHITE. SUMMER SAUS-SUMMER SAUSAGE. 1 ORANGE. 1 APPLE.	ROSE SAND. W. WHITE. 1 ORANGE. 1 APPLE.	CHEESE SAND. W. ORANGE. APPLE.	HAM + EGGS. 2 PCS. BREAD. COFFEE.
---	---	--	---	--------------------------------------	---

NONE.	PORK-FRIED POTS. MASHED. SAUR KRAUT. POTS. SWEET-FR. ICE CREAM SODA.	MINCED HAM + UNIONS - FRIED. 2 PCS. BREAD. COFFEE. Lettuce SALAD. COFFEE 6: ICE CREAM SODA. 10:30	SUP- VEG. 6: ICE CREAM 10:	2 1/2 HAMBURGERS POTS. MASHED. POTATOES CREAMED. SAUR KRAUT - BOILED. Lettuce SALAD. ICE CREAM 6: 1 GLASS BEER 6: ICE CREAM 10:	1/2 FISH - SIMONED. BREAD W. EGGS (2) FRIED. 2 PCS. BREAD RYE. ST-BERRY JHF CAKE. JELLY SAND. W. 2 COFFEE. 1 GLASS BEER 6: ICE CREAM 10:
-------	---	--	-------------------------------------	--	---

	5-20	5-21	5-22	5-23	5-24	5-25	5-26
	11: 9:30	10:30	11: 9:15	9:15			11:00
	5:55	5:45	5:55	5:55	5:50	5:50	5:50
	WALKING 1HR. PLAYING BALL WHILE 1/2 HR.	WALK. 1HR.	WALK. 1HR.	WALK. 1HR.	WALK. 1HR.	WALKING 1HR.	
	PLAYING BALL.						
	NONE.	1-R	NONE.	1-R	1-R	1-R	NONE
	HAM - FRIED. JELLY BREAD. FRIED CAKE. (2) EGGS. " SAND. 2 PCS. BREAD RYE. COFFEE. COFFEE.		1/2 SAND. RYE. DOUGHNUT. COFFEE. COFFEE.			Egg - FRIED. 1 PC. BREAD. W. COFFEE.	1 PC. CAKE COFFEE
	Soup - CHICKEN. SAUSAGE SAND.W. HAM SAND-W. NOODLES. ORANGE. 1 PC. CHICKEN. APPLE.		MINCED HAM SAND. HAMBURGER SAND.W. CHEESE + TOMATO-SAND-W. WHITE. TOMATO. APPLE. ORANGE.			SALMON SALAD SAND-W. EGG FRIED 1 PC. BREAD. W. COFFEE.	
	SAME AS NOS. 1 + 2. OPR. SOUP - CHICKEN NOODLES. VEAL - STEW. POTS - MASHED. KIDNEY BEAN SAUCE. 6:30 ICE CREAM SODA. 6:30 2 CUPS TEA.	LIVER + ONIONS FRIED. POTS. MASHED. TOMS. SLICED. SAUR KRAUT. 2 GLASSES MILK. 6:30 ICE CREAM. 10:30 2 APPLES 9: 9:15 SODA + SAND 9:30	HAMBURGER. PORK - FRIED. GREEN BEAN POTS - " SALAD. POTS - MASHED. CABBAGE - BOILED. SAUR KRAUT. TOMATOES - BREAD - RYE. LETTUCE SALAD. PEACHES	MILK. 6:30	2 EGGS - FRIED 2 PCS. BREAD - W. 2 " PIE COFFEE	6:30 1 CUP TEA - 9:00 PIE	STRAWBERRIES + CREAM. CHERRIES - RAW. 8:30 COFFEE 6:30 6:30 - ORANGE. WATER 10:30

3

5-27

5-28

5-29

5-30

5-31

6-1

6-2

11:45

10:45

11:

11:30

11:15

12:

2:30A.M.

7:00

5:55

6:

11:30

6:

6:10

6:10

DANCING 4 HRS SHOW.
WALKING 1 HR.WALKING 1 HR. AUTO RIDING WALKING 1 HR.
5 HRS.
PLAYING BALLWALKING
2 HRS. AT
AMUSEMENT PARK.DANCING.
WALKING 1 HR.

NONE.

1-R

NONE

NONE.

NONE.

NONE.

NONE.

PIE
COFFEE.NONE.
NO TIME.

NONE.

HAM + BOS.
2 PGS. BREAD - W.
COFFEE.

NONE.

NONE.

NONE.

PORK - BROILED HAM SAND - W.
POTS - MASHED. ORANGE.
LETTUCE SALAD. RASPB.
SLAW - COLD.
STRAWBERRIES + CREAM
1 GLASS MILK.PORK BROILED. CHICKEN - FRIED.
POTS - MASHED. VERA STEW.
MUSHROOM SAUCE. POT. SWEET.
OLIVES.
BEANS - STRING.
POT - BAKED.
2 PGS - BREAD - W. SHIR KRAUT.
CAKE.
SOUP - CHICKEN. CHERRIES.
CAKE.
COFFEE. 6:30CHICKEN
POTTS - CARROTS
CREAM SOUP.
HOT - SLAW.
EGG - ORANGEHAM SAND - W. HAM SAND. RYE.
ORANGE.
APPLE.PORK AND LUNGS
FRIED.
CABBAGE.
POTS - FRIED
PEACHES
1 GLASS MILKROAST PORK STEAK.
POTS - MASHED. POTS. OILED.
CUCUMBER SAND. SAURKRAUT + ONTJUP.
1 PANCAKE. BREAD - FRESH.
COFFEE.
1 PG BREAD RYE COFFEE.
CRACKN JACK ICE CREAM.
ICE CREAM.CHEESE + TOM. SAND. W. FRANKFURTS.
ORANGE.
APPLE.
COFFEE.
LEMON CREAM PIE.FISH - FRIED.
2 PGS. BREAD - W.
COFFEE.
2 PGS. CAKE.
COFFEE. 6:
GRANDY.
ORANGEADE. 10:STRAWBERRIES + CREAM
4:30HAM SAND - W.
EGO - FRIED.
COFFEE. 7:
ICE CREAM SOFT

**HOURS OF SLEEP AND AMOUNT
OF EXERCISE.**

3

6-3	6-4	6-5	6-6	6-7	6-8	6-9
11:30	10:30	10:30	11:	10:30	10:	NONE
8:30	6:05	6:05	6:	6:	6:	6:

WALKING 2 $\frac{1}{2}$ HRS. PLAYING DOLL 1HR. DANCING 1HR.	WALKING 1 $\frac{1}{2}$ HR. PLAYING BALL 1 $\frac{1}{2}$ HR	DISH WASHING 1HR. DANCING 1HR. SHOPPING 1HR.	NONE	DANCING ALL NIGHT.
---	---	--	------	-----------------------

<u>HOUR OF RISING</u>	6-10	6-11	6-12	6-13	6-14	6-15	6-16
SAT.	SEE SAT.	5:55	6:05	5:45	5:	6:	6:

<u>HOUR OF RETIRING</u>	10:	10:30	10:45	10:15	10:45	10:	10:30

EXERCISE.	WALKING.	WALKING PLAYING DOLL 6 BLOCKS. VISITING.	WALKING 2 HRS. WALKING 1HR. SHOPPING 2 $\frac{1}{2}$ HRS. WALK 1 $\frac{1}{2}$ HR.	WALK 1HR
-----------	----------	--	--	----------

3

	6-17	6-18	6-19	6-20	6-21	6-22	6-23
<u>RISING</u>	5:	5:45	5:45	6:10	6:	6:	6:
<u>RETIRING</u>	11:	11:	11:30	10:	10:	10:	10:
	WALK 3 HRS.	NONE	WALKING 3 HRS	MNONE	WALK 2 HRS.	NONE	HOUSE WORK 5 HRS. WALK 1/2 HR.
<u>HOUR OF RISING</u>	6-24	6-25	6-26	6-27	6-28	6-29	6-30
	6:	6:	6:	5:45	5:15	6:	6:
<u>Hour of Retiring</u>	9:30	9:	11:00	11:	11:30	11:30	10:30
<u>EXERCISE</u>	HOUSE WORK. WALK 1 HR. SHOW+WALK 28 BLOCKS.	NONE	WALK - 2 HRS To RIVERVIEW	WALK 1 HR.	SHOW	NONE	WALK - 3 HRS RIVERVIEW RIDE - 2 HRS - CARS

	7-1	7-2	7-3	7-4	7-5	7-6	7-7
<u>RISING</u>	6: 5:55	6:15	10:00	6:	6:	6:	7:30
<u>RETIRING</u>	11:15	9:30	11:00	12:00	11:00	11:	12:10
	WALK 2 HRS. WASHING CLOTHES HOUSEWORK (LIGHT) 2 HRS. $\frac{1}{2}$ HR. SHOW	NONE	HOUSE WORK $\frac{1}{2}$ HRS. WALKING 3 HRS. SHOW. BUS RIDING 1 HR.	WALK $\frac{1}{2}$ HR	WALK - 1 MI.	HOUSEWORK - 4 HRS. SHOPPING - 4 " AUTO RIDE - 1 HR.	
<u>Hour of Rising</u>	6:20	5:40	6:	6:	6:	6:	9:00
<u>Hour of Retiring</u>	11:30	10:30	10:30	10:30	10:45	11:	11:15
<u>Exercise</u>	WALK - 7 MI. HOUSEWORK SHOW	NONE	NONE	BOAT ROWING 1HR	NONE.	WASHING CLOTHES WALK 2 MI. SCRUBBING IRONING WALK.	

	7-15	7-16	7-17	7-18	7-19	7-20	7-21
RISING	9:	6:	6:	6:15	5:30	6:	8:00
RETIRING	11:	10: #	10:30	10:30	11:15	10:30	11:00
WALK 20 BLOCKS	WALK NONE	WALK 14 BLOCKS. CHURCH.	WALK 14 BLOCKS. CHURCH	WALK 14 BLOCKS. CHURCH	WALK 14 BLOCKS. CHURCH	NONE.	HOUSE WORK WALK 4 MI. SHOPPING.
EXERCISE.							
HOUR OF RISING	7-22 SUN.	7-23 MON.	7-24 TUE.	7-25 WED.	7-26 THU.	7-27 FRI.	7-28 SAT.
	4:50 AM.	6:	6:00	6:	5:10	6:	
HOUR OF RETIRING	10:30	11:	11:	11:15	11:		
EXERCISE.							
	WALK 20 BLOCKS HOUSE WORK CHURCH	WALK WALK 1 MI CHURCH	WALK 14 BLOCKS. CHURCH	WALK 14 BLOCKS. CHURCH	WALK 2 MI. CHURCH PROCESSION.		

	8-12	8-13	8-14	8-15	8-16	8-17	8-18
RISING	6: 5:50	6: 5:50	6:15	6:	6:	5:50	8:
RETIRING	10:30 10:30	10:30	10:	10:30	10:30	10:30	11:15
EXERCISE	WALK-3 Mi. SHOW	NONE	WALK 2 Mi.	WALK 1 Mi.	WALK 1 Mi.	NONE	WALK 3 Mi. SHOW
HOUR OF RISING	8-19	8-20	8-21	8-22	8-23	8-24	8-25
	6:	5:50	6:	6:	5:55	5:50	7:
HOUR OF RETIRING	11:30	10:45	11:30	11:	11:	11:15	11:00
EXERCISE	WALK - 2 1/2 Mi.	WALK - 1 1/2 Mi.	WALK 2 Mi.	WALK 2 Mi.	NONE	WALK 14 BLOCKS	WALK 28 BLOCKS.
	HOUSEWORK AUTO RIDE 2 HRS DANCING 2 " PICNIC 7 "						

2 week vacation

8-26	8-27	8-28	8-29	8-30	8-31	9-1
<u>RISING</u> HOUR OF RISING 6:00 A.M.	6:	6:	6:10	6:	6:	9:00
<u>RETIRING</u> HOUR OF RETIRING	11:00	10:30	10:15	10:30	11:	11:00
<u>EXERCISE</u> WALKING	38 BLOCKS WALK.	HOUSEWORK (LIGHT)	NONE	WALK $\frac{1}{2}$ HR	WALK - AMUSEMENT PARK 2 HRS.	BAKING 2 HRS. SHOPPING 2 HRS. WALKING 1 MI.
<u>HOUR OF RISING</u> HOUR OF RETIRING	9-2 6:00	9-3 9:00	9-4 5:55	9-5 6:00	9-6 6:	9-7 6:00
<u>EXERCISE</u>	11: DANCING 4 HRS. WALK 48 BLOCKS	DANCING 1 HR.	WRITING 3 LETTERS HOUSE WORK 1 HR.	NONE	HOUSE WORK 1 HR SEWING 2 HRS.	SEWING 2 HRS. SHOPPING 3 HRS. DANCING 7 HRS. WALK FROM PARTY TO CHURCH 40 BLOCKS

9
9-9-28 9-10 9-11 9-12 9-13 9-14 9-15

RISING

— 11:30 AM. 6: 6: 6: 6: 6: 6:

— RETIRING

10:30 9:30 10: 10: 10:30 10: 10:30

— NONE. NONE NONE NONE VISITING 2 HRS. BAKING 2 HRS. SHOPPING 3 HRS.
— HOUSE WORK 2 HRS.

EXERCISE —

HOUR OF RISING

9-16 9-17 9-18 9-19 9-20 9-21 9-22

— 6:00 6: 6: 6: 6: 5:55 6:

HOUR OF RETIRING

10:00 10:00 10: 9:30 9:45 9:15 9:45

— SAW. WALK 20 BLD. GKS. NONE NONE NONE SHOPPING 2 HRS. NONE SHOPPING 3 HRS.

EXERCISE

	9-23	9-24	9-25	9-26	2-27	9-28	9-29
<u>RISING</u>							
—	6:10	1:	6:	6:	6:	6:	6:
<u>RETIRING</u>	9:50	10:30	9:50	10:30	10:30	10:30	9:45
<u>EXERCISE.</u>	WALK 20 BLOCKS ST. CAR RIDE CHURCH HOUSE WORK 2 HRS. BAKING 2 HRS.	WALK 20 BLOCKS ST. CAR RIDE CHURCH HOUSE WORK 2 HRS. BAKING 2 HRS.	CHURCH ST. CAR RIDE 2 HRS.	CHURCH ST. CAR RIDE 2 HRS.	CHURCH ST. CAR RIDE 2 HRS.	CHURCH ST. CAR RIDE 2 HRS.	WALK 20 BLOCKS. ST. CAR RIDE 2 HRS.
<u>HOUR OF RISING</u>	9-30	10-1	10-2	10-3	10-4	10-5	10-6
—	6:00	5:30	6:	6:	6:	6:	6:
<u>HOUR OF RETIRING</u>	9:30	9:30	9:00	9:30	9:50	10:	9:50
<u>EXERCISE</u>	WALK 20 BLOCKS CHURCH ST. CAR RIDE 2 HRS. VISITING. 2 HRS.	NONE	WALK 1/2 HRS. SHOPPING 1/2 HRS. SHOW				BAKING 3 HRS. WALK 20 BLOCKS.

	10-7	10-8	10-9	10-10	10-11	10-12	10-13
<u>RISING</u>							
	8:30	6:	6:	6:	6:	6:	6:
<u>RETIRING</u>	10:30	10:00	9:00	10:	11:00	9:30	1:30 A.M.
<u>EXERCISE</u>	WALK 20 BLOCKS. VISITING 2 HRS. WALK 1 MI. WASH DISHES. VISITING 3 HRS. WALK 1 HR.			VISITING 2 HRS. SHOW.		HOUSE WORK 2 HRS SHOPPING 3 HRS. VISITING 3 HRS. AUTO RIDING 2 HRS.	
<u>HAIR OF RISING</u>	10-14	10-15	10-16	10-17	10-18	10-19	10-20
	6:00	5:45	6:	6:	6:	6:00	6:
<u>HAIR OF RETIRING</u>							
	10:45	10:45	11:15	10:00	10:30	10:	9:30
<u>EVERCISE</u>	HOUSE WORK 3 HRS. HEALTH DANCING 1 HR. EXHIBIT. AUTO RIDING 1 HR. WASH DISHES		*VISITING 1 HR. VISITING 2 HRS. SHOPPING 1 1/2 HRS. *AUTO RIDE 2 HRS		WORK AROUND THE HOUSE 2 HRS.	VISITING 6 HRS. WALK 28 BLOCKS	

3

10-21 10-22 10-23 10-24 10-25 10-26 10-27

RISING

— 8: 6: 6: 6: 6: 5:45 6:15

RETIRING

10:30 10:00 9:30 9:45 9:30 10:30 8:AM.

EXERCISE — WALK 20 BLOCKS
VISITING 2:HRS.
NONE
WALK 1:MI.
AUTO RIDING 1HR.

HOUSE WORK 1HR.

NONE

SHOPPING 1:HR. VISITING 1:HR.

SHOPPING 3:HRS.

PARTY.

HOUR OF RISING 10-28 10-29 10-30 10-31 11-1 11-2 11-3

— 12:M 6: 6: 6: 6: 6: 6:

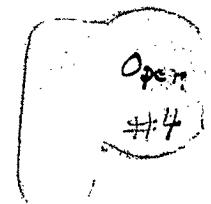
HOURL OF RETIRING

10:45 9: 9:30 10:30 9:30 10:15 10:15

EXERCISE — SHOW. IRONING 1:HR. VISITING 3:HRS. WALK 20 BLOCKS. VISITING 3:HRS.
VISITING 4:HRS. NONE
SHOPPING 2:HRS.
VISITING 2:HR.
WALK 20 BLOCKS.

HOURS OF SLEEP AND AMOUNT OF EXERCISE

<u>OPERATOR NO. 3</u>	<u>DATE</u> <u>11-4</u> <u>SUNDAY</u>	<u>DATE</u> <u>11-5</u> <u>MONDAY</u>	<u>DATE</u> <u>11-6</u> <u>TUESDAY</u>	<u>DATE</u> <u>11-7</u> <u>WEDNESDAY</u>	<u>DATE</u> <u>11-8</u> <u>THURSDAY</u>	<u>DATE</u> <u>11-9</u> <u>FRIDAY</u>	<u>DATE</u> <u>11-10</u> <u>SATURDAY</u>
1. Hour of Rising	6:	6:	6:15	6:	5:30	6:	6:
2. Hour of Retiring	9:30	8:30	9:30	10:30	10:30	10:30	11:
3. Exercise	WALK 4 MI. SHOW. VISITING 2:HRS.	NONE. HAS COLD	LIGHT HOUSE WORK 1:42	VISITING 2:HRS.	SNOW.	NONE.	SHOPPING 5:HRS.
	<u>11-11</u>	<u>11-12</u>	<u>11-13</u>	<u>11-14</u>	<u>11-15</u>	<u>11-16</u>	<u>11-17</u>
1. Hour of Rising	6:	6:	6:	5:45	5:45	6:00	6:00
2. Hour of Retiring	10:30	10:30	10:	10:30	10:00	9:00	10:
3. Exercise	WALK 10 BLOCKS SHOW WASH DISHES. DANCING 3:HRS VISITING 2:HRS.	WALK 20 BLOCKS CHURCH	AUTO RIDE CHURCH	WALK 10 BLOCKS CHURCH.	WALK 3 MI.	HOUSEWORK-1HR	HOUSEWORK 3:HRS. SHOPPING 1:HR BAKING 1:HR
	<u>11-18</u>	<u>11-19</u>	<u>11-20</u>	<u>11-21</u>	<u>11-22</u>	<u>11-23</u>	<u>11-24</u>
1. Hour of Rising	6:00	6:					
2. Hour of Retiring	10:						
3. Exercise	HOUSE WORK 2:HRS WALK 6 MI. ST CAR RIDE 2:HRS DANCING 1:HR VISITING 2:HRS.						



UNIVERSITY OF WISCONSIN - MILWAUKEE

III WEEK OF 5 oCLOCK "CHECK."

4-22	4-23	4-24	4-25	4-26	4-27	4-28
9:30 TO BED 10: SLEEP	11:	9:30	7: 9: UP-BACK 9:30	11:	10:	9:45
7:30 WAKE 6:35 UP WALKING - PREPARING DINNER	WALKING - 3 MI. 6	WALKING TO AND FROM WORK APPROX TO + FROM WORK 3 MI.	NONE EXCEPT OUT SHOPPING - ABOUT 2 1/2 HRS	6:15	6:15	6:15 6:15 SP
No.	1. B	1. B	1/2 R	1/2 R	1 GLASS R	6:15
1/2 CUP COFFEE MASHED POTTS. PORK CHOPS. BORN. CAKE + COFFEE	1 GLASS WATER. BORNED BEEF SAND. ORANGE + APPLES.	FRIED EGG. RYE BREAD. COFFEE. 1 ORANGE. 1 APPLE.	1/2 CUP COFFEE CHOP SUEY. STEAMED RICE. 1 CUP TEA. 2 BUNS + BUTTER	1/2 CUP COFFEE CHEESE SAND-BUN. STEAMED RICE. 1 CUP TEA. 2 BUNS + BUTTER	1/2 CUP COFFEE 1 CHEESE SAND-BUN. 1 COOKIES. 1 BANANA. 1 ORANGE.	1/2 CUP COFFEE 2 PCS. CANDY. PORK ROAST. RYE - BUTTER 1 PC. 1 PC. CAKE. 1 CUP COFFEE.
VEAL. POT-SALAD. VEAL STEW. POTATOES. CARROTS. MASHED POTTS. ST. SHORT CAKE 10 OZ PEEL, CHEESE CAKE. PINEAPPLE WHIP. 1/2 WATER.	CHOP SUEY. RICE.	POT-VEG. SOUP. CHILE CON CARNE. FRIED POTS. STEAK. 1 PC CAKE COFFEE.	MACARONI + TOMATO SAUCE. BAKED POT. + BUTTER. STEAK. HAMBURGER SAND. RYES - NABISCO 3. 1 CUP COFFEE.	6: POT-PANCAKES. (3)	POT-PANCAKES. (3) 1 CUP COFFEE. 10:30	POTS + GRAVY - BOILED STEAK - FRIED. SWEET CABBAGE 1 GLASS WATER.

4-29	4-30	5-1	5-2	5-3	5-4	5-5
6:30 UP 9:00 P.M. 9:15	10:30 7:45	10:30 11:30	10:30 7:45	11:20 7:45	10:30 7:45	11:35 7:45
10:30 POOR SLEEP ALL NIGHT	6:15	6:15	6:15	6:15	6:15	6:15
6:45 8:00 HOUSE WORK (SMALL AMT.) WALKING. 1/2 VISITING.	6:15 USUAL WALK, TO & FROM WORK. 3 MI.	WALKING 2 HRS WALKING- ALSO TO & FROM TO WORK. WORK. SEWING.	OUT AUTO. RIDE. 3 HRS.	WALKING TO AND FROM WORK. 3 MI IN EVENING 2" AUTORIDE 9: TO 10:	ENTERTAINING VISITOR. DANCING. WALK TO AND FROM HOUSE CLEANING. WORK 3 MI	
1/2 R.	1/2 R.	NONE	1/2 R	1/2 R	1 R	1/2 R
BACON & EGGS. 1 CUP COFFEE 1 PC CAKE 1 PC BREAD. WHIT. 1 CUP COFFEE.	1/2 CUP COFFEE.	1/2 CUP COFFEE.	1/2 CUP COFFEE.	1/2 CUP COFFEE.	NONE.	1/2 CUP COFFEE.
1 PC CAKE SMOKE'D MEAT HAM SAND. BUN. HAMBURGER SAND. 1 ORANGE. 1 CUP COFFEE. SAND. RYE. 1 ORANGE. DID NOT FEEL 1 ORANGE. WBLK.	1 PC CAKE. HAMBURGER STEAK MASHED POTTS. 1 PC CAKE. PEAS - CANNED. 1 CUP COFFEE. PICKLE - SWEET. COFFEE. 6: 1 PC. CHOCOLATE 1 CUP COFFEE.	1/2 CUP COFFEE. 1/2 CUP COFFEE. 1/2 CUP COFFEE.	PORK CHOPS - DRIED. 1 GLASS LEMONADE POTTS - FRIED - FRANC. CHOP SAUCY. + RICE. CORN - CANNED. 1 PC PIE. 1 CUP COFFEE. 6: 1 GLASS WATER. 1 PC CAKE. 1 CUP COFFEE. 8: SUNDAE - CHOC NUT.	1/2 CUP COFFEE. 1/2 CUP COFFEE. 1/2 CUP COFFEE. 1/2 CUP COFFEE. 1/2 CUP COFFEE.	CHESSE - BUN. COOKIES (6) 2 ORANGES. WASN'T HUNGRY - TOO WARM TO EAT.	PORK - FRIED. POTS - MASHED. PORK + BEANS. WATER. 1/2: 30 1/2 CUP COFFEE. 4: 30 CHICKEN - ROAST. FRUIT COCKTAIL. POTS - MASHED. POTS. CELERY. TOM. + LETTUCE STRAW. 1 CUP COFFEE. CREAM PUFF. 1/2 CUP COFFEE. 2 POT CANOL. 1 CUP WATER.

5TH WEEK OF 5:00 CLOCK
CHECK.

5-6

5-7

5-8

5-9

5-10

5-11

5-12

10:30 10:45 11:10 10:30 10:30 7:45 9:45 10:45

~~4:45~~ ~~7:45~~ ~~7:30~~ ~~7:00~~ ~~7:40~~ ~~7:45~~ ~~2:30~~
 8:00 6:15 6:15 6:10 6:10 6:15 6:15
 WALKING $\frac{1}{2}$ HRS. WALK TO AND FROM WORK. 3 MI. PLAYING BALL 1HR. WALK TO AND FROM WORK. 3 MI. AUTO RIDING. WALK TO WORK 1 $\frac{1}{2}$ MI. AUTO RIDING. WALK - WORK 3 MI. AUTO RIDING. ~~NOTE.~~ TO AND FROM WORK. 3 MIS.
 HOUSE WORK. 3 MI. MOVIE.

NONE.

NONE.

NONE

NONE.

1/2 R

1-R

1-R

CHOP SUEY.	TEA 1 CUP.	1 PC CAKE.	1 CUP COFFEE.	1 PC CAKE.	1/2 CUP COFFEE.	1/2 CUP COFFEE.
RAPE.		1 CUP COFFEE.				
1 BONI						
TEA. 2:30						
1 PC CAKE.						
1 CUP COFFEE						
10:						
VEAL STEAK.	CORNED BEEF	1/2 HAM ON BUN. EGG + BUN SAND.	1/2 PORK SAND. RYE.	CHEESE ON BUN.	VEAL SAND. RYE.	
POTS MASHED.	SAND. RYE.	1 ORANGE.	1 APPLE.	1 ORANGE.	COOKIES. (7)	COFFEE.
2:	1 GANANNA.	1 APPLE.			1 APPLE.	
--	1 APPLE.					
POTS. FRIED.	POTS. BOILED	PORK CHOPS FRIED. SAME AS	NO. 1.	CHILI.	PORK FRIED.	VEAL SAND. RYE.
BEEF.	VEAL ROAST.	POT. SALAD.		1 PC BREAD - WHITE.	POTS. FRIED.	1 PC CAKE.
KIDNEY BEANS SAUCE GRAVY.		SLAW - COLD.		1 PC. PIE.	PORK + BEANS.	COFFEE.
1 CUP TEA.	CHICKEN BURGERS.	1 PC CAKE.		COFFEE.	PIE.	
1 PC CAKE.	1/2 (VINEGAR + SALT)	1 CUP COFFEE.			COFFEE.	
1/2 GLASS WINE 9:30	1/2 PC PIE.	WATER.				
WATER.	1 CUP COFFEE.					

4

5-13	5-14	5-15	5-16	5-17	5-18	5-19
10:30	11:	6:30 IN 9:15 OUT 9:45 IN.	12:15	10:45	10:15	12:45
6:45	6:15	6:15	6:15	6:10	6:10	6:15

HOUSE CLEANING. WALK. TO AND FROM WORK.
WALKING. 3 MRS.
AUTORIDING. 3 MRS.
PLAYING BALL 2 HRS.

WALK TO WORK WALK 3 MRS.
VISITING 1½ MRS.
WALK 3 MRS. WALKING 3 MRS.
PLAY BALL 1½ HRS HOUSE WORK.
SHOW.

NONE. NONE. 1 - R NONE. NONE. ½ - R ½ R

BACON EGGS. 1/2 CUP COFFEE. 1 PEPPERED. W. COFFEE. NONE. 1/2 EXP COFFEE. 1/2 COFFEE.

CAKE. HAM SAND. RYE. MINCED HAM ON RYE. 1/2 HAM SAND. BUN. EGG SAND. BUN. CHEESE SAND. BUN. EGGS SCRAMBLED.
COFFEE. 1 ORANGE. 1 APPLE. 1 ORANGE. 1 ORANGE. 2 ORANGES. 2 COOKIES (8) 2 PEPPERED RYE.
APPLE CAKE. COFFEE.

POTS. MASHED. POTS. FRIED. VEAL-BREDOED. VEAL STEW. HAMBURGER (1) POT. PANCAKES (3) POTS. MASHED.
CHILLED DINNER CHILLED PORK CHIPS. POTS. - FRIED. PEAS + CARROTS. POTS. FRIED. STEAK - FRIED.
COFFEE. PORK CHOP SAND. CAKE. COFFEE. PIE COFFEE. COFFEE. OIL MICKEL
RYE. 10:30 COFFEE. ICE CREAM
CANDY 9:00

4

5-20

5-21

5-22

5-23

5-24

5-25

5-26

11:

10:30

10:45

11:15

9:45

11:45

12:

7:00

6:15

6:15

6:15

6:15

6:15

6:15

WALKING.
HOUSE WORK.
VISITING.WALKING TO
FROM WORK
3MIS.
3MIS.
PLAY. BALL 1HR
PLAYING BALL
1:HRWALK TO AND
FROM WORK
3MIS.

AUTO RIDING.

SAME WALK.
OTHER " 2=SMIS. FISHING
SEWING-IRONING. PLAYING BALL
PLAYING BALLSAME WALK 3MIS.
HOUSE CLEANING.
PLAYING BALL
AUTO RIDING 2.HRS

NONE.

1-R

1 $\frac{1}{2}$ -R1 $\frac{1}{2}$ -R

NONE.

NONE.

NONE

O&B. 1
COFFEE.

1/2 CUP COFFEE.

1 CUP COFFEE.

1/2 CUP COFFEE.

1/2 CUP COFFEE

POTS-MASHED. 1/2 HAM. OUN.
CREAMED BEEF. ORANGE.
GLASS WATER. APPLE.CORNBEEF SAND-
RYE.

BANANA.

ORANGE.

1/4 HAM SAND. W.
BANANA.

1 CHEESE SANDWICH.

SAUSAGE.
2 PDS. BREAD. RYE
COFFEESAME AS
NOS. 1,2,+3.PORK-FRIED.
POTS. MASHED.
GRAVY. 6:30 BEANS-STRING
CAKE COFFEE 9:VEAL CHOPS.
POTATOES.
PIE.STEW-IRSH.
BREAD- RYE.
COFFEE.STEAK-FRIED.
ICE BREAD- W.
PIE.FISH-FRIED
PIE
RHUBARB SAUCEPIE
COFFEE.
ICE CREAM 9:30

WATER

COFFEE.

GLASS LEMONADE.

PIE

ICE CREAM 9:30

4

5-27	5-28	5-29	5-30	5-31	6-1	6-2
6:30-10:15 11:30	10:45 10:30	11:45	11:	11:45	11:45	10:15
6:45	6:15	6:15	8:15	6:15	6:15	6:15

HOUSE CLEAN- ING. AUTO RIDING.	USUAL WALK TO AND FROM WORK.	PLAYING BALL	HOUSE WORK. WALK TO WORK	WALK TO END FROM WORK. SEWING.	WALK TO WORK	1/2 MIS. HOUSE CLEANING. WALKING IN EVENING 2 HRS.
NONE.	NONE	NONE.	NONE.	NONE	NONE	NONE

BACON & EGGS. 1/2 CUP COFFEE.
BREAD - W
COFFEE.

CAKE, COFFEE. 12: ICE CREAM LEMON PIE 3: CHICKEN FRIED POTATOES PEAS + CARROTS. JELLO - FRUIT. CAKE. COFFEE. WINE. WATER.	VEAL SAND-BUN 4 HAMB SAND- RYE. CHILI. ORANGE. APPLE PRETZELS COOKIES 5:	DRAWD-RYE. APPLE. COFFEE 17: DRAWD-EGGSS DRAWD-RYE. CAKE. COFFEE 1/2 CORN-CANNED FRUIT SAND. PIE PORK ROAST. POTS. MASHED RHUBARB SAUCE. MEAD - XV.	1/2 HAM SAND. BUN. CHEESE SAND.- RYE. FRANKFUTER. 2 APPLES. PIE. COFFEE 17: STEAK CORN-CANNED PIE PORK FRIED. TOMATOES SAUCE. POTS. FRIED. PIE COFFEE.	HALIBUT - DRAWD. PORK CHOPS. TOMATOES SAUCE. POTS. FRIED. WATER. PIE COFFEE.
--	---	--	---	---

HOURS OF SLEEP AND AMOUNT
OF EXERCISE.

4

6-3	6-4	6-5	6-6	6-7	6-8	6-9
10:30	10:30	10:30	10:45	10:	7:	1.A.M.
		10:30 TO 10:30 P.M.				
6:45	6:15	6:15	6:15	6:00	6:15	6:15

HOUSE CLEANING WALKING WALKING TO SAME
WALKING 3 MRS. TO AND FROM AND FROM
SNOW. WORK 3 MRS. WORK 3 MRS.
VISITING.

IRONING 1HR
SAME WALK.

~~HOUSE WORK~~
WALKING TO AND WALK TO AND FROM
FROM WORK WORK.
DANCING.

HOUR OF RISING	6-10	6-11	6-12	6-13	6-14	6-15	6-16
	6:30	6:15	6:15	6:10	6:15	6:15	6:15
HOUR OF RETIRING	12:00	7:30	9:45	10:	10:45	10:30	12:15
EXERCISE	HOUSE WORK WALKING. VISITING.	WALKING TO SAME AS AND FROM WORK 3 MRS. PLAYING OBL.	MOND.	PLAYING OBL. SHOPPING 3 HRS. WALK 1/2 MRS. WALK - TO AND FROM WORK 3 MRS. WORK - 4 MRS.	HOME TO AND FROM 1 TO 4:30 SNOW	HOUSE WORK	

	6-17	6-18	6-19	6-20	6-21	6-22	6-23
RISING	7: 6:15	6:15	6:15	6:15	4:30 COULD NOT SLEEP STAYED IN BED TIL 6:15	6:15	6:
RETIRING	10:30	11:30	11:15	10:45	11:15	10:30	10:30
HOUSE WORK.	WALKING TO SAME. AND FROM WORK 3 MHS.	WALK 1 1/2 HRS. SHOPPING 2 HRS. AUTO RIDING WALK TO AND VISITING.	WALK 1 1/2 HRS. SHOPPING 2 HRS. AUTO RIDING WALK TO AND VISITING.	TO AND FROM WORK. SEWING. WASHING CLOTHES SHOW.	SHOPPING 3 HRS. WALK TO AND FROM WORK.		
HOUR OF RISING	6-24	6-25	6-26	6-27	6-28	6-29	6-30
	6:45	6:15	6:15	6:15	6:15	6:15	6:15
HOUR OF RETIRING	10:45	7:30	10:45	10:15	9:45	10:30	12:30
EXERCISE	HOUSE WORK 2 HRS. AUTO RIDING. 2 HRS.	WALK TO WORK 1 1/2 MI. AND FROM WORK 3 MI.	WALKED TO SAME.	WALK TO AND WALK TO AND FROM WORK FROM WORK	SHOPPING 3 HRS. HOUSE WORK 1 1/2 VISITING		

	7-1	7-2	7-3	7-4	7-5	7-6	7-7
<u>RISING</u>	6:45	6:15	6:15	7:	6:15	6:15	7:00
<u>RETIRING</u>	10:45	11:30	11:45	11:30	10:15	11:30	11:30
HOUSEWORK	WALK TO AND SAME (LIGHT) 2½ HRS FROM WORK WALK 1½ " 3.MIS SHOW	WALK 3 M.	AUTO RIDING 2HR.	SEWING 2½ HRS IRONING 1½ HRS AUTO RIDING 2HR SHOW	WALK 3 M. IRONING 1½ HRS	WALK 3 M. HOUSEWORK - 4½ HRS. AUTO RIDE - 3 HRS. IRONING - 3 HRS. SHOW	
<u>HOUR OF RISING</u>	6:30	6:15	6:15	6:15	6:15	6:15	8:
<u>HOUR OF RETIRING</u>	11:45	10:	11:15	11:45	11:45	11:15	11:15
<u>EXERCISE</u>	HOUSEWORK 3 HRS. WALK - 3 MI. SHOW	WALK - 5 Mi.	WALK - 3 Mi.	WALK 1½ MI AUTO RIDE - 1 HR.	WALK 6 MI. IRONING 1½ HRS.	WALK 3 MI.	HOUSEWORK 6 HRS. WALK 2 MI.

	7-15	7-16	7-17	7-18	7-19	7-20	7-21
<u>HOUR OF RISING</u>	6:50	6:15	6:15	6:15	6:15	6:15	10:00
<u>RETIRING</u>	11:	12:	10:40	11:20	11:45	10:30	11:45
HOUSE WORK 3 HRS.	WALK 3 MI.	WALK 3 MI.	WALK 3 MI.	WALK 4 MI.	WALK 3 MI.	WALK 3 MI.	HOUSE WORK 2 HRS. WALK 4 MI.
WALK 4 MI.	SHOW.	CHURCH					
EXERCISE.							
<u>HOUR OF RISING</u>	7-22 SUN	7-23 MOND.	7-24 TUE.	7-25 WED.	7-26 THU.	7-27 FRI.	7-28 SAT.
	6:30	6:15	6:20	6:15	6:15	6:15	
<u>RETIRING</u>	10:45	11:15	10:15	11:30	11:50		
HOUSE WORK 2 HRS.	WALK 4 MI.	WALK 1 1/2 MI.	WALK 4 MI.	WALK 5 MI.			
WALK 3 MI.	CHURCH	CHURCH	CHURCH	CHURCH	CHURCH PROCESSION		
EXERCISE							

	8-12	8-13	8-14	8-15	8-16	8-17	8-18
RISING	6:40	6:20	6:30	6:20	6:20	6:20	7:30
RETIRING	10:45	10:30	11:	10:45	10:	10:	9:30
HOUSEWORK	WALK 3 HRS.	WALK 4 HRS.	WALK 5 Mi. WALK 4 Mi.	WALK 3 Mi.	WALK 3 Mi.	SHOW WALK 3 Mi.	
EXERCISE	WALK - 3 Mi.			SEWING 1½ HRS.			
HOUR OF RISING	8-19	8-20	8-21	8-22	8-23	8-24	8-25
	6:30	6:15	6:15	6:20	6:20	6:20	7:
HOUR OF RETIRING	11:	11:15	10:45	12:10	10:30	10:45	10:00
EXERCISE	HOUSEWORK WALK 4 MI.	WALK 3 Mi. WALK 3 Mi.	WALK 4 Mi. WALK 4 Mi.	WALK 4 Mi. WALK 4 Mi.	WALK 4 Mi.	HOUSEWORK 1½ HRS WALK 4 Mi.	

Two weeks vacation

OPERS. NO. <u>4</u>	DATE <u>8-26</u> SUN.	DATE <u>8-27</u> MON.	DATE <u>8-28</u> TUE.	DATE <u>8-29</u> WED.	DATE <u>8-30</u> THUR.	DATE <u>8-31</u> FRI.	DATE <u>9-1</u> SAT.
RISING	6:45	6:20	6:20	6:20	6:25	6:15	7:30
2. HOUR OF BED AWAKE							
3. HOUR OF BED RETIRING	10:30	10:45	11:20	10:45	11:40	11:30	10:45 NAP 3:20 TO 6: NAP.
4. VISITORS EXERCISE	HOUSE WORK 2 HRS. WALK 4 MILES.	WALK 3 MI. BAKING 2 HRS.	WALK 3 MI. SEWING 2 $\frac{1}{2}$ HRS.	WALK 1 $\frac{1}{2}$ MI. BAKING 2 HRS.	WALK 3 MI. BAKING 2 HRS.	WALKED 3 MI. BAKING 2 HRS.	HOUSE WORK 2 HRS. WALKED 4 MI.
HOUR OF RISING Breakfast Up before breakfast	9-2 6:45	9-3 11 A.M.	9-4 6:15	9-5 6:15	9-6 6:15	9-7 6:15	9-8 6:15
HOUR OF RETIRING Breakfast	11:15	11:45	8:30	10:45	9:	10:15	10:30
5. WORK EXERCISE	HOUSEWORK 2 HRS. SHOW.	SHOW	WALK 3 MI.	WALK 3 MI. SEWING 1 $\frac{1}{2}$ HRS.	WALK 3 MI. SEWING 1 $\frac{1}{2}$ HRS.	WALK 3 MI.	WALK 4 MI. HOUSE WORK 1 $\frac{1}{2}$ HRS.
6. WORK							

	9-9-28	9-10	9-11	9-12	9-13	9-14	9-15
RISING	6:45	6:25	6:20	6:25	6:15	6:20	6:20
RETIRING	10:45	11:15	10:20	10:45	10:30	11:	11:15
EXERCISE	WALK 3 MI. HOUSE WORK 2 HRS.	WALK 3 MI.	WALK 4 MI.	WALK 1 1/2 MI. SEWING 2 HRS.	WALK 4 MI. SEWING 1 1/2 HRS.	READING 4 HRS. WALK 1 1/2 MI.	SHOPPING 4 HRS WALK 3 MI.
HOUR OF RISING	9-16	9-17	9-18	9-19	9-20	9-21	9-22
	6:45	6:26	6:20	6:20	6:15	6:15	6:15
HOUR OF RETIRING	9:30	11:15	11:	9:30 - 10: 10:30	11:15	11:15	11:30
EXERCISE	HOUSE WORK 2 HRS AUTO RIDE 3 HRS.	WALK 3 MI. VISITING 3 HRS.	WALK 3 MI VISITING 3 HRS.	WALK 3 MI	WALK 3 MI. SHOPPING 3 HRS.	WALK 3 MI BAKING 2 1/2 HRS. READING 2 HRS.	WALK 3 MI. HOUSE WORK 4 HRS. READING 3 HRS.

	9-23	9-24	9-25	9-26	9-27	9-28	9-29
<u>RISING</u>							
—	6:40	6:20	6:20	6:25	6:15	6:20	6:20
<u>RETIRING</u>	10:30	10:30	10:30	10:45	10:30	10:45	10:45
<u>EXERCISE</u>	HOUSEWORK 3HR WITH 3 MI. WALK 3 MILES. WALK 3 MILES. READING 2 HRS. READING 5 HRS. VISITING 1/2 HR READING - 3 HRS.				NONE		HOUSE WORK 1 1/2 HRS. SHOW. WALK - 2 HRS.
<u>HOUR OF RISING</u>	9-30	10-1	10-2	10-3	10-4	10-5	10-6
—	6:45	6:15	6:15	6:15	6:15	6:15	6:15
<u>HOUR OF RETIRING</u>	10:50	8:	9:00	12:	12:30	11:00	12:15
<u>EXERCISE</u>	HOUSE WORK 1 1/2 HRS. VISITING 3 HRS.	NONE	NONE	VISITING 1 HRS SHOWER 1 HRS SHOW (PARTY.)			HOUSE WORK 1 1/2 HRS. READING 4 HRS AUTO RIDING 3 HRS.

	10-7	10-8	10-9	10-10	10-11	10-12	10-13
RISING	6:45	6:15	6:15	6:00	6:	6:15	6:15
RETIRING	10:30	10:30	10:00	12:15	12:15	10:45	11:00
EXERCISE	HOUSE WORK 2 MRS. 2 HRS. VISITING 2 HRS. READING 2 HRS. SHOW. WALK 3 MRS.	WALK 2 MRS. VISITING 2 HRS.	WALK 2 MRS. VISITING 4 HRS.	WALK 1 1/2 MI VISITING 4 HRS.	WALK 3 MI SHOW	WALK 3 MI SEWING 2 HRS.	WALK 3 MI. HOUSE WORK 4 HRS. SHOW.
HOUR OF RISING	10-14	10-15	10-16	10-17	10-18	10-19	10-20
	6:45	6:15	6:15	6:15	6:15	6:15	6:15
HOUR OF RETIRING	10:45	10:45	10:	10:45	11:00	11:00	10:
EXERCISE	HOUSE WORK 3 HRS WALK 1 1/2 MI. VISITING 4 HRS.	WALK 3 HRS.	WASH DISHES 1 1/2 HRS.	WALK 1 1/2 MI. SEWING 2 1/2 HRS.	WALK 3 MI. SHOPPING 3 HRS.	SEWING 3 HRS. WALK 3 MRS.	SEWING 3 HRS. WALK 1 1/2 MI. VISITING 2 HRS.

	10-21	10-22	10-23	10-24	10-25	10-26	10-27
<u>RISING</u>							
	6:45	6:15	6:15	6:15	6:15	6:15	6:15
							4: A.M. AWAKE 6:15 UP.
<u>RETIRING</u>							
	9:30	10:45	10:30	11:00	11:30	11:15	9:30 A.M..
	HOUSE WORK 3:42	WALK 3 MI. SEWING 3 HRS.	WALK 4 MI. HOUSE WORK	WALK 1 1/2 MI. HOUSE WORK 2 1/2 HRS.	WALK 3 MI BAKING 3 HRS 2 1/2 HRS	WALK 3 MILES. HOUSE WORK 2 1/2 HRS. PARTY.	HOUSE WORK 6 HRS. WALK 3 MI.
<u>EXERCISE</u>							
	WALK 2 MI.						
<u>HOUR OF RISING</u>							
	10-28	10-29	10-30	10-31	11-1	11-2	11-3
	4: P.M.	6:15	6:15	6:15	6:15	6:15	6:15
<u>HOUR OF RETIRING</u>							
	9:30	9:	10:30	9:30	10:15	11:15	9:45
	NONE	WALK 3 MI.	VISITING 3 HRS. WALK 3 MI. WALK 3 MI.	WALK 3 MI.	BAKING 1 1/2 MI. SEWING 3 HRS.	WALK 3 MI.	WALK 5 MI. SHOPPING 2 1/2 HRS. SEWING 2 HRS.
<u>EXERCISE</u>							

HOURS OF SLEEP AND AMOUNT OF EXERCISE

OPERATOR NO. 46	DATE 11-4 SUNDAY	DATE 11-5 MONDAY	DATE 11-6 TUESDAY	DATE 11-7 WEDNESDAY	DATE 11-8 THURSDAY	DATE 11-9 FRIDAY	DATE 11-10 SATURDAY
1. Hour of Rising	6:30	6:15	5:30	6:15	6:15	6:15	6:15
2. Hour of Retiring	10:	10:45	10:45	10:45	10:45	10:45	11:
3. Exercise	HOUSE WORK 3:HRS WALK 3 MI. WALK 3 MI. SHOW.	WALK 3 MI. WRITING 3:HRS.	WALK 3 MI. TYPING 2 ¹ / ₂ :HRS.	WALK 3 MI. READING 2:41/2	WALK 3 MI. TYPING 2 ¹ / ₂ :HRS.	WALK 3 MI. TYPING 2 ¹ / ₂ :HRS.	WALK 3 MI. HOUSE WORK 2:HRS. BAKING 2:HRS. AUTO RIDING 3:HRS.
	11-11	11-12	11-13	11-14	11-15	11-16	11-17
1. Hour of Rising	6:45	6:15	6:15	6:15	6:15	6:15	6:15
2. Hour of Retiring	10:45	10:30	11:30	11:00	11:00	11:15	12:
3. Exercise	WALK 3 MI. HOUSE WORK 2:HRS TYPING 6:HRS	WALK 3 MI. SEWING 3:HR.	WALK 4 MI. VISITING 2 ¹ / ₂ :HR.	WALK 3 MI. VISITING 3:HRS.	WALK - 3 MI. SHOPPING - 3 HRS.	WALK - 3 MI. SHOPPING 3:HRS.	WALK 15 MI. SHOPPING 3:HRS. SEWING 4:HRS
	11-18	11-19	11-20	11-21	11-22	11-23	11-24
1. Hour of Rising	6:30	6:15					
2. Hour of Retiring	10:	See note on oper. No. 10 sheet					
3. Exercise	HOUSE WORK 2:HRS TYPING 2:HRS SEWING 4:HRS.						

Open
#5

UNIVERSITY OF WISCONSIN - MILWAUKEE

III WEEK OF
O'CLOCK "CHECK"

	4-22	4-23	4-24	4-25	4-26	4-27	4-28
5	9:30	10:	10:30	9:30	12:00	10:	2:00
WALK 100 MILES	8:25	7:05	7:10	8:15	5:45	5:45	5:30
	5:45	5:45	5:40	5:40	5:45	5:45	5:30
PREPARED SUPPER. NONE WASHED DISHES	DANCING & CLUB MEETING.	PREPARE SUPPER - WASH SHOW. DISHES 6 PEOPLE CLEANED ROOM. 10: TO 11:30 DANCE. WASHED STOCKINGS.					
1/2 B	1/2 B	1/2 B.	1/2 R	1/2 R	1/2 R		
1/2 LEMONADE + COFFEE.	GRAPE NUTS + CUP COFFEE. CREAM. 1/2 CUP COFFEE.	1/2 GRAPE FRUIT 1/2 COFFEE	1/2 CUP COFFEE. 2 PANCAKES 1 CUP COFFEE.				
R. CHICKEN. MASHED POTS. PEAS. PICKLES. TOM. + LET. SALAD. MAY. STRAWBERRY CREAM. 1 GLASS BEER	Choco. Land. Apple + Orange	1 PC SWEET BR. 1 ORANGE. 1 APPLE.	1 PC RYE BR. 1 APPLE. 1 ORANGE.	HAMBURGER SAND. (1/4 LB BEEF) RYE ORANGE + APPLE. 1 ORANGE.	1/4 LB BEEF RYE BROILED LAMB CHOP. DISCUITS. COFFEE. 1:00		
1/2 BISCUIT + COFFEE.	PORK CHOPS. POTS. B.	FRIED STEAK. BOILED POTS.	MEAT BALLS. MASHED POTS. PEACHES.	VEG. SOUP. RYE CRISP. SALT COD FISH BOILED. STEAK FRIED. MASHED CARROTS.			
CREAMED CABBAGE. 1 GLASS BEER.	CANNED CORN. SALAD (COMBO.)	1 CUP COFFEE. 1 GLASS BEER.	COFFEE + CAKE. 1 CUP COFFEE. FRUIT SALAD.	1 PC PIE. 1 CUP COFFEE. 1 PC CAKE	1 GLASS BEER. 1 CUP COFFEE. 1 PC. APPLE SLICE.	1 PC BREAD RYE 1 PC CAKE. 1 CUP TEA. 1 GLASS WINE. 1 GLASS BEER.	

5

4-29

4-30

5-1

5-2

5-3

5-4

5-5

DID NOT REST
WELL FOR PAST
THREE NIGHTS.

10:30

7:15

9:00

WALK 2 HRS. DANCING.
AUTO RIDING.

10:30

5:15

6:

SPRINKLING GARDEN.

12:

7:15

5:45

VISITING

1:

5:45

5:45

LIGHT, HOUSE WK. SEWING.

10:

6:45

5:45

SEWING.

3:30

7:15

5:45

DANCING 12:-2:AM.

1/2-R

1/2 R

1/2 R

1/2 R

1/2 R

1/2 R

1/2 R

WAFFLES. 1
1CUP COFFEE.

1CUP COFFEE

1CUP COFFEE.

1CUP COFFEE.

1/2 GRAPE FRUIT
1PC TOAST.

1/2 CUP COFFEE.

1CUP COFFEE.
CRACKERS.ROAST PORK.
MASHED POT. RYE.
CARROTS & PEAS
CREAMED.
CELERY.
ST. BERRIES & ORANGE.STEAK - COLD
1PC BREAD & POTS. FRIED.
1CUP TEA.BISCUITS.
COFFEE.CHICKEN SAND. CHEESE SAND.
MASHED POT. RYE.
1ORANGE.FRIED VEAL - ROAST.
POTATOES + SWEDISH
PEAS.TOMATOES + SWEDISH
PICKLES.
1PC CAKE.
1CUP COFFEE.SOUP - VEG.
PORK CHOPS - BREADED.
POTS. BOILED.CARROTS - CREAMED.
FRESH PINEAPPLE -
1CUP COFFEE. 6: DRANK LOTS OF
1CUP COFFEE WATER. 6:
TOAST - RYE. 10:30TOO WARM AND
TOO TIRED.1ORANGE.
1/2 SAND. EGG RYE.
1ORANGE.HALIBUT - FRIED.
POTS. BOILED.
CARROTS.
1PC PIE.
1CUP COFFEE.DRUNK LOTS OF
WATER. 6:
TOAST - RYE. 10:30VERM STEW.
POTS. STEWED.
1PC PIE.
1CUP COFFEE.BISCUITS.
1CUP COFFEE - 6:
1CUP COFFEE,
1PC CAKE 11:30

5TH WEEK OF SOCIOLOGY
CHECK

5

V-6

V-7

V-8

V-9

V-10

V-11

V-12

11:00

10:

11:30

10:00

11:

11:

5:30 A.M.

5:30'

6:45'

6:

6:30'

7:45'

6:45

6:50

RIDING.
WASHING & IHR.
PREPARING
SUPPER

SHOPPING 4 HRS. NONE.

NONE.

PREPARING SUPPER. RIDING.
WASHING DISHES. AUTO RIDING.
SHOPPING. 1½ HRS. VISITING IN COUNTRY.
BATHING.

2-R

1/2 R

1/2 R

1/2 R

1/2 R

1/2-R

1-R

1/2 CUP COFFEE. 1/2 CUP COFFEE. 1 PC TOAST.
1/2 CUP COFFEE. 1 PC TOAST. NONE.
WAS SICK.

RUBARO SAUCE
1/2 CUP COFFEE.

1/2 GRAPE FRUIT
COFFEE.
1/2 GRAPE FRUIT.

LAMB - STEW. CHEESE SAND. RYE HAMBURGER SAND. 1/2 CHEESE SAND. PEPP SAND 1/2 RYE. EGG SAND. RYE.
CROISSANT. 1 ORANGE. RYE.
LATTUCE & TOM. 1 APPLE. 1 ORANGE. RYE.
SALAD.
OBLET.
ST. BERRY PIE-CREAM.
COFFEE.

YEGH. CHOPS. BROODED.
POTS. FRIED.
PEAS.
SWEET BREAD.
COFFEE.

YEAR CHOC-BRANDED. CARROTS-MASHED SAME AS
POTS. BOILED. 2 PCS. RYE KRISP + NO. 1
SPINACH. BUTTER.
1 PC APPLE CAKE.
1 CUP COFFEE. 6;
1 GLASS LEMONADE.

PORK - ROAST.

POTS. MASHED.

PEANS- STRING-FRESH.

CUCUNDERS.

COOKIES.

COFFEE.

WATER.

STEAK - FRIED.

POT. BOILED.

ST. DERRY + CRBAN.

WATER. 6;

COFFEE.

DRBBD. DARK 1/2

FISH - FRIED.

1 PC BREAD. 7;

1 PC BREAD.

1 PC BREAD.

1 PC BREAD.

COFFEE. 2:AM.

5

	5-13	5-14	5-15	5-16	5-17	5-18	5-19
9:		10:30	12:30	10:	10:	10:30	3:45 A.M.
8:		5:45	5:45	5:45	5:45	4:30	5:45

AUTO RIDING. GEN. HOUSE SHOW. OUT TO SUPPER GENERAL
WALKING. WORK. 3 HRS. WALKING :20 SEWING 1 $\frac{1}{2}$ HRS. HOUSE WORK.
DANCING. 2 $\frac{1}{2}$ HRS.

NONE. 1-R NONE NONE 1/2-R 1/2-R 1/2-R

BACON + EGGS. 1/2 GRAPE FRUIT 1/2 CUP COFFEE. (3) PANCAKES COFFEE.
2 PE. BREAD.
WHITE + RYE. 1/2 CUP COFFEE.
COFFEE.

COFFEE.
(2) CRACKERS.
COFFEE.

DEEF LOAF. 1/2 CHEESE SAND. PORK SAND. RYE. 1/2 HAM SAND. HAMBURGER SAND. RYE.
POTS. MASHED. RYE.
BEANS-STRING. 1 ORANGE. 1 APPLE. 1 ORANGE. 1 ORANGE.
COFFEE. 1 APPLE. 1 ORANGE. 1 APPLE. 1 APPLE.
CAKE.

Soup - PEK.
MUTTON - SALT,
POTS - BOILED.
TURNIPS.
COFFEE.
1 ROLL.

2 POTS BREAD RYE VEAL CHOPS. SOUP - CELERY. VEAL CHOP. POT. ROAST-BEEF. FISH - SALT.
COFFEE. POTS. MASHED CELERY & OLIVES. POTS - MASHED. POTS. BOILED. POTS - FRIED.
POTS - FRIED. CORN-CANNED. HALIBUT - BAKED. CARROTS & PEAS. BEANS. CREAMED.
OLIVES & PICKLES. CHICKEN - FRIED. CAKE. 10.
CAKE. LIMA BEANS. TEA. COFFEE.
COFFEE. BEER. COMB. SALAD. 2 GLASS WATER. WATER. PLENTY
CAKE. 7:30 ICE CREAM. 10.
DEER. (3) GLASSES WATER.
POTS. MASHED.
2 GLASSES WATER

ROLLS.
CARROTS CREAMED.
BANANAS & CREAM. COFFEE
COFFEE. CAKE. 1: A.M.
WATER - PLENTY. PLENTY OF WATER.

5

5-20

5-21

5-22

5-23

5-24

5-25

5-26

9:30

9:30

10:30

9:30

10:15

10:00

12:00

10:00

5:30

5:30

5:30

5:45

5:50

5:55

HOUSE WORK
PLENTY
OTHER WORK
3 HRS.
(out)

2-R 1/2 R

None

None

None

1-R

1 R

COFFEE

COFFEE

ST BERRIES

ST BERRIES

TOAST +

COFFEE

TOAST - RYE

COFFEE

COFFEE

BEEF - ROAST
POTS. MASHED APPLES
PEAS
CUCUMBERS
PINEAPPLE
COFFEE & CAKE

MEAT BALLS, STEAK & ONIONS
POTS. FRIED, POTS - BOILED GRAVEY
1 PC. BREAD & TOM. & LETTUCE BEANS - STRING BEEF + POTS.
COFFEE SAID CUCUMBER POTs - BOILED COFFEE
ICE CREAM BANANA & CREAM CAKE

WATER

CHEESE SAND. EGG SAND. RYE
RYE ORANGE
ORANGE

Soup - VEG. SOUP - VEG.
BEEF + POTS. BOILED CAKE
COFFEE COFFEE 6:30
CHERRIES 6:30 ICE-CREAM
Plenty WATER PINEAPPLE 9:
2 GLASSES SOUR WATER
Milk 8:30

CHEESE SAND - RYE STEAK.
Apple
ORANGE

FISH FRIED
POTS. BOILED CHIPPED BEEF
CREAMED COFFEE
CAKE 2 GLASSES SOUR MILK
WATER 2 " WATER

PORK CHOPS.
2 PES BREAD RYE.
COFFEE.
WATER

5

5-27

5-28

5-29

5-30

5-31

6-1

6-2

10:

10:

10:30

11:

10:30

11:

1:30

7:

5:45

5:45

7:

6:

5:30

5:45

HOUSE WORK. NONE.

~~HOT~~
NONE.HOUSE WORK. WALKING
WALKING 1HR. 2 HRS.

HOUSE WORK.

HOUSE WORK
SHOPPING 4 HRS.
OTHER WORK 3 HRS.

NONE

HOT 1-R

1-R

1-R

1-R

1-R

1-R

1 CUP COFFEE. 1 CUP COFFEE. 1/2 GRAPE FRUIT PANCAKES.
COFFEE. COFFEE.

COFFEE.

COFFEE
BREAD - RYE.HOT WATER
CANTALOUPE 1/2
COFFEE.POT. ROAST.
POTS. MASHED.
ASPARAGUS.
SALAD - CUCO.
CUCUMBER
ST. DERRIES + CREAM
CAKE + COFFEE
1 BEER
BREAD RYE. STRAWBERRIES AND CREAM.
COFFEE.

HAM SAND. RYE.

ORANGE.

APPLE.

JELLY SAND. RYE
ORANGE
APPLE.STEAK + ONIONS.
POTS. BOILED.
CUCUMBER.
COFFEE
COOKIES.

PORK ROAST. CHEESE SAND. RYE

POTS. MASHED. APPLES.

PEARS

FRUIT SALAD.

PRUNES.

ICE CREAM.

APPLE

ORANGE.

ORANGE.

VEAL STEW.

POTS "

COFFEE.

RYE KRISP + BUTTER.

FISH - BOILED.
POT. -"
POTS. BOILED. CARROTS.
PEANS - STRING CAKE
CELERY - OLIVES COFFEE.
CUCUMBER. PLenty WATER.
DAISY
COFFEE
WINE.

STEAK AND ONIONS.

POTS. BOILED.

TOMATOES + LETTUCE

AND CUCUMBERS.

1 GLASS BEER.

COFFEE. 6:

COFFEE.

CAKE

COFFEE

8:

STRAWBERRIES + CREAM

CAKE

COFFEE

12:

CAKE.

COFFEE.

HOURS OF SLEEP AND AMOUNT
OF EXERCISE.

5

6-3 6-4

6-5

6-6

6-7

6-8

6-9

7:30 10: 9:00 9:30 10:30 10: 11:30

8:

5:30

6:10

5:30

5:45

5:45

5:45

HOUSEWORK PREPARING DISH WASHING. NONE
VISITING. SUPPER.

WALK 2½ HRS
FLAT HUNTING. NONE

LIGHT HOUSE WORK
SHOPPING 3HRS.
WALKING.

HOUR OF RISING

6-10

6-11

6-12

6-13

6-14

6-15

6-16

8:30

5:45

5:45

5:30

5:30
POOR SLEEP.

5:45

5:45

HOUR OF RETIRING

10:

~~5:45~~

10:

9:30

11:15

11:

12:

9:30

EXERCISE

WORK IN YARD. LIGHT HOUSE
REPAIRING DOOR.
CLEAN HOME.

NONE.

HOUSE WORK

HOUSE WORK.
DANCING

SHOPPING 4 HRS.
HOUSE WORK.

	6-17	6-18	6-19	6-20	6-21	6-22	6-23
RISING	9:	6:	5:30	5:30	5:30	5:30	5:45
RETRING	10:	10:	8:	10:	11:15	11:	12:30
MILK & HRS	WALK & HRS	SEWING.	PRAIRING	IRONING $\frac{1}{2}$ HR	NONE	NONE	SHOPPING 3 HRS.
PREPARING	SUPPER			WALK 1 HR			
				WEEDING			
				GARDEN			
HOUR OF RISING	6-24	6-25	6-26	6-27	6-28	6-29	6-30
10:00	10:	5:50	5:45	5:50	5:50	5:45	5:45
HOUR OF RETRING	3 HRS SLEEP IN AFTERNOON.		10:	10:30	10:	10:30	10:30
10:00	10:	11:	10:	11:30	10:	10:30	10:30
EXERCISE.	HOUSE WORK (LIGHT)	HOUSE WORK WALK 1 1/2 HRS (LIGHT)		NONE	NONE	NONE	HOUSEWORK HEAVY - SHRS.

5

7-1 7-2 7-3 7-4 7-5 7-6 7-7

8:30 5:45 5:45 7:00 5:00 5:45 7:

RISINGRETIRINGHOUSEWORK BAKING
1½ HRS. 3½ HRS.WORKING 6 HRS WORKING 7 HRS.
WALKING 2 HRS.NONE
NONE
SHOPPING - 3½ HRS
HOUSEWORK - 7 HRS.HOUR OF RISING5:
2 HRS. NAP
7: To 9:

5:50

6:

6:

5:50

5:45

7:

HOUR OF RETIRING

11:30

10:15

1:

10:15

10:30

11:

2:30 P.M.
SLEEP AT 6 A.M.EXERCISEPREPARING DINNER
AUTO-RIDE
3 HRS.WALK-
1 HR.
PREPARED
DINNER

NONE.

NONE.

NONE.

SHOPPING 6 HRS.

	7-15	7-16	7-17	7-18	7-19	7-20	7-21
<u>HOUR OF RISING</u>	11:	5:45	5:45	5:50	5:45	5:45	8:00
<u>HOUR OF RETIRING</u>	11:	11:	11:	10:30	11:00	12:00	
SLEEPATE:AM.	11:	11:	11:	10:30	11:00	12:00	
HOUSE WORK PREPARING 2 HRS. SUPPER. WASH 3 HRS.	HOUSE WORK 2 HRS. SUPPER. WASH 3 HRS.	NONE	SHOPPING 2HR.	PREPARE DINNER.	SHOPPING 11 HRS. CLEANING BASEMENT 1 HR.		
<u>HOUR OF RISING</u>	7-22-SUN.	7-23 MON.	7-24 TUE.	7-25 WED.	7-26 THU.	7-27-FRI.	7-28 SAT.
	9:00	5:45	5:55	6:10	5:45	6:	
<u>HOUR OF RETIRING</u>							
	10:00	10:45	11:	11:	10:45		
<u>EXERCISE.</u>	PREPARING MEALS. CLEANING HOUSE.	HOUSE WORK	NONE.	SHOP.	NONE.		

5

8-12 8-13 8-14 8-15 8-16 8-17 8-18

RISING 1.P.M.

~~8:00~~ 5:45 6: 6: 6: 5:50 9:

RETIRING

~~8:~~ 10: ~~8:~~ 9:30 10:30 11: 11:15 12:30

EXERCISE

NONE PREPARING SUPPER WALKING 1 HR. BAKED CAKE
WASH DISHES PREPARING 3-HRS. SUPPERSHOW HOUSEWORK
9 HRS.

HOUR OF RISING	8-19 5:30	8-20 NAP- 6:30-9:30 A.M.	8-21 6:	8-22 5:50	8-23 5:45	8-24 5:45	8-25 10:30

HOUR OF RETIRING

10:30 9:45 10:20 10:15 10:15 11:30 2:AM.

EXERCISE

To PARK PREPARED WALK- 1 HR. WALK 2 MI.
WALKING SUPPER WASH DISHES
3 HRS. HOUSEWORK CLEAN BASEMENT
(LIGHT) 1 HR.HOUSE WORK 3 HRS.
SHOPPING 4 HRS.
DANCING 2 1/2 HRS.

2 weeks vacation

OPER. NO. 5	DATE 8-26 SUN.	DATE 8-27 MON.	DATE 8-28 TUE.	DATE 8-29 WED.	DATE 8-30 THUR.	DATE 8-31 FRI.	DATE 9-1 SAT.
1. RISING Hour of 11:	6:	5:50	5:45	5:45	6:	6:	7:
2. Hour of Retiring Retiring	10:30	10:	9:30	9:15	10:15	10:	4:AM.
3. Exercise Time in Evening EXERCISE None	HOUSE WORK 1HR DANCING 1HR.	PREPARED SUPPER + WASHED DISHES	NONE	NONE	NONE	NONE	HOUSE WORK SHOPPING 3HRS. AUTO RIDE 3HRS. DANCING $5\frac{1}{2}$ HRS
4. HOUR OF RISING Glass of Water Up at Rising (Before Breakfast)	9-2	9-3	9-4	9-5	9-6	9-7	9-8
5. HOUR OF RETIRING Breakfast	10:	7:30	6:	5:55	5:50	5:45	5:45
6. Exercise EXERCISE	NONE	RIDING 3HRS COOKING DINNER.	HOUSE WORK (LIGHT)	NONE VISITING.	IRONING $\frac{1}{2}$ HR	HOUSE WORK 1HR	HOUSE WORK 2HRS. SHOPPING 3HRS.
7. DINNER							

9-9-28 9-10 9-11 9-12 9-13 9-14 9-15

RISING

8: 5:45 5:50 5:45 5:45 5:30 5:45

RETIRING 10: 9:45 9:15 10:30 11: 9:30 11:30

EXERCISE AUTO RIDING. PREPARING DISH WASHING WALK 4 MI. PREPARING HOUSE WORK 1 $\frac{1}{2}$ HRS. SUMMER. DISH WASHING. SUPPER. HOUSE WORK 1 HR. HOUSE WORK 1 HR. SHOPPING 4 HRS.

HOUR OF RISING 9-16 9-17 9-18 9-19 9-20 9-21 9-22

8:30 6: 6: 5:50 5:50 5:45 5:30

HOUR OF RETIRING

11: 9:00 9:45 10: 10:30 9:15 1:40 P.M.

EXERCISE. SNOW. PREPARING IRONING SHOPPING 3 HRS. WALK 9 BLOCKS. PREPARING DISH WASHING. SUPPER. WALK 1 $\frac{1}{2}$ HRS. IRONING 1 $\frac{1}{2}$ HR. SHOPPING 2 HRS. NONE HOUSEWORK 2 HRS. VISITING 4 HRS.

	9-23	9-24	9-25	9-26	9-27	9-28	9-29
RISING	9:30	5:45	5:45	5:45	5:45	5:50	5:30
RETIRING	10:00	10:30	6:30	10:15	1:45 A.M.	9:30	12:00
EXERCISE	HOUSE WORK 6 HRS. PREPARING SUPPER	HAD BAD HEADACHE.	WALK 1HR SHOW.	IRONING 1/2 HR. SUNRISE PARTY.	HOUSE WORK 1HR HOUSE WORK SHOPPING 3 1/2 MRS.	HOUSE WORK 1HR HOUSE WORK SHOPPING 2 1/2 MRS.	
HOUR OF RISING	9-30	10-1	10-2	10-3	10-4	10-5	10-6
	7:00	5:30	5:30	5:30	5:40	5:40	5:40
HOUR OF RETIRING	10:	9:30	11:00	9:15	12:45	9:30	11:45
EXERCISE	NONE	PREPARING SUPPER SHOPPING 1/2 HR IRONING 1/2 HR.	SHOW WAITING IN LINE 1:30	NONE	SHOW	WASH DISHES	HOUSE WORK 2 1/2 HR. IRONING 1 HR. WALK 2 HR'S.

	10-7	10-8	10-9	10-10	10-11	10-12	10-13
<u>RISING</u>							
	8:00	5:45	5:30	5:45	5:45	5:45	5:45
<u>RETIRING</u>	9:	10:00	9:15	10:45	11:00	9:00	11:00
<u>EXERCISE</u>	PREPARING BREAKFAST & DINNER. WALK 1HR.	NONE	PREPAIRING SUPPER.	NONE	SHOW	NONE	TRAVELING 2 HRS.
HOUR OF RISING	10-14	10-15	10-16	10-17	10-18	10-19	10-20
	9:00	5:45	5:45	5:45	5:45	5:45	5:45
HOUR OF RETIRING	10:15	10:	11:15	9:30	10:15	11:00	1:30
<u>EXERCISE</u>	WALKING. DANCING AUTO RIDING TRAVELING	WALK + RIDE VISITORS. ST-CAR 2 1/2 HRS.	IRONING 1HR WASHING 1HR.	SHOW	VISITING 6 HRS	SHOPPING 7 HRS VISITORS DANCING	

	10-21	10-22	10-23	10-24	10-25	10-26	10-27
RISING							
—	9:00	5:45	5:45	5:45	5:45	5:45	5:45
RETIRING	9:00	9:00	10:00	10:00	11:15	10:15	10:
VISITING	WASH DISHES	HOUSE WORK 1HR.	WALK 2 MI.	LODGE MEETING	HOUSE WORK	SHOPPING 2:4HR.S.	
EXERCISE	10: HRS.	VISITORS.	WASH DISHES	1:1HR	IRONING $\frac{1}{2}$ HR.		
HOUR OF RISING	10-28	10-29	10-30	10-31	11-1	11-2	11-3
—	9:30	5:45	5:45	5:45	6:	5:45	6:10
HOUR OF RETIRING	10:30 UP 2:00 = 9:	8:30	10:	11:	11:	12:30	10:30 P.M. 1: P.M. UP. = $2\frac{1}{2}$ HR
EXERCISE	NONE	PREPARING SUPPER	WASH DISHES, STORE.	VISITING WALKING AND AUTO RIDING	WALK $1\frac{1}{2}$ MI. SHOW		WALK 3 MI. AUTO RIDE $2\frac{1}{2}$ HRS. DANCING. PARTY.

HOURS OF SLEEP AND AMOUNT OF EXERCISE							
OPERATOR NO. <u>5</u>	DATE <u>11-4</u> <u>SUNDAY</u>	DATE <u>11-5</u> <u>MONDAY</u>	DATE <u>11-6</u> <u>TUESDAY</u>	DATE <u>11-7</u> <u>WEDNESDAY</u>	DATE <u>11-8</u> <u>THURSDAY</u>	DATE <u>11-9</u> <u>FRIDAY</u>	DATE <u>11-10</u> <u>SATURDAY</u>
1. Hour of Rising	SEE OTHER SHEET.	5:45	5:45	5:45	5:45	5:45	5:45
2. Hour of Retiring	9:	10:	11:	9:	10:15	11:30	12:
3. Exercise	HOUSE WORK 4 HRS. TRAIN RIDE 2 1/2 HRS	PREPARING SUPPER.	DISH WASHING.	NONE	NONE.	PARTY	VISITING 4:40 P.M.
	<u>11-11</u>	<u>11-12</u>	<u>11-13</u>	<u>11-14</u>	<u>11-15</u>	<u>11-16</u>	<u>11-17</u>
1. Hour of Rising	9:30	5:45	5:45	5:45	5:45	6:00	6:00
2. Hour of Retiring	11:	9:	9:30	10:	1:00	11:00	3:30
3. Exercise	HOUSE WORK 6:45 A.M. WALK 2:45 P.M.	HOUSE WORK 1 1/2 HRS	HOUSE WORK 1/2 HR	NONE	PARTY	VISITING 3 HRS.	RIDING 3:15 P.M. DINING 4:45 HRS
	<u>11-18</u>	<u>11-19</u>	<u>11-20</u>	<u>11-21</u>	<u>11-22</u>	<u>11-23</u>	<u>11-24</u>
1. Hour of Rising	9:30	5:45					
2. Hour of Retiring	8:00	See note on oper. no. 10 sheet.					
3. Exercise	DRIVING 2:45 P.M.						

Layout
Oper.

UNIVERSITY OF WISCONSIN - MILWAUKEE

BEATRICE

4-22 4-23

4-24 4-25 4-26

4-27 4-28

10: P.M.
10:30

10:30

8:

11:

10:30

3:

6: A.M.

6: A.M.

6: A.M.

6: A.M.

5:45

5:45

~~2 1/2 HRS
IRONING~~

~~WALKERS.~~

SHOPPING. 1 1/2 HRS. WALKING 2 MHS. SEWING 3 HRS. DANCING. 3 1/2 HRS.

SHOPPING - 2 HOURS.
GENERAL HOUSEWORK 1 HR.
WALKING 2 MI.

NONE

~~2 MI.~~

NONE

WALKING
HOME APPROX
2 MI.

WALKING HOME
FROM WORK
APPROX. 2 MI.

R.

R

R

R

R

R

Coffee &
Toast

1/2 CUP COFFEE
1 CUP COFFEE.
1 PC RYE.

1/2 GRAPEFRUIT
2 PANCAKES
COFFEE.

1 CUP COFFEE
2 PCS. TOAST.

1 CUP COFFEE.
RYE CRISP - 4 PCS.

CHICK. SOUP.
POT. DUMPLINGS.
PORK, CHOPS.
D. B. CHOP.
BROTH. TEA.
PIE.

BROTH &
butter, orange
Apple.

VEAL SAND.
1 APPLE.
1 ORANGE.

HAMB. SAND.
1 APPLE.
1 ORANGE.

MEATBALL SAND.
RYE.
1 ORANGE.
1 APPLE.

LETUCE + TOMATO SAND VEG. SOUP.
ON TOAST.
1 APPLE.
1 BANANA.
6 COOKIES.

VEAL CHOPS.
POTS. BOILED.
LETTUCE - CREAM (SOUP)
1 CUP TEA.
1 PC. CAKE.

FIRED CHICK.
MASHED POTTS.
SPINACH.
1 PC. O.D.
FRUIT SALAD.
COFFEE + CAKE.
BAKED APPLE.

SOUP CHW.
VEAL STEW.
POTS. O.
SPINACH.
COFFEE + CAKE.
BAKED APPLE.

YEAR. SOUP.
HAMB. STEAK FR.
BAKED POTTS.
LETUCE + CREAM.
1 CUP COFFEE.

SOUP - BEEF.
MEAT BALLS.
SOUPLED POTTS.
CABBAGE-CREAMED.
COFFEE + ORKE.

SOUP. NOODLES.
BROOED PORK CHOPS. POT. PANCAKES (2)
POT. DUMPLINGS.
FLOUR + POT. EGG + MILK.
PICKLED BR. TOMAT. JUJUBES.
COFFEE.

PEAS - CREAMED.
POT. PANCAKES (2).
1 CUP COFFEE.
1 PC. CAKE.
1 CUP COFFEE.
1 CUP COFFEE.
1 CUP COFFEE.

1 CUP COFFEE.
1 PC. CAKE.
1 CUP COFFEE.
1 CUP COFFEE.
1 CUP COFFEE.
1 CUP COFFEE.
1 CUP COFFEE.

	6 4-27	7 4-30	8 5-1	9 5-2	10 5-3	11 5-4	12 5-5
Breastes							
11: 12:45		11: 1:15		9:30		10:	3:
6:30 6:45		5:15 7:00		4:45		8:15	8:00
9:30 5:45		6:00 6:00		6:00		5:45	6:00
PREPARING SHOW. DINNBR. WASH DISHES.		WALKING. 2 MI. DANCING 1HR. IRONING. 3 HRS.		SEWING 1HR. WALKING 2 MI.		NONE.	WALKING 2 MI HOUSE CLEANING. 4 HRS. DANCING 4 HRS.
1 R 1 R 1-R		1-R		1-R		1-R	1-R
NONE. 1/2 CUP COFFEE SWEET BREAD.		NONE. 1 CUP COFFEE. 1 PC. BREAD.		1/2 CUP COFFEE. 1 PC. PIE.		1 CUP COFFEE. 1/2 CUP COFFEE. 1 PC. PIE.	1 CUP COFFEE. FRIED CAKES (2).
SOUP - CHICKEN. CHICKEN - ROAST. POT. DUMPLINGS. CARROGE. CREAMED. BEEF S.FRUIT SALAD. 1 CUP TEA.		PORK CHOP SAND HAM SAND. RYE RYE. ORANGE. APPLE. APPLE. APPLE. HEADKIES.		PORK SAND. RYE ORANGE. ORANGE. APPLE. APPLE. APPLE.		1 ORANGE. 1 APPLE. COULDN'T EAT MORE.	ORHAM CRACKERS. 1 SON. Y.E.B. VEAL STEW. POTS. BOILED. ONIONS - PICKLED. 1 CUP COFFEE. 1 PC. CAKE. EGG (2) FRIED. 1 PC. BREAD - RYE. 1 CUP COFFEE.
STEAK. FRIED. POTS. FRIED. 1 CUP COFFEE 1 PC. CAKE. 1 CUP COFFEE STRAWBERRY SHORT CAKE. 1 CUP TEA. 1 PC. PIE.		BEF SAND. PORK ROAST. POTS. BOILED. SPINACH. RADISH. 1 CUP TEA. 1 PC. PIE.		VEAL - ROAST. POTS. - FRIED CARRIAGE. CREAMED. BEEF S. - RED. BEEF - RED RADISH. RADISH. 1 CUP TEA. 1 PC. PIE.		VEAL LOAF. 1 PC. BREAD RYE (2). MILK SOUR. EGGS. DEVILED. 1 PC. BREAD. RYE. 1 CUP TEA. 1 PC. CAKE. 1 PC. CAKE. 1 PC. CAKE.	LETTUCE + CREAM (SAUCE) 1 CUP COFFEE. 1 CUP COFFEE. FRIED CAKES (4) 2 PC. CANDY.

5TH WEEK OF 5 O'CLOCK
CHECK.

Breakfast

5-6

5-7

5-8

5-9

5-10

5-11

5-12

11:

10:

10:30

1:00

9:30

10:30

2:30 P.M.

8:30

6:00

6:00

5:45

6:00

5:45

6:

HOUSE WORK. WALKING 2 MI. DISH WASHING. AUTO RIDING.
WALKING 1 HR. IRONING 2 1/2 HRS. CLEANING.

WALKING 2 MI. WALKING 2 MI.
SHOPPING & 2 HRS.

DANCING
3 1/2 HRS.
WALKING 2 MILES.
HOUSE CLEANING.

1-R

1-R

1-R

1-R

1-R

1-R

1-R

1 GLASS MILK.
2 ROLLS-SWEET.
2:30 AM

1/2 CUP COFFEE.

1 CUP COFFEE.
1 PC SWEET BREAD.

1 CUP COFFEE.

1 CUP COFFEE.
1 PC BREAD RYE.

COFFEE.
BREAD - RYE.

1/2 CUP COFFEE.

NONE.

BEEF SOUP.
CHICKEN STEW AND 1 ORANGE.
MUSHROOMS.
APPLE.
POT. BUMPHINS.
SLAW - LETTUCE +
CIPPM-SOUR.
1 PC CAKE.

2 GLASSES WINE. 1:00

CANDY
GRAPE JUICE 3:
1 CUP COCON.
1 PC CAKE. 6:30 SPLASH.
10 EGGS. 9:
ORANGE-BADE

VEAL SAND. RYE
STEAK SANDWICH 1 ORANGE.
1 ORANGE.
1 APPLE

POTS. BOILED.
MEAT BALLS.

RADISH.

BEEFS. RYE.

SPINACH.

SPINACH.</p

Details

5-13

5-14

5-15

5-16

5-17

5-18

5-19

1:30 AM. 9:00

12:30

9:

11:

10:30

3:AM.

9:

6:

5:45

6:

5:45

5:45

5:45

3:

4:30

9:00

10:30

8:00

8:00

7:45

PEPPARING
DINNER. ~~WALK~~ SHOW. WALK FROM WALKING 2 PO. 2 MIS. WALK 2 MIS. WORK 2 MIS. HOUSE WORK.
DOH WASHING. WORK 2 MIS. DANCING 1 HR. SHOPPING HRS. SEWING 2 1/2 HRS. AUTO RIDING.
CLEANING.

1-R

1-R

1-R

1-R

1-R

1-R

1-R

COFFEE. COFFEE. 1/2 CUP COFFEE COFFEE. COFFEE. 1/2 GRAPEFRUIT 1/2 GRAPEFRUIT.
RYE KRISP (3) 1/2 SWEET BREAD. 1/2 TOAST. 2 POTS. DRESD. (3) RYE KRISP. 1/2 COFFEE COFFEE.
POT. BOILED. 1 ORANGE. 1 APPLE. 1 RYE. 1/2 TOAST. BREAD. RYE.

Soup. DEEP. CHICKEN SAND. PORK SAND. RYE. HAMBURGER SAND. VEAL SAND. RYE. 1/2 EGG SAND. RYE. VEAL SAND (2) BRED.
CHICKEN - STEW. RYE. 1 ORANGE. ORANGE. ORANGE. ORANGE. 1/2 DOLE. 1/2 DOLE. 1/2 DOLE.
POTS. BOILED. 1 ORANGE. 1 APPLE. 1 APPLE. 1 APPLE. 1 CHICKEN.
SLAW - OOLD. 1 APPLE. 1 APPLE. 1 APPLE. 1 CHICKEN.

FRUIT SALAD. WATER. ORANGADE. PORK - ROAST. SOUP - CELERY. SLAW - VEG. CHOP VEAL. CHOP VEAL. STEAK FRIED. COFFEE.
COFFEE. 2 POTS. BOILED. CELERY TOIVES. CHOP VEAL. POTS. BOILED. RICE. BOILED. POTS. BOILED. FRUIT TARTES (2)
2 POTS. CAKE. CAULIFLOWER. CREAM HAMBUT - BAKED. POTS. BOILED. CARROBE. BOILED. COFFEE. ONIONS. RAW.
RADISH. RADISH. CHICKEN FRIED. RADISHES. RADISHES. CAKE. PEACHES - CANNED. ICE CREAM.
TEA. LIMA BEANS. TEA. TEA. CAKE. COFFEE. CAKE. COFFEE.
CAKE. CHICKEN. CHICKEN. CHICKEN. CAKE. CAKE. CAKE. CAKE.
2 GLASSES GRAPE ROLL - WHITE. 2 GLASSES GRAPE. 2 GLASSES ORANGE. 2 GLASSES GRAPE.
JUICE. 8: COFFEE. JUICE. 8: COFFEE. JUICE. 8: COFFEE. JUICE.
2 APPLES. PEACH. SNACK. ORANGE. 9: COFFEE. JUICE.
WATER. 3 GLASSES WATER. 2 APPLES. 2 APPLES.
WATER. 12:15. WATER. 12:15.

Deatrice

	5-20	5-21	5-22	5-23	5-24	5-25	5-26
1:	8:30	10:30	9:30	10:00	8:00	8:00	3:AM
	9:30	5:45	5:45	5:45	5:45	5:45	6:00
SEWING, SHOW.	DISH WASH - IRONING 3½ HRS. NONE.			SHOPPING 2: HRS		WALKING - 2-MI. SHOW DISH WASHING HOUSE WORK.	
I-R	I-R	I-R	I-R	I-R	I-R	I-R	I-R
COFFEE.	1/2 GRAPE FRUIT, 1/2 GRAPE FRUIT COFFEE.	COFFEE.	1/2 GRAPE FRUIT.	COFFEE.	COFFEE.	COFFEE.	COFFEE.
Soup - Celery. CHICKEN - FRIED. POTS. MASHED. PEARS. LETUCE + TOM. SALAD. PEACHES. ORANGEADE.	SAND. CHICKEN. HAM SAND. RYE. VEAL SAND - ORANGE. POLE.	ORANGE. POLE.	RYE.	1/2 CUP COFFEE. B+G RYE.	RYE.	EGG - SAND. RYE ORANGE	Soup - BEEF. VEAL ROAST. POTS. BOILED. TOM. SALAD. TURNIPS. RADISH. TEA - PIE.
PLenty water. EGGS (2) H.O. 1 ROLL. COFFEE. CAKE. ICE CREAM.	CHICKEN STEW. POTS - BOILED. CAND. SAND.	CHICKEN STEW. POTS - BOILED. CAND. SAND.	CHICKEN STEW. POTS - BOILED. CAND. SAND.	NEAT BALLS. VEAL CHOPS. POTS. BAKED.	TOASTED SAUCE. CRUMIFLOWER. CREAM. RHUBARB SAUCE. TEA. PICKLED ONIONS. CREAM. CAKE. STRAWBERRIES + CREAM. CAKE. TEA. CAKE.	CHOP SOY	VEAL - STEW POTS - BOILED RADISHES RICE
				PLenty water.	CAKE	RICE PUDDING COFFEE ICE CREAM 2 GLASSES ORANGE	PIE 3 GLASSES WATER ADE - 9:

Cestrice

5-27 5-28 5-29 5-30 5-31 6-1 6-2

12:30 7:45 9:30 9:30 11: 12: 1:30
10: 6: 6: 7: 5:45 5:45 6:

PREPARING DINNER.
WALKING HOME FROM
DISH WASHING WORK.
WALKING 2 HRS. HOUSE WORK. PREPARING SUPER. WALK 2 MINS. SHOW.
ALL DAY. IRONING 3 HRS. HOUSE WORK.
2:31.

$$1-R \quad 1-R \quad 1-R \quad 1-R \quad 1-R \quad 1-R \quad 1-R$$

CUP COFFEE 1/2 GRAPE FRUIT 1/2 GRAPE FRUIT COFFEE. 1/2 GRAPE FRUIT 1/2 GRAPE FRUIT COFFEE. 1/2 GRAPE FRUIT COFFEE.
TOAST. COFFEE CUP COFFEE. 2 PES. TOAST. 1/2 CUP COFFEE. 2 PES. TOAST. CUP COFFEE. CUP COFFEE. COFFEE.
2 PES BREAD RYE.

SOLID - CELERY. VEAL BAND. RYE. CHICKEN SAND.
VISIT - BREEDING. ORANGE.
POTS. ANGLED. ORANGE
BEEF + TOMATO SLICE. ORANGE
SAUCE. APPLES.
LETTUCE SLAW.

SJBERRIES CREAM.	
2 CLASSES ORANGE-SOUP-RICE.	CHOP SUGY.
AOE.	CHICKEN-ROAST. RICE.
CANDY.	POT. DUMPLINGS. TEA.
COFFEE	CABURRE CREAMED.
CAKE. 6:	COFFEE CREAMED.
ICE CREAM.	CAKE.
	WATER (3 QUARTS)
	8:

RICE PUDDING PORK SAND- RYE ORANGE
TEA ORANGE. KIDDE.
CAKE. APPLE.

PORK - ROAST STE
POT. FRIED. POT.
SPINACH. ONION
FRUIT SALAD. COFFEE
COFFEE. 5.30 -
OAKS
FISH - FRIED : 3
BREAD - RYE.
APPLE.
2 CHIPS - WATER.
8:30

ORANGE
APPLE.

CELERY SOUP.
FISH. - FRIED.
POT. SALAD.
COFFEE.
CAKE. 6

PORK ROAST
PO T. DUMPLINGS.
CABBAGE.
TEA.
CAKE.

PORK SAND. (2) RYE.
COFFEE.
2 PCS. COFFEE CAKE.
6:

ICE CREAM.

1/2:

HOURS OF SLEEP AND AMOUNT
OF EXERCISE.

Petrus

	6-3	6-4	6-5	6-6	6-7	6-8	6-9
11:30	9:30	10:30	10: 12: TO SLEEP.	10:30	10:	10:	9:30
10:	5:45	5:45	6:	6:	6:	6:	6:
BAKING. AUTO RIDING	WALKING 2 MI. IRONING 2 HRS.	DISH WASHING WALKING 1 1/2 HRS.	DISH WASHING	SHOPPING 1 1/2 HRS	SHOW	WALK HOME, 2 MILES.	HOUSE WORK

HOUR OF RISING

	6-10	6-11	6-12	6-13	6-14	6-15	6-16
	9:30	6:	6:	5:45	6:	5:45	5:45

HOUR OF RETIRING

	12:30	9:30	10:30	12:30	11:30	9:	11:30
--	-------	------	-------	-------	-------	----	-------

EXERCISE

CLEANING HOUSE	WALK 2 MILES.	WALK 2 MILES.	DISH WASHING & VISITING. OPENING KITCHEN, WAITING.		WALK 2 MILES.	WALK 2 MILES.
COOKING	DISH WASHING SHOW.	IRONING 2 HRS.	AUTO RIDING.		HOUSE WORK.	

Activities

6-17 6-18 6-19 6-20 6-21 6-22 6-23

RISING

8: 6: 6: 5:45 6: 5:45 6:

RETIRING

10: 10: 11: 1:30 10:30 9:30 1:15 A.M.

AUTO RIDING. WALK
2 MILES.
CLEANING
KITCHEN AND
BASEMENT.

WALKING 2 MILES. SHOW.
SHOW.
WALK FROM
WORK 2 MILES.
SEWING 1 HR.
DISH WASHING

HOUR OF RISING

6-24 6-25 6-26 6-27 6-28 6-29 6-30

9:30 6: 6: 5:45 5:45 6: 6:

HOUR OF RETIRING

9: 8:45 11: 11: 12:30 10: 12:30

EXERCISE

NONE. DISH WASHING WALK - 2 MI. BAKING 2 HRS. SHOW
HOUSEWORK DANCING
SEWING - 1 1/2 HR. WALK 2 MI. HOUSEWORK - 3 HRS
HOUSEWORK 2 HRS. SHOW
WALK - 1 1/2 HRS.

<u>BEATRICE</u>	7-1	7-2	7-3	7-4	7-5	7-6	7-7
<u>RISING</u>	8:30	5:45	6:	8:30	5:45	5:45	7:30
<u>RETIRING</u>	11:00	10:30	11:30	11:00	10:30	10:30	1:
	HOUSEWORK 2 HRS. RIDING (AUTO) 3 HRS.	DISH WASHING	WASHING 3 1/2 HRS. HOUSE CLEAN- ING RND IRONING 9 HRS	NONE		WALK - 2 MI.	HOUSEWORK 4 HRS. WALKING - 1 " AUTO RIDING 2 "
<u>HOUR OF RISING</u>	9:	6:	5:45	5:45	5:45	5:45	7:30
<u>EXERCISE</u>	AUTO RIDE BOATING PLAYING BALL	WALK - 2 MI. IRONING - 2 HRS. HOUSEWORK 1 HR.	NINE	WALK 2 MI. SHOPPING 1 HR	WALK 2 MI. CLEANING HOUSE 3 HRS.	WALK 1 1/2 HRS. SEWING 3 HRS.	

<u>7-15</u>	<u>7-16</u>	<u>7-17</u>	<u>7-18</u>	<u>7-19</u>	<u>7-20</u>	<u>7-21</u>
<u>RISING</u> 8:	6:	6:	5:45	5:45	6:	7:
<u>RETIRING.</u> 11:	12:30	10:45	11:	11:30	10:30	11:30
<u>PREPAIRING DINNER.</u> <u>IRONING-AUTO</u> <u>3 1/2 HRS.</u>	<u>WALK 2 MI.</u> <u>IRONING</u> <u>2 HRS.</u>	<u>SHOPPING</u> <u>3 HRS.</u>	<u>SHOW</u>	<u>WALK 2 MI.</u> <u>SHOPPING</u> <u>3 1/2 HRS.</u>	<u>WALK 2 MI.</u>	<u>HOUSE WORK SHRS.</u> <u>SHOPPING 2 1/2 HRS.</u>
<u>EXERCISE.</u>						
<u>Hour of RISING</u>	<u>7-22 SUN.</u>	<u>7-23 MON.</u>	<u>7-24 TUE.</u>	<u>7-25 WED.</u>	<u>7-26 THU.</u>	<u>7-27 FRI.</u>
	8:30	6:00	6:00	5:45	6:	6:
<u>Hour of RETIRING</u>						
	11:00	10:	10:	12:30	10:	
<u>EXERCISE.</u>						
	<u>PREPAIRING DINNER.</u> <u>IRONING-AUTO</u> <u>3 HRS.</u>	<u>WALK 2 MI.</u> <u>WALK 2 MI.</u> <u>IRONING</u> <u>1 1/2 HRS.</u>	<u>WALK 2 MI.</u> <u>SHOW.</u>	<u>WALK 2 MI.</u>		

Beatrice		8-12	8-13	8-14	8-15	8-16	8-17	8-18
RISING		7: 6:30	6:	6:	6:	6:	6:	17:30
RETIRING		11:30 11:	11:	10:	12:	10:	11:	1:
EXERCISE		AUTO-RIDE CLIMBING WALKING 2 HRS	WALK 7-HRS 2 MI.	WALK 2 MI. IRONING 1 HR.	WALK 2 MI. SHOW	WALK 2 MI. SHOPPING 2 HRS	SHOW	HOUSEWORK - 4 HRS DANCING - 2 " AUTO-RIDING 4."
HOUR OF RISING	8-19	8-20	8-21	8-22	8-23	8-24	8-25	
RETIRING	10: 9:30	6: 5:30	6: 5:30	6: 5:30	6: 5:30	6: 5:30	6: 5:30	9:30
EXERCISE	12: 11:30	9:45 9:30	10: 9:30	12: 11:30	9:30 9:15	10:30 9:45	11:15 P.M.	
	HOUSEWORK 1 HR. IRONING 1/2 HRS. NONE AUTO RIDE 5-HRS	WALK 2 MI.	WALK 2 MI. SHOW	WASH DISHES SEWING 1/2 HR	WALK 2 MI. HOUSE WORK 3/4 HRS	WALK 2 MI. BAKING 2 1/2 HRS. SHOW	SHAMING 2 HRS.	

2 weeks later

OPER. NO. <u>Cecilie</u>	DATE <u>8-26</u> SUN.	DATE <u>8-27</u> MON.	DATE <u>8-28</u> TUE.	DATE <u>8-29</u> WED.	DATE <u>8-30</u> THUR.	DATE <u>8-31</u> FRI.	DATE <u>9-1</u> SAT.
1. Hour of the time RISING	8:30	6:00	6:	5:45	6:00	6:	6:45
2. Hour of the time RETIRING	11:15	10:	10:15	12:	10:	10:30	11:
3. Vigorous Exer- cise in Evening EXERCISE AMOUNT)	PREPARING DINER.	WALK - 2 MI. IRONING 1/2 HRS.	WALK 2 MI; WASH DISHES SHOW	SHOW	WALK 2 MI. SHOPPING 1/2 HRS.	WALK 2 MILES. HOUSE WORK 2 HRS.	IRONING 1 HR. AUTO RIDING 7 1/2 HRS. DANCING AND WALKING 1 HR.
HOUR OF RISING & 4. Glass of Water Upon Rising (Before Breakfast)	9-2	9-3 HOLIDAY	9-4	9-5	9-6	9-7	9-8
HOUR OF RETIRING 5. Breakfast	7:	8:15	6:	6:	6:10	6:	6:
	11:	11:15	9:00	12:	10:	10:30	1:30
6. Total EXERCISE	BOAT RIDING 1 HR. AUTO RIDE 8 HRS. WALK 2 HRS.	AUTO RIDE 8 HRS. BOAT RIDE 3 HRS.	WALK 2 MI. HOUSE WORK 1 HR.	WALK 2 MI SHOW.	WALK 2 MI. HOUSE WORK 1 HR. WALK 1 1/2 HR.	WALK 2 MI. HOUSE WORK 3 HRS.	SHOPPING 2 HRS. VISITING 4 HRS.
7. Dinner							

Bettie

9-9-28 9-10 9-11 9-12 9-13 9-14 9-15

RISING

7:45 6: 6: 6:

FB. FB. FB.

RETIRING

10:45 9:30 10:30 10 10 10 10

AUTO RIDE WALK 2 MI. WALK 2 MI.
EXERCISE 6 HRS. PREPARING DINNER
WALK 2 $\frac{1}{2}$ HRS. IRONING 2 HRS. FB. FB. FB. FB.

HOUR OF RISING

9-16 9-17 9-18 9-19 9-20 9-21 9-22

8:30 6: 6: 6: 6: 6: 6:

HOUR OF RETIRING

11:30 8:30 10:30 12:45 10:30 10:30 1:15 AM.

HOUSE WORK WALK 2 MI. WALK 2 MI. WALK 3 MI. WALK 3 MI. WALK 2 MI.
EXERCISE DISH WASHING. HOUSE WORK 1 $\frac{1}{2}$ HR SHOW. PREPARING SUPPER HOUSE WORK
IRONING 1 $\frac{1}{2}$ HRS. [REDACTED] DISH WASHING. (WASHING) 1 HR. HOUSE CLEANING 3 HRS
[REDACTED] SHOPPING 2 HRS SHOW.

Breakfast

9-23 9-24 9-25 9-26 9-27 9-28 9-29

RISING

10: 6: 6: 6: 6: 6: 6:

RETIRING

9: 10: 9:30 12:15 10: 10:30 12:30

EXERCISE HOUSE WORK WALK 2 MI. WALK 2 MILES. WALK 2 MILES. SHOW
4 HRS. IRONING 2 $\frac{1}{2}$ HRS. DASH WASH. DASH WASHING
3 HRS. SHOW.

HOUR OF RISING 9-30 10-1 10-2 10-3 10-4 10-5 10-6

9:15 6: 5:50 6: 6: 6: 6:

HOUR OF RETIRING

9:30 10: 10:45 12:00 10:30 9:30 11:

EXERCISE PREPARING DINNER. WALK 2 MILES. SHOW. WAITING WALK 2 MI. WALK 2 MILES. WALK 2 MILES.
WALK 1 $\frac{1}{2}$ HRS. IN LINE 1:30 SHOW WASH DISHES. SHOPPING 2 $\frac{1}{2}$ HRS. WALK 2 MI.
HOUSE WORK 4 HRS. SHOPPING 2 HRS.

Bethune

10-7 10-8 10-9 10-10 10-11 10-12 10-13

RISING

7:30 6: 6: 6: 6: 6: 6:

RETIRING

10: 10:00 9:30 2:AM. 10:30 10:30 3:30 A.M.

EXERCISE ————— PREPARING WALK 2 MIS. WALK 2 MI. WALK 2 MI. SHOW
DINNER. SHOW.
WASH 2 HRS. MOTHER SKR.
SHOW. VISITING.

HOUR OF RISING

10-14 10-15 10-16 10-17 10-18 10-19 10-20

10:00 6: 6: 6: 6: 6: 6:

HOUR OF RETIRING

11:45 11:15 10:30 9:30 10: 10: 2:AM.

EXERCISE ————— BAKING 2 HRS. HEALTH VISITING 3 HRS. WASH DISHES SHOW
EXHIBIT WALK 2 HRS. WALK 2 MIS.
HOUSE WORK 2 HRS. SHOPPING 3 HRS.
PAINTING 3 1/2 HRS.

<u>Breakfast</u>	10-21	10-22	10-23	10-24	10-25	10-26	10-27
<u>RISING</u>	—	9:	6:	6:	6:	6:	6:
<u>RETIRING</u>	12:	8:30	10:	11:30	10:	10:	11:
<u>EXERCISE</u>	2½ HRS AUTORIDE 8:HR SHOW.	HOUSE WORK WALK 2 M/S. WALK 2 MI. WASH DISHES.	WALK 2 MI. WASH DISHES	WALK 2 MI VISITING 2:HR SHOW.	WALK 2 MI.	CLEAN HOUSE.	*SHOPPING 3:HRS.
<u>HOUR OF RISING</u>	10-28	10-29	10-30	10-31	11-1	11-2	11-3
	—	9:	6:	6:15	6:	6:	6:
<u>HOUR OF RETIRING</u>	10:30	10:30	10:	12:15	9:30	12:	10:
<u>EXERCISE</u>	PREPARING DINNER. SHOW.	WALK 2 MI. WALK 2 MI. VISITING 3:HR WASH DISHES.	WALK 2 MI SHOW.	WALK 2 MI WASH DISHES.	SHOW.	WALK 2 MI. SHOPPING 3½ HRS.	

HOURS OF SLEEP AND AMOUNT OF EXERCISE

OPERATOR NO. <i>Dorothy</i>	DATE 11-11 SUNDAY	DATE 11-5 MONDAY	DATE 11-6 TUESDAY	DATE 11-7 WEDNESDAY	DATE 11-8 THURSDAY	DATE 11-9 FRIDAY	DATE 11-10 SATURDAY
1. Hour of Rising	9:	6:	5:45	6:	6:	6:	6:
2. Hour of Retiring	10:30	10:	9:30	11:45	10:	8:30	11:00
3. Exercise	HOUSE WORK 1.5 HRS. SHOW.	WALK 2 MI.	WALK 2 MI HOUSE WORK 1 HR	SHOW.	WALK 2 MI.	WALK 2 MI	WALK 2 MI SHOW.
	11-11	11-12	11-13	11-14	11-15	11-16	11-17
1. Hour of Rising	7:30	6:	6:	6:	6:	6:00	6:
2. Hour of Retiring	10:	9:30	12:30	11:00	9:30	10:30	11:
3. Exercise	HOUSE WORK 2 HRS. HOUSE WORK IRONING 1 HR	WALK 2 MI.	WALK 2 MI SHOW	WALK 2 MI	WALK 2 MI.	WALK 2 MI.	WALK 2 MI SHOW.
	11-18	11-19	11-20	11-21	11-22	11-23	11-24
1. Hour of Rising	8:30	6:					
2. Hour of Retiring	10:30	See note on gen 20/10 sheet					
3. Exercise	HOUSE WORK 2 MI						