INTRODUCTION  . . . . . . . . .  Ida Tarbell

Lesson I. Food and the War . . .  Herbert Hoover

II. Food for a Day . . . . . . . . .  Graham Lusk

III. Wheat. Why to Save It—
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IV. Conservation of Fats and
   Sugar . . . . . . . . . . . . . . .  E. V. McCollum

V. Meat and Meat Substitutes
   in War Time . . . . . . . . .  C. F. Langworthy

VI. Milk and Its Products . . . . .  Lafayette B. Mendel

VII. How to Use Fruits and
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VIII. The Use of Locally Grown
      Products and the Develop-
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IX. The Children's Food . . . . .  Ruth Wheeler