

## INTRODUCTION.

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No finer piece of practical work was ever put up to the American woman than that assigned her in the national campaign for food control. There are no two questions about the necessity for scientific handling of our food supply. All that is needed to prove the point is to apply the multiplication table. We must so use our food that we keep all of our people abundantly nourished. At the same time, we must release for the Allies in Europe sufficient quantities of those foods which are necessary for their health and which can only be obtained through us. The multiplication table shows that it can be done. But to do it means not only resolution—it means knowledge. Nothing is more needed at the moment than a clear understanding by all women of just how their part in this tremendous task is to be carried out.

It is not easy for the busy woman who is not in direct touch with the sources of scientific information on the subject of food to learn just what she ought to do and how to do it. She knows that she is not doing her part unless in place of those things that she gives up for the sake of the Allies, she provides her family with others which are equally nutritious. But where can she learn how to do this?

This set of lessons has been prepared for her. Their intelligent use will teach her how to readjust the family meals to meet the national needs.

The lessons have been planned and edited, at the request of the Woman's Committee of the Council of National Defense, by experts from the United States Department of Agriculture and from the United States Food Administration. A glance at the list of names attached to these different lessons will show that the editors have been able to rally to their help some of the best-known specialists in the country. It is only another of the many proofs that we are having that there is no talent so superior that it does not gladly turn all that it has to the use of the country.

It is believed that these lessons, with their lists of references and of carefully selected lantern slides by which they may be illustrated, will be of enormous educational value. What is taught here is not only good for war times; it is equally a contribution to peace. To learn to do every common thing in life in the most scientific manner is one of our high duties at the present moment, but learning to meet our great need now will do much to help us as a Nation in the future to do these common things in a finer and more comprehending way.