

HOW TO USE THE LESSONS.

This course of lessons is intended to teach two things. First, it shows what the Food Administration asks this Nation to do to make sure that we and the Allies shall be sufficiently fed while war disorganizes agriculture and commerce and changes the food supply of the world. Second, it shows what kinds and quantities of food are needed for health, and how our common food materials may be combined to meet these needs most effectively. Unless we understand the first of these two things we can not do our immediate patriotic duty. Unless we understand the second we can not expect, either in war or peace, to get the best returns in health and comfort from the money we spend for food. If, in learning to adapt our food habits to war conditions we learn what good food habits really are, we shall know how to live more wholesomely and happily in ordinary times, and so shall have gained something of permanent value from our temporary difficulty.

The material in the lessons is arranged in a way which, it is hoped, will make it useful to different kinds of organizations and serve as a guide for formal or informal club programs, community lectures, practical demonstrations, and so on. Each topic can be covered fairly satisfactorily in one meeting, but it is very much hoped that some clubs will devote several meetings to each. For example, one meeting might be devoted to a talk or lecture based on the text given here and supplemented by material from the references. This might be illustrated by lantern slides or pictures, or these could be shown on another day. One meeting might be given to a practical demonstration of the dishes suggested and still another to an informal discussion of the subject and an exchange of practical experience among the members.

Though a trained leader is not necessary, in many cases, especially where demonstrations are to be made, the assistance of a person familiar with the subject matter and used to such work will doubtless add greatly to the value of the lessons. In almost every community there are found graduates of good schools of home economics who will undoubtedly be capable and willing to render such assistance. Their names can be obtained from the head of the home economics work in the local schools, from a local branch of the American Home Economics Association, or from the Home Economics Department of the State University or the State College of Agriculture, or other training schools.

In groups without a trained leader papers may be prepared in much the same way as is done with literary or artistic subjects, the text of each lesson serving as the basis for the paper, with supplementary material obtained from the pamphlets referred to, or one or more members may be appointed to take charge of the meeting. They should post themselves on the subject and give informal talks or lead discussions. General discussion of practical ways of applying the suggestions made in the lesson should prove especially interesting and helpful to women actually engaged in adapting the meals to changes in our food supply.

The lantern slides suggested for use in connection with each lesson are made from negatives in the possession of the United States Food Administration and the United States Department of Agriculture. They may be ordered from the Section of Illustrations of the United States Food Administration. State leaders can, perhaps, help in the arrangement of dates so that one set of slides can be used in several communities. In ordering slides at least three weeks must be allowed for a set to be made in Washington, and to this must be added the time needed for transmitting the order and delivering the slides.

Small prints made from the same negatives as the slides can be obtained. These may be used in projectoscopes and similar lanterns or may be displayed in any other convenient way. They should be ordered from the Section of Illustrations of the United States Food Administration, Washington.

The government publications referred to in connection with each lesson are divided into two groups: (a) Those distributed free of charge and (b) those sold by the Government at a nominal price. In ordering those on the "free" list, it should be remembered that, although the Government will cheerfully send them out as long as the supply lasts, the editions are limited and copies should, therefore, not be ordered unless they are actually needed. The United States Food Administration publications and the United States Food Leaflets may be ordered through the Federal Food Administrator of each state. United States Department of Agriculture publications for free distribution may be obtained from that department, Washington, D. C. Those for which a price is quoted must be purchased from the Superintendent of Documents, Washington, D. C. There is no charge for postage on these publications.

Aside from these publications of the United States Government, many states issue similar ones for local use. These are often very valuable. Information regarding them may be obtained from the Director of Extension at the State College of Agriculture or from the State University.

The general equipment needed for demonstration consists of:

(1) A table at which the demonstrator works. An ordinary kitchen table 2x4 feet and of comfortable working height is desirable.

(2) A stove. A three-burner gas plate or oil stove, with a portable oven for baking, usually proves sufficient. It may be placed at the right of the work table.

(3) A table or movable cupboard for supplies and clean implements. This is most conveniently placed behind and to the left of the work table.

(4) A table for soiled dishes, etc. This may be placed behind the worker at the right.

(5) If the food prepared is to be sampled by the audience, a small extra table for serving is convenient, though not necessary. It may be placed at the left in front of the supply table.

Each demonstrator should arrange with those in charge of the meeting for the supplies and the cooking and serving dishes required by the recipes she plans to work out.

The recipes given are merely suggestive. More than can be used at a demonstration have been given, to afford opportunity for selection. It is especially desirable that the demonstrator use foods that are locally available, and that she emphasize the urgent need of saving transportation. In the later lessons especially there is an opportunity to show the use of the vegetables and fruits that are at hand, and the different ways of using those that have been canned and dried at home.