FOREWORD

The National Education Association, at its annual meeting, July, 1918, adopted a resolution calling upon the United States Food Administration to "prepare in a form suitable for use in public schools, and particularly in the upper grades, lessons and material supplementary to existing courses, which will promote the program of food conservation."

In response to this request this little book has been prepared. It was written by Eva March Tappan, assisted by Alice Peloubet Norton, editor of the Journal of Home Economics; Henrietta W. Calvin, Specialist in Home Economics, Bureau of Education; C. F. Langworthy, Chief of the Office of Home Economics, Department of Agriculture; and Sarah Louise Arnold, Dean of Simmons College. It has been read and approved by H. C. Sherman, Professor of Food Chemistry, Columbia University.

The manner in which the book can be used most advantageously will be determined by the teacher and by local conditions. It is believed that the information contained in it may properly be included in the instruction of American children at the present time. This information will enable the children to contribute intelligently to the success of the government food cam-
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paign, and thus aid greatly in the relief of the millions now dependent for their food upon the good will of the people of America.

The United States Food Administration is grateful to the teachers for their loyal coöperation.

Olin Templin

Director of School and College Activities

November 1, 1918.