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ARE WE WELL FED?

A Report on the Diets of Families in the United States

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FAMILY ECONOMICS DIVISION, BUREAU OF HOME ECONOMICS

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THIS REPORT is based on a study of family food consumption made by the Division of Family Economics, of the Bureau of Home Economics. In the preparation of this report, the author had the special assistance of Day Monroe, Chief of the Division, Helen S. Mitchell, Consultant in Nutrition, and other staff members. Help was also given by Ruth Van Deman, Chief, Division of Information, Bureau of Home Economics, and by Mary Taylor, Editor of Consumers' Guide, Consumers' Counsel Division, United States Department of Agriculture

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NUTRITION IS A NATIONAL PROBLEM

E. E. S. MAR 25 1941

STRONG and alert nations are built by strong and alert people.

Strong and alert people are built by abundant and well-balanced diets.

No nation achieves total strength unless all of its citizens are well fed. To be well fed means more than filling the stomach with foods that appease hunger. It is more than getting the food that barely protects the body from disease due directly to poor diet. It is having each day the kind of food that will promote abounding health and vitality.

Our Nation's goal is that everyone shall have a diet adequate in every respect for good nutrition. As compared with many countries, ours is rich in food. But we still are far from being a nation of well-fed people.

"Nutritional diseases," says an eminent authority of the United States Public Health Service, "in all probability constitute our greatest medical problem, not from the point of view of deaths, but from the point of view of disability and economic loss."

Studies summarized in this report indicate that millions of people in this country are living on diets that are below the safety line. This does not mean that all of these people are hungry. Some often are. Nor do all that subsist on poor diets show symptoms of pellagra, beriberi, scurvy, anemia, or other well-defined disease. For every case of actual illness traceable to poor diet there are probably hundreds of borderline cases.

Getting along on poor diets for weeks at a time takes its toll in chronic fatigue, shifting aches and pains, and certain kinds of digestive disturbances. While such discomforts may not keep a person in bed, they cut down his efficiency on the job. Inadequate diets prevent a child's normal growth and development. They lower a person's natural resistance to infection. They destroy, too, his sense of well-being, his joy in being alive and well and able to work.

The Nation's families need good diets to safeguard their own health and to strengthen the defenses of the country.

EVERYONE NEEDS A MARGIN OF SAFETY

IF ENGINEERS are not sure that a bridge is more than equal to whatever demands traffic may make on it, the law in most communities requires that the bridge be posted. "Unsafe for loads exceeding 10,000 pounds," the sign may read.

This does not mean that the bridge would surely collapse should one such load cross. It means that crossing the bridge in the face of warning endangers the person and is against the public interest.

As a matter of policy, bridge builders and bridge inspectors insist on having a wide margin of safety in their structures.

Nutritionists act on much the same principle in appraising diets. They label as "Unsafe" or "Poor" any diet that fails to furnish the average amount of each of the nutrients needed just to maintain the body. The person who lives continuously on diets providing less than this minimum may not be able to stand up to the stresses and strains of living.

On the other hand, nutritionists call a diet "Good" only if it supplies an adequate margin of safety above this minimum in protein, minerals, and vitamins.

Laboratory experiments and human experience indicate that proper diets not only can lengthen the entire span of life but that they also can lengthen the active, fruitful period, postponing the effects of advancing age. They can make old age itself more healthful, less a period to be looked forward to with dread, and less of a burden on society.

WE CAN MEASURE OUR COUNTRY'S FOOD HABITS

THE NUTRITIVE QUALITY of diets in the United States varies greatly. This is shown by an analysis of family food supplies recently made by the United States Department of Agriculture.

The analysis was based chiefly on facts collected by the Departments of Agriculture and Labor in 1936–37 as part of a large-scale study of our American ways of spending and living at different income levels. This study was made by the two agencies mentioned, in cooperation with the National Resources Planning Board, the Central Statistical Board, and the Work Projects Administration.

Representative nonrelief families, each with a husband and wife, both native-born, cooperated in this study. The families differed widely in income. They lived in various parts of the country. Some lived on farms, some in villages, others in cities.

The method of collecting the information about diets was as follows: A trained worker helped the homemaker make a record of the kinds and quantities of food on hand at the beginning of the study. Each day they weighed the foods brought into the house for family meals and listed the name, age, and work of every person eating from the family larder. After 7 days another inventory was taken of all of the food on hand.

From these data the quantities of each kind of food that the family had during the 1-week period were determined, and the nutritive value of the diet was computed from average figures on food composition. Each family's record was then compared with standards of what would constitute an adequate diet for the persons included in the group. Each diet was classified as good (or excellent), fair, or poor, as described on the following page.

DIETS that a nutritionist would call good must meet certain specifications for food value. These are the yardsticks used in this report to classify diets:

Excellent diets meet in all respects the specifications of the liberal standard as shown below.

Good diets exceed the minimum standard by at least a 50-percent margin but by less than 100 percent in the case of the vitamins. In this report excellent and good diets are classed together.

Fair diets meet the minimum standard in all respects but exceed it by less than a 50-percent margin.

Poor diets fail to meet the minimum standard in one or more respects.

FOOD VALUES CONSIDERED		THESE ARE THE QUANTITIES PER MAN PER DAY	
		In liberal standard	In minimum standard
PROTEIN	grams	75	50
CALCIUM	grams	0.68	0.45
PHOSPHORUS	grams	1.32	0.88
IRON	milligrams	15	10
VITAMIN A	International Units	6,000	3,000
THIAMIN (VITAMIN B_1)	milligrams	2.0	1.0
ASCORBIC ACID (VITAMIN C)	milligrams	60	30
RIBOFLAVIN	milligrams	1.8	0.9

SOME POINTS TO REMEMBER

FOUR POINTS to keep in mind in interpreting the facts from this study are these:

1. Information on the minerals and vitamins in many foods is still tentative and may change as science goes forward. Many of the values used in the computations tend to be high because losses due to storage and cooking are not well known.

2. The potential nutritive value of foods brought into the house for family meals may be higher than the value of food actually eaten. It is almost impossible in an extensive study to obtain from families the information needed to make adjustments for household waste of edible food.

3. The diet studies covered only a single week. Diets vary in nutritive quality from week to week and from season to season. Some families with diets classed as poor one week may in other weeks have diets that are fair or good, and vice versa. Undoubtedly, the proportion of families with diets that are always in the "good" class is less than our figures show, and the share with diets that would fall in the "poor" class part of the time each year probably is much greater.

4. Knowledge of human food needs, especially for minerals and vitamins, is far from complete. Were the same diet records to be evaluated at some future date when such knowledge is more advanced, it is probable that somewhat different conclusions would be reached. Nevertheless, the comparisons made among different groups of families are significant because the diets of each group were analyzed in the same way.

How many of the Nation's families are ill fed?
Who are the people with poor diets?
Do high incomes guarantee the right food?
Does it pay in better diets to produce food at home?
Must everyone change eating habits to get what his body needs?
What can people do for themselves to get better diets?
What can all of us working together do to improve the Nation's diets?

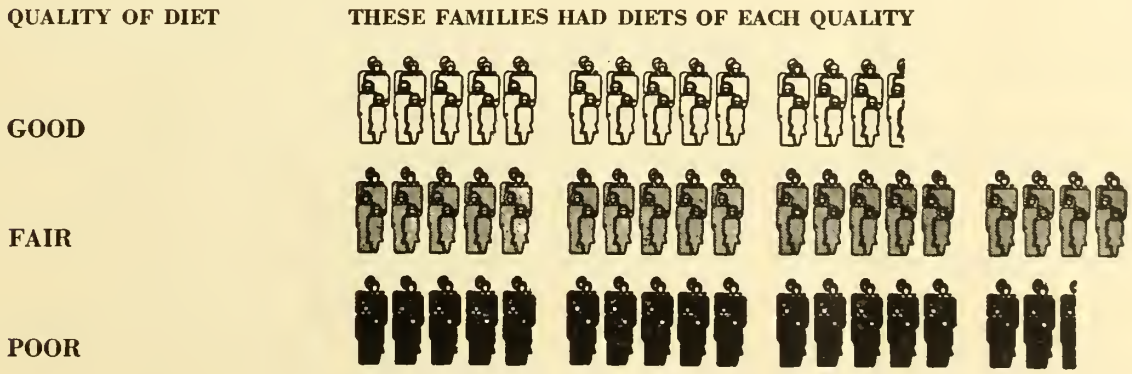
HOW WELL FED ARE WE IN THE UNITED STATES?

ABOUT ONE-FOURTH of the families in the United States with diets that could be rated good . . . more than a third, diets that might be considered fair . . . another third or more, diets that should be classed as poor—at least this seemed to be the situation at the time of the last survey. Clearly the United States has not solved its food problem.

The estimates just given are based on the 1935–36 distribution of consumer incomes and on the food-consumption patterns of families of different sizes in various income classes, as found in the cross-section study of diets.

The proportion of families with diets that are good would, of course, shift with changes in income distribution and in food-purchasing power. Even without changes in the economic situation the proportion with good diets could be greatly increased if all families used their resources for food to the best advantage.

Many families are ill fed



Each symbol represents 2 percent of the families in the United States.

MANY FAMILIES NEED MORE PROTECTIVE FOODS

EVERY FOOD can make some contribution to the diet. Some foods make a much more important contribution than others. What everybody needs for abundant health is a proper balance of many different kinds of food.

When diets are poor or only fair they are short in certain food values. Foods that are rich in these values have come to be called protective foods.

Protective foods not only protect against acute dietary diseases, they also help to lift bodies from a low to a higher level of good health.

The first foods to be called protective were milk and the green, leafy vegetables. They enrich diets greatly in calcium, vitamin A, riboflavin, and high-quality protein.

Recently other foods have been included in the protective list. These are the foods rich in the vitamins of the B group, especially the less highly refined flours and cereals. Still others are fruits and vegetables that are rich in vitamin C. In some areas the lean cuts of meat, rich in nicotinic acid and proteins of high nutritive value, may also be considered protective foods.

To what extent are our diets short in protective foods? Recent dietary studies show the Nation's need for: At least 10 to 20 percent more milk . . . 10 to 25 percent more butter . . . 25 to 70 percent more tomatoes and citrus fruit . . . and about twice as much of leafy, green, and yellow vegetables.

In fact we in this country would do well to use twice the quantity of dairy products now consumed, according to recognized experts in the field of nutrition.

MILLIONS OF PEOPLE HAVE POOR DIETS

NO TWO FAMILIES, free to choose, would make the same food selections. Each follows to some extent the habits handed down from past generations. Each is influenced also by personal likes and dislikes among the foods that are available in markets or through home production. Each is more or less bound by the cost of food and by the amount of money that can be spent for it.

Millions of families are not getting the foods their bodies need. Many lack the resources for an adequate food supply. They may have little money. They may not have the land, the equipment, the time, or the skills needed to raise part of their food at home.

Many families lack the knowledge and skills they need to choose foods wisely and to prepare them well. Furthermore, some have poor food habits and do not know, or do not believe, that it would be worth their while to change.

The millions of people in this country that have poor diets are not strangers. They are our neighbors. Some live in every community in every State. As a rule, relatively more of the ill-fed may be found in the lower income classes than in the higher . . . more in the larger families than in the smaller . . . more in the Southeast than in the North and West . . . more among Negro than among white families . . . more in the cities than on the farms.

The pages that follow show some of the differences in diet among various groups of people. These facts may focus attention on some of our Nation's dietary problems and may suggest ways of solving them.

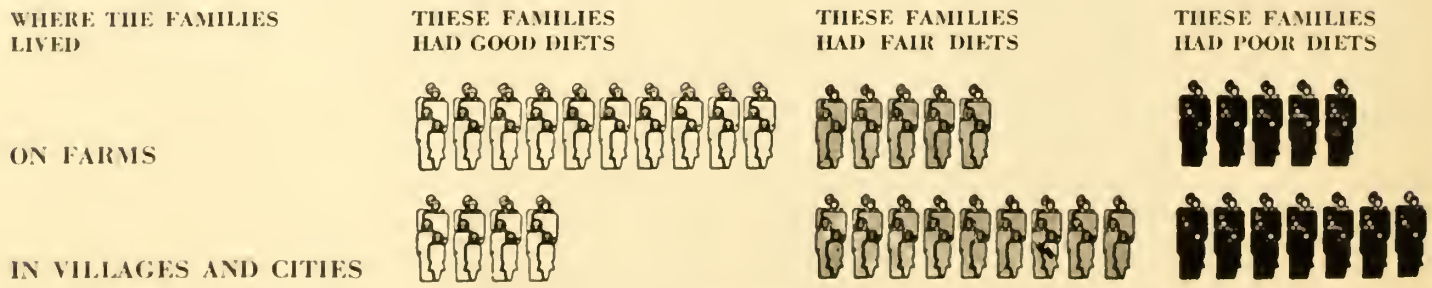
FARM FAMILIES FARE BETTER THAN VILLAGE OR CITY FAMILIES

MODERN farm families raise less of their own food than did the more self-sufficient families of a century ago. In fact, they spend more for food than for any other item. Yet the families on farms still obtain about two-thirds of their food directly from their own gardens, orchards, or fields and from their own milk cows, poultry flocks, and other livestock.

Relatively more nonrelief families on farms than in villages or cities have diets that are good; relatively fewer have poor diets. Well-planned home-production programs enable many to have diets rich in protective foods. However, farm families should not be self-satisfied. The diets of many need improvement.

The pictogram below shows that at the time of the survey about half of the nonrelief families on farms got diets that were classed as good but that at least a fourth had diets that were considered poor.

Many in each group need better diets



Each symbol represents 5 percent of nonrelief families.

FARM FAMILY DIETS INCLUDE MORE PROTECTIVE FOODS

THE MAJOR reason why farm family diets generally are better than those of village or city families is that farm families eat larger quantities of protective foods.

The following figures from four groups of self-supporting families in the Middle Atlantic and North Central States show this plainly. Families in two of the groups had incomes (cash and in kind) that were between $500 and $1,000. One group lived on farms; the other, in villages. Families in two other groups, one on farms and one in villages, had incomes between $1,000 and $1,500.

The figures below show how different their consumption of vitamin- and mineral-rich foods was during a week in the late spring or summer.

Protective foods are rich in minerals and vitamins

SOME OF THE FOODS THEY HAD	THESE ARE THE QUANTITIES HAD IN A WEEK BY FAMILIES With $500–$1,000 Incomes		With $1,000–$1,500 Incomes	
	ON FARMS	IN VILLAGES	ON FARMS	IN VILLAGES
MILK (OR ITS EQUIVALENT)....quarts	18	10	19	12
EGGS.....number	28	18	30	20
MEATS, POULTRY, FISH.....pounds	8	6	11	8
FRESH AND CANNED VEGETABLES (OTHER THAN POTATOES)....pounds	11	8	11	9
FRESH AND CANNED FRUITS...pounds	10	8	12	10

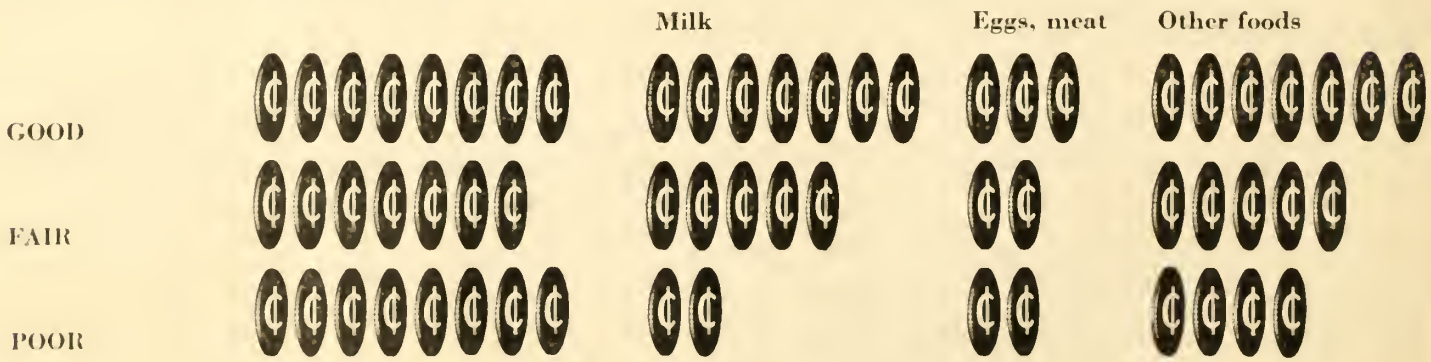
PRODUCING THE RIGHT FOOD HELPS FARM FAMILY DIETS

MONEY spent at the grocery store is less significant than the kind and amount of home-grown protective foods in determining the quality of diets that farm families in the lower income groups achieve.

Farm families with good home-production programs spend fewer dollars for food than do village or city families. But they pay a price for the food they raise. Home-grown foods cost work, day in and day out; they require planning; they involve investment and risk of capital. Overbalancing these costs, however, are the gains in better diets.

The relationship between quality of diet, cash expenditures for food, and foods raised for home use, is shown below for farm families in the Southeast with incomes (cash and in kind) between $500 and $1,000.

Home-grown protective foods make the difference



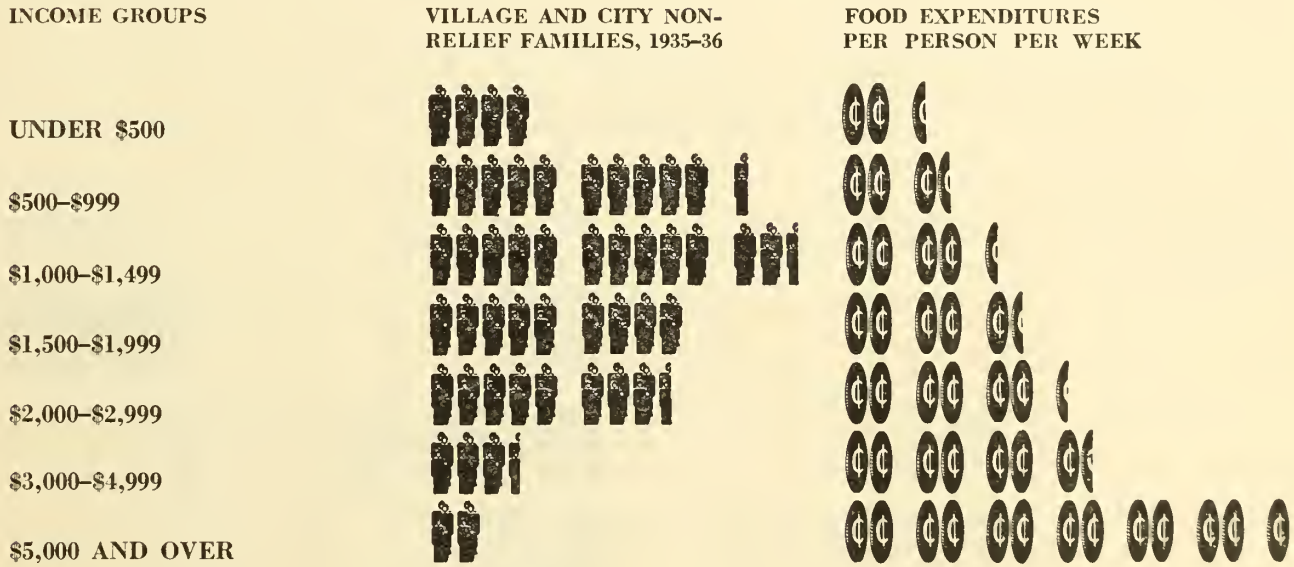
Each symbol represents half a cent's worth of food.

LOW INCOMES GIVE LITTLE MONEY FOR FOOD

FOOD expenditures are low in the lower income classes, which include a large proportion of the Nation's families. Careful planning and wise marketing are necessary if frugal food allowances are to supply all dietary needs.

The pictogram below shows how many self-supporting families in villages and cities had incomes in each class in 1935–36 and what was the average amount spent per week for the food of each person in the various income classes.

Millions of families have low incomes



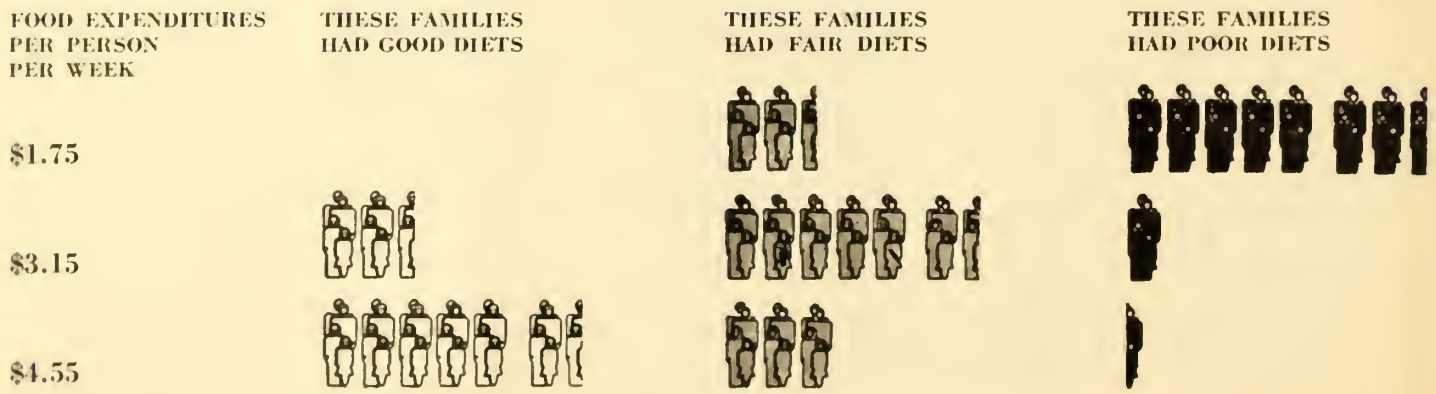
LARGE FOOD EXPENDITURES DO NOT GUARANTEE GOOD DIETS

IT COSTS a great deal of money to get satisfactory diets unless special care can be given to food buying, meal planning, and cooking. With little planning liberal-cost diets are likely to be better than those bought when money is scarce. But it is possible to spend a lot of money without buying all of the foods needed for good nutrition. High-priced foods may be no more nutritious than the cheap.

Appetite is not a safe guide. Malnutrition may exist in the midst of plenty if food is wasted or if well-balanced meals are refused by members of the family because of poor cooking, bad eating habits, or faddist ideas.

The pictogram shows the quality of diets obtained by village and city families in the North and West who spent three different amounts of money for the food of each person.

More money for food makes it easier to buy good diets



Each symbol represents 10 percent of the families at each food-spending level.

BIGGER FOOD OUTLAYS BRING MORE PROTECTIVE FOODS

PEOPLE who need not count pennies too carefully are likely to include liberal quantities of protective foods in their diets. Fortunately, the protective foods often are among those that families enjoy and use freely when they can afford them.

As purchases of protective foods increase, the likelihood of better diets increases. The figures below show how purchases of protective foods step up when families living in small cities have larger sums of money to spend for the food of each person.

The diets of three groups of families are compared: One group spent a total of $1.75 per person per week for all foods; another spent $3.15; the third spent $4.55.

An abundance of protective foods safeguards a diet

SOME OF THE FOODS THEY HAD	THESE ARE THE QUANTITIES EACH PERSON HAD IN A WEEK		
	$1.75 group	$3.15 group	$4.55 group
MILK (OR ITS EQUIVALENT)....pints	4	7	9
EGGS.....number	3	5	8
MEATS, POULTRY, FISH.....pounds	1½	2½	3½
TOMATOES, CITRUS FRUITS....pounds	1	1½	3
LEAFY, GREEN, AND YELLOW VEGETABLES.....pounds	1	1½	2

GOOD MANAGERS ACHIEVE BETTER DIETS THAN OTHERS

HOMEMAKERS who are good managers and good cooks and who keep up-to-date on food values and nutrition can make their dollars count for more in the health of their families than those who do not know how to plan or buy food wisely. Some forms of protective foods cost more than others. The job is to choose among them.

Whole-grain cereals cooked at home may take the place of the more expensive ready-to-eat kinds. Cheap cuts of meat for stews and pot roasts are as nutritious as steaks and chops. For many uses evaporated milk is as good as fresh milk. Standard grades of canned goods are as nourishing as those of fancy class.

The pictogram shows how families in villages and cities of the North and West who spent an average of 15 cents a person a meal differed in the quality of diet obtained. Half as many people got poor diets as got good.

Fifteen cents a meal can buy either a good or a poor diet

Each symbol represents 2 percent of families spending 15 cents a person a meal.

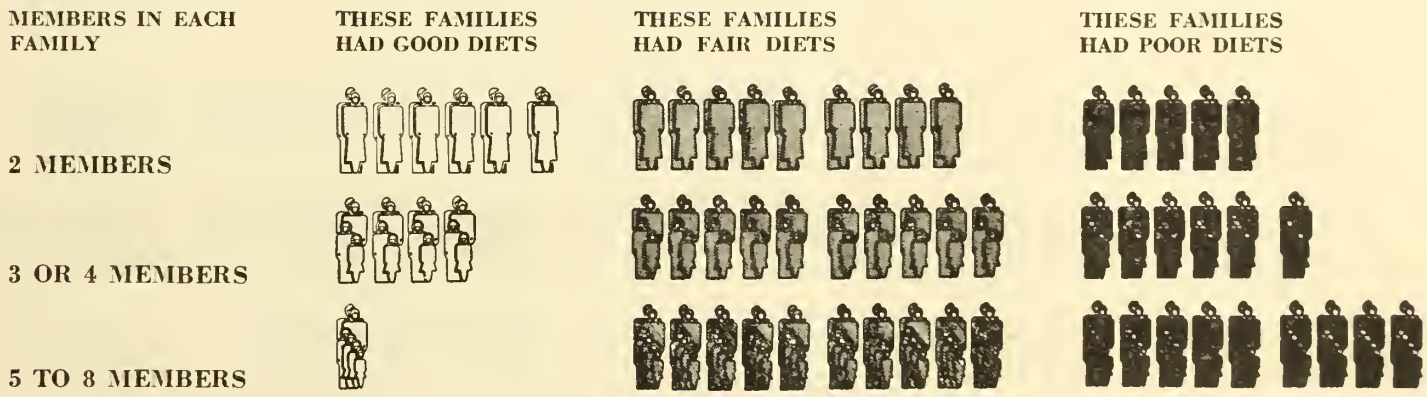
LARGE FAMILIES GENERALLY HAVE TO STRETCH THEIR FOOD DOLLARS

MORE MOUTHS to feed on a given income means less money for the food of each person, since the budget must cover an increasing number of other needs and wants. Indeed, large families need much higher incomes than small families to maintain comparable levels of diet.

For example, northern village families of two—husband and wife—whose incomes were between $500 and $750 in 1935–36 spent an average of 11 cents for food per person per meal. Families of three—parents and one child under 16—averaged this amount for food only when incomes reached $1,000 or more; families of seven or eight persons, only when incomes reached $2,000 or more.

The illustration below depicts the quality of diets of nonrelief families of different sizes in villages and cities of the North and West. Each group of families had the same average income within the range $500 to $2,000.

Small families fare better than large when incomes are equal



Each symbol represents 5 percent of the families in each group.

OCCUPATIONAL DIFFERENCES IN DIET REFLECT INCOME DIFFERENCES

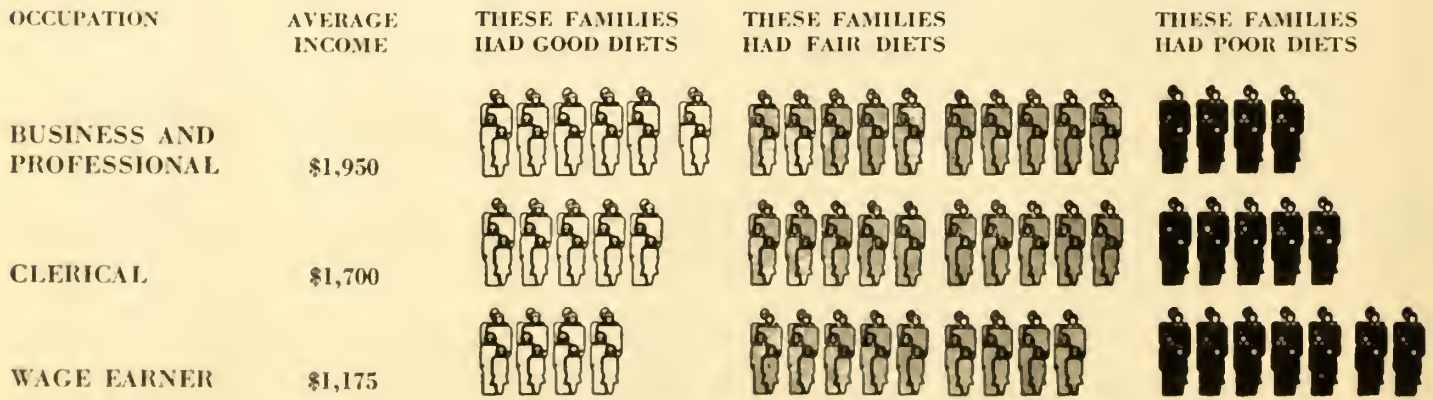
WAGE-EARNER families as a group are somewhat less likely to have good diets than families of clerical or business and professional workers, partly because their incomes are lower.

What makes the real difference between diets is not the nature of the breadwinner's job, whether it is in the white-collar or the blue-jeans class. The real determining factors are income, the amount that can be afforded for food, and the managerial ability and skill of the homemaker.

The pictogram below compares the diets of nonrelief families with incomes from different occupations. The records are from families in villages and cities of the North and West.

Average incomes are "median" incomes; that is, half the families earned more, half less, than these amounts.

Higher incomes help to bring better diets



Each symbol represents 5 percent of the families in each group.

FOOD MONEY BEING EQUAL DIET QUALITY DEPENDS ON FOOD SELECTED

ONE OCCUPATIONAL group seems to be no more skillful than another in selecting foods that give good returns in nutrition when their circumstances are similar.

Given the same amount of money to spend for the food of each person, families whose earners were in the broad occupational groups listed below were about equally well fed.

The figures are from families spending the same average amounts for food within a range of 20 to 70 cents per person per day. The conclusions are based on records of the food bought by self-supporting families in villages and cities of the North and West.

In each occupational group some families achieved better diets than others.

Skillful food managers are found in every occupational group

Each symbol represents 5 percent of the nonrelief families in each group.

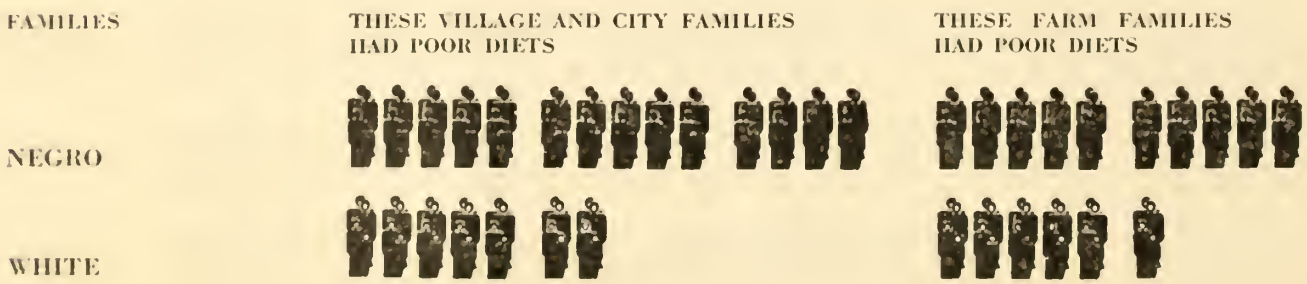
NEGRO FAMILIES FARE POORLY BECAUSE INCOMES ARE LOW

QUALITY of diet depends in large measure on the size of the family pocketbook and on the amount of money that can be spent for food, as preceding pages show.

Records of Negro family diets also bear this out. On the whole, Negro families have lower incomes than white families in the same community. In villages and cities of the Southeast, for instance, half of the nonrelief white families had incomes of $1,500 and over in 1935–36; half of the nonrelief Negro families had incomes of less than $460. On farms this median income (both money and nonmoney) for self-supporting white families was $940; for Negro families it was $520.

This pictogram shows that in the Southeast relatively more self-supporting Negro families than white had poor diets, both in villages or cities and on farms. Many families in each group had poor diets.

More Negro than white families had poor diets



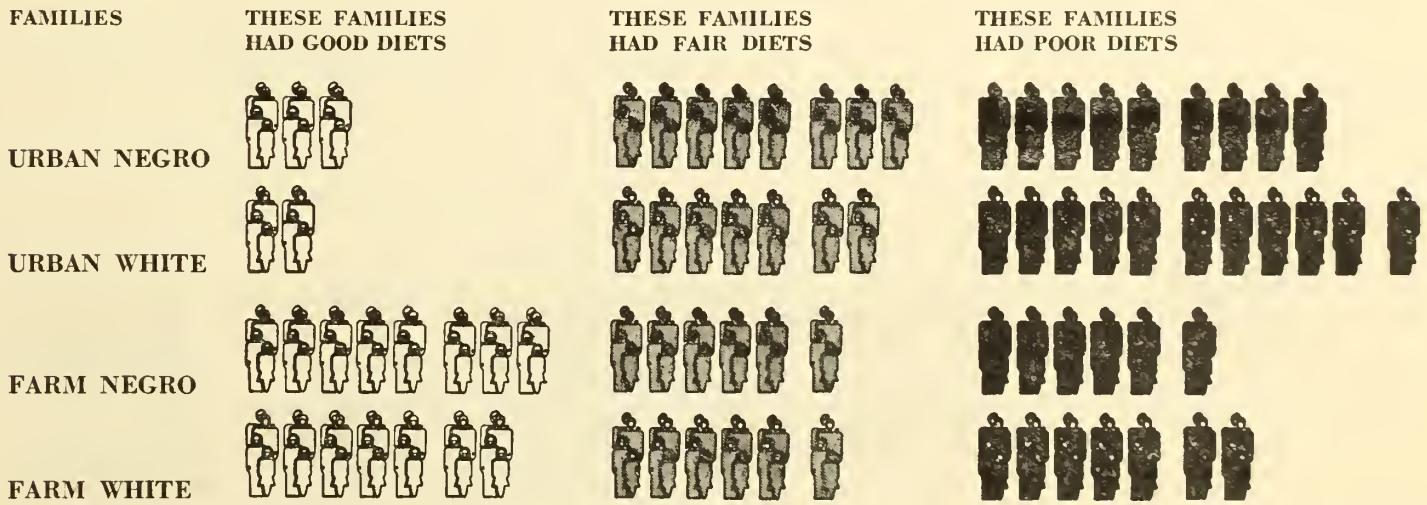
Each symbol represents 5 percent of the nonrelief families of each color in each locality in the Southeast.

NEGRO FAMILIES SPEND FOOD MONEY AS WISELY AS WHITE FAMILIES

THE NOTION that Negro families have low food standards is not upheld by diet records from the Southeast. When Negro and white families spent the same amounts of money for food, their diets rated good, fair, or poor in about the same proportions.

What happened when Negro and white families had food worth 10 cents a person a meal is shown below. Relatively few Negro families are well enough off to have as much as this for food. Many more white families can afford this amount.

Many families—both Negro and white—need better diets



Each symbol represents 5 percent of the nonrelief families of each color in the Southeast with food worth 10 cents a person a meal.

DIETS ARE BETTER IN THE NORTH AND WEST: SO ARE INCOMES

EVERY COMMUNITY in every part of the country knows that some families get better diets than others for the same money. Naturally, families in the higher income brackets spend more money for food, and more of them achieve good diets.

The pictogram below compares self-supporting families in the Southeast with those in the North and West in regard to diet quality. That there are relatively more families with poor diets in the Southeast reflects the comparatively low incomes of Negroes, sharecroppers, and unskilled workers.

The quality of diets in the Southeast tends to be poorer than in the North and West despite the fact that a large proportion of southern people live on farms and could improve their diets through home food production.

More families in the Southeast had poor diets

Each symbol represents 5 percent of the nonrelief families in each region.

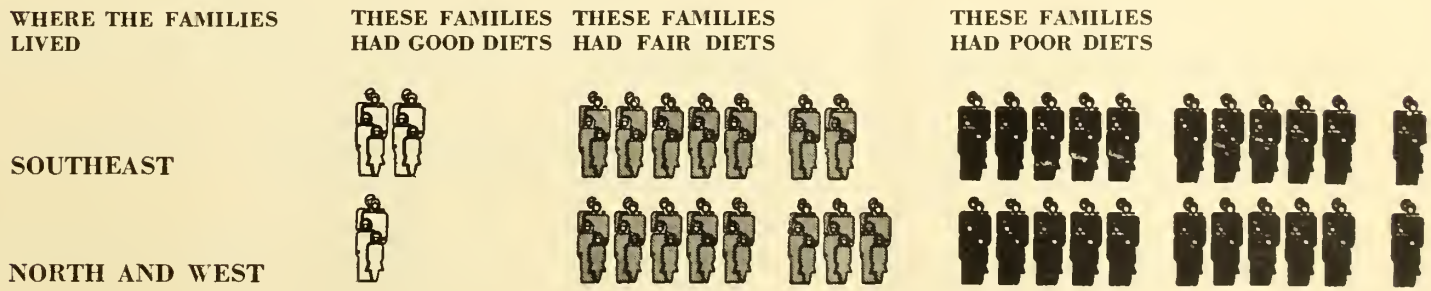
FOOD MONEY BEING EQUAL, SOUTHERN DIETS ARE AS GOOD AS ELSEWHERE

EACH SECTION of the country has its own special dishes developed from local foods that are cheap and abundant.

Everywhere ingenuity and skill are taxed to provide balanced and abundant meals when incomes are low. But given the same amount of money for food, southern families seem to have some advantage in achieving good diets. By using home-grown products as far as possible and by putting the money for food into the kinds that are low in cost but high in nutritive value, many southern families succeed in preparing meals that are both balanced and delicious for an unusually small outlay.

How the food-spending habits of white families in villages and cities in the two regions affected the quality of their diets is shown below. Each group spent an average of 10 cents a person a meal. Few families achieved good diets with this sum.

Many low-income families in both regions need better diets



Each symbol represents 5 percent of the families in each region spending 10 cents a person a meal.

THERE IS NO ONE PERFECT DIET PLAN

WAYS OF EATING in the United States are not the only good food patterns.

In the food habits of various countries there are many customs that families in the United States would do well to copy or retain. There are the dark breads and the cheeses of central Europe. There are the tender shoots, the green leaves, and the bean sprouts of the Orient. There are the soups and stews of many lands that use the nutrients of bone and marrow and vegetable juices.

Diets often are limited in variety by personal food likes and dislikes, by religious scruples, by allergies, or by disease. Even within such limits, good meals can be planned, but it takes more thought and knowledge to make sure that they supply what the body needs.

If orange juice is too expensive as a source of vitamin C, it is possible to use canned tomatoes, cabbage salad, or cheap fresh fruits in season.

If butter adds too many calories to the diet of overweight persons, they can get vitamin A from the green and yellow vegetables.

If for any reason expenditures for meats and poultry must be curtailed, a suitable assortment of fish, eggs, and milk may be used instead. If milk and dairy products cannot be eaten because a person is allergic to these foods, it is difficult, but not impossible, to supply the calcium and other values of milk from other foods.

Wise meal planners learn, too, the seasons when different foods are cheapest, the most economical forms in which each food comes, the most economical quantities in which to buy foods. Facts like these make better diets possible for any given sum.

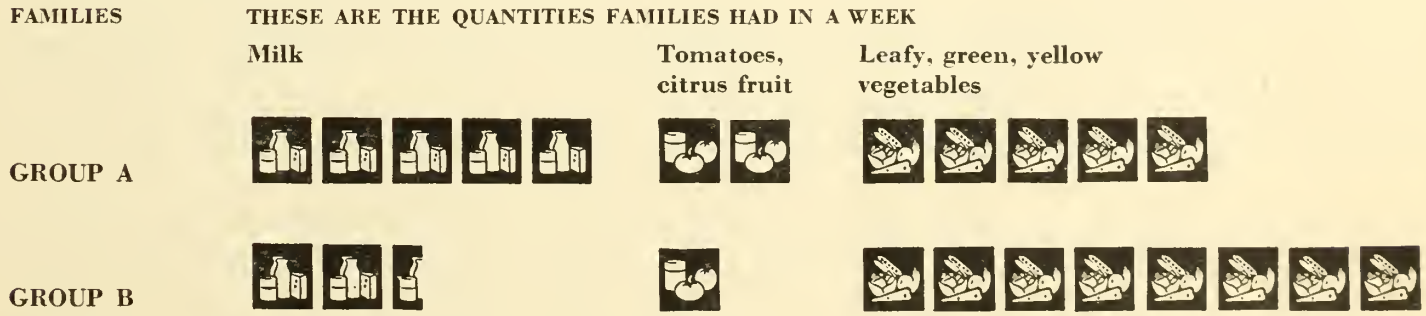
GOOD DIETS MAY FOLLOW DIFFERENT PATTERNS

IT'S ALL the nutritive values from all the foods in a meal that add up to a satisfactory or unsatisfactory total. There is no fixed quantity of specific foods that gives people good diets.

When prices or prejudices make it necessary or desirable to cut down on some one type of protective food, it often is possible to safeguard diets by using more of certain others. Many combinations of protective foods can make adequate diets.

The pictogram below shows the quantities of certain protective foods found in two types of diet each good from the standpoint of nutrition. The diets were not equally good, however; one was somewhat better than the other. These protective foods shown were, of course, supplemented by other foods. The diets illustrate the choices made by village families in the Southeast, each group spending an average of 25 cents per person per day for food.

Every good diet has its quota of protective foods



represents 4 quarts of milk represents 4 pounds of tomatoes and citrus fruit represents 2 pounds of leafy, green vegetables

BETTER DIETS might well come to mean greater vigor of body and mind on the job, a greener old age, and a longer, happier life.

Do we care enough for these things to change diet habits if need be?

Not only would each of us gain from good diets; the Nation would gain too. Never has the need been greater than now for citizens with bodies and minds ready to meet whatever the future may hold.

Habit is not a safe guide to good diets. The newer knowledge of nutrition must be put into practice throughout the length and breadth of the land. Families should know how to get the well-rounded and varied meals they need for what they can spend in money, time, and energy.

Some families need financial help. The resources of many in the lower income groups cannot provide adequate diets. These people need increased earnings. Many need further opportunities to produce food for home use. Some have no breadwinner and are dependent wholly or in part on public aid. Special programs such as the food-stamp plan, free school lunches, and low-priced milk are helping many needy families.

Our Nation is attacking the problem of nutrition on many fronts. But still other and better ways of thinking and doing can be developed if we put our minds to it.

The President of the United States has challenged us to become a unified nation, a people mentally and physically prepared to meet the responsibilities the world crisis forces upon us. To be so we must be well fed.

If malnutrition is like an iceberg, as one authority has suggested, and its greatest mass and greatest danger lie beneath the surface, then it is time for us to look beneath the surface for its hidden signs and causes and to do something about it.

WE HAVE A JOB TO DO

WE have a job to do. You, and I, and everyone. Our job is this: To make America strong . . . . . Defense is planes and guns. It is equipping an army to man our military weapons. It is this, and more. It is building the health, the physical fitness, the social well-being of all our people, and doing it the democratic way. Hungry people, under-nourished people, ill people, do not make for strong defense.

This, then, is our job, not all of it, but a vital part: Let us make every American strong, stronger than ever before, sturdier in body, steadier in nerves, surer in living.

HARRIET ELLIOTT, *Consumer Commissioner, National Defense Advisory Commission.*

WHERE YOU CAN GET MORE INFORMATION

THIS REPORT is based on facts from the following publications, for sale by the Superintendent of Documents, Washington, D. C.

Send check, money order, or cash, not stamps.

Diets of families of employed wage earners and clerical workers in cities. U. S. Dept. Agr. Cir. 507, 141 pp., illus. 1939. 15 cents.

Family food consumption and dietary levels, five regions, farm series. U. S. Dept. Agr. Misc. Pub. 405, 393 pp., illus. 1941. (In press.)

Family food consumption and dietary levels, five regions, urban and village series. U. S. Dept. Agr. Misc. Pub. (In press.)

Food. Family expenditures in selected cities, 1935–36, v. 2, U. S. Dept. Labor Bul. 648, 406 pp., illus. 1940. 45 cents.

Here are some free publications, all available from the U. S. Department of Agriculture, Washington, D. C.

Diets to fit the family income. U. S. Dept. Agr. Farmers' Bul. 1757, 38 pp., illus. 1936.

Food for children. U. S. Dept. Agr. Farmers' Bul. 1674, 22 pp., illus. 1931.

Well-nourished children. U. S. Dept. Labor, Children's Bur. Folder 14, 16 pp. 1939. (In cooperation with U. S. Bureau of Home Economics.)

Eat the right food to help keep you fit. Bureau of Home Economics, U. S. Dept. Agr.; Children's Bureau, U. S. Dept. Labor; Office of Education and Public Health Service, Federal Security Agency. (In quantity, 35 cents a hundred; $3.25 a thousand.)

CONSUMERS' GUIDE, published 20 times a year, includes many popularly written articles on nutrition and food buying. For sample copies write to Consumers' Counsel Division, United States Department of Agriculture. For bulletins on food preparation, conservation, and home-production, write to your State Agricultural College and Extension Service and to the United States Department of Agriculture, Washington, D. C.

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