

11122 - 84th Avenue,  
Edmonton, Alberta,  
February 1st, 1934.

To the Members of the Alberta Women's Institutes.

Dear Friends:

Not since the days of the Great War have the housewives, of all classes, been so greatly concerned about an adequate diet for their families. The wise purchase of food necessitates the knowledge of:

1. Nutritional needs of the family.
2. Nutritive value of common food stuffs.
3. Changes in nutritive value which may occur in the manufacture, storage or preparation of foods.
4. Quality and cost.

Every woman should know the nutritive needs of the body. Protein requirement. Foods for fuel. Vitamins and their function. Why the body needs mineral salts and fiber.

We should have some idea of the relation of nutritive value to the cost of foods. The hows and whys of building a menu considering (1) Nutritive value (2) Cost (3) Ease of preparation (4) Palatability.

I am more impressed than I have ever been with the importance of reading labels. Note carefully what is stated on the label about the net contents, preservatives, adulterants, coloring, etc. In selecting Quality goods for different uses, as oranges for juice or to serve whole, peas or corn for soup or for a vegetable, canned fruit for salad etc. The importance of salt water fish or some sea food as a source of iodine.

The best charts I have seen on food values etc., are sent free from the National Live Stock and Meat Board, 407 South Dearborn Street, Chicago, Illinois, also "Milk Made the Difference" from National Dairy Council, 910 South Michigan Ave., Chicago, Illinois. A most interesting new leaflet is at hand on, "How to Buy Sheeting".

So many letters are coming from you in regard to your branch handicraft exhibition, asking for suggestions. Do each one have a handicraft exhibit and endeavor to have original designs for rugs, hangings, etc. of Alberta scenes.

Please make our "Home Economics" Week 100%. Quebec beat us last year. Please help me make our Province the best. Do something during the first week in April for Home Economics, then please be sure to send me an account of what you have done. I can then include many interesting items in my Federated report.

We are having more copies of the Home Economics Play, "Program with a Purpose" made. Some who have not had it might like to try it.

Thanking you all for your generous support and co-operation in carrying out the Home Economics Program, I am

Your friend,

(Mrs. J.) Ida B. Smith, Convener Household Economics