

**CONSERVATION
BOOKLET:**

These two pages
should print as a
booklet if copied
double sided. Page
numbers have been
added.

10. Save clothing, by wearing what you have, by buying wisely. Pass on what food for moths.
11. Save leather. The government needs it for shoes and harness for the army and and there is already a shortage.
12. Educate yourself. Food economies may be dangerous to your family if you do not know food values. They are futile if you do not know how to make use of what you have. If you have not had Home Economics training, go and get it. Join or organize classes in food values, in economical menus, in canning. Use the public schools where you can. Study bulletins and all reliable sources of information. Use your best and most intelligent effort. This conservation problem is both a national one and one that is personal to every woman. "Conservation in the home may be the decisive factor in this war," Governor Lowden.
13. Save health — your own and your family's by attention to rest, recreation and higher life. Keep spiritual values. In the long run it is the sane and steady people who best serve the state and nation. Women of Illinois, let us rise to our opportunities.

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Woman's Committee OF Council of National Defense

ILLINOIS DIVISION

AND

WOMEN'S ORGANIZATIONS
State Council of Defense

Executive Offices
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CHICAGO

Conservation Department
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Department of Conservation

ITS AIM

To conserve

Food
Health
Clothing
Beauty
Higher Life

ITS AGENCIES

All organizations that are willing to co-operate.

Any individual, man, woman or child who will co-operate.

At the headquarters of the Conservation Department (60 E. Madison St., Chicago) are:

1. Lists of classes given in various places, on conservation.
2. Lists of speakers and demonstrators.
3. Lists of bulletins of the U. S. Department of Agriculture, and of the agricultural colleges.
4. Illustrative material suggesting ways and means of conserving.
5. Charts showing food values and comparative costs.
6. Recipes, menus and leaflets.

ITS NEEDS

The Department needs **your help**. Find some way of saving food, clothing, health, beauty or higher life, and pass it on. If you have tried out an idea and find that it works, pass it on to your neighbor, to a club, to any group, to the press.

Here are some suggestions. Add to them.

1. Be a food conservator. Watch for government suggestions and follow them.

2. Join the No-Waste League by wasting nothing.
3. Serve fewer courses. Extravagance is unpatriotic. "The question is whether we are competent to perform the task of feeding the world, or whether we are going to be; the successful accomplishment of this task is the only factor that will save the world in the present situation."
4. Save wheat especially. The government has calculated that if every family in the country wasted one slice of bread a day, that would mean a total of over one million one-pound loaves daily.
5. Use corn meal, oatmeal, rye, barley and rice. Remember that Illinois is a corn growing state. Make bread with mixed flours.
6. Eat less cake, less wheat breakfast foods.
7. Get Farmers' Bulletin No. 565, "Corn meal as a food and ways of using it." Get University of Illinois Bulletin, "Corn and Corn Products Used as Food." Only through our saving can the bread ration of the Allies be maintained. France is far more dependent on wheat than we are. The French daily consumption of wheat is nine-tenths of a pound per person and ours is six-tenths. The French do not know how to use other cereals as we do. It would be a great mistake to make them learn now; their health is already impaired. Experiments must be tried on us, not on them.
8. Eat more vegetables and so save cereals and meat.
9. Can, preserve, or dry all surplus vegetables or fruit from your garden, or let someone else who has none, use them. When any fruit or vegetable becomes plentiful and cheap on the market, buy a quantity and can it.