

CLAUDIA QUIGLEY MURPHY  
Advisory Counsel  
41 UNION SQUARE WEST  
NEW YORK

Nov. 13, 1920

Mrs. A. C. Smith, President  
Civic Improvement Club  
Mabton, Wash.

Dear Mrs. Smith:

Why not make BREAD -- THE VITAL FOOD, the subject of study for your Club this Winter? By this I mean the broad subject of Bread - its history; its nutrition; its preparation and its value in our diet.

Have you ever thought that the only article of diet for which the most frequent and earnest supplication is made is for BREAD - not meat, nor milk; nor, on the other hand, clothing or housing - but bread, for every nation during all the years of the Christian era has sent up the constant prayer "Give Us This Day Our Daily Bread."

Bread - its fineness, whiteness and tastiness - is the token of the civilization of the nation that produces it; for the more advanced the civilization, the more care and skill in the preparation of its bread, the more attention to the details of baking.

What will a larger use of bread give us - quicker brains, finer sensibility, and money in the bank; for it will reduce food costs because bread is our cheapest yet most nutritious food. So use it more abundantly; not as a side dish but as an integral and substantial portion of a meal.

To get bread facts in tangible form a suggestive Club Study Program has been carefully prepared which includes topics for papers and outlines - discussing history of bread and grains; bakers and baking methods; the place of bread in the diet; foreign countries' bread usage; hints as to the use of bread as meat and vegetable extenders; school lunches, etc. This is Free. How many are desired? Use enclosed card, please.

Get action from the Governor of your State; interest him in the movement; suggest to him a "WEEK" in which every one shall co-operate toward this splendid end. Invite the attention of the Mayor of your City, your Chamber of Commerce, the Board of Trade, the Schools, the Churches. Get the Pastor to preach a sermon from the text "Give Us This Day Our Daily Bread."

Let us all march forward together to a greater industrial and economic progress, in which BREAD IS THE VITAL FOOD.

Cordially yours,

*Claudia L. Murphy*  
Consultant in Home Economics

CQM:K

P.S. Please understand that this is not a plea for any particular kind of bread, either white or brown; either made in or out of the home - just a study of BREAD - OUR BASIC FOOD.

C. Q. M.