

**FIGHT
FOR FOOD**

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Fight for food by Leon A. Congdon

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LEON A. CONGDON

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BY

LEON A. CONGDON, M.S.,

DIVISION CHIEF FOOD AND DRUGS, KANSAS STATE BOARD OF
HEALTH. FORMERLY A CHEMIST FOR THE STATES OF
NEW JERSEY AND NORTH DAKOTA



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To
MY MOTHER

THIS BOOK IS AFFECTIONATELY
DEDICATED

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PREFACE

IN the following pages of this little book, the writer has brought together, in a popular manner, the various problems of the big fight for food with the hope that the facts presented may be of benefit to the public. All available sources of the highest authority have been consulted.

So much has been published in our popular magazines tending toward the sensational, that it has become necessary to put the problem in its true light for the student, doctor, and consumer. All matter of sensational character has been eliminated as much as possible. It is necessary that the public at large know something about the food which they daily consume. No problem is of more importance. All technical matter such

PREFACE

as chemical equations and nomenclature which the average reader cannot understand, unless he has taken a course in chemistry, has been omitted.

This book is not intended to replace the large reference works on foods, nutrition or economics, but if the writer has stimulated interest for further study, he has been amply repaid for his effort.

THE AUTHOR

Topeka, Kansas
July, 1916