

**WOMEN'S EDUCATIONAL AND  
INDUSTRIAL UNION, BOSTON,  
DEPARTMENT OF RESEARCH.  
STUDIES IN ECONOMIC RELATIONS OF  
WOMEN, VOL. X; THE FOOD OF  
WORKING WOMEN IN BOSTON**

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**LUCILE EAVES**

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<sup>1</sup> Longmans Green & Company, Publishers, New York City.

<sup>2</sup> Published as "Bulletin No. 2" of the Association of Collegiate Alumnae.

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STUDIES IN  
ECONOMIC RELATIONS OF WOMEN

VOLUME X





**The Commonwealth of Massachusetts**

STATE DEPARTMENT OF HEALTH

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**THE FOOD OF WORKING WOMEN  
IN BOSTON**

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AN INVESTIGATION BY THE DEPARTMENT OF RESEARCH  
WOMEN'S EDUCATIONAL AND INDUSTRIAL UNION, BOSTON

LUCILE EAVES, Ph.D., Director

*IN CO-OPERATION WITH THE STATE DEPARTMENT OF HEALTH*



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## P R E F A C E .

This investigation of the food of working women in Boston was suggested by Dean Sarah Louise Arnold of Simmons College, who was serving as chairman of a committee appointed by the Massachusetts Conference of Charities and Corrections to consider ways of assisting women employed in Boston and living away from their families. Several previous investigations had supplied information about lodging, but there were no available data which would show whether such women were obtaining nourishing food at a price adapted to their incomes. The State Department of Health, in conference, expressed an appreciation of the social significance of the subject, and accepted the co-operation of the Research Department of the Women's Educational and Industrial Union, and were willing to assist in placing the results of such a study before the public.

It seemed peculiarly appropriate that the Women's Educational and Industrial Union should undertake such an investigation, because the topic is intimately related to its past heritage and present activities. Several of the pioneer enterprises of Mrs. Ellen H. Richards, which established Boston's claims to leadership in the efforts to promote the practical applications of dietary knowledge, are now being carried on by the Union. The most notable of these are the New England Kitchen, which was established in 1890 for the purpose of demonstrating methods of supplying attractive and nutritious food at moderate prices, and the luncheons for high schools which were started in 1894 as the first American effort to deal in a scientific way with the nourishment of school children.

It is evident that the information sought in this investigation is of fundamental importance in the formation of plans for the realization of the aims of the Union, namely, the promotion of the best practical methods for securing the educational, industrial and social advancement of women. In pursuance of these aims there has been much co-operation in public health activities and in efforts to secure legislation beneficial to working women. However, social obligations for the protection of the health of the future mothers of the race do