

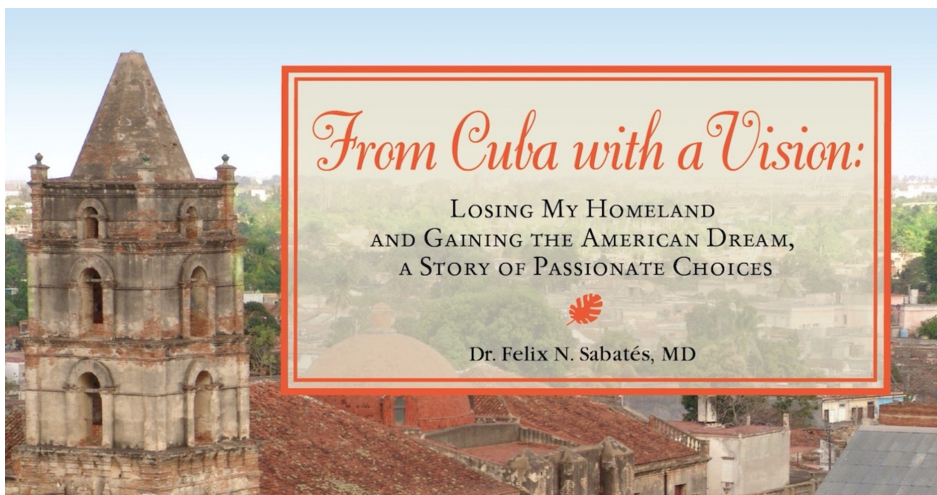
September 2017

Dr. Felix Sabates, Sr. to Discuss *From Cuba with a Vision: Losing my homeland and gaining the American dream, a story of passionate choices*

On **Tuesday, September 26 at 6:30 p.m.**, the National Archives at Kansas City will host **Dr. Felix Sabates, Sr.**, author of *From Cuba with a Vision: Losing my homeland and gaining the American dream, a story of passionate choices* who will join Erik Bergrud, associate vice president for external relations at Park University, for a public conversation about this book. A free light reception will precede the program at 6:00 p.m.

Sabates is a professor and founding chairman of the Department of Ophthalmology at the University of Missouri – Kansas City School of Medicine/Eye Foundation of Kansas City and Sabates

Eye Centers. In 1960, a Cuban ophthalmologist named Felix Sabates was completing his medical training in Boston and looking forward to a bright future in Havana when he received a



telephone call that destroyed his dreams. "You can't come home," his father said. Fidel Castro had seized power in Cuba the year before and was now clearly imposing a communist dictatorship. Sabates found himself stranded in a foreign country, an accidental immigrant with no money, broken English, and a young family to support. Cuba's loss was America's gain. In his own words, Sabates recounts the story of his early days growing up in a close-knit family in the tropical homeland that was stolen from him and his courageous and passionate pursuit of a new life in the United States. His remarkable journey began with acquiring citizenship through an act of Congress just days before the failed Bay of Pigs invasion. Sabates quickly rose to the top of his field, gaining a reputation as one of the top eye surgeons in the world. Perplexed at first by the unwritten cultural rules of his adopted home, he set out to "infiltrate" Kansas City society and put the tools of capitalism to work advancing his vision of providing top-quality eye care for all, including the city's most indigent citizens. Sabates provides an intimate and engaging behind-the-scenes look at a stunning Kansas City success story and a shining embodiment of the "American Dream."

Copies of Sabates's book will be available for purchase and signing. Reservations are requested for this **free program** by calling 816-268-8010 or emailing kansascity.educate@nara.gov. Requests for ADA accommodations must be submitted five business days prior to events.

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Upcoming Events

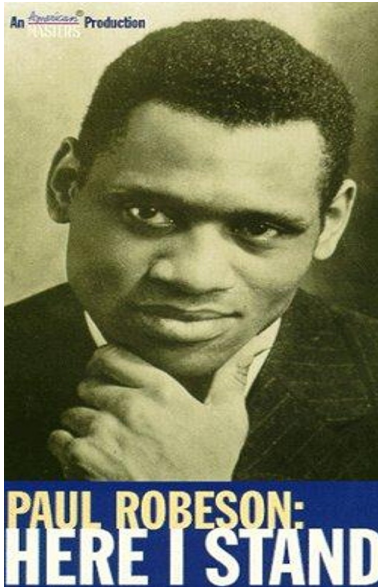
Unless noted, all events are held at the National Archives
400 W. Pershing Road
Kansas City, MO 64108

- **SEPT. 11 - 6:30 P.M.**
FILM SERIES: *PAUL ROBESON: HERE I STAND**
- **SEPT. 12 - ALL DAY:**
FACILITY CLOSED
- **SEPT 12 - 5:00 P.M.**
DINNER AT THE SQUARE STUDENT EVENT*
- **SEPT. 13 - 7:00 P.M.**
CONSTITUTION DAY LECTURE*
- **SEPT. 26 - 6:30 P.M.**
AUTHOR EVENT: *FROM CUBA WITH A VISION*

*DENOTES EVENT IS OFFSITE.

2017-2018 Film Series in Partnership with American Jazz Museum and the Greater Kansas City Black History Study Group

The National Archives at Kansas City, in collaboration with the American Jazz Museum and the Greater Kansas City Black History Study Group, will offer a free film series beginning in September 2017 and continuing through May 2018. All film programs are **free** to attend and will include post-film discussion with local scholars.



Films will be offered monthly at either the National Archives at Kansas City, 400 West Pershing Road, Kansas City, Missouri; or at the American Jazz Museum, 1616 East 18th Street, Kansas City, Missouri.

A free light reception will precede each film at 6:00 p.m. **Film start time is 6:30 p.m. for all locations.**

Monday, September 11 at the American Jazz Museum Atrium **Paul Robeson: Here I Stand (1999)**

This PBS American Masters film presents the life and achievements of an extraordinary man. Athlete, singer, and scholar, Robeson was also a charismatic champion of the rights of the poor working man, the disenfranchised, and people of color. He led a life in the vanguard of many movements, achieved international acclaim for his music, and suffered tremendous personal sacrifice. His story is one of the great dramas of the 20th century, spanning an international canvas of social upheaval and ideological controversy. The film is directed by St. Clair Bourne and narrated by Ossie Davis. Reservations are requested for this **free program**, RSVP [here](#).

Constitution Day Lecture in Collaboration with Park University

On **Wednesday, September 13 at 7:00 p.m.**, the National Archives at Kansas City, in collaboration with Park University will host **Dr. Allan W. Austin**, professor of history at Misericordia University in Dallas, Pennsylvania, who will discuss ***Ambassadors of Goodwill: Japanese-American Student Resettlement during World War II***. The **free** public lecture will take place on the campus of Park University, 8700 NW River Park Drive, Parkville, Missouri, in the Graham Tyler Memorial Chapel. Reservations are not required.

Dr. Austin's lecture will focus on Japanese-American college students who faced a series of crises after Japan's attack on Pearl Harbor. The lecture will explore the ways in which the students responded, thinking about the short and long-term implications for both the students and the wider American society. This year marks the 75th anniversary of Executive Order 9066 signed by President Franklin D. Roosevelt on February 19, 1942, which authorized the incarceration of Japanese-Americans (as well as German-Americans and Italian-Americans) to concentration camps. Austin is an immigration historian with a primary focus on investigating the contested meanings of race and American identity, especially in the 20th century United States. He has explored these issues in his books, including *From Concentration Camp to Campus: Japanese-American Students and World War II*. Austin earned his doctorate degree from the University of Cincinnati, and both his bachelor's and master's degrees from Bowling Green State University. *This program is presented in partnership with Park University.*

One Day Facility Closure on Tuesday, September 12

On Tuesday, September 12, 2017, the National Archives at Kansas City will be participating in a "Stand Down Day." The Stand Down Day will be devoted to staff training and project work. Regular hours of operation will resume on Wednesday, September 13.

Regular facility hours are 8:00 a.m. to 4:00 p.m., Monday through Friday.



National Archives and American Public Square to Offer Student Workshop

The National Archives, in partnership with American Public Square, will offer a free student-only event for high school debate students in the Kansas City metro area on **Tuesday, September 12 at 5:30 p.m.** More information is below. **Reservations are required** by calling 816-235-5067.



Dinner at the Square with Metro-area Debate Students

September 12, 2017
at the University of Missouri, Kansas City

Debate students and coaches! Join us as a panel of experts have a conversation about the 2017-2018 national debate topic and take questions from the audience.



Resolved:

The United States federal government should substantially increase its funding and/or regulation of elementary and/or secondary education in the United States.

Panelists

Matthew Katz (UNO Charter School Network)
Michael McShane (Show-Me Institute)
Lorén Trull (UnidosUS, formerly NCLR)
Sandra Walker (Teacher, Lawrence Public Schools)

Schedule of events

3pm UMKC campus tour
5pm Dinner at Pierson Hall
5:30pm Program & panel discussion
7:30pm Program ends - depart UMKC

American Public Square is a nonprofit, nonpartisan organization that is changing the tone and quality of public discourse by bringing together non-like-minded people to create a forum for fact-based, civil conversation about national, regional, and local issues.

At this event, Metro-area debate students will share a meal and conversation, and they will engage with a panel of national and local education experts with diverse points of view.

KCPT's Nick Haines will moderate the discussion. KCUR's Stephen Steigman, roving reporter, will prompt students to ask questions and challenge stated facts.

For more information, please visit
<http://www.americanpublicsquare.org>.

*Seats are limited.

*Please call (816) 235-5067 to make a reservation for your team.

*A transportation allowance is available to participating schools.

Sponsored by the
Ewing Marion Kauffman Foundation
in partnership with **DEBATE-KC** and **KCPT**



Image of Schofield Hall © UMKC used with permission

Hidden Treasures from the Stacks

The War Emergency Food Survey Dietary Survey

Editorial note: In 2017, the United States will commemorate the 100th anniversary of its involvement in World War I, known as the Great War. Throughout 2017, in each issue of this monthly newsletter, the National Archives at Kansas City will highlight materials from our holdings that illustrate various aspects of the war - either on the home front or abroad.

In the May issue of this newsletter, records from the U.S. Food Administration were featured specifically highlighting the role the agency played during World War I. The Food Administration regulated the supply, distribution, and conservation of food to ensure there would be enough food resources to aid the war effort. While the Food Administration was heavily promoting the idea of food conservation and rationing to the American public, the Office of Home Economics within the Department of Agriculture was studying what Americans were eating to better understand exactly how to support the war effort.

From 1917 - 1919, the Office of Home Economics conducted the War Emergency Food Survey across America to gather information “regarding the dietary habits and needs of the different classes of the populations.” The purpose of the survey was to “determine the most rational course to pursue in the utilization of the food supply of the country.” The Office of Home Economics employed over 1,000 investigators throughout the country to gather data for the survey. They emphasized to the investigators that by doing this work they would be performing a “real patriotic service of great importance.” Families and institutions from all over the United States participated in this survey. The investigators were instructed to select families that would represent a typical diet of the majority of their community using an average family income. The subjects were supposed to depict all economic groups, ethnicities, and races.

For one week all food eaten by each member of a household was weighed and recorded in charts provided by the agency. Investigators would set up an initial meeting with the homemaker of each household to gather basic biographical information (gender, age, weight, place of birth, general health, occupation, income, and ethnicity) for each person living in the home and also of any guests staying in the home. They would also try to obtain typical meal menus for two days. Each family was assured that their names would not be included in the study and that by cooperating they were providing an important national service to their country.

During the week of January 18-25, 1919, the Bouck family tracked everything they ate on their farm outside of Mason City, Iowa. At the beginning of the week, the investigator, Helen Burling, and Mrs. W.E. Bouck conducted an inventory of all the food in the house, including the weight and price of each item. They did the same inventory at the end of the week. Investigator Burling visited Mrs. Bouck each day to record any food the family purchased and which foods the family ate. Mrs. Bouck also had to save any food waste. That food waste then had to be divided into edible and inedible food waste (i.e., bones, etc.) so it could be weighed and recorded. When the week was over, Investigator Burling completed a large chart that listed every type of food the family ate during the week with the cost and weight (in grams) of each item. She then calculated the percentage and weight of the amount of protein, fat, carbohydrates, total ash, calcium, iron, phosphorus, and fuel value for each food and record those values.

Investigators did not only survey single family households. They also surveyed many institutions across the country, including fraternities, sororities, and boarding houses. Unfortunately the results of these studies are not included in the Office of Home Economics archival documents, but the records do include all the charts from each household and institution. Copies of the documentation for the Bouck family and the Thompson family from Wayne, Nebraska, follow on pages 5-7.

For more information about these and other records from RG 176, Records of the Bureau of Human Nutrition and Home Economics, please visit the [National Archives Catalog](#).

National Dietary Study - Family Record.

Date *Jan. 1919.*

Address <i>Miss M. E. Bouck</i> State <i>Iowa</i> Town <i>Mason City</i> County <i>Cerro</i>				State whether Rural or Urban		Approximate population if urban.	
Name of Family <i>M. E. Bouck, R. 5</i>				Date Beginning <i>Jan 18</i> supper.		End <i>Jan 25</i> with dinner	
Total Family Income				Nationality <i>American</i>			
Name of Investigator <i>Helen Burling</i>				Address of Investigator <i>Mason City, Iowa</i>			
Members of Household.	Sex	Age	Approx. Weight.	Place of Birth	Health	Occupation	Total number of meals away from home during the week.*
1.	<i>male</i>	<i>43</i>	<i>180</i>	<i>Ill</i>	<i>good</i>	<i>Farmer</i>	<i>One</i>
2.	<i>female</i>	<i>41</i>	<i>145</i>	<i>Ill.</i>	<i>good</i>	<i>farmer's wife</i>	
3.	<i>male</i>	<i>16</i>	<i>130</i>	<i>Kansas</i>	<i>good</i>	<i>school</i>	<i>One</i>
4.	<i>female</i>	<i>13</i>	<i>115</i>	<i>Mich.</i>	<i>good</i>	<i>school</i>	
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
Guests	Sex	Age	Approx. Weight.	No. of meals with family.	Were regular or more elaborate meals served.		
1.	<i>male</i>	<i>16</i>	<i>120</i>	<i>1</i>	<i>an average or almost</i>		
2.							
3.							
4.							
5.							
6.							
*i.e., Meals eaten from other than household supplies.							
1. Did family follow ordinary routine? <i>yes, but weeks differ in certain foods, last week we used pork chops, beef steak and 1 qt oysters, this week we will use more of other foods.</i>							
Remarks - i.e. Conditions influencing food habits as health, meals omitted, etc.							

Return to Office of Home Economics, U. S. Department of Agriculture,
States Relations Service, Washington, D. C.

Above: Biographical information of the Bouck family of Mason City, Iowa, January 1919. National Archives at Kansas City, Record Group 176, Records of the Bureau of Nutrition and Home Economics, War Emergency Food Survey, 1917-1919. National Archives Identifier 16962785.

Name *Mrs A. C. Thompson* Daily Record I Date *Nov. 19.*

No.	Food	Kind and Description	Wt.		Cost		Waste	Refuse
			lb.	oz.	\$	¢	Edible but not eaten	Inedible
							WT.	Cause and Disposition
1	Meat	<i>Trimmed Pork, Fresh H.P.</i>	1	3	25	✓	0	0
2	Lard and similar animal fats	<i>From Pork.</i>					0	0
3	Poultry (whole or drawn)							
4	Fish and shell- fish	<i>1 salmon.</i>	1		20	✓	0	0
5	Eggs							
6	Butter and other fats used like butter	<i>H.P. 1/4</i>			10	✓	0	0
7	Cheese							
8	Milk (whole, skim- med buttermilk, dry or condensed)	<i>5 qts skimmed H.P.</i>			07	✓	<i>2 gals cat dog</i>	0 ✓
9	Cream-Ice Cream							
10	Wheat flour							
	White	<i>white.</i>	1			✓	0	0
	Graham							
	Entire(whole)							
11	Wheat prepara- tions, such as breakfast foods, bran, etc.							
12	Macaroni and other pastes							
13	White bread and rolls(not homemade)							
14	Crackers							
15	Cake, cookies, crul- lers, doughnuts, pies etc. (not homemade)	<i>cookies.</i>	3		5	✓	0	0
16	Breads other than wheat							
17	Corn meal, popcorn, grits, hominy, samp.	<i>corn meal</i>	1	2	10	✓	0	0
18	Other corn break- fast foods.	<i>corn Flakes</i>	1			✓	0	0
19	Oatmeal and other oat breakfast foods							
20	Rice (white, brown, puffed)							
21	Rye, barley, buckwheat							

Return to Office of Home Economics, States Relations Service,
U. S. Department of Agriculture, Washington, D. C.

DIETARY STUDY NO. 186

Address Lowell Mason City Rural Date Jan 18-25 1919
 Name of number W. E. Bouck R. 5 Income _____

FOOD	COST		WEIGHT Grams	WEIGHT per man per day Grams	PROTEIN		FAT		Carbohydrate		TOTAL ASH		CALCIUM		IRON		PHOSPHORUS		FUEL VALUE Calories	
	\$	Ct			%	Grams	%	Grams	%	Grams	%	Grams	%	Grams	%	Grams	%	Grams		%
HP Chicken skin	1	25	1841		12.7	256	12.3	230			.7	13								
HP Rabbit	40		1389		21.2	294	11.0	14			1.3	18								
Total Meat	1	65	3260			550		244			3.1	1052		319		1.150	10825	1.078	5.929	
Total Fish																				
HP Milk skinned	57		9270		3.4	315	.3	28	5.1	473	.7	65	.122	11309		.00225	20232	.096	8.899	eccaplo
HP Cream 30%	1	03	2925		2.3	53	31.0	721	3.5	81	.5	12	.086	2000		.0022	2051	.067	1.658	ecm
HP Buttermilk	03		454		3.0	14	.5	2	4.2	22	.7	3	.105	477		.0022	2051	.097	440	ecm
HP Cheese	05		454		22.8	131	25.9	163	.3	1	2.4	15	.931	423		.0013	2059	.628	3.101	ecm
HP Butter	2	54	1758		1.0	18	22.0	1442	-	-	3.0	53	.015	264		.0022	2035	.017	2.299	ecm
Total Dairy	4	16	14261			531		2356		577		148		14473			.0358		14.297	ecm
HP Lard	09		113		-	-	100.0	113	-	-	-	-	-	-		-	-	-	-	ecm
Total Fat	2	63	1871			18		1555						264			.0035		.299	ecm
H.P. Eggs	1	08	904		11.9	108	9.3	84	-	-	.9	8	.059	535		.0027	2275	.160	1.451	ecm
Total Eggs	6	98	18541			1189		2797		577		187		15327			.1458		21.677	ecm
HM Biscuits	1	20	5642		9.2	519	1.3	73	53.1	2996	1.1	62	.027	1523		.0009	2508	.093	5.247	ecm
HM "dry"	02		747		9.2	16	1.3	2	53.1	90	1.1	2	.027	246		.0009	2015	.093	1.58	ecm
HM Biscuits	04		142		8.7	12	2.6	4	55.3	79	.5	1	.060	285		.0005	2007	.075	1.07	ecm
Total Cereals	22		1482		9.8	47	9.1	44	73.1	352	2.1	10	.022	106		.0005	2072	.102	2.92	ecm
Quaker	35		1847		10.0	125	9.4	117	72.8	920	1.4	17	.040	499		.0005	2037	.246	3.068	ecm
HP Corn natural	21		907		9.2	43	1.3	12	53.1	482	1.1	10	.027	247		.0009	2082	.093	2.44	ecm
HP Corn meal	22		917		6.4	6	1.3	1	73.9	79	.5	1	.060	285		.0005	2007	.075	1.07	ecm
Total Cereals	2	40	9305			875		284		5481				2638			.0913		10.253	ecm
Constance	03		85		-	-	-	-	90.0	77	0.2	-	.018	215		-	-	.058	1.049	ecm
Total Starch	03		85		-	-	-	-		77		-		.015		-	-	-	.049	ecm
Sugar gran	55		2098		-	-	-	-	100.0	2098	-	-	-	-		-	-	-	-	ecm
Sugar	10		454		-	-	-	-	100.0	363	-	-	.051	232		-	-	.011	1.50	ecm
HM Candy	15		113		-	-	-	-	96.0	108	-	-	-	-		-	-	-	-	ecm
Total Sugar	80		2665		-	-	-	-		2569		-	-	233		-	-	-	.050	ecm
Asparagus	20		255		1.8	5	.2	1	3.3	8	.7	2	.025	264		.0010	2026	.039	0.99	ecm
HP Potato white	33		6804		1.8	122	.1	7	14.7	1080	.8	54	.011	748		.0010	2680	.046	3.130	ecm
HP "cald"	03		624		2.5	16	.1	1	20.9	130	1.0	6	.014	287		.0013	2081	.058	3.62	ecm
HP Beans baked	10		454		6.9	31	2.5	11	19.6	89	2.1	10	.046	209		.0021	2095	.449	6.76	ecm
HP Corn canned	30		964		2.3	27	1.2	12	19.0	183	.9	9	.032	308		.0007	2067	.112	1.88	ecm
Beans	25		899		3.6	32	.2	2	9.8	86	1.1	10	.016	171		.0008	2070	.062	5.45	ecm
Sour Kraut	15		454		1.7	8	.5	2	3.2	17	5.2	24	.045	204		.0011	2050	.029	1.32	ecm
HP Beef pickle	20		539		2.3	12	.1	1	7.4	40	1.6	9	.029	156		.0006	2032	.039	2.10	ecm
HP Cucumber	15		454		.5	2	.3	1	2.7	12	3.6	16	.020	291		.0002	2009	.023	1.04	ecm
Total Vegetables	1	71	11427			255		38		1565		140		2008			.1110		6.338	ecm
Banana	60		2438		.8	20	.4	10	14.3	349	.6	15	.006	146		.0004	2098	.020	4.88	ecm
Orange Fruit	30		1401		.4	7	.1	2	8.9	151	.3	5	.014	238		.0003	2034	.013	2.21	ecm
Pears	15		744		2.3	18	.2	2	68.5	544	3.1	25	.038	461		.0019	2151	.119	9.45	ecm
HP Apples Canned	25		936		.2	2	.8	7	37.2	348	.7	7	.005	247		.0003	2028	.007	0.66	ecm
HP Wild plums	30		2268		1.1	25	.1	2	21.1	479	.5	11	.010	227		.0003	2068	.011	2.49	ecm
HP Apple butter	10		454		.5	2	-	-	47.2	214	.6	3	.001	205		.0003	2014	.011	0.50	ecm
HP Prunes	25		567		.6	3	.1	1	84.5	479	.3	2	.002	211		-	-	.014	0.79	ecm
HP Ground cherry	13		113		.7	1	.1	-	27.6	65	.7	1	.032	237		.0012	2014	.076	0.86	ecm
HP Raspberry jelly	15		113		.3	-	.3	-	63.8	72	.6	1	.014	216		.0003	2003	.002	0.09	ecm
Total Fruit	2	23	9384			78		46		2701		70		448			.0443		21.72	ecm
Total Veg Fat																				
Cocoa	03	03	27		21.6	12	28.4	10	37.7	21	1.2	4	.112	264		.0027	2015	.709	4.07	ecm
Total Fat	22		142		4.9	7	17.3	25	3.5	5	.5	1	.024	234		.0005	2007	.096	1.36	ecm
Total Veg Food	7	42	33065			1227		409		12419		326		6179			.2453		19.423	ecm
Total Milk Fat																				
Total Fat	2	63	1871			18		1255				48		264			.0035		.299	ecm
Coffee	20		224																	ecm
Tea	03		28																	ecm

Above: Dietary Study Chart of the Bouck family of Mason City, Iowa, January 1919. National Archives at Kansas City, Record Group 176, Records of the Bureau of Nutrition and Home Economics, War Emergency Food Survey, 1917-1919. National Archives Identifier 16962785.



GENERAL INFORMATION: The National Archives is open Monday through Friday 8:00 a.m. to 4:00 p.m. Closed on weekends and Federal holidays. Hours are subject to change due to special programs and weather. The National Archives is located at 400 West Pershing Road, Kansas City, Missouri, 64108.

The National Archives at Kansas City is home to historical records dating from the 1820s to the 1990s created or received by Federal agencies in Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, and South Dakota. For more information, call 816-268-8000, email kansascity.educate@nara.gov or visit www.archives.gov/kansas-city. Find us on Facebook www.facebook.com/nationalarchiveskansascity. Tweet us @KCArchives or #KCArchives. Find and follow us on Instagram at: [kansascity.archives](https://www.instagram.com/kansascity.archives).