

barley seems to be pretty hard to manage. About 35 per cent of all substitutes- seems to me about the proper thing to aim St.

Mr. Richards: Doctor, this quarter the substitute is arranged on 25 per cent quota only. There is encouragement to believe that the government will bring it down by the first of September to 20 per cent.

Wm. Hoppenrath, Willmar State Asylum: I have been at the Willmar institution for the past three and a half years, and during that time have had much experience in bread-making. I had fairly good luck with my breads and cakes until the war flour came on. Then, by a few trials of the different substitutes, I found that about 25 per cent of cornmeal and rolled oats mixed with 75 per cent of the white war flour gave the best results. Therefore I am using this proportion for my white bread.

In my brown bread I am using Red Dog flour and cornmeal mixed about fifty-fifty and steamed for four hours in tin. moulds.

In my corn bread I use three different flours, Red Dog, cornmeal and white, in equal parts.

For gingerbread and cakes I use about 35 per cent of the Red Dog flour, and find that this makes a very nice spiced cake or gingerbread.

I have tried barley in many different ways, but the best place to put it is in the gravy for thickening. By making a good, strong stock, it makes a fairly good-tasting gravy, and as we use a large quantity of gravy there is considerable barley flour consumed, and by counting all our cereals we are keeping up the fifty-fifty basis pretty well.

Mr. Wheelock: I think this has been very valuable and the summing up of the whole situation is that we are discussing a condition that is absolutely abnormal, unnatural. War conditions cannot be argued along any line of logic. We have got to meet them. The boys across are up against things which they cannot argue about. I am glad the question has been opened up as far as it has.

So far as any suffering is concerned, you have only to convince the Board that there is danger of that, and we will go the outside limit to guard against it.

Certain things can be done; we have demonstrated that. They may not be easy to do, they may not be comfortable to do, but they have still got to be done in the same spirit in which they already have been done.

Under date of August 13, Ralph W. Wheelock, Chairman of the State Board of Control, wrote the following letter to Otto W. Davis, Chairman of the Committee on Social Legislation:

"I inclose a summary of the Board of Control's proposed program in connection with the further care of the feeble-minded and epileptics in this state. Consideration of this matter has been unavoidably delayed by reason of the extra duties imposed upon the Board in connection with the preparation of its general budget for the coming session of the legislature.

"We trust that these suggestions may appeal to your Committee, and assure you of our appreciation of your proffered assistance in creating public sentiment."

SUMMARY

Separation of epileptics from feeble-minded.

Establishment of a colony for feeble-minded males and a colony for epileptic males in northern Minnesota on state lands; these colonies to be under the general supervision of the state institution at Faribault; at least, in the beginning.

Appropriation of \$150,000, more or less, for construction purposes, equipment, etc., at two new colonies. Simple buildings to be used. Epileptic colony to house 100. Feeble-minded colony to house 250.

Appropriation of \$25,000 for use of Board in caring for feeble-minded committed to its care, who are not institution cases, or for whom there is no room in institutions. This fund to take care of field work, also, among the feeble-minded as distinct from research work. Two field workers to be regularly employed, one of whom is also to be an expert psychiatrist who could be regularly employed for examinations requested by committing judges. Field work to continue under supervision of the Bureau of Child Welfare, as at present.

Appropriations to round out and complete Faribault institution.