

Bakery.

The baker is handed a list once a week instructing him what to bake each day. We serve bread three times a day—white, rye, or graham. Each evening for supper we have something special, such as cookies, coffee cake, gingerbread, Boston brown bread, or corn cake; and as a rule we have pie once a week. The bakers deliver the bread to the different dining rooms twice a day—morning and evening. Bread is baked every day. This bread is put on racks to cool, and then put on racks in an air-tight bread room to keep it fresh.

Pancakes.

There is no reason why we should not have pancakes of some kind for all the patients, and yet it is a hard task to have them for the simple reason that there are no good facilities for baking them. If we wish to have them we must use griddle irons on the top of the range and that prevents our using the stove for any other purpose for the time being. Furthermore, they require an extremely hot fire. If we had a place built on one side of the kitchen purposely for this work, with gas or electricity to furnish the heat, there is no reason why we could not bake as many or as few as we wished at any time. It would require a space only about six or seven feet long and about three and a half or four feet wide, with a steel plate on top, and be ready for use at any time.

Preserving.

Canning and preserving is a work almost by itself. There ought to be a special place for this purpose, as it is almost impossible in the fall of the year for the cooks to put up all of these different things as often we are short of help. Most of this work has to be done within a short period of time. We have put up as much as three hundred gallons of different kinds of jellies in the fall. Then comes pickling of apples, mixed pickles, and canning tomatoes which require considerable time and work. We also put up many barrels of sauer kraut in the fall. Then there is like catsup to be prepared, and barrels of chow chow, as we use all the green tomatoes left in the garden in the fall. This work continues until the first heavy frost.

Cider, Vinegar, Sorghum.

We ought to have a cider press to make our own cider and vinegar, as we have an orchard of 1,200 trees, and there would be an abundance of apples which would be good for cider and vinegar, but good for no other purpose. There is no reason why we should not be able to make our own sorghum, and we could have a better quality than anything in that line that we buy. It would be good for table use and for baking purposes.

Scrap Bread.

Scraps of bread that are good and clean are always saved and used in many ways. A great deal of it we dry to a crisp in the oven, then put it through an Enterprise cutter which grinds it to a powder. We use a great deal of this in Hamburger steak to prevent it from becoming too solid; and also some of it mixed with mashed potatoes and chopped meats in hash made for a certain class of patients.

Soup Diet.

We prepare a food for patients who bolt their food. It is practically a whole meal in itself. The stock is made in one large kettle kept boiling at a slow temperature for twenty-four hours; it is drawn and put in another kettle, then chopped vegetables of different kinds are added, also some peas, beans, or rice, and ground meats; then it is cooked twenty-four hours more so that it is thoroughly cooked, and easily digested.

Night Cook.

There are from twenty to twenty-five night nurses, a fireman, and an electrician for whom the night cook prepares a warm meal at midnight.

Miss Bernice A. Parshall, School for the Blind: I represent a small institution, the School for the Blind, Faribault, and I feel very insignificant when I consider that I represent a family of but one hundred and forty when I hear others talking about families of fifteen hundred; when I hear them talking about a thousand cases of eggs, while I am in the habit of having but one case of eggs.

Although the papers dealt with pretty big numbers for us, I found a great deal that is of interest and that will be of benefit to me; but I think that in some ways the problems of the small institution are greater than those of the large institutions, because we cannot specialize. We are obliged to have a cook who can cook meats, who acts as our pastry cook, and has to do everything of that sort, and in some ways the small institution's problems are greater than those of the large institution. I think we conform just as far as we can to the methods of the big institutions, and everything works very satisfactorily under them.

Mrs. Nellie P. Woodruff, School for the Deaf: I came here today to learn, and I have learned many things; some things that are going to help me in my work. I represent a family of about three hundred and fifty, and that is a small family compared with these where they have chefs and cooks that are experienced in their work. We in the small institutions have to get along with inexperienced help. The help question is the crying need in the small institutions. I have to go from one cook to another and instruct and help. One day when he saw me washing a dishpan, Dr. Tate said, "What are you doing that for, Mrs. Woodruff?" I have to do it, to see that it is done right.

We heard about food distribution and preparation for all classes of people, but nothing has been said about the growing boy or girl of from eight to twenty-eight, who is hungry and has a finicky appetite, whose plate is returned to the kitchen with half of the food untouched, and that is the problem that appeals to me today. The waste question is a problem. I do not know what to do with what is left on the plates. However well we try to prepare the food, much is left on the plates. Each family in each institution has its problems to solve, and these discussions are of much help, of course, and I am glad to be here.

Dr. Rogers: I am just going to explain that the reason why I have asked several questions about how long things could be kept after preparation is because our problem is rather peculiar. As most of you know, we have succeeded in instituting our central kitchen, which involves the distribution-of food for a distance of half a mile, and I guess this is the only

institution in the state that has the food carried by wagon. Our wagon will carry, when it is loaded to its full capacity, two tons of food. We have distributed it this winter during the cold weather and the deepest mud that ever comes to our vicinity, and the problem seems to be solving itself very nicely. There is no difficulty, whatever, in transporting the bulk food, in keeping it in nice shape, and it is served at the Dairy Farm Colony, a little over half a mile from the central kitchen, in excellent condition. I happened to be there with a physician from Iowa a few days ago just at the moment the farm boys had had their dinner served. It was smoking hot and she—it was a lady physician—was surprised to find it was in such fine shape. There is no trouble about bulk food, the plainer varieties. Of course, there are some troubles intrinsic with the system. This question of tea—we have found we cannot transport tea unless it can be served at once. It takes about twenty minutes to get the food around to the different buildings. The service on the tables is in addition to that, so it is probably forty minutes from the time the wagon leaves the main kitchen before it is ready for the farm boys to sit down to.

I was quite interested in the griddle cakes. The question has been raised several times as to whether we could make them and have them transported to any distance. I think we shall try them since Mr. Miller has encouraged us.

There is a little difficulty in keeping family portions warm, and we have supplemented the service by steam tables, and with the exception of very few articles these steam tables allow us to have good service. I do think, however, that to have the family service exactly as it ought to be—and I speak of that simply because it involves small quantities—to have this ideally served, I presume we shall have to have some supplementary apparatus. They should be in a position to make their own tea. You can't have eggs served very well cooked in a central kitchen and carried any distance, except boiled eggs, and an egg keeps on boiling because it is a fireless cooker anyhow. There are little problems like that that will have to be worked out, and I believe that before we get through, by studying some of these problems, we shall succeed in having our service almost ideal in every respect.

I was perhaps led to work up this system because, as much as anything else, of the fact that where we had a number of scattered kitchens and found it difficult to secure good cooks—the problem that confronts all who employ cooks at all—the service would drop for certain classes of patients, so little care was often used in the service, especially for low-grade children. I found that the people who came in with us for a short time thought—that, their whole thought was, as it is in the public mind to a great extent, astonishing as that may seem, that anything is good enough for "those idiots." Now, with a central kitchen, everything is absolutely in the lime light, and I am very glad to say that we have never, in our twenty-five years' experience, had as good food, as well prepared and as well served, for the inmates, as it is today, and I feel that we have made a success of the system.

Mr. J. E. Barr, State Reformatory: I have not prepared myself with anything along this line. I did not know I was coming down here until a

few days ago, but I picked up a few notes here this morning that I might talk a little from.

I presume that our system of serving food in the reformatory is somewhat different from other institutions. In fact, our patients up there do not need a great deal of special diet, and we do feed them beans, and I think if Mr. Miller was up there he would find that we were pretty well supplied with beans. We have a good farm and we have beans for breakfast about four mornings each week. We find that pounding rock is a very good appetizer; the boys eat well. I have been there over five years and there has been only one death among the inmates in that time. That was caused by heart disease. Their general health is very good. They are all good, big eaters, and we aim to give them all they can eat so that they can do the work. We give them beans, plenty of vegetables, meat, and all the bread they want.

As to bread: There have been a few remarks made with regard to yeast. A great many use home-made yeast. I use compressed yeast. I do not say it is any better. I get equally as good results as I ever did from potato or hop yeast, and I have used both kinds. It might be a little more expensive. In a great many instances I have found that the bread had a more wholesome and sweeter taste. We use in the neighborhood of two hundred and fifteen barrels of flour each quarter. Some quarters we get flour that we have no trouble with and make good, light, wholesome bread out of it, every batch light and nice, while other quarters we find we have a little trouble. I think that the cause might be the flour. It may be the baker. I being the baker, am willing to take all the blame. I have always found that compressed yeast or yeast foam is all right. I have never had very bad results from it, and you are less apt to have sour bread than from the home-made yeast; at least, that has been my experience. Of course, as Mr. Miller said, that is all a matter of fancy. There are a great many opinions in regard to how to keep bread after it has been baked. Some say it is not good policy to wrap it in a cloth; that it retains gases which should not be there; gives the bread a bad taste; or it should not be put in an air-tight container. It should be allowed to cool thoroughly before being put in anything tight, and then be put in a box or cupboard built of tin or glass so that it will retain the moisture, not giving it a chance to dry out too much.

We are trying this year to get a small cannery started at our institution. I think we have an estimate now before the board allowing us a small canner, and we have some tin cans estimated for and expect to put up some of our fruits and vegetables in tins. I canned last year between four and five thousand quarts of fruits and vegetables, all put in glass cans waste, and often get broken, and I think in the end they cost more. By and jugs. Jugs and glass cans are very good, but oftentimes leak, causing the time you figure the loss in the fruit and vegetables and in the jugs and cans, it amounts to more than the tin cans will cost. We are going to try them, at least, and it is our aim to raise and put up all the fruit and vegetables we need at our own institution. Last year it was not necessary to buy any fruit at all for the officers. We succeeded in having enough of our own which I think was better, liked as well, and perhaps was more pure and wholesome.