

## FOOD SERVICE IN STATE INSTITUTIONS

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Madam Chairman, Superintendents of the State Institutions: Much can be said of the food service in an institution, and as each institution has its own problems, and as I have taken up these problems with each superintendent, I felt that more could be gained by a round-table discussion. But there are a few things I wish to bring up for consideration.

The balancing of the diet is very essential for, as has been said,

"We are all blind until we see  
That in the human plan  
Nothing is worth the making, if  
It does not make the man;  
Why build these cities glorious  
If man unbuilded goes?  
In vain we build the world unless  
The builder also grows."

We have an obligation toward the people in the various institutions, especially those caring for children, men or women who will go out to be useful citizens.

As yet we have not done as much toward balancing our diets as we should and hope to do, and when it is suggested that fresh fruits and vegetables, or even canned ones, be purchased and fed instead of so much macaroni, etc., it is not as a matter of variety alone, but as a safeguard to the health of the people concerned. During the summer months we do not have to worry so much, for we get enough of the vitamins and minerals from the vegetables and from the sunshine.

I mentioned variety. That is the second point that I wish to bring up. Recently an employe at one of the state institutions, in a discussion on the food, said to me: "When we come from the dining room after having had a good meal, we are happy; everything is rosy; but if the meal is not good, we are out of sorts." Possibly some will say that is somewhat exaggerated, but put yourself in his place. At some time each and every one of us has gone to a restaurant or hotel and been served a poor meal, and I am sure your attitude toward that place is not the best.

Many times we could give a variety to our meals without their costing more. Oranges at \$3.00 to \$3.25 for 200's means that each orange costs 1½ cents. For 60 persons that means 90 cents. Canned pears cost 42 cents a can. You would need at least two cans, which would cost 84 cents. That means a difference of six cents between the pears and the oranges. Besides being more satisfactory to the inmates, oranges give you substances that are quite essential in your diet.

There are many more instances of that kind that we could take into consideration. Just this past week I priced cauliflower, \$1.40 a crate. That would serve 80 people. That was the price of the larger size. It pays to buy the larger size as it does not have so many leaves. Of course

In this broad earth of ours,  
Amid the measureless grossness and the slag,  
Enclosed and safe within its central heart,  
Nestles the seed perfection.

Over the mountain growths' disease and sorrow,  
An uncaught bird is ever hovering, hovering,  
High in the purer, happier air.

Is it a dream?

Nay, but the lack of it the dream.

And failing it, life's lore and wealth a dream,  
And all the world a dream.

As I see it, the hope of the world, the hope of civilization, lies not only in each living generation, but in those members of the living generation who are aware of their responsibility to live in terms of disinterested public service. If one feels it, if only once in a while, as contact with Mr. Swendsen compelled one to feel it, then one can always go on and believe and be hopeful, determined that so far as in us lies the light entrusted now to our keeping shall not go out.

Mrs. La Du: On behalf of this group, Dr. Eliot, I want to thank you most sincerely for the inspiration which you have brought us. We, too, feel that a good man does not die.

This concludes our meeting for the morning. We will have luncheon together at the restaurant at the Capitol, after which we are to come back here for a round-table discussion on food service in state institutions. Miss Elizabeth McGregor, superintendent of the Gillette State Hospital and chairman of the program committee, will have charge of the meeting, and Miss Eda Ferbert, state dietitian, will lead the discussion. It is going to be extremely helpful and practical, and we hope that every one of you will be able to stay this afternoon. This afternoon's meeting is not for the public; it is for the institutional heads only.

## AFTERNOON

Mrs. La Du: This afternoon we are going to leave the program in the hands of the chairman of the program committee, Miss McGregor. Miss McGregor, will you take charge?

I want to express a word of appreciation and thanks for the splendid way that you superintendents are carrying on. We know that every one of you is making a special effort to relieve the Board of any unnecessary anxiety at this time while we have this extra responsibility of administration of the State Civil Works program.

Elizabeth McGregor, Superintendent, Gillette State Hospital: As you all know, we sent out questionnaires before this meeting. Answers were received from some of the superintendents.

We are going to hear from Miss Eda Ferbert, who has charge of that work at the state institutions.

you would have to pay the express on the cauliflower. Three cans of peas would mean about the same amount of money.

Fresh fruits and vegetables, as cheap as they have been for the past few years, would cost no more than canned ones unless you can them yourselves. Even if the fresh fruits did cost a few cents more, would they not be just as economical if satisfaction is to be considered?

Variety holds true in many other instances. Do not use the same kind of fish each week when other kinds are just as cheap. In one institution eggs were substituted for meat for the inmates at a cost of 3/5 of the cost of the meat. Besides, there was the pleasure brought to the inmates. Of course we have to take into consideration the season of the year, but make some provision for this in the estimates.

When I speak to some of the stewards about these matters, they say they have no money. Are stewards as cooperative with the kitchen as they might be, or are they anxious to make a name for themselves? Many times some of the articles suggested are purchased but kept in stock, sometimes so long that they become a complete loss.

Is the cook or the matron invited to come in and discuss with you his problems and troubles with regard to getting supplies?

Is the cook made to be on his toes and do the very best he can with what he has, or is he permitted to go on as he has for years past?

Is there the best cooperation between the farmer and the cook?

Does the farmer bring in his vegetables when their quality is best?

What method do you have of requisitioning and delivering the vegetables?

Along with variety and preparation comes serving. To me that is a very important point. No matter how well a meal is prepared, if it is not served with consideration, it is ruined. How much better a meal tastes in a hotel dining room than in a coffee shop or cafeteria, where the food is the same but the service is different!

Some time ago it was suggested that a pattern of dishes for all employes of all state institutions be chosen, using a Minnesota institution pattern, and that bids be received once a year; shapes, material, etc., to be specified so that all the dishes bought by any institution would be the same instead of finding four different green banded cups in one place, as I did at one institution. There is always a difference in the width of the hands on the dishes of the different manufacturers. Possibly a simple pattern of dishes, with definite shapes and weights, could be purchased for the inmates for little more than is paid at present.

In taking up the matter of dishes at one institution, it was thought impossible to use cups with handles in the employe's dining room because the breakage would be too great, but a pattern dish was purchased having cups with handles, and it has been found that, owing to the pride in having these lovely dishes, greater care is given them and the breakage is much less than when they used those heavy, plain white dishes.

The makers of enamel ware are coming out with a chip-proof ware. Last night, in reading the advertisement of one of the Minneapolis firms, I saw where there was to be a representative from one of the firms manufacturing the chip-proof ware at their store soon. I called up the head of that department, but she could not give me any information. She even had to look in the catalogue for the name of the firm manufacturing this ware. I have written the manufacturer for information on cups, bowls and plates. These would be superior to aluminum if they can be obtained.

In order to add variety to the diet, all that an institution cans will be of great help, as will also the making of pickles. In several institutions this year a greater variety of canned goods were prepared, and I have heard many favorable comments, especially on how they enjoyed the pickles or the relish.

It would be economical for an institution to install a pressure cooker for use in canning. Factory-size retorts holding 32 No. 10 cans may be obtained for around \$65. We all know this is considered the best and by many authorities the only safe method to use in canning vegetables. In buying cans, we should purchase the kind of can best suited to the food to be canned, whether it is a plain enamel, or a C-enamel can.

Some questions have been asked about equipment, but I shall not answer them at this time as they will be taken up in the round-table discussion.

This has been my first opportunity to thank the Board and the superintendents for the wonderful cooperation they have given me when I have been at the institutions.

Miss McGregor: If Miss Ferbert should be away for any length of time, I think we would all feel that our backbone was gone. Whenever we have any difficulty that concerns food, whenever we want any advice, we call on Miss Ferbert, and she is always there.

The first question we have today is, Are state institutions able to give to their inmates any fresh fruits and leaf vegetables during the winter months? If so, what kinds and how frequently?

Miss Ferbert: Canned spinach is not expensive. Of course in some of the institutions the quantity required is so great that I realize you could not use canned spinach. Then there is cabbage, apples, grapefruit, oranges—it depends on the type of institution. We must, of course, safeguard the health of the people. If we substitute some of the root vegetables, it is not so expensive.

Miss McGregor: When our patients ask for a special treat they ask for sauerkraut and spareribs.

The next question: How can we curb appetites for enormous amounts of bread, potatoes or other starchy foods of inactive inmates? If inmates do not have all the bread and potatoes they wish they claim they are hungry. This question was discussed in committee meeting. Miss Ferbert said to give protein food to satisfy the appetite.

The next question: Would it be possible for Miss Ferbert to collect recipes, have them mimeographed, and send them around?

Miss Ferbert: When at an institution I usually write out some new recipes that I have worked out for that particular institution, and I have made recipe boxes for most of the places. I leave the recipes with the cooks at the institutions. Any that I have I would be glad to give them.

H. A. Burns, M. D., Superintendent, Sanatorium for Consumptives: Frequently we have a change of cooks or dietitians and they usually take everything in the nature of recipes, etc., along with them. Wouldn't it be better if Miss Ferbert left the recipes with somebody else?

Miss Ferbert: Many of the recipes that I have are not suited, so far as quantity goes, for all institutions. Sometimes I work them out and tabulate them for 1800; again, for 1,000; and again, in small quantities, when I practice to see if it will work out for the larger institutions.

Dr. Burns: Does the dietitian have charge of the recipes?

Miss Ferbert: The person in charge of menu making has the recipes. In your case it is the dietitian, but in many other institutions it is the cook, because the cook is in charge and does the planning of the meals.

Miss McGregor: Dr. Burns, will you tell us what you consider the most effective method of garbage collection?

Dr. Burns: This is a very important problem with us. In the past and up to the present time our garbage has been collected at the diet kitchen and is taken down in G I cans to a garbage room in the basement and stored there in G I cans until taken out for disposition by a truckman. This method requires a permanent storage space. I raised the question whether it would be more sanitary if the garbage were collected direct from the diet kitchen and main kitchen, as close to the origin of the garbage as possible, and then removed to its place of disposition. I was wondering what methods of disposal other institutions had.

J. T. Fulton, Superintendent, State Training School for Boys: What is your method of disposal?

Dr. Burns: We have hogs. We burn unedible garbage in an improvised incinerator. It is the collecting rather than the disposition that interests us.

Miss McGregor: What do you do with your garbage, Mr. Fulton?

Mr. Fulton: We handle it in about the same way. We have a dumping place along the river where we have fires burning to dispose of the parts that cannot be fed to the stock in the hog yard.

M. R. Veyle, Superintendent, School for Blind: We have the most excellent system of garbage disposal of any institution in the state of Minnesota. It is collected by the School for Feeble-Minded. Dr. Murdoch has been our patron saint. He does many things for us that we couldn't do for ourselves. Our garbage is collected at the rear of the kitchen. Dr. Murdoch sends his truck over every morning and disposes of it by feeding it to the pigs.

Mr. Fulton: We find that if the garbage is left outside it freezes up. We try to keep it in a fluid state.

Miss McGregor: I shall have a little more on garbage later.

The next question: Are home-smoked pork products and corned beef as satisfactory as the same food purchased in the market? What savings might be expected by including this activity in the dietetic department? Dr. Patterson.

W. L. Patterson, M. D., Superintendent, Fergus Falls State Hospital: This brings up the old question of an institution purchasing its own cattle for beef, raising its own pigs, smoking its own hams or bacon, slaughtering cattle, making sausages and corned beef and making use of the by-products which the institution gets after slaughtering the cattle and hogs.

Since 1895 the institution has had a slaughter house, a cattle buyer, and its beef supply has been received entirely from its own slaughter house. None has ever been bought elsewhere. This method has been pursued for thirty-eight years, and it is now a very well regulated and economically managed affair. The equipment is ample and the methods pursued are as sanitary and efficient as those found in many small packing plants.

In order for an institution to maintain a slaughter house and supply itself with its own meat products, it is absolutely essential that in the surrounding country there be a proper supply of the right grade of cattle. It would be useless to have a slaughter house where there is nothing but dairy cattle to be purchased or where the beef cattle are of such high grade that it would not be economical to purchase them.

It appears that in the part of Otter Tail county in which we are situated there are large areas of low-grade land which can be used for pasturing cattle and where we can buy an average grade of cow at a low price. Unless this particular set of conditions exist, it would be quite useless to think of maintaining a slaughter house for carrying one's own beef.

The grade of cattle we have been buying for the last year or two has not averaged more than from one to two cents a pound on the hoof. This beef usually dresses to within forty or fifty per cent of its live weight. At the low prices paid for cattle within the last year or two, we feel that we have saved a good deal of money on our beef. After taking into account the overhead, including cattle buyer and the butcher and the tools used, we believe we are far better off than we would have been had we

purchased from one of the packing plants. We believe that we get on the whole a better grade of beef than we would have got had we patronized the packing house. We have had the use of all the by-products received without paying anything extra for them. We have very excellent ham, bacon and sausages.

We are so far away from any large packing plant that the freight would amount to considerable if we had to purchase in St. Paul. I hardly think that we will ever do away with our present method of handling our beef supply unless the kind of cattle we need disappear from the surrounding country. We are fortunate in being so favorably situated that we can supply our beef requirements in this manner and at the same time save the institution and the state some money.

**Miss Ferbert:** Just a little bit about meat. In most institutions they have good cured pork. Many of you will butcher your own pork because you raise hogs to get rid of the garbage. Some of the hogs are kept too long before they are killed. You remember the Indiana farmer who said his pigs would have been pigs longer if they hadn't made such hogs of themselves. Some of the hogs at the institutions have been hogs too long before they are butchered, consequently the ham and bacon are not so good as they otherwise would be. You possibly kill one or two at a time and serve spareribs, roast pork and pork chops. What is left is put into ham and bacon. Some of the pork has to stay in the brine so long it is tough and hard. I wonder if it wouldn't be better, the week you are going to make ham and bacon, to kill more hogs and smoke all that you can, even if you do not serve any fresh pork this week.

**Geo. H. Freeman, M. D., Superintendent, St. Peter State Hospital:** I was agreeably surprised to hear Dr. Patterson say he could earn any money killing cattle in his country, because I found out that at St. Peter we were paying \$5,000 a year for the privilege of buying cattle from the farmers in the community. It cost \$5,000 a year more than it did to have trucks bring the meat from St. Paul. Sometimes the meat was of a little better quality, but when we went into our situation there this is what we found. We were paying a cent, or three-quarters of a cent or a half cent over the market in order to have a supply of stock that would be ready for butchering. Of course we kept on with our killing of hogs because it seems rather convenient to do it. If you have to pay \$900 to \$1,000 a year for an extra man to attend to the butchering, and pay \$5,000 for a slaughter house and keep it sanitary, I should think the expense would eat up all the profits, and that it would be better to have a refrigerator that is capable of taking care of a train load of meat.

In Iowa they buy meat from large killing centers in carload lots and hang it in the refrigerator so that they have meat that is properly aged. If the meat is not aged, it is not good.

We do the smoking of hams and bacon, and I think we get quite a nice product, and we do kill quite a number of hogs at a time, but there is a limit to the number you can kill.

**Dr. Patterson:** I would like to say a word. There might be some question in some of your minds as to whether or not an institution loses or gains money by having a slaughter house and slaughtering its own cattle and hogs. The steward has gone into this matter very carefully two or three times in order to find out just what the cost was of maintaining ourselves in beef in this manner. From the figures presented it seemed quite evident that we certainly were not losing anything; if anything, we were gaining. During the last three years particularly, it seems quite evident that we have saved a large amount of money by buying our beef cattle and killing them.

Not long ago the state auditors were at the institution, and I asked them to check up on the slaughter house and see if they could determine what the cost of our beef was and whether or not we were making or losing money. They apparently went into the matter quite carefully, and their statement was that through our present methods we were saving a good deal of money on beef, and they advised us by all means to maintain and keep our slaughter house and present method of purchasing cattle. With no freight rates to pay and with cattle as low priced as they are now, it is impossible to lose money on buying beef. In addition to helping ourselves, we are also helping the farmers in the surrounding country because it offers them an additional cash market for their cattle, and very often they would rather bring them to the hospital and sell them than ship them away. They sometimes get more money from us than they would if they sent them to South St. Paul. It is worth a little to have the good-will of the farmers in the surrounding district.

**Miss McGregor:** Question: What grade of beef should we demand from our shippers?

**Dr. Freeman:** I don't know that we determine the grade of beef we are allowed. I think about the best we can hope to get is a fair grade of steer beef and a good grade of cow beef. If we think it is not up to grade, we should ship it back. If you are dealing with large buyers you have no difficulty at all, but if dealing with little firms you have to watch them. As soon as the big packer knows that you are going to insist on what was contracted for, you will get it without any difficulty.

I think the better grade of meat we buy, outside of the choice meat, is more economical than buying a cheap stock which consists mostly of bone and sinew and a large amount of waste. I think buying a good grade of meat and insisting on specifications being filled is the thing to do.

**Miss Ferbert:** The other day, in committee meeting, we were wondering whether or not the Veterans Hospital had a government inspector to inspect their meat.

I happen to know the dietitian at the Hospital, but I have not been able to get in touch with her, but I did get in touch with the purchasing agent, I believe it was. He said the Animal Bureau inspects all their meat. They grade all the meat and then send a copy of this letter of grading to the Veterans Hospital.

Possibly we could get more information concerning the workings of this Animal Bureau, and maybe we might be able to work something out for ourselves.

**Dr. Freeman:** It seems to me that a year or so ago I saw that an inspection of meat as to grade could be obtained for a very nominal fee. If we could get that it would eliminate our worries. If we were not satisfied with the grade we were getting, we could change the specifications. We would be assured of getting just exactly what we were supposed to be paying for.

**Miss McGregor:** One of the questions on grade of beef covered bacon. The answer to the question on beef would apply also to bacon.

**Mr. Fulton:** Does the purchasing agent buy the same grade of beef for all the institutions?

**Miss Ferbert:** I think not. Some buy Specification 1 and some Specification 2. There is that difference in the type purchased. But all the institutions who want Specification 1 can have it, and all those who want Specification 2 can have it.

When the meat is delivered there is nothing to indicate whether it comes under Specification 1 or under Specification 2, and we do not know whether we are getting Specification 1 or Specification 2. One would have to be an expert meat grader in order to tell whether it is according to specifications.

**Dr. Freeman:** I think we can get this grading. We are supposed to get No. 2 steer meat, but sometimes we get No. 3. That trouble would be eliminated if we had an expert grader.

**Mr. Veyle:** I hope your suggestions will be carried out so that we can get meat clearly marked. We will then know just what the specifications are and what the grade is.

**Mrs. La Du:** We will take that up with the purchasing agent.

**Mr. Veyle:** We have received a great deal of inferior bacon lately. I do not know whether that is singular with us or not. We have been sending it back.

**Miss McGregor:** It has a wholesome effect on any dealer to have goods returned.

**Mr. Veyle:** We sent one shipment back, then received two shipments which were very good. The next shipment was back to the old standard.

**Mrs. La Du:** They just wanted to see if they could catch you napping.

**Miss McGregor:** Dr. McBroom, what, if any, Minnesota grown apples are satisfactory for winter storage?

**D. E. McBroom, M. D., Superintendent, Colony for Epileptics:** I think Miss McGregor is calling on me because of the fertility of our soil, its great growing capacity. I stuck my foot in it the other day by saying we were planning on putting out some apple trees next spring.

The apple problem is about the same as the problem one faces in buying an automobile. Everybody has a different idea, but the consensus of opinion seems to be that the Wealthy is about as good an apple as is grown in this state. It is a more-or-less early fall apple, without particularly good keeping qualities, but it is good for both eating and cooking purposes.

Then there are the Greenings, which are a good keeping apple, a late apple, but particularly serviceable for cooking purposes only.

There has been a new apple developed at the Minnesota School of Agriculture, known as the Perkins. They say it is a beautifully colored apple, hard, has good keeping qualities, and is suitable for both eating and cooking purposes. They claim it is the best keeper of any of our home-grown apples.

**Mr. Fulton:** We store apples every year. We have quite a sizeable orchard at Red Wing. We have no difficulty in keeping the Wealthy apple until Christmas. The Greenings will keep until spring. They are the best keeping apple we have ever raised. We have quite a quantity of those apples stored at the present time, so much so that we have not been obliged to purchase in the market.

**Dr. McBroom:** Do you know anything about this Perkins apple?

**Mr. Fulton:** I do not know anything about it. I knew a Mr. Perkins who lived in Goodhue. He was a pioneer nurseryman and developed more than 100 varieties of apples.

**Mrs. La Du:** The trees were so heavily loaded at Red Wing this fall that all the branches had to be propped up. Beautiful apples. With the boys down there it is nice to have fresh apples until after the holidays.

**Miss Ferbert:** Dr. Murdoch, Mr. Cobb ordered a new kind of apple, a very good one, a new apple within the past few years. It will keep until April or May.

**Dr. James M. Murdoch, Superintendent, School for Feeble-Minded:** I think that is the Perkins.

**Miss McGregor:** What kind of onions have the other institutions found to be most satisfactory for winter storage, white, red or yellow globe?

**Dr. Murdoch:** With us the red ones are the best keepers.

**Galen A. Merrill, Superintendent, State Public School:** We find it so at Owatonna.

**Miss Ferbert:** I telephoned a firm in the Twin Cities yesterday, and was told that the Ebenezer was a long-keeping onion; that it is the best keeper they have. He said the yellow globe was considered the best keeper, but it does not seem to be the experience of the institutions. The red onions are stronger than the yellow and are not so sweet.

**Dr. Freeman:** We are coming pretty near cabbages. I should like to know if anybody has been bothered with yellow wilt. I have found out that in Wisconsin they have developed a wilt-resisting cabbage.

**J. J. Sullivan, Warden, State Prison:** Our cabbage got that way this summer.

**Dr. Freeman:** I will send you the address.

**B. F. Smith, M. D., Superintendent, Willmar State Asylum:** Why not send it to all of us?

**Dr. Freeman:** Our appropriation for postage is low.

**Wm. J. Yanz, Superintendent, Hastings State Asylum:** I will send you a postage stamp.

**Miss McGregor:** Miss Ferbert, what grade of canned asparagus should we demand when it is to be served as a vegetable? (The inferior stalks are cut for soup stock.)

**Miss Ferbert:** The ordinary canned asparagus that you get in No. 10 cans marked for soup stock is not good, mostly the ends, and it is strong. Once in a while they put in one tip to fool you.

Asparagus tips are very nice, but you can get cut green asparagus or broken pieces which are nice and much less expensive. One time when I served some green broken asparagus (canned) at a hospital where I worked—it happened to be toward spring—the nurses said: "Fresh asparagus already?"

White asparagus is not good. I would rather have green asparagus only once a month, even cut or broken pieces, if you can't buy asparagus tips.

**Miss McGregor:** How do institutions keep celery crisp and white when it is bought in quantity? (If roots are placed in water for any length of time there is always the question of development of bacteria and stalks becoming slimy and rusty.)

**Miss Ferbert:** Some of these people who store celery could answer that question.

**Mr. Fulton:** We store it in sand, the same as you would carrots.

**Miss McGregor:** Does anyone use black dirt?

**Mr. Yanz:** We stored some this fall in heavy black dirt and then wet the dirt. All of that celery is rusty. If stored in sand, we do not have that trouble. This celery was stored in a sod hut that was built for carrots or celery. I think they put too much moisture on it. This year most of the celery was rusty when brought in from the field.

**Miss McGregor:** Celery does not stand water at all in storing.

**Mr. Yanz:** If you wet the sand thoroughly when you put your celery in it, you won't have to wet it again. The sand should be packed around the roots. It soon dries out.

**Miss Ferbert:** I have no trouble keeping celery two or three weeks in the icebox.

**Mr. Yanz:** Ours does not keep at all.

**Mr. Veyle:** Celery should not be stored in water and we do not attempt to store it in sand. We buy a month's supply and keep it in the icebox. You think icebox storage is all that is needed, Miss Ferbert?

**Miss Ferbert:** Yes, if your icebox is the type where brine or ice is used so that it is moist. It would not keep so long in an electric type of icebox.

**Miss McGregor:** What standard may we demand for pickles if they are found to be soft and "off flavor"? Are they returned?

Once or twice we had sweet pickles which Miss Ferbert said had been sweetened with saccharine.

**Mr. Veyle:** Mr. Sundby answered that question for us. He said: "We won't buy from that company any more." We sent them back.

**Miss McGregor:** I think any food that does not come up to specifications should be sent back.

**Mrs. La Du:** That was a Wisconsin pickle; was it not?

**Mr. Veyle:** Yes.

**Miss McGregor:** Can we restrict the amount of milk per child to two glasses per meal?

Some of the big boys and girls drink four to six glasses per meal. Is one quart per day sufficient?

**Miss Ferbert:** According to all that one reads, children need a quart of milk a day and adults a pint.

If you let the children have all the milk they want, are they going to

eat all the other things which they need? If you restrict the milk and they are hungry, they will eat some other food.

**Dr. Freeman:** Why is it that people seem to think it is necessary for an adult animal called man to live on an infant's food when the rest of the animal kingdom does not find it necessary?

**Miss Ferbert:** Because of the calcium and vitamins.

**Dr. Freeman:** Can't we get them in an ordinary, balanced diet?

**Miss Ferbert:** Yes, if one would eat enough vegetables, whole cereals and other foods to take the place of the milk.

**Warden Sullivan:** What day of the week do you consider the inmates should be served their best breakfast?

**Miss Ferbert:** I would say a work day.

**Warden Sullivan:** I do not mean Sunday. Our men work every day but Sunday.

**Miss Ferbert:** I cannot see why there should be any "best day."

**Warden Sullivan:** Lay a man up all day Sunday in a cell without work, get him up Monday morning, give him a poor breakfast, and what do you get? You have a disgruntled man all the rest of the week. But serve him a good breakfast on Monday morning, with bacon and fried potatoes, you give him a good start and you will have a pretty good fellow all the rest of the week.

You should always start a man out on Monday morning with a good breakfast, whether he is in prison or out of prison. Wives, take notice!

**Dr. Smith:** You would better write us all a letter.

**Miss McGregor:** Has any other canned fish besides salmon, tuna, pilchards or sardines been found satisfactory and economical for institutional use?

**Warden Sullivan:** We feed fish once a year, on Good Friday.

**Mr. Fulton:** Don't you have it every Friday?

**Warden Sullivan:** No.

**Miss McGregor:** We have it every Friday.

**Miss Ferbert:** Is there any reason why salt herring cannot be given instead of canned fish? I know of no reason why it cannot be given except that sometimes we have a great deal of trouble getting people to eat it.

We could also serve finnan haddie. It is a little bit expensive, but you could make it go a long ways by creaming it, and it is not so expensive then. There is just as much food value in salt fish as in canned fish.

**Dr. Patterson:** How much is finnan haddie a pound?

**Miss Ferbert:** I cannot tell you how much it would cost at wholesale. Not so very long ago I paid 28 cents a pound retail. That was the very thick, heavy fillet of finnan haddie.

**Dr. Patterson:** How much would it take to feed 2300 people?

**Miss Ferbert:** It would take quite a bit.

**Dr. Patterson:** A thousand pounds?

**Miss Ferbert:** No. It depends on whether you are going to cream it or not. I think you would have to cream it in that case. You ought to be able to get five or six servings out of a pound.

**Miss McGregor:** What standard can be demanded for olives?

Ours are hard, small, salty and have large pits.

**Miss Ferbert:** I telephoned a large St. Paul firm to see just what they looked for when they purchased olives, and was informed that the three important points were color, flavor and firmness.

**Miss McGregor:** What standard can we demand for horse-radish?

**Dr. Freeman:** That it be a perfectly fresh grade of horse-radish in new cans.

**Miss Ferbert:** It is a little bit hard to grate horse-radish, but with some machines you can get slicers and sometimes you can get hand shredders, so that it is not such a task.

If you raise horse-radish, you can put it in sand in the root cellar and it will keep quite well all winter long. All of you people with hot beds could keep it. In this way you will have a much better horse-radish. Raise it right so that you have a large root, then store it and grate it as you want to use it.

**Miss McGregor:** The next question: If a non-producing institution could depend upon a sister institution for certain supplies which these institutions are capable of producing in abundance, we could operate at considerable saving. We have never been able to raise potatoes and make them pay, since all the labor involved is hired at standard rates. Pickles, vegetables and various farm and dairy products, while being consumed in large quantities, are raised at considerable expense because of the nature of the soil and necessity for hiring all labor performed. Would it be

feasible for institutions that are producing large quantities of foodstuff to supply an institution which is essentially a non-producer?

Miss Patterson, why can't you do all our canning for us?

**Inez B. Patterson**, Superintendent, Home School for Girls: We have no central place for canning. Ours is done in the different cottages. But we might be able to can for one institution.

I think there are many things that one institution could do for another that would add to the interest of the work. We often have to seek for labor for our girls. We do not want them to expect pay for everything they do. Therefore if they had something to do that would in turn help some other institution, I think they could do it to their own advantage. Of course, our difficulty is growing things.

**Mr. Merrill**: We are fortunate in living near an institution that has a very large, fertile farm. We often call on them for things we are not able to raise on our limited farm. Dr. Murdoch's farm produces a surplus sometimes, and they supply us with the things we are short of.

**Mr. Fulton**: I hope Dr. Murdoch's heart will be enlarged and reach as far as Red Wing.

**Dr. Murdoch**: You send so many of your children to Faribault that it amounts to the same thing as sending supplies to you.

**Mr. Merrill**: Dr. Murdoch makes our sauerkraut, too.

**Arthur T. Caine, M. D.**, Superintendent, Anoka State Asylum: I have often thought that, with the abundant good peat beds in Anoka county, it might pay to investigate and perhaps have the state purchase a certain number of acres in the peat district, then have patients or men from several of the nearby institutions cultivate and raise potatoes. They get a very abundant crop of very fine potatoes on the peat beds. I believe that the institutions that do not get a sufficient supply of potatoes could in this way get all they needed. I believe it would pay.

**Dr. Smith**: I have heard that potatoes grown in peat do not have the flavor that other potatoes have.

**Dr. Patterson**: I have heard the same thing; that there is a taste to them of bog water.

**Dr. Caine**: We have potatoes now that were raised on peat. I have a sample of them. I think they are better potatoes than those raised on high land. It is possible that if they are not well stored they will not keep so long, but as far as flavor and quality go, I think they are just as good. They are perfectly white. They are a nice potato and they bake very nicely.

**Dr. Burns**: It depends upon the drainage of the peat.

**Miss McGregor**: What standards of health are required for employes in the dietary department? That is, with regard to the tests recommended by the State Board of Health: Nose and throat cultures for diphtheria, smallpox vaccinations, Manteau test, Wassermann, Widal.

**Ruth T. Devney**, Superintendent, State Reformatory for Women: We have cultures for all our inmates taken as they come in, but we have not had them taken for our employes. We have a check on the inmates as to whether or not they are typhoid carriers, but we do not have a check on our paid employes.

**Dr. Patterson**: We have patients milking. It is important to see that they do not have sores on their hands or body. If your cows become infected you get a Streptococcus sore throat throughout your institution. If you have milking machines, that is a different matter. If you have patient labor, that is something you have to look out for.

**Miss Ferbert**: I think a physical examination is a very good thing.

In one hospital where I worked we had typhoid. One of the waitresses was a typhoid carrier. Had that institution had the standard that everybody coming in and handling food must have these various tests made, we would not have had that trouble. We did have lots of trouble. It was very hard to straighten out. Several persons in the diet kitchen had to be taken out and put elsewhere in order that they might still work.

**Miss McGregor**: We have routine nose and throat cultures and vaccination against smallpox. Wassermann, and during the past year Widal.

At one time the son of one of the helpers in the kitchen was taken to the hospital with typhoid. The Board of Health came over and made a test of everybody. Since then every new person who has anything to do with the handling of food and the student nurses who come in have tests made, and it is surprising how many irregularities come out. A student nurse who came from a hospital in Minneapolis was a carrier.

**Dr. Patterson**: Were all these tests made by your staff physicians?

**Miss McGregor**: Yes.

**Dr. Patterson**: With no expense to the individual?

**Miss McGregor**: No. Sometimes it is our expense. We send them back to their own institution sometimes if that is possible when the cultures are positive. But we are asking everybody to have regular tests before they come to us.

**Mr. Merrill**: Do many people object to having these tests made?

**Miss McGregor**: They practically never object, but if there is any question about it, we tell them it is up to them. If they stay, the tests must be made.



**Dr. Freeman:** You have been making all these tests during the hard times. Wait until times get good again. You will be surprised how much trouble you will have. When you are hunting for people to work for you their attitude is very different from what it is when they themselves are hunting for work.

**Miss McGregor:** The first time that came up was when it was very difficult to get help. It was over a vaccination. I had sent the order out that anyone who objected must come to me. We had a painter who objected to having nose and throat cultures taken. I told him he could not go on duty until he had had it done. He had it done.

**Dr. Freeman:** If you find a carrier, are you responsible for taking care of him any length of time?

**Miss McGregor:** If a person is new, he goes back to his own home and the city takes care of him. If he is someone from a distance, who can not travel, that is different. The City Hospital takes care of a person who lives in the city, but will not take a non-resident without pay.

**Question:** How do you promote personal cleanliness in the kitchen? Do you have a separate sink in the kitchen for the use of the employes in that department as a suggestion that they wash their hands?

**Dr. Patterson:** If they are naturally careless and slovenly there is nothing you can do to change them after they become adults. Even if you threaten to fire them every week they remain the same. There is no cure for an unclean person. They cannot be cured.

**Miss Ferbert:** Of course it depends whether the person is an inmate or an employe. You can fire an employe. Give them an opportunity to clean up. If they do not do it, that is your chance to get rid of them. I do not believe in getting rid of people by the wholesale, but you do not want to lower your standards to meet theirs. If they do not want to come up to your standard, let them go.

Sometimes there are not proper facilities. There should be a bowl in the kitchen or toilet, with two faucets so that they can have hot and cold water. It is up to you to provide means for cleanliness. If they do not want to use it, they must take the consequences.

Cleanliness in the kitchen is something which requires a great deal of watching. Sometimes you cannot do a thing with inmates.

**Miss McGregor:** What do you do to prevent accidents with the use of machinery?

**Mr. Merrill:** Everything is protected by the Department of Labor and Industry.

**Miss McGregor:** They change their regulations every time they come.

**Mr. Merrill:** We change whenever they order a change.

**Miss McGregor:** They were at our place the other day. The guards ordered on by the last inspector were no longer any good. We are now expected to have glass-covered ones.

**Question:** How often do you take inventory of dishes and silver, and what do you do if you find any missing?

**Dr. Freeman:** Hunt and hunt and hunt until it is found if it takes until the next day.

**Miss McGregor:** Does any one have a method by which an employe has to pay for what is broken through his carelessness?

We have a method that is supposed to cover breakage. The person who breaks a dish has to sign for it and report to the dietitian. The second dish that is broken they report to me, and if they live after that as a rule they do not break the third one.

The inventory for dishes is not any good unless it is followed up. I think half the hospitals in St. Paul require replacement by the individual. Of course in that case more people lie about it than would if they just have to report the breakage. An unreasonable amount of breakage I think should be paid for.

At one time we were having a lot of difficulty about thermometers. We have a rule now that a nurse may break three thermometers and report them. After that she pays for them. Our thermometer bill has gone down about fifty per cent.

**Dr. Freeman:** What length of time do you give them in which to break three?

**Miss McGregor:** One a month.

**Dr. Freeman:** That is a pretty good batting average, twelve a year.

**Dr. Patterson:** Do you give them the thermometers?

**Miss McGregor:** Yes. The thermometers are checked morning and night. We have one thermometer for each patient. We furnish the thermometers.

**Dr. Patterson:** Why don't you let them pay for them? Why don't you have them pay for the first one? You are paying them \$35 or \$40 a month. They ought to be able to pay 35 cents for a thermometer.

**Miss McGregor:** It is possible to break a thermometer or to have a child break it. If a thermometer is left in a child's mouth long enough that child may bite it off.

**Dr. Patterson:** Sure; those things can happen, all right.

**Dr. McBroon:** The dish breakage problem is a big one with us, chiefly because the inmates are epileptics. We have nine dining rooms, all handled by inmate labor. The first thing we did was to supply each dining room with a truck, so that there could be no excuse for carrying trays. The dishes are taken from the tables and placed on dish trucks, so that there is not much danger of breakage.

We now have tacked up in each and every dining room a list, on which is posted the name of the patient who breaks a dish and the type of dish broken. If the breakage is too excessive, the patient is removed. That created a little friendly competition that has reduced our breakage over fifty per cent.

We take an inventory of our dishes and cutlery and silver on requisition day, each week, so that each and every building is supplied with the same number of each variety of dish. The number of dishes at the end of each week must correspond to the breakage. It has reduced our breakage about fifty per cent. Occasionally an epileptic falls with a handful of dishes.

**Miss McGregor:** Question: What method in the disposal of grease is the most effective to protect the plumbing? Should there be grease traps in each diet kitchen and should all fluid garbage pass through a trap before going through the sewer?

**Dr. Murdoch:** It seems to me the best system is to have a trap on each sink.

**Miss Ferbert:** If these grease traps are not cleaned periodically, are they as good as they should be?

**Dr. Murdoch:** We have grease traps in our kitchen and serving rooms that are easily cleaned.

**Miss Ferbert:** I was wondering if at some of these places where they have trouble it is not because they are not periodically cleaned?

**Dr. Murdoch:** Our custom is to clean out these traps every three months and more often when much grease is emptied into the sink.

**Miss Ferbert:** If you are emptying a deep-fat frying kettle, the top should go into the garbage can and never go into the sink, but sometimes you see it turned into the sink.

**Miss McGregor:** Question: What per cent of the total cost should be used for patients' desserts?

**Miss Ferbert:** That depends on the time of year. If you have a great deal of vegetable, you do not need so much dessert. It depends upon

the rest of the meal. If the cheaper cuts of meat are used, I think we should spend a little more energy and money on dessert for the meal, but I do not believe that we can say it should be a certain per cent of the meal.

**Miss McGregor:** Question: What per cent of the total cost of the meal should be used for vegetables during the months of January to April inclusive?

**Miss Ferbert:** About one-fifth, because your vegetables are not so expensive as your meats and some other things.

**Miss McGregor:** Question: Would it not be more convenient to drain the fluid garbage in the kitchen where the plates are scraped rather than in the wards? There are three types of garbage: Metal and glass, edible, which can be divided into fluid and solid, and non-edible.

**Miss Ferbert:** Often they have no way of disposing of the fluid. There is no sink or anything available at the time.

**Miss McGregor:** Is there a uniform cost system? Do you get credit for the price prevailing at the time the vegetables are used or at the time the vegetables are stored in the root cellar?

**Mr. Fulton:** The price that prevails when they are delivered at the kitchen.

**Dr. Freeman:** I think that is the general way. Late years we have been buying potatoes and that lot of potatoes is charged to us already. Ordinarily we charge when the stuff is brought to the kitchen, so that any loss there is in the root cellar is the farmer's concern. If we have a thousand bushels of carrots and he only delivers 700, he loses.

**Miss Ferbert:** There is your friction again between your cook and your farmer. Possibly your farmer has not taken care of his vegetables. If he is going to get his credit in the fall, what does he care if fifty per cent of the crop spoils in storage?

**Mr. Fulton:** Isn't there always a considerable loss in the root cellar in the winter?

**Miss Ferbert:** Yes; the loss from spoiling and from natural shrinkage.

**Mr. Yanz:** We give the farm credit for what they raise, but our kitchen is only charged with what is used in the kitchen.

**Miss McGregor:** When the public accountant comes around, what does he do about the difference?

**Mr. Yanz:** Nothing. You are getting the exact cost then, and you are getting just what your farm raised.

**Mrs. Dervney:** What is the difference between that and the vegetables you buy and put in your root cellar? It is all charged against your kitchen, and yet the shrinkage takes place in your root cellar.

**Dr. Freeman:** The price that the farm sells these potatoes at in February is certainly more than you pay when you buy them in the fall. Potatoes shrink about 10 to 15 per cent.

**Miss McGregor:** What is a reasonable number of pounds of meat per man per day or week between the ages of 18 and 25?

**Miss Ferbert:** That is going to depend on what other protein foods you feed them. We cannot say definitely that they are to have four ounces of meat a day. If you use cheese, eggs and beans, you do not need so much meat. We cannot say definitely that you should have two-thirds of a gram of protein to a kilogram of weight. That is going to depend upon the rest of the diet.

**Miss McGregor:** How much butter?

**Miss Ferbert:** You use some in cooking. If you were to give them an ounce a day at the table, that is sufficient.

**Miss McGregor:** What if we do not give them any?

**Miss Ferbert:** We have to hope that they get the vitamins they need in the other foods that they get. Possibly we should have to give them cod liver oil. Butter is essential, not only because we like it, but it does supply substances in our diet that we cannot get otherwise.

**Miss McGregor:** Do Monel and Alleghany metals damage foods?

**Miss Ferbert:** This fall, at the dietetics association meeting, two talks were given in which they brought up Alleghany and Monel equipment.

Alleghany metal is a laboratory find and is 18 per cent chromium. The Monel contains copper and brass. The Monel will stain where the Alleghany will not. One of the men, in speaking of the Alleghany equipment, said that they experimented by putting egg on dishes of the two metals. At the end of 24 hours the Monel was stained and the Alleghany was not. The Monel will bend much better and can be worked up better than the Alleghany.

**Mr. Fulton:** Would you recommend Alleghany containers in preference to aluminum?

**Miss Ferbert:** In many cases, yes. First, for its appearance. Alleghany containers are much nicer looking. Certain things will darken in aluminum. If potatoes are put away in an aluminum kettle, they grow dark. You cannot beat in an aluminum kettle. That is due to the fact that the aluminum is softer than the thing you are beating with. I do not know that we can yet make a comparison of durability between aluminum and Alle-

ghany as it has not been in use so long as aluminum, but it is the opinion of authorities on metal that it is a lifetime metal.

**Mr. Fulton:** Will the Alleghany dent and crimp up as aluminum does?

**Miss Ferbert:** It is said that it will not.

**Dr. Murdoch:** We have had some large Alleghany containers in use about two years. We make them in our own tin shop. They have no discoloration and no dents to speak of, unless something very unusual happens. They are very much superior to aluminum, which dents very easily, and they look just as bright and shiny as the day they were made.

**Dr. Freeman:** We have used Alleghany five-gallon containers for five or six years. If you are not careful, you will get a brown discoloration, but that is because they have not been scoured. You know how they slam around a five-gallon kettle of stuff. The Alleghany stands it where the aluminum will not stand it at all.

We had to go to Alleghany because water conditions were so bad in St. Peter that if we bought an ordinary five-gallon tin container in three or four months it was all rusted to pieces. These stand up, but they cost \$25 as compared with \$3 for steel and \$15 for aluminum, but even at that they are economical. They are much better than Monel because Monel is too soft.

**Miss McGregor:** Question: What is the average cost of raw food per meal?

**Miss Ferbert:** It depends upon the type of institution how much it will cost. Possibly some institutions are feeding for 10 to 15 cents a day. At others it costs 25 cents a day for raw food. That depends upon the type of institution.

**Miss McGregor:** The following was the average cost of uncooked and cooked meals at the Minneapolis General Hospital in 1930 and 1931:

Food Costs	1930	1931
Average cost of uncooked meal per person.....	\$1.029	\$0.956
Average cost of cooked meal per person.....	.1317	.1232
<b>For Personnel, Internes, Nurses and Employes</b>		
Average cost of uncooked meal per person.....	.110	.1056
Average cost of cooked meal per person.....	.151	.1515
<b>For Patients</b>		
Average cost of uncooked meal per person.....	.089	.0808
Average cost of cooked meal per person.....	.099	.0899

This last year at Ancker Hospital the cost of raw food for everybody was 8 cents. They did not divide it among the patients and internes, nurses and employes.

At the St. Luke's Hospital (private) the cost was 12½ cents.

At our hospital in 1932 the average cost of raw food per patient was \$.092; the average cost of cooked food per patient, 12 cents. That is per meal.

Question: What is your percentage of garbage of edible food served to staff and employes and to patients?

H. B. Whittier, Acting Superintendent, State Reformatory: Do you mean garbage that comes back from the table?

Miss McGregor: Yes.

Mr. Whittier: We do not have any garbage.

Miss McGregor: At one public hospital last December the garbage amounted to 15 tons a month, which amounted to a pound a day for people served. They reduced that by the first of October 33¼ per cent. They expect to reduce it another 33¼ per cent.

The local hospital organization here has been doing something along the line of studying how to do this. The lowering of the cost of food and the quantity served does not come into this discussion, but it is the food that has been cooked and served.

I have been having some work done at the hospital, weighing according to wards. Two containers, one for the bones and the baked potato peelings and the parts we do not expect them to eat, non-edible; the other, for the dry waste that could have been eaten. This is weighed after each meal, and a record made, and at the end of a week the amounts are posted and the ward that has the most waste is notified and their record goes up to stay until the next week. We have done the same with the employes and the staff and nurses.

The American Hospital Association did some work on this last year, and they took different types of institutions. This chart shows their findings:

#### EDIBLE FOOD WASTE

(EXPRESSED IN OUNCES PER CAPITA PER DAY)

January 1 to June 30, 1933

Institution	Patients	Doctors	Nurses	Em- ployes
State Hospital No. 1 (Michigan).....	1.0		0.6	
State Hospital No. 2 (Michigan).....	1.5			1.8
State Hospital No. 3 (Michigan).....	1.3	1.9	1.6	1.3
State Hospital No. 4 (Michigan).....	1.6	3.6	3.6	1.1
T. B. Sanatorium (Michigan).....	13.3	5.0		3.0
23 Hospitals of U. S. Veterans Administration .....	7.2			
7 State Hospitals of Pennsylvania (mental) .....	5-8.0			

#### 5 State Hospitals of Pennsylvania

(medical and surgical).....3-1.3

#### 4 State Institutions of Pennsylvania

(feeble-minded and epileptics).....5-1.9

#### 3 State Penitentiaries of Pennsylvania.. 1.1-3.5

Harbor View Hospital, Seattle..... 3.5      6.0      6.0

Montifore Hospital, New York..... 6.0      7.5      5.5      5.5

Barnes Hospital, St. Louis..... 17.0\*

\*All waste, edible and inedible.

We have been experimenting somewhat along these lines but not long enough to be of any special value, and I do not know that we shall be able to continue unless Ramsey county lets us have a CWA dietitian.

#### EDIBLE FOOD WASTE

GILLETTE STATE HOSPITAL

Nov. 21, 1933

	Garbage	Ounces Garbage per Person
Employes .....	7 lbs. (112 oz.)	2.4
Nurses and Staff .....	12.75 lbs. (204 oz.)	3.1
Patients .....	52 lbs. (832 oz.)	3.5

Children learning to eat were the ones who wasted the most. They did not have enough individual supervision. They mixed up their food and did not eat it.

Dr. Patterson: It is said you can tell pretty well the kind of food an institution serves by the size of its hog herd. If it has a pretty big herd, it shows pretty bad service in food.

This matter of garbage really depends very largely on the variety and kind of food you serve and how you serve it. Some institutions seem to attach a lot of importance to the amount of garbage they have. In those institutions where they have a cafeteria service, there isn't any doubt that the cafeteria method of serving food reduces the amount of garbage tremendously, but where you send food to the ward dining rooms and have a large number of slovenly patients, a large amount of garbage is inevitable in spite of anything you can do in the way of serving good food or good cooking.

Miss McGregor: I do not imagine that competition would work especially well with the feeble-minded or with your people, but in the schools and in the children's hospital I think it does. It means something for a ward to be at the head of the list.

Mr. Veve: If you have an active campaign on the reduction of garbage, will there be a tendency for the employes to serve too little to the people concerned?

Miss McGregor: Patients and employes know they can have a second helping.

**Mr. Veile:** Would the employes be apt to restrict the second helping if they thought they would be checked too closely on the food that is left?

**Miss McGregor:** There is a nurse in charge of the ward who serves them now.

The other extreme is to bring everything in on the plates so they do not have to serve a second time.

**Mr. Veile:** We have had a satisfactory experience. We are feeding the garbage to pigs. After we changed the housekeeper, the man in charge found it necessary to sell some of the pigs as he did not have enough garbage to feed them. We did not make it a positive campaign.

**Miss McGregor:** Federal agencies have figured out the cost of garbage at from 8 to 10 cents per pound. That was over a period of about five years in mental hospitals.

**Miss Ferbert:** Possibly some of you people do not get the complaints that I do. Sometimes a farmer will complain. Sometimes the cook will complain about the farmer's not bringing in food soon enough. The cook is charged up for it and cannot use it. Radishes are permitted to become turnips before they are brought in, perhaps. There is that friction between the cook and the farmer. I find it in practically all institutions.

I was wondering if it would not be a wise thing to think about it and discuss it and bring out some method of requisitioning and delivering vegetables to the kitchen, having a check so that you people will know just what is going on, because it isn't fair to the cook to have to pay for things that are not in good condition. If a bushel of tomatoes is brought in and if you have to throw away a third, it isn't fair to charge it to the cook. And if a bushel isn't full, it isn't fair. When you buy a bushel of spinach, for example, it is not a bushel at all. I wonder if some method cannot be worked out so as to bring peace and harmony between the farmer and the cook.

**Dr. McBroom:** We were up against the same snag you have all been up against on that thing. Our first procedure was to try to put everything on the poundage basis. For instance, the purchasing agent will come out with a circular letter to all institutions allowing us to pay so much per bunch for radishes. Later on, that is so much per bushel. We pay for watermelons, squash and pumpkins per each. Our first step in this was to try to standardize it and put everything on a poundage basis and strike a fair average. There we ran into difficulties because there is no standard for them. It is variable in different states. However, we are interested only in Minnesota. Apples in Minnesota weigh, according to the Bureau of Weights and Measures, 49 lbs. to the bushel. The Board of Control, in the book of specifications, specifies they weigh 50 lbs. to the bushel. In New York state it is 58 lbs. to the bushel. So we were up against it there. We took the matter up with the Minnesota Bureau of Weights and Measures and the

Bureau of Standards at Washington, D. C., and tried to get a standard weight, but we did not have any success.

Then we tried to put everything on the poundage basis. Our kitchen pays only for goods delivered to the kitchen by the farmer. We had a few lists printed, some on yellow and some on white sheets, which read as follows:

MINNESOTA  
COLONY FOR EPILEPTICS  
CAMBRIDGE

193.....

The following items that are checked, with quantity, were received today at the Vegetable room from the Farm department in good condition:

	Lbs.		Lbs.
Apples, Green .....		Melons, Water .....	
Asparagus .....		Melons, Musk .....	
Beans, Lima .....		Onions, Green .....	
Beans, Navy .....		Onions, Dried .....	
Beans, String .....		Parsley .....	
Beans, Soy .....		Parsnips .....	
Beets .....		Peas, Green .....	
Cabbage .....		Peppers .....	
Carrots .....		Plums .....	
Cauliflower .....		Potatoes, Irish .....	
Celery .....		Potatoes, Sweet .....	
Cherries, Ground .....		Pumpkins, Pie .....	
Corn, Sweet .....		Pumpkins, Field .....	
Corn, Pop .....		Radishes, Red .....	
Cranberries .....		Radishes, White .....	
Cucumbers .....		Raspberries .....	
Currants .....		Rhubarb .....	
Dill .....		Rutabagas .....	
Gooseberries .....		Speltz .....	
Grapes (with stems) .....		Swiss Chard .....	
Greens, Beet .....		Spinach .....	
Horseradish .....		Strawberries .....	
Lettuce, Head .....		Squash .....	
Lettuce, Leaf .....		Tomatoes .....	
		Turnips .....	

Remarks: .....

Wants For Tomorrow: .....

Signed.....

When the farmer was selling radishes by the bunch, he did not care how big they were. At times they were about the size of the eraser on a lead pencil. When they were brought in by the bushel, the bigger they were the more he got paid for.

When it came to watermelons, pumpkins and squash, we took the farmer, the steward and the chief cook and worked until we struck an average. We weighed our big melons and we weighed our small melons. We weighed our average melons. And then we struck the average. In the early part of the season the farmer is getting beat, but at the end of the season he is getting the best of the deal.

In the vegetable room we have a platform scale where everything is weighed in the presence of the farmer and the vegetable-room clerk, and the amounts are then put down on these slips. There is also a place for remarks which is filled in in the presence of the two. They may insert that two-thirds of the radishes are unfit to eat. Below that is a space for "Wants for Tomorrow." At the same time that the clerk is giving the farmer credit for what has been delivered, she is giving him notice of what she needs for the next day. The farmer takes the original sheet, which is a receipt for goods delivered. It shows the condition the goods were in and gives a list of what is wanted for the next day. When there has been a controversy—there have not been very many—as to whether or not a thing is fit to eat and it cannot be settled by the farmer and the culinary department, the matter is referred to me. If the thing in controversy is not fit to eat, I say so. At the end of the month the copies are checked and the farmer is given credit for what he delivers. It has eliminated a good deal of grief.

Personally I think this poundage idea of paying for our supplies is a good one, but it has to be carried farther than we have carried it at the present time. For instance, lettuce. How much does it weigh per bushel?

**Miss Ferbert:** Twelve pounds is a bushel of leaf lettuce.

**Dr. McBroon:** For some of that stuff there is no standard weight in Minnesota, so an arbitrary standard would have to be set up by the purchasing department of the Board of Control. The method we are using is working very nicely with us.

**Miss Ferbert:** I think it will settle a lot of grief and hard feelings if some means can be worked out for requisitioning foods. Possibly each institution prefers to work out its own way.

**Dr. Freeman:** I do not think we have difficulty along that line. Our difficulty is to get the cook out of the kitchen and the farmer into the kitchen so that they will requisition for and bring things at the time it is best to use them.

Unless you have cooperation, you may do all the paper work you want to, but there will still be friction.

**Miss McGregor:** Do the steward and the culinary department get along well at all times? I do not have a farmer.

**Dr. Freeman:** With us the steward is responsible for the delivery of stuff, and he is not concerned beyond that. They may throw it out the back door so far as he is concerned. He is not responsible for the preparation of food or anything else beyond delivering what he is requisitioned for. Of course he may tell the superintendent he is being requisitioned for too much.

**Mrs. Derney:** The steward is responsible for moving things in the storeroom that do not move quickly. Corn meal, flour and things of that sort must be moved.

**Dr. Freeman:** If he buys his supplies regularly, he won't have trouble.

**Dr. Patterson:** I do not know of any good reason why the steward should not have oversight of the kitchen. I should think he would want to follow things up to see what is being done with them.

**Dr. Freeman:** The steward has nothing to do with the food after it gets to the dietary department.

**Dr. Patterson:** He doesn't have anything to do with the cooking, that is very true, but I do not see why he shouldn't have some oversight of the kitchen.

**Miss Ferbert:** I think that is going to depend somewhat on your kitchen. In your case, you happen to have someone in charge. In so many instances they have no one but the cook in charge of the kitchen. We all lay down on our jobs once in a while, and we need someone to check us up. If someone, possibly the steward, checks up, the food will not be wasted.

**Dr. Freeman:** Then in that case it should be definitely understood that the steward is over the cook. In our particular institution the steward has nothing to do with the kitchen. He either bosses it or he doesn't. He can't come in there unless he has something to say, unless we give him some authority.

**Dr. Patterson:** Our foods are stacked up in eighteen cottages, and there could be quite a waste, so we ask the steward to go in.

**Miss McGregor:** What hours are meals served to patients, to personnel, to employes?

**Miss Ferbert:** I think every institution has to serve according to certain activities and certain reasons for the employes going off or coming on.

**Leonard M. Elstad, Superintendent, School for the Deaf:** A short time

When the farmer was selling radishes by the bunch, he did not care how big they were. At times they were about the size of the eraser on a lead pencil. When they were brought in by the bushel, the bigger they were the more he got paid for.

When it came to watermelons, pumpkins and squash, we took the farmer, the steward and the chief cook and worked until we struck an average. We weighed our big melons and we weighed our small melons. We weighed our average melons. And then we struck the average. In the early part of the season the farmer is getting beat, but at the end of the season he is getting the best of the deal.

In the vegetable room we have a platform scale where everything is weighed in the presence of the farmer and the vegetable-room clerk, and the amounts are then put down on these slips. There is also a place for remarks which is filled in in the presence of the two. They may insert that two-thirds of the radishes are unfit to eat. Below that is a space for "Wants for Tomorrow." At the same time that the clerk is giving the farmer credit for what has been delivered, she is giving him notice of what she needs for the next day. The farmer takes the original sheet, which is a receipt for goods delivered. It shows the condition the goods were in and gives a list of what is wanted for the next day. When there has been a controversy—there have not been very many—as to whether or not a thing is fit to eat and it cannot be settled by the farmer and the culinary department, the matter is referred to me. If the thing in controversy is not fit to eat, I say so. At the end of the month the copies are checked and the farmer is given credit for what he delivers. It has eliminated a good deal of grief.

Personally I think this poundage idea of paying for our supplies is a good one, but it has to be carried farther than we have carried it at the present time. For instance, lettuce. How much does it weigh per bushel?

**Miss Ferbert:** Twelve pounds is a bushel of leaf lettuce.

**Dr. McBroom:** For some of that stuff there is no standard weight in Minnesota, so an arbitrary standard would have to be set up by the purchasing department of the Board of Control. The method we are using is working very nicely with us.

**Miss Ferbert:** I think it will settle a lot of grief and hard feelings if some means can be worked out for requisitioning foods. Possibly each institution prefers to work out its own way.

**Dr. Freeman:** I do not think we have difficulty along that line. Our difficulty is to get the cook out of the kitchen and the farmer into the kitchen so that they will requisition for and bring things at the time it is best to use them.

Unless you have cooperation, you may do all the paper work you want to, but there will still be friction.

**Miss McGregor:** Do the steward and the culinary department get along well at all times? I do not have a farmer.

**Dr. Freeman:** With us the steward is responsible for the delivery of stuff, and he is not concerned beyond that. They may throw it out the back door so far as he is concerned. He is not responsible for the preparation of food or anything else beyond delivering what he is requisitioned for. Of course he may tell the superintendent he is being requisitioned for too much.

**Mrs. Devney:** The steward is responsible for moving things in the storeroom that do not move quickly. Corn meal, flour and things of that sort must be moved.

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Leonard M. Elstad, Superintendent, School for the Deaf: A short time

ago I visited the institution for the deaf in Iowa. Practically all the bread they served was graham. This was recommended by the University of Iowa.

**Miss Ferbert:** There has been a great deal said and much discussion on the relative merits of graham and white bread. Some contend that you get mineral substances and vitamins from graham bread which you do not get from white. Other authorities, interested in white flour, will say that we get the right amount of vitamins if we eat sufficient vegetables and fruits.

**Dr. Smith:** The State Board of Control recommended that we try bran bread. We use about one-third bran to two-thirds white flour. This makes a bread which we like very much for a change from white or graham bread.

**Miss Ferbert:** Cracked wheat makes a very lovely bread.

**Miss McGregor:** The subject decided upon for the next meeting is "Institution Housekeeping." It will probably take in a wider variety of questions than were submitted for this meeting.

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