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FOOD AND MESS OPERATIONS

All evacuees eat in mess halls operated by the Authority. In each center, mess operations are directed by a Chief Steward, who is a member of the administrative staff. He has not more than two appointed assistants. Under the direction of the chief steward and his immediate assistants, all work connected with requisiting, receipt, warehousing, issue, preparation, and serving of food, and the maintenance and operation of subsistence warehouses and mess halls is performed by evacuee personnel. Recognizing the importance of mess operations to the morale of the centers, the stewards undertake to provide good, wholesome food, selected and prepared to the taste of the evacuees. Because of the varied nature of the population, which includes some peoples whose tastes are very largely Japanese, along with others whose tastes are almost wholly American it is not easy to prepare menus which will satisfy the entire population. Experience seems to indicate that the best way to deal with this situation is to alternate oriental and American types of foods.

It is the policy of the Authority to provide only simple, substantial foods. All rationing regulations and recommendations applicable to the civilian population of this country are observed in the administration of center mess operations. At the present time, the following rationing regulations are in effect:

1. Meat is rationed in the following manner:
 - (a) Children under 6 years of age shall receive not more than three-fourths of a pound of meat weekly.
 - (b) Children from 6 to 12 years of age shall receive not more than $1\frac{1}{2}$ pounds of meat weekly.
 - (c) All persons over 12 years of age shall receive not more than $2\frac{1}{2}$ pounds of meat weekly.Meat allowances shall be calculated to include the weight of all fat and bone.

2. Pending a development of a rationing plan, ham and bacon shall not be purchased.

3. Sugar shall be issued in the ratio of $1\frac{1}{2}$ pounds for 90 meals, or 30 days per person.

4. Coffee shall be issued on the basis of 1 pound for each person over 15 years of age every 5 weeks.

5. Pending the development of a rationing program, oleo-margarine shall be used in place of butter.

All food for relocation centers is purchased through the Quartermaster Corps of the United States Army, except under special

circumstances, when by agreement with the Army, purchases are made directly by the centers. Generally speaking, all staples are purchased through the Quartermaster General, and all perishables through Army marketing centers. Arrangements were made to buy food through the Army both to give the War Relocation Authority the advantage of Army experience and facilities, and to give the Army an opportunity to prevent competition by the War Relocation Authority in certain markets for food needed for the armed forces.

War relocation centers are operating under a cash ration allowance of 45 cents per person per day. This cost includes the cost of feeding special diet cases, infants, and pregnant women. Currently the average actual cost of feeding is about 40 cents per person.

Supply

WAR RELOCATION AUTHORITY

Washington

A STATEMENT OF POLICY OF THE WAR RELOCATION AUTHORITY
IN PROVIDING FOOD FOR RELOCATION CENTERS

In recognition of a widespread public interest in the subject of food provided by the government to evacuees in relocation centers, the War Relocation Authority has prepared the following statement of its problems and policies in this field of its responsibilities.

The Nature of the Population

The Japanese-American evacuees now in relocation centers number approximately 107,000. With the exception of a few hundred from Hawaii, all are former residents of the States of Washington, Oregon, California, and Arizona. All were evacuated by military action in connection with which the government undertook to maintain the evacuees, if necessary, for the duration of the war. Approximately two-thirds of the population are citizens; one-fourth are children of school age. Almost all of the alien portion of the population consists of men and women over 45 years of age who are not eligible for naturalization under the laws of the United States.

The General Policy on Food

In relocation centers evacuees are all fed in mess halls operated by the Authority with the use of evacuee labor. It is the policy of the Authority to provide the evacuees good substantial food of a quality and quantity comparable to that available to the general public. Food is purchased for the centers through the U. S. Army Quartermaster Corps under specifications established by the Army. It is issued to mess halls under circumstances which provide strict control over the kind and quantity of food used. All rationing regulations and recommendations applicable to the civilian population of the United States are applied in the operation of mess halls in relocation centers. If regulations governing the population are modified, corresponding modifications will be made in the feeding program of the relocation centers.

Current Restrictions on the Use of Food

At the present time the following restrictions are in effect in relocation centers:

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1. War Relocation Centers are registered with the Office of Price Administration as institutional users. They are allotted sugar, coffee, and ration points for processed foods and meats, fats, and oils in accordance with the regulations governing all civilian institutions in this country. Rationing restrictions are applied in the issue of food from storerooms to mess halls.
2. In centers which do not produce their own milk and which are required to purchase in markets where the demand is already excessive, fresh milk shall be provided only to infants, nursing mothers, pregnant women, and other persons who, by medical direction, require a special diet.
3. Food costs must not exceed 45¢ per person per day.

Food Production in Centers

It is the policy of the Authority to provide facilities which will enable the evacuees to produce as much as possible of the food required for their own subsistence. On all centers substantial amounts of agricultural land will be available this year. Vegetable production to meet all the requirements of the center during the production season is planned at the centers. Production programs allow for shipment from center to center; for example, vegetables produced in the winter at Arizona centers are shipped to centers in Idaho and Wyoming, which in exchange will ship summer-produced foods to Arizona centers. Swine and poultry projects will be established on all centers during the present crop year. In a few centers having the necessary grazing land, beef cattle will be produced. In centers where the necessary minimum milk supply outlined above cannot otherwise be provided without serious competition with the general public, dairies will be established. It is estimated that during the current crop year food equal to one-third of the total cost of the ration will be produced by the centers for their own consumption.

Contribution of the Evacuees to the National Food-for-Freedom Program

During the agricultural season of 1942, nearly 10,000 evacuees were engaged in agricultural labor, chiefly in sugar beet production. Their contribution to the nation's sugar supply was substantial, estimated at a year's ration for 10,000,000 people. It is contemplated that in addition to producing a large amount of their own food, the evacuees will continue to be available for work outside the centers in agriculture and in other occupations contributing to the war effort.

May 7, 1943

WAR RELOCATION AUTHORITY
WASHINGTON

COMMENT ON CHARGES MADE BY
THE DENVER POST IN THE ISSUE OF APRIL 23

The Denver Post in a series of articles, the first of which appeared in the issue of April 23, charged that excess stocks of food were being "hoarded" at the Heart Mountain relocation center near Cody, Wyoming, and that the people of Japanese ancestry living at the center were being "feasted" on foods which were not obtainable by the American public generally.

In making these allegations, the Post ignored three basic facts:

1. Residents of Heart Mountain are complying with the same food rationing regulations that apply to the rest of the civilian population. The War Relocation Authority has since March been registered with the Office of Price Administration as an "institutional user", subject to all the restrictions imposed on such consumers. Even before rationing became mandatory, the quotas suggested by the Office of Price Administration were adhered to on a voluntary basis.
2. At no time has the cost of food supplied to evacuees at Heart Mountain exceeded 46¢ per person per day. For the month of March the cost of food supplied to evacuees was $36\frac{1}{2}$ ¢ per person per day.
3. Although it is true that stocks of certain rationed processed foods were excessive, the total dollar value of food on hand on April 16 was \$246,000, or the equivalent in dollar value of a 60-days' supply.

A general statement of the policies of the War Relocation Authority in providing food for relocation centers is attached.

The detailed charges made by the Post in its April 23 issue are quoted below, followed by comments by officials of the War Relocation Authority.

"JAPS PETTED AND FEASTED IN U.S. WHILE AMERICANS IN NIPPON ARE TORTURED"

"I visited and checked warehouses filled to their eaves with every type of rationed food, much of which cannot be purchased for love nor money by the American people ..."

"I saw a carload of the finest oranges and another carload of choice grapefruit being unloaded and stored ..."

"I discovered canned vegetables -- tomatoes, beets, beans, peas, spinach, pumpkin, corn, and sauerkraut, and fruits including pears, peaches, cherries, and blackberries with a total point value of 20,017,222. This checked against the camp population of 10,300 -- equals a supply of these rationed foods for 3 years, 7 months, and 14 days."

"In the warehouses I found 86,480 cans of fruit -- 81,860 of these are the No. 10 or six and one-half pound can. I found 268,293 cans of rationed vegetables, 114,885 of these are the No. 10 cans and 153,408 No. 2 cans. I discovered 141,405 packages of cereals ... Stacked to the eaves in the warehouses and on pantry shelves in the mess halls were 61,914 jars of jellies and jam ... There were 58,840 pounds of macaroni, spaghetti and noodles, and 10,320 pounds of dry beans and split peas. There were 3,070 of these tiny (four-ounce) cans of cinnamon, 1,229 of cloves, 2,168 of mustard, and 6,247 of pepper, plus a 100-lb. barrel of pepper. I found 6,853 gallons of mayonnaise -- and just before I arrived, according to Robertson (Project Director), some 4,000 gallons had been shipped out to other camps."

The relocation center at Heart Mountain with a population of more than 10,000 people is the fifth largest city in Wyoming. The center has been in existence less than a year and must depend almost entirely for its food supply on sources outside the state of Wyoming. Its location, remote from large distributing centers, makes it necessary to carry a considerable stock of food, particularly during the winter months.

Food for the Heart Mountain center is purchased through the Army Quartermaster Corps, which may, in compliance with regulations of the Office of Defense Transportation, ship certain foods in car-load lots even though the center has ordered in lesser quantity. In January, for example, the following quantities of food were shipped to Heart Mountain over and above what was actually ordered: 3,156 cans of beets; 3,846 cans of string beans; 3,156 cans of peas; 3,024 cans of spinach, all in No. 10 ($6\frac{1}{2}$ -lb) size cans; 14,000 pounds of flour; 10,524 jars of jams; 7,608 jars of jelly; and 37,896 cans of corn in No. 2 size cans in place of 4,800 No. 10-size cans ordered. At an earlier date, at the request of the Quartermaster Corps, three carloads of canned peas were shipped to Heart Mountain warehouses for storage, in order to dispose of an Army surplus in this commodity.

The figure quoted in the article on ration points (20,017,222) is from the inventory of February 28. The actual point value of rationed processed foods on hand at the center at the time of the Post writer's visit was slightly less than fifteen million points.

Of the four major categories of rationed foods -- meats and fats, sugar, coffee, and processed foods -- the center had a surplus only in the one category -- processed foods. All rationed processed foods at Heart Mountain were ordered by the center before rationing became effective. None has been ordered since February. The inauguration of point rationing of processed foods in March greatly reduced the rate at which these foods could be used in feeding at the center, and thereby created a condition in which supplies of certain items became greater than the center's requirements for a reasonable period. All inventories of such foods were properly declared to the Office of Price Administration, and the War Relocation Authority is

charged by that agency with the orderly liquidation of the excess stocks.

On March 11, 1943, on a tour of inspection representing the Director of WRA, Colonel Erle M. Wilson visited the Heart Mountain center and conferred with project officials in regard to the overstock in foods. He returned to Washington March 15, and, based on the information which he and others had obtained, WRA officials took action to bring about a reduction in the inventory to approximately three months' supply of staples.

Two proposals were advanced for accomplishing this: first, transfer of certain food items to other relocation centers operated by the Authority; and second, transfers to nearby Army camps and other military establishments.

The Authority at that time was engaged in establishing new procedures for operating under OPA rationing regulations, and transfers to other relocation centers were delayed until proper procedures could be decided upon.

Early in April, the program of the Authority to bring about a reduction in processed foods in storage at Heart Mountain became effective. Other relocation centers were instructed to make their requisitions for certain foods direct to the Heart Mountain center, rather than through the Quartermaster Corps.

The Army Quartermaster Corps has agreed to take all remaining surpluses for distribution to military establishments in the area.

"Kitchens everywhere were filled with canned foods of every type and description -- food purchased not in the gallon size can, but in the convenient No. 2 and 2½ size can ..."

This statement is contradicted later in the article when the writer asserts that, "In the warehouses I found 86,480 cans of fruit -- 81,860 of which were the No. 10 or 6½ pound can." Canned fruits

and vegetables are always ordered in the No. 10 size can in accordance with standard Army practice, but smaller sizes are sometimes shipped when the No. 10 size is not available. Spices which are used in substantial quantities are always ordered in the larger size containers.

"There were five babies in the camp hospital and in the camp warehouse I found a full carload -- \$12,000 worth of prepared baby foods -- such as strained juices, spinach, carrots, and other similar baby foods."

The five babies in the hospital do not use these commercially prepared baby foods. Residents of the center eat at community mess halls, necessitating the establishment of a special formula kitchen from which babies at the center are fed. The number of babies under two years of age who are fed at the formula kitchen has varied from 425 to 740. There were, on April 26, 381 babies at the center on a diet of strained and chopped foods, with 44 others on special formulas.

"It was interesting that the very first kitchen I asked to inspect was Number 17-27 .. where I asked the Japanese cook in charge 'where are the rest of your supplies'. I asked to see his attic. In this attic -- the very first one I entered -- I found secreted under the eaves 10 cases of corn flakes and 10 cases of fruits and shrimp."

Because of a lack of storage space in the warehouses, it was common practice until a few months ago to store certain non-perishable foods in the space above mess hall kitchens. At the time of the December inventory, for example, most of the mess hall attics had food stored in them. The lack of storage space was particularly acute in December and January, but late in January the process of reducing attic stocks was started, and the practice of storing food in available space above the kitchens has been discontinued. The Post

writer inspected only one of these attics, and upon finding a small quantity of food stored there based his general charge that evacuees were hoarding food on a wholesale scale.

Project officials subsequently made a check of each of the 40 mess hall attics at the center and in only five of them was food still being stored. What at first appeared to be food in many of the others proved to be empty boxes and cartons.

"I watched meat trucks driving in from Billings, Montana, delivering pork loins, lard, pig sausages, and beef quarters -- 29,300 lbs. of this butchered meat last week."

There were 27,929 pounds of meat delivered in this particular shipment, 5,702 pounds of pork loin, 8,511 pounds of beef, 4,000 pounds of sausage, 5,716 pounds of pork butts, and 4,000 pounds of frankfurters. This was a supply for the more than 10,000 people at the center for a period of eight and one-third days.

Meat for center menus is allocated under strict rationing regulations, allowing sixteen points per week per person of which thirteen points are for meats and the remainder for canned fish, cheese, fats and oils. The center went on a voluntary program of rationing meats and other foods in January, prior to the time the point rationing system went into effect.

"The Army had nothing to do with twenty new Fordson tractors which arrived just before I reached camp, or with 120 sets of mule harness and 100 tobacco carts which got there somewhat earlier. There is not a mule, or a horse on Heart Mountain The Fordson tractors and several new diesels, including a gigantic bull-dozer, are being used to plow up 1,900 acres of nearby land ..."

The Ford tractors were purchased through the Army, and are the only new tractors bought for use at the center in subjugating nearly 2,000 acres of raw agricultural land for food production.

All other tractors at the center are second-hand and have been acquired by the War Relocation Authority principally from surplus stocks of other Federal agencies. There are no new diesel tractors at the center. Most of the used equipment was secured by WRA through Army channels from the surplus stocks of the Civilian Conservation Corps following the liquidation of the latter agency. Other equipment is on loan from the Farm Security Administration.

This equipment is being used to bring hitherto undeveloped land into intensive agricultural production of vegetable and feed crops whereby the center will produce the bulk of its own food supply. In addition to clearing the land, an irrigation system is being built to give the development a permanent value after the war.

The 120 sets of mule harness and the tobacco carts referred to were also obtained from surplus stocks of another Federal agency and were shipped to Heart Mountain by mistake. The shipment was intended for the Arkansas projects where mules are used, and was transferred to those projects in February. There were eight tobacco carts; not 100 as stated in the article.

"Lying in the weather are 100 or more wood heater stoves. Piled about to rust are radiators which were to have been placed in two elementary school buildings which were never constructed. Fire brick, which was to have been used in these buildings, lies broken and scattered, and compo-board, its wrappings ripped away by the winds, stands in piles awaiting the first rains and ruin."

The bulk of the building materials referred to are the property of the contractor, not of the War Relocation Authority. Construction of two elementary school buildings was halted by order of the War Production Board after some of the building materials had already reached the project.

The wood heater stoves were acquired as part of a surplus stock taken over from another Federal agency. They were not in usable condition and are to be salvaged for scrap. The radiators and fire-brick are the property of the contractor. The "compo-board" is weather-proof sheathing intended for outside use. Building materials will be stored at the center as soon as warehouse space is available unless otherwise disposed of by the contractor.

WAR RELOCATION AUTHORITY

Washington

Further statements made by the Denver Post in a series of articles regarding the operation of the relocation center at Heart Mountain are quoted below, with comments by officials of the War Relocation Authority.

FROM THE ISSUE OF APRIL 24:

"Here, at Heart Mountain relocation center, where the war relocation authority is host to some 10,300 men and women of Japanese blood, the pampered and petted charges of the government are not only being politely asked to work but are being flooded with offers of gainful employment, under conditions far better than most of them, before coming to the center, ever knew."

"Only in a very few scattered instances have these offers been accepted. Employers have inserted large paid advertisements in the camp newspaper, pleading with the Japanese to accept employment at high wages."

The total employable male population of Heart Mountain, prior to the development of the outside work program, was 4,268, including all boys and men between the ages of 16 and 65 and making no allowance for those physically incapacitated. Of these, 572 had left the center for jobs outside as of April 24. Three hundred and fifteen were absent on group leaves for agricultural work, mainly in the western sugar-beet fields. The remainder (257) had been granted indefinite leaves for various types of year-around employment.

Numerous observers report that reluctance on the part of evacuees to leave the center has been increased by campaigns to arouse indiscriminate public hatred of all persons of Japanese descent, regardless of their citizenship and loyalties. Many people in the center are afraid to leave for outside employment, for fear of the treatment they will receive.

"One reason for this (refusal of the Heart Mountain residents to accept outside employment) is that at Heart Mountain there are more than 1,200 men and women, some American born, other Japanese born, who, in a registration last February, asked either for repatriation or expatriation to Japan, there to serve their emperor."

The total number of Heart Mountain residents who have requested repatriation, or expatriation, is 903, including 242 children under 17 years of age whose applications, in most instances, were signed by parents or guardians. There are 352 aliens, 17 years of age or older, who have asked for repatriation, and 309 American citizens, in the same age group, who have asked for repatriation.

"The entire defense of WRA has been, and is, that the American people just do not understand what the social workers

among them -- and the social worker group predominates within WRA -- term 'these dear children'."

There is only one social worker employed on the Caucasian staff at Heart Mountain.

"Charges that foodstuffs which are piled mountain high in warehouses and in messhall pantries at Heart Mountain relocation center, were traded for whiskey, were laid before camp officials here in March by Earl Alfred Best, resigned assistant steward.

".... civilians who had business within the camp brought in whiskey, distributing it among Japanese cooks in charge of the center's 42 messhalls, and departing with hams, bacon, rationed canned fruits and vegetables and other commodities."

In a signed statement April 24, Mr. Best makes no charge that he knew of his own personal knowledge of a single instance in which evacuees at Heart Mountain had traded food for liquor, or that he had personal knowledge of civilians bringing liquor into the center for such trading purposes.

The Post itself submits no evidence of such trading, and bases its allegation entirely on the inferences drawn by Best in recounting an incident which he observed at the center in February. This incident is related as follows in Best's signed statement of April 24:

"Sometime in February ... I was making my morning inspection of the kitchens and I saw outside the kitchen (38-30), on the ground, by Lovercheck's truck (Lovercheck had the contract for garbage collection at the center) a case of hams and laying on top of the case were two slabs of bacon. There was a high stack of canned goods -- about six cases piled there.....I asked the chef why it was piled out there. He said he was cleaning the pantry and put it there as he had no room elsewhere. He said he would see it was brought in right away ... I went on with my regular routine. When I came back, the truck was gone. I called back particularly but there were no groceries outside. I could not check to see if the same articles were inside as there was so much there.

"The same morning, in kitchen 30-30, I saw a case of whiskey in that kitchen. Foru were sitting at one table drinking from cups and an opened pint on the table. This was before the appointed personnel (WRA staff) had arrived at the project to begin work."

The implication is clear, but in his signed statement Best does not definitely state that he saw (1) the food piled outside kitchen No. 28-30 actually traded for liquor; (2) that the food was hauled away in the garbage man's truck; (3) that the whiskey observed in kitchen No. 30-30 was obtained in exchange for food:

A subsequent investigation made at the center failed to establish either that food had been traded for liquor or that civilians coming into the center had been engaged in such traffic.

"My investigation, however, revealed that liquor, in any quantity can be carried into the Heart Mountain center, and anything given in exchange can be carried out. Not only is it possible to carry liquor into the camp, but anything else, including guns, ammunition, subversive literature, narcotics -- anything at all, for that matter -- can be carried in without challenge military police have no authority inside the camp. military police (at entrance gate) do not ask the person entering if he carries a gun, if there is whiskey in his car, if he has narcotics or has a camera such persons could, if they so desired, carry not just a bottle or two of whiskey into the camp, but case loads ... (in leaving camp) the person's car could be loaded down with sacks of sugar or with cases of rationed canned goods. No one would know."

The Heart Mountain Relocation Center is not an internment camp, and approximately two-thirds of the residents there are American citizens. As such they have the same rights of protection against unwarranted searches and seizures as apply to other citizens. There is no federal or state law prohibiting the sale of liquor to residents of the Heart Mountain Center.

No person is permitted to enter or leave the Heart Mountain center without proper credentials which must be cleared with Military Police stationed at the entrance gate to the project. Neither the War Department nor the War Relocation Authority has established regulations requiring that persons having business at the center be searched upon coming in or going out, that their property is subject to seizure, or that searches and seizures may be made on the theory that such persons are guilty until they prove their innocence.

FROM THE ISSUE OF APRIL 26:

Headline: "Thousands of Tons of Coal
Wasted At Heart Mountain"

"The coal for these "stoves for 500 barracks and mess-halls) is purchased in carload lots and trucked into the camp. There it is dumped on the ground in great piles ... There are no coal bins, although more than six months ago the WRA purchased a sawmill ... for \$6,000 ... to date less than 12,000 feet of lumber has been taken out ... despite fact large crews of Japanese have been assigned to the sawmill operation. Had lumber from this mill been used to construct coal bins, thousands of tons of coal, now blowing in fine dust over the countryside, would have been saved."

"... in some places, piles of slack twenty and more feet across and in other nearly head high, stand back of the barrack building and outside the kitchens...."

Since the opening of the relocation center at Heart Mountain in August 1942, a total of 36,519 tons of coal have been delivered to the project. All of this coal with the exception of 1,048 tons has been lignite coal ordered through the Army Quartermaster Corps from the mine at Sheridan, Wyoming. The 1,048 tons were delivered to the center from local dealers last fall when a coal shortage developed.

Efforts were made last fall by the War Relocation Authority to obtain priorities on materials for building coal bins at relocation centers. Applications for such priorities were disapproved by the War Production Board.

The saw mill referred to was purchased by the War Relocation Authority to provide rough lumber needed for various supplemental construction projects at the center. The mill has produced approximately 40,000 board feet of lumber, despite the fact that it has operated only on a part time basis and the fact that operations did not start until January 27th. Lumber produced by this mill could not be used for purposes disapproved by WFB.

Despite inadequacies of coal storage facilities and low quality of the coal used, project officials estimate that there has been a waste of less than two per cent.

"These streets (at the center) are in such condition that it is impossible to drive over them at a speed in excess of ten miles an hour. To do so would add further automobile wrecks to the already well filled junk car graveyard which lies south of the camp."

As was to be expected streets at the Heart Mountain Center deteriorated considerably during the winter months. Part of this deterioration was due to the fact that an inadequate system of drainage was provided last summer when the center was being rushed to completion.

As soon as the more pressing farm work is over, however, the crews of workmen will begin repairing operations.

In securing equipment for carrying on the operation of the center and for developing an agricultural area of 2,000 acres for food production, the War Relocation Authority, instead of buying new equipment, has drawn on the surplus stocks of other Federal agencies. In transferring this equipment from these Federal agencies WRA was required to take a considerable amount of equipment which had already been junked and was not in useable condition. From such supplies many repair parts were obtained for equipment in use and the rest is to be salvaged for scrap.

"This automobile graveyard adjoins a lot, well over two acres in area, littered with lumber taken from thousands of crates and boxes ... Much of this lumber is salvagable, but no effort is made to put it to use ... This lot is the scene of the original camp lumber supply -- a supply that when Heart Mountain was completed measured five million surplus feet of pine and spruce. Robertson said he had asked for some of this lumber, but it was carted away, he knew not where."

The scrap lumber referred to was left by the contractor after completing construction of the center. Since there were no sidewalks provided in the original construction, most of it has been used to build boardwalks. Residents of the center have also used much of it to insulate the walls and to build partitions in the barracks and in making home-made furniture. The rest of it is being salvaged and will be used as needed.

"At present the only construction activity inside the camp is the erection of the high school ... part of project upon which more than three million dollars was to be spent .. two elementary schools and the high school building."

The original contract price for the construction of three school buildings at Heart Mountain was \$348,357. Approval for this construction was granted by the War Production Board but was later withdrawn on the two buildings intended for use of the elementary school, and only the high school building is being erected at a cost of approximately \$173,000.

".... great piles of trash heaped along the sides of the streets I overheard conversation ... in which it was stated they were having great difficulty in inducing the Jap workers on the camp payroll to pick up this trash. It was stated that morning -- April 20 -- the Jap workers assigned to the task had refused to pick up rubbish."

The Post writer visited the center during "clean up week" and the piles of trash along some of the streets were placed there by residents to make it more convenient for collection trucks to pick them up later. No difficulty was experienced in getting this trash removed.

"The same day I learned that Jap workers engaged in running tractors ... had refused lunches sent them at the scene of their labors .. they demanded the right to go to the camp for a "hot meal". Their demand, as are all demands by the Japanese in the camp, was promptly met."

Agricultural workers at the center are working double shifts in bringing approximately two thousand acres of undeveloped agricultural land under cultivation. Prior to the installation of portable field kitchens, these workers have been returning to center mess-halls for their noon meal. A field kitchen for serving hot meals has been established for workers engaged in building the main irrigation canal at some distance from the center.

"Last October the then camp steward had on hand supplies adequate for full unrationed feeding for two months. But the newspapers were filled with stories telling how rationing was certain to come. The Japs, in the camp, made demands at that time that the food stocks be increased. The steward who refused to make unnecessary requests for more supplies, was dismissed. The great hoards of food now in the warehouses then began coming in."

The steward referred to was discharged after being at the project only a few weeks.

The Heart Mountain relocation center, a city of more than 10,000 people, came into being in August 1942. It is located in a sparsely-settled, semi-desert region and at that time was wholly dependent on outside sources for its food supply. Rather than run the risk of having a food shortage develop as the result of interruptions in rail and highway transportation during the winter months, officials of the War Relocation Authority in Washington instructed the project staff to lay in a stock of non-perishable foods to take care of emergencies that might arise.

".... when an effort was made, last January, to find hidden supplies of food stored in kitchen attics, the lives of a Japanese worker and a camp worker were threatened ... The cook and his assistant drove the Jap boy and the camp investigator from his kitchen with a butcher knife and a meat ax ... cook was taken before Robertson ..." I told the steward to fire (the cook) but the people in the block said this would cause trouble. I had the cook apologize."

Certain non-perishable foods were stored in the space above messhall kitchens at Heart Mountain during December and January because space was not available at the warehouses. In December the Project Steward ordered an inventory taken of this attic-stored food and his assistant Mr. Best was assigned to the task. The inventory of the forty messhalls proceeded without incident until Mr. Best and his evacuee assistant arrived at the kitchen in Block 1-27, where a misunderstanding occurred and an argument resulted.

This misunderstanding arose partly because of Best's failure to adequately explain to the chef the purpose of his mission, (Best had been at the center only a few days) and partly because the chef did not understand English well. Both men lost their tempers and an exchange of abusive language followed, but Best and his assistant were not chased from the kitchen with a "butcher knife and a meat ax" as alleged. At a hearing held later, the chef apologized to Best and both men went back to their jobs.

FROM THE ISSUE OF APRIL 27:

"The Japanese camp resident's lot is strikingly different from that of the young Caucasian -- the term applied both by camp authorities and camp residents to all who are not of Japanese blood. The American, under government order, either finds himself a job in essential war industry or he goes into the army forthwith. Once on a job, the young American cannot change employment even for higher pay. He works, or he fights -- and he finds his own work."

Selective Service, in its application to American citizens of Japanese ancestry, was suspended during 1942, and all male citizens of Japanese descent and of military age were classified as 4-C, "ineligible for service". Since then, none have been drafted. About 3,700 volunteers for combat service were reclassified as 1A, however, after Jan. 28, 1943, when the War Department announced a decision to form a Japanese-American combat team.

Approximately 1,200 volunteers for the combat team were recruited in relocation centers.

Americans of Japanese ancestry, employed in essential war industry, are subject to the same War Manpower rulings as Americans of any other ancestry similarly employed.

The War Relocation Authority assists the evacuees in finding work outside the centers because they are removed from the usual employment opportunities on the outside. The only work offers submitted to them come either from recruiting agents who visit the centers, or through WRA channels. They are permitted to leave the centers only if they have offers of employment, or other means of self-support.

"The Japs in these camps will not accept outside employment... because they have tasted life within the camp, finding it soft and to their liking. Life is soft at Heart Mountain."

Residents in the Heart Mountain Relocation center are housed in temporary barrack-type buildings, partitioned into single-room apartments of varying sizes. An apartment for two people has a floor space of 10 x 20 feet; three people, 15 x 20 feet; four to six people, 20 x 20 feet; five to nine people, 24 x 20 feet. The household equipment supplied by the government for individual family use consists of a heating stove for each apartment, together with a spring cot, a mattress, and blankets for each person.

None of the apartments has running water. The residents share community bath-houses and latrines which are set aside in separate buildings. They eat in community mess halls, at any average cost of less than 42 cents per person per day.

The relocation center is enclosed by a fence and surrounded by a military guard. No resident is permitted to go outside without a pass. Passes to leave the center are issued only to workers employed outside, or to persons with business demanding attention outside.

There are, in the center thus far, no sidewalks, no lawns, no trees, no shrubbery, no ponds, pools, or streams of running water, no theaters, no gymnasiums, no golf courses, no tennis courts.

"Altho there are more than 500 Japanese men and women drawing pay here as clerks, none, within the camp, could give me the exact number of their evacuee guests."

Approximately 330 evacuees are employed in clerical positions at Heart Mountain, including a variable number of part-time workers. This number embraces all clerks in the offices handling general administration, finance, procurement, employment, property control, community services, and housing, as well as in other units, such as the motor pool, the warehouses, and agriculture, which employ a few persons to keep records.

Each relocation center transmits daily population reports to the Washington office. The total population of Heart Mountain on April 25, was 10,234.

"I counted eighteen persons, mostly Japanese girls and boys, ranging in ages from 18 to 24 or 25 years. There was a big sign reading 'Quiet'. None paid the slightest heed. All were talking Japanese and the clatter was deafening. In this building I never heard a word of English other than that used by the civilian employe telephone operators, Carroll and an employment agent from Fargo, S.D.

"Japanese is the one language used."

Mr. Carroll is Chief of the Employment Division at Heart Mountain, and the conversations in Japanese, reported by the Denver Post writer, were interviews with Japanese-born evacuees seeking information with regard to outside employment offers. Bilingualism is a most important qualification for clerical workers in the administrative offices at all relocation centers, where interpreters are needed to deal with first-generation Japanese whose grasp of the English language is very imperfect, as well as with the second-generation who speak English fluently. Much difficulty has been encountered in finding enough clerical workers who could speak both languages.

The population of Heart Mountain is 63.48 per cent native-born American citizens. With comparatively few exceptions, these citizens speak English more easily than they speak Japanese, and the majority of them have only a very fragmentary knowledge of the latter language. Some do not speak it at all.

"Painters, drawing what is known as 'professional pay' -- the highest in the camp, sit at their easels over the countryside.... In the newspaper office I saw a staff far larger than can be found on any metropolitan newspaper anywhere. The schools employ about sixty Japanese and a like number of Caucasians. This number will increase when the new high school -- none knows its exact cost, but it will be more than \$200,000 -- is in operation."

At the time of the Post writer's visit, thirteen persons were employed by the Heart Mountain poster shop which cooperates in promoting War Bond and Red Cross drives, fire prevention campaigns, etc. Five of the thirteen employees were receiving pay at the rate of \$16 per month, and eight at the rate of \$19 per month. No other "painters" were employed at the center. Many of the residents paint pictures as a spare-time hobby.

On April 25, twenty evacuees were employed -- one part time -- on the newspaper staff. This staff included not only reporters, editors, copy readers, and business personnel, but also translators, stencil-cutters, and mimeograph operators for the Japanese language supplement of the Heart Mountain Sentinel.

The schools employed 122 evacuees, including teachers, apprentice teachers, instructors in vocational training secretaries, janitors, etc. Eighty-three of them were receiving \$16 per month, and 39 were receiving \$19 per month.

The cost of the high school, now under construction, will approximate \$173,000. Its completion will not result in the employment of more evacuee

teachers, because all available teachers among the Heart Mountain residents are already employed.

FROM THE ISSUE OF APRIL 30:

Headline: "JAPS IN CAMP GORGED WITH
LUXURY FRUITS AND VEGETABLES"

"Bananas are very scarce in Denver. The few that the American housewife can buy, at long intervals, are expensive. Frozen peaches are a great luxury in Denver these days. Cauliflower, celery, endive, brussels sprouts also are in that class---hard to get and high in price.

"But at the Heart Mountain relocation camp, near Cody, Wyo., the Jap guests of Uncle Sam don't have to worry about either scarcity or high price of any of these, or any other luxury food items. They can go right on not worrying, too, because they're going to continue to get their bananas, frozen peaches, avocados, brussels sprouts and all the other delicacies that American soldiers in Army camps in and around Denver never get, and that are very rarely obtainable by the American family.

"Here are some of the quantities of fruits and vegetables on which bids were requested April 28, for delivery at the Heart Mountain camp May 4 and May 5: Bananas, 4,000 pounds. Peaches, frozen, 2,000 pounds, Avocados, 220 lugs. Apples, fancy Winesaps, 180 boxes. Grapefruit, 100 boxes. Oranges, 216's, 200 boxes. Lemons, 300's, ten boxes.

"This is one day's order for Heart Mountain. That it is not an exceptional day, a day of special festivity or luxury is disclosed by the fact that an identical order was put through for delivery May 11.

"A bid was asked for delivery of vegetables, May 4, and it included these items, some of which are seldom seen on American tables nowadays: Celery....lettuce.... onions....cabbage, Chinese, U.S. No. 1, 4,000 pounds. (Chinese cabbage is special; it has to be shipped in from Arizona, and sells for 4 or 5 cents a pound more than the ordinary cabbage which is bought for the soldiers at Lowry, Buckley and other Army posts.

"Radishes, eighty-two crates. (Lots of ground at Heart Mountain and anybody can raise radishes.) Cauliflower....spinach....broccoli....peppers....endive.... parsley....brussels sprouts....asparagus....

"Tomatoes, U.S. No. 1 ripe, repack, eighty-two lugs.
(Not just any old kind of tomatoes, either. Repacks have
all the soft or spotted ones removed.)

"Bids, issued at the same time for fruit and vegetable supplies for Army bases in and near Denver.....
showed that the soldiers were to be shipped cooking apples,
selling in Denver markets for \$3.25 per box.

"Some of the Army posts also were to receive cabbage,
but it was the plain, or garden, variety, selling from
4 to 5 cents a pound less than the extra fancy Chinese
cabbage, which was to be shipped to Heart Mountain."

Statements quoted above are from the issue of April 30. The following
are by officials of the War Relocation Authority:

Fresh fruit and vegetable requisitions for the Heart Mountain relocation center are based on current market advices received from the Quartermaster Corps as to foods available and in season.

These market advices are sent out in advance to all government agencies ordering through the Quartermaster Corps. The Heart Mountain relocation center is required to place its food orders with the Quartermaster Corps from 45 to 60 days in advance of the date of delivery. Orders for May were placed in March.

Orders for perishable foods are based in this information sent out by the Quartermaster Corps as to supplies it expects to have on hand. Food requisitioned may not be delivered, depending on market conditions, and substitutions are frequent. Orders placed by these government agencies (Army camps, military hospitals) to the Quartermaster Corps are then consolidated and invitations to bid are issued to dealers. Only after bids have been received are actual purchase orders issued, and this may be only a few days prior to date of delivery.

A check of requisitions and purchase orders at Heart Mountain reveal that only two shipments of bananas have been received at the center, one last September and one in January.

The shipment in January was a substitution for other items ordered.

The total quantity of bananas received at Heart Mountain was sufficient to provide one half of one banana for each person at the center and was used in a gelatin dessert.

No bananas have been requisitioned for the center since August 1942 except for an order for delivery of bananas in May. This latter requisition was pending at the time the Post writer visited the center, and a shipment of Mexican bananas was subsequently delivered to the center. At the time of the delivery bananas were also available in Denver and at local markets in towns near the center.

No frozen peaches had been received at Heart Mountain up to May 1st. Based on market advices received at the center from the Quartermaster Corps, to the effect that frozen peaches might be available for delivery in May in ten-pound cartons, a quantity sufficient for one meal was ordered. This is a large size carton which was procured by the Quartermaster Corps for institutional use, and did not come under rationing regulations. If delivery of these peaches is made to the center, the cost will approximate four cents per person for the one meal that they are served.

Based on similar advices from the Quartermaster Corps that brussel sprouts would be available in May at reasonable prices, the center placed requisitions for a quantity sufficient for one meal per week. If delivery is made, the cost per person per meal would be about 1-1/3 cents.

Avocados were plentiful in April. One shipment for each week in April was received, sufficient for a salad or fruit for two meals each week. The cost per person per meal was two cents.

The quantity of Chinese cabbage included in the order for delivery on this particular day was used at the center as a substitute for celery. By far the largest amount of the cabbage used at the center is of the cooking variety obtainable at local markets anywhere.

The apples requisitioned in this particular order were eating apples and were served as dessert.

Radishes ordered were delivered prior to the time they could be grown at the center. Approximately two thousand acres are being cleared and cultivated at the center this spring on which residents will raise vegetable crops to supply most of their own needs.

The Heart Mountain relocation center is complying with the same rationing regulations which apply to the civilian population in the rest of the country. Under these regulations, the consumption of rationed processed foods has been reduced and greater quantities of fresh fruits and vegetables are being served, in keeping with recommendations of the Office of Price Administration.

The cost of fresh fruits and vegetables for residents of the Heart Mountain center has averaged between none and ten cents per person per day.

FROM THE ISSUE OF MAY 2

"A sitdown strike of Japanese workers attached to the transportation section and motor pool has tied up activities at the War Relocation Authority's Heart Mountain center, near Cody, Wyoming."

The actual work stoppage did not affect all of the evacuee workers in the transportation section and motor pool, where a total of 173 evacuee workers are regularly employed. Actually 75 to 80 failed to report to work as a protest. The work stoppage did not tie up activities to any great extent although it did prevent some work on the project farm and another group of workers engaged in developing an irrigation canal at some distance from the center proper.

The direct cause of the strike was a fight which occurred between an evacuee and an administrative employee. The evacuees working on the farm project were trying to speed up the work of getting land ready for planting and had two eight-hour shifts of workers using the same machinery and equipment. A plan had been worked out for a man from the motor pool to service the tractors and other machines in the fields.

The evacuee involved in the fight was the foreman in charge of the agricultural motor equipment. When he learned that the man who was supposed to have started work on the field service arrangement had been ordered to another assignment by his immediate superior in the motor pool at the project, there were words between him and the man who had given the order. The fight resulted. Workers in the motor pool then brought about temporary work stoppage.

"Jap was fired and sitdown followed."

Both of the participants in the fight were temporarily suspended from the work they had been doing. Both were later returned to the same jobs.

"all activity within the camp has been affected."

No other activities except the work on the canal and some of the agricultural section work was interrupted. Essential community services went on as usual.

"Reports that there was to be a strike at the Heart Mountain center May 1 have been circulated in the center and in Cody and Powell for many weeks."

There have been many rumors afloat in communities adjacent to all of the relocation centers. By the very nature of the centers, populated by people of Japanese ancestry, such rumors are to be expected. The particular date mentioned has no significance and May Day demonstrations did not occur at Heart Mountain or any other of the ten relocation centers.

"Since the strike at Heart Mountain has been in progress all the new expensive farm equipment, including 20 rubber tired new Fordson tractors, have stood unguarded in the fields far from the camp site."

The most distant fields from the center of the camp at Heart Mountain are approximately five miles. The farm covering some 3500 acres is entirely on the WRA center lands and posted as a Military Reservation with "No Trespassing" signs. The whole area including the farm is patrolled by the military police. The WRA has 20 small Fordson tractors which were secured through the Army for use in developing nearly 2000 acres of land for food production. Other farm implements and equipment is used machinery secured mainly from surplus stocks of other Federal Agencies. Farm equipment is kept at the farm project to save wear and tear and gasoline needed in bringing it back and forth to the center every day. The same equipment is used for two shifts of workers, one starting at 5 a.m.

"Sheriff Frank Blackburn of Park County went to the camp to ask if his office would be needed. He was told that WRA was Prepared to handle the matter and would call upon the military police for aid if necessary."

Should it be necessary to maintain order at Heart Mountain or any of the other relocation centers, it is the customary policy of the project director to ask the military police to come inside the center for this purpose. At all of the centers an internal security force is organized and functioning on the same basis as that of city police, except that the evacuees serving on the force are not armed. In criminal cases involving felonies the persons accused are turned over to state and federal officials.

"Guy Robertson, camp director, refused their demands saying, 'We have done our best to please you, but you do not seem to appreciate what has been done.'"

The project director approved a plan for an investigating committee which will conduct a thorough investigation of all grievances and make recommendations to him. It was agreed that all workers would report to their posts of duty in the meantime. He did not make the statement attributed to him by the Denver Post.

COMMENT ON EDITORIALS

APPEARING IN THE DENVER POST

The articles published by the Denver Post with regard to the Heart Mountain relocation center near Cody, Wyoming, were accompanied by a series of editorials under the heading "That's That". Quoted passages from these editorials are given below, together with comment by officials of the War Relocation Authority.

FROM THE EDITORIAL OF APRIL 24, 1943:

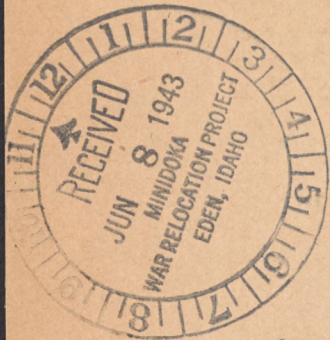
"One need look no farther than this Heart Mountain relocation camp to find out why the American people are being rationed in their use of their own food."

"Under the rationing system, the American people have to buy their food on a hand to mouth basis. If they accumulate a modest store, they are branded by the bureaucrats as hoarders. Up at Red (Heart) Mountain, government bureaucrats have stored enough food to supply the 10,300 Japs there for three years, seven months and two weeks."

The more than 10,000 people of Japanese ancestry who live at the Heart Mountain relocation centers are complying with the same rationing regulations which apply to the American public generally.

Food for the center is purchased through the Army Quartermaster Corps, and consists of the same types of food as are available at local markets to the civilian population.

The statement that enough food is stored at Heart Mountain "to supply the 10,300 Japs for three years, seven months and two weeks" is incorrect. As of April 26, the total food inventory on hand was sufficient for a 60-day period.



"The total point value of just the rationed canned vegetables and fruits hoarded at Heart Mountain to keep the Jap inmates well fed is 20,017,222. No wonder Denver grocery store shelves have been looking bare! Apparently, government buyers have grabbed most of the food in the country to feed the Japs. American civilians are expected to get along on what is left after their enemies have been glutted."

The correct figure for the total point value of rationed processed foods on hand at Heart Mountain at the time of the Post writer's visit was slightly less than fifteen million points. There were no surpluses of rationed foods at the center except in the one category of processed foods, which automatically became surplus upon the inauguration of the point rationing system. That surplus has now been disposed of by shipments to other relocation centers and by arrangements with the Army to ship to nearby Army bases.

"This Heart Mountain camp situation literally stinks. The food which the government has been hoarding there is largely food that is rationed to the American people. The Japs who are being petted and pampered and coddled there are the same kind of Japs that American boys are fighting in the Pacific. They are the same breed of rats as those over in Japan who have murdered American prisoners."

Nearly two-thirds of the people of Japanese ancestry resident at Heart Mountain are American citizens, born and educated in this country. The remaining one-third are aliens who have lived in this country during most of their adult life but who are barred from becoming citizens under our naturalization laws.

These people, citizens and non-citizens alike, were evacuated from their homes on the West Coast in 1942 and moved to inland relocation centers. They are charged with no crime against the government and have been guilty of no sabotage against the nation's war effort.

As to the charge that residents of Heart Mountain are "being petted and pampered and coddled"---they live in tar-paper-covered-barracks, Army-camp style, a single room per family; they eat at community messhalls; they receive wages of \$16 and \$19 per month, plus subsistence, for work done in maintaining the center and in the farming operations carried on. The center itself is located in a wind-swept semi-arid region, unsuited even for ranching and capable of agricultural production only with irrigation. An irrigation system is now being built by residents of the center and nearly 2,000 acres of raw land have been cleared and prepared for food production to supply a major share of the center's needs.

Rhoda Metraux
Committee on Food habits
July 25, 1942

The food habits of the Japanese people living in this country represent a blending of Japanese and American patterns. (1)

While there are a few among the second and third generation Japanese-Americans who maintain, for one reason or another, that they can get along very well without any Japanese food, this is not true of the majority. Some of the essential items in the Japanese diet have been imported in the past, either because they were not available or because the methods of preparation used in Japan or elsewhere were preferred (shoyu - soy bean sauce - for example); these are now scarce and must be replaced, if possible, or substitutions must be found. Other items have been cultivated and prepared here. Plans for the re-location and re-settlement of West Coast groups.

(1) The present report is based on data obtained from Dr. John F. Embree, Mrs. Mary Halpern, Dr. David Mandelbaum, Dr. Mrs. Katharine Woolston, Mr. Joseph K. Yamagiwa, Mr. Takehiko Yoshinashi and on discussions in assembly centers by Dr. Margaret Mead with young Japanese who have a home economics background. Grateful acknowledgment is made to all those who supplied the writer with information for their quick response and cooperation, but they are in no way responsible for errors of commission or omission in this paper.

The following publications also were found useful:

Bainer, Roy: HARVESTING AND DRYING ROUGH RICE IN CALIFORNIA.
Berkeley, University of California Agricultural Experiment Station,
Bulletin #541, 1932.

Embree, John F. : SUYE MURA, Chicago, University of Chicago Press,
1939.

Grove, Ernest W.: SOYBEANS IN THE UNITED STATES: RECENT TRENDS
AND PRESENT ECONOMIC STATUS. United States Department of Agriculture,
Tech. Bulletin #619, 1938.

State Board of Control of California: CALIFORNIA AND THE ORIENTAL: JAPANESE CHINESE AND HINDUS. Sacramento, California State Printing Office, 1922.

JAPANESE - AMERICAN DIET

especially plans for agricultural procedures, should take into consideration Japanese dietary practices as they exist in this country at the present time and should make the best possible use of existing skills. In some cases it will be necessary to determine whether an item, already available in this country, is adaptable to new soil and climatic conditions or whether it would be better to obtain supplies from the present source. (For example, most of the short-grained -- so-called California-Japan -- types of rice originated in Japan, but are now grown successfully in California.) In other cases it will be necessary to determine in addition whether the available varieties of a food are those customarily used by the Japanese (for example, the varieties of soybeans now grown in the United States). In still other cases it will be necessary to find out whether certain items, which in the past have been imported, such as those used in food processing (for example, the fermenting agent Aspergillusoryzae) and other typical foods (several varieties of mushrooms, fish, pickling plums and so on), can be obtained in this country and, if not, whether adequate substitutes can be found. Furthermore, certain foods, such as miso, tofu, koji, (see below for descriptions) and so on, require special and sometimes long-time processing. Agricultural re-settlement plans must provide for suitable economical production and distribution. Finally, it will be necessary to plan for a diet in which a bal-

ance of Japanese and American foods will be achieved so that members of the re-settlement groups will not feel deprived of their basic customary foods nor frustrated in their efforts to achieve an adequate diet, according to recognized American nutritional standards. To attain this goal it will be necessary to know something about the composition of the groups (age and economic status of the persons involved) and to obtain the cooperation of Japanese-American, both men and women, who are practiced in agricultural procedures, who are familiar with methods of preparation of Japanese foods, and who have training in dietetics.

A. General Attitudes towards Food

I. Composition of groups. Generally speaking, the Japanese in this country may be divided into two groups: (1) the foreign-born and those living in the more isolated rural communities or -- to some extent -- in the congested 'Japanese districts' of cities, who have retained a large part of the older pattern, and (2) the American-born Japanese and those living in the larger urban communities, who are far less conservative. As a rule, foreign-born Japanese whose children have grown up in this country, may also be counted among those who are familiar with the American dietary. Japanese thoroughly appreciate the importance of good health and are considered to be 'good' patients; doubtless the recommendations of American or American-trained doctors and other health authorities have affected the diet at least of children. American food has a high prestige value for the second-generation groups who are eager to identify themselves with Americans and young educated Japanese know a good

deal about modern nutrition education. Economy and convenience (most of the specially imported Japanese foods are relatively expensive and some require complicated preparation) are other factors which have led to the wide adoption of American foods. Young Japanese-Americans do not constitute a real diet problem if a few specific likes and dislikes -- carry-overs from the older pattern -- are taken into consideration; a more serious problem does arise, however, where a group includes a number of older foreign-born or rural Japanese, or where the group, as is almost bound to happen, is very mixed.

JAPANESE - AMERICAN DIET

II. Class-typing of food. Apparently there is very little class-typing of Japanese food in this country. However, it should be noted that it is by and large the more well-to-do urban Japanese who have most completely adopted American eating customs. Eating American food is definitely part of the assimilation process and may also be associated, like so many other things, with a rise in economic status in this country. These two factors, as well as those mentioned above, may influence the more conservative groups today toward acceptance of American food, providing it is made palatable.

III. Discussions about food. Normally, every-day food is taken for granted and is eaten without much comment. Japanese in general consider discussions of food a little vulgar and people who do talk about it, except perhaps to praise the cook for a particularly good dish, or who fuss about it, are thought to be 'not quite nice.' Consequently, put in a position where they felt they must complain (because a necessary food is lacking, because the cooking is bad and so

on). Japanese are likely to feel doubly miserable and resentful. Naturally, this is more true of older people than of the younger Americanized generation, who are likely to be quite outspoken in ~~their~~ likes and dislikes.

IV. Children. The attitude toward children regarding food is permissive and rewarding, never restrictive. Children may be gently coaxed but are never threatened or forced to eat; food is never withheld as a punishment. They may, in fact, eat anything at any time. Japanese lay great stress on good manners and fear that group eating, especially where children may be separated from adults, will result in the deterioration of the children's manners. Furthermore, the Japanese family is traditionally a cooperative group. In this matter the American patterning of the mother-child relationship, so far as younger Japanese mothers are affected by it, will serve to strengthen the desire to keep at least mother and children together. For this reason it is highly desirable to maintain the family group even where efficient kitchen procedure might indicate separation.

V. Group eating and leadership. Large-scale group eating, as a daily occurrence, is a new experience for older Japanese. Older Japanese women do not have much experience in every-day cooking for large groups and the leadership must come, therefore, from the younger ones who are aware of and have been trained in modern nutritional practices. Generally speaking, information and advice will come best from trained members of the group; However, care should be exercised so that the young leaders do not entirely over-ride the

preferences of more conservative members of the group. At any rate until a definite pattern is established, it would be very helpful to have on hand a liaison person with authority to deal with conflicting wishes and ideas about the growing, preparation and purchase of food.

B. American Foods.

Since so-called American-style cooking is at least acceptable to most Japanese, it may form, in the absence of characteristic Japanese materials, the basis of their diet if certain precautions are observed. Most young Japanese will definitely prefer such a diet. A few general rules always should be kept in mind. The food should be simple and should be simply cooked. Fresh fruits and vegetables, in which the Japanese diet is rather rich, are very important as are Japanese pickles or American salads. Starchy foods (other than rice) should be kept to a minimum. Japanese, especially young Americanized people, now in the centers very strongly object to a diet which includes many carbohydrates because they find it heavy and fattening. Normally, the Japanese diet does not tend to include many carbohydrates besides rice, but rather stresses protein-rich foods (soybean products especially) which make up for the lack of sufficient meat, etc. Sauces, including butter for vegetables, flavorings and condiments, except salt should be served separately. Fruits rather than sweet desserts (cakes, pies, puddings) should accompany meals, particularly if the meal includes soybean products.

I. Milk and dairy products. Milk and dairy products in general are not always popular, especially with older Japanese. Creamed soups,

creamed vegetables, creamed meat and creamed fish dishes, and cream-ed puddings are disliked by most people. Therefore, milk should be served only as a beverage (children, of course, drink it) or in ice cream, but it should not be used in cooking. Cheese of any kind should be used only in sandwiches where some choice is possible or should be served separately, but it should not be an ingredient in any cooked dish which forms a main part of a meal.

II. Soups. Most American soups made with meat, fish or vegetable stock are liked, providing they are clear rather than creamed. Fish, meat, vegetables or noodles may be cooked in the soup. (For Japanese-type soups, see below.)

III. Meat and fish. Beef, pork and poultry of all kinds are popular. Frankfurters and cold meats, such as ham and various kinds of sausage, also are liked. Lamb and veal are less popular and, as a rule, all viscera are disliked. Fish, both fresh and canned, are eaten, although some Americanized Japanese object to the inclusion of as much fish in their diet as is customary in the Japanese dietary. Numerous kinds of fish are eaten by the Japanese which have little place in the American dietary, but it is questionable whether these can be supplied to groups living far inland. However, many of these are delicacies which have been too expensive for the average person to buy in any case. Raw fish too is something of a delicacy and its use also would depend very much on the availability of suitable kinds. Fish may be boiled, fried in deep fat or made into soup or into a salad (shrimp and crab meat are well liked). Starchy meat substitutes, such as spaghetti or macaroni dishes, are heartily disliked.

IV. Fats. Fats are used rather infrequently in cooking. For deep fat frying (for example, fried shrimp, fish, prawns, egg plant all of which are first dipped in butter) American vegetable fats are used, but always those that come in liquid form (Mazola, Wesson Oil, etc.). Similar vegetable fats (but not olive oil) are also used for salad dressings. Olives and olive oil are generally unpopular. In cooking meat, the fat on the meat itself is used, but meat when served (steak or chops, for instance) should never have a greasy appearance. Lard is very much disliked. Solid forms of vegetable fat, such as Crisco, are used only for cakes, cookies, pies, etc. Those who do not like dairy products will, of course, not like butter; in general it is used less, even by those who have adopted American food habits, than is usual in the American dietary.

V. Eggs. Eggs are well-liked and an egg dish may be served at any meal along with rice and other foods, - meat, vegetables, fish, etc.

VI. Vegetables and salads. Vegetables of many kinds are popular (see list below) and form a very essential part of the Japanese dietary, which is otherwise somewhat low in vitamin-rich foods as a rule. Abundant fresh vegetables must be available. For an American-style meal these may be cooked in salted water, but they should not be buttered, creamed or otherwise seasoned before they are served. Sweet potatoes and yams are popular tubers. White potatoes are eaten occasionally, but decidedly are not popular. They should never be served together with rice, which is the staple, even with American-style meals.

Vegetable salads and cole slaw (but not fruit salads) are popular and are eaten heavily marinated with French dressing (made with any vegetable oil, except olive oil) or with mayonnaise. Some Japanese combine these dressings with soybean sauce. Probably it would be best to serve the dressings separately so that they could mixed to taste. Salad of some kind should accompany every meal unless Japanese-style pickles are served.

VII. Bread. Bread of some kind is eaten by most Japanese in this country. Crisp-crustéd white bread or rolls -- "French bread" is the preferred type. Jams and preserves (strawberry, for instance), if not too sweet, are more popular than butter as a spread for bread.

VIII. Desserts. Most Japanese will eat American desserts with pleasure when these accompany an American-style meal, but not when soybean sauce or other typically Japanese foods are included. However, sweet desserts do not ordinarily form part of the Japanese dietary -- indeed there is no word in Japanese for 'dessert' as such -- and many people prefer fruit. For this reason it would be well to allow a choice of fruit and some other dish as a dessert and to serve only fruit with a Japanese-style meal. Cakes, cookies and pies are eaten more often with tea in the afternoon or late in the evening.

Children, however, tend to eat a great deal of ice cream and candy between meals and can usually obtain money to buy these. Some kind of sweet should, therefore, be available. Because of the sugar shortage and also because many young Japanese children have extremely poor teeth, it would be desirable to supply a sugar-

substitute. The important point to remember is that both parents and children will resent the lack of some inexpensive between meal pleasure food for the children.

IX. Beverages. Coffee has been adopted by some, though not by all, especially as a breakfast beverage. The majority of Japanese, however, much prefer tea and, although the teas used by Japanese-Americans are usually the types imported from Japan (green tea), any tea would be preferable to none. Tea accompanies every meal and is sipped slowly throughout the meal. It is not sufficient to serve each individual a single cup of tea or hot water with a tea bag. A large pot with the leaves in it should be available for every table of group of persons. Plenty of boiling water should also be available for making the tea. Children and many younger Japanese also drink milk and a plentiful supply must be provided.

X. Meal patterns. The American urban pattern of three meals a day with the main meal in the evening usually has been adopted by Americanized Japanese and may be followed.

Breakfast is customarily a light meal, The usual toast, milk and coffee may be served. Fruit is often omitted, probably because it raises the cost of the meal, but if possible it should be provided at least for children.

XI. Holiday meals. In recent years most Japanese have adopted American foods for holiday occasions, except perhaps for their two most important celebrations, and they enjoy {turkey and fixings' or whatever else is appropriate to the day. For obvious sentimental

reasons some conservative Japanese still prefer their own feast day foods and, if the materials are obtainable, it might be well to give consideration to this fact where there are a large number of older persons in a group. New Year's and Bon, which is celebrated in July, are the two days which are important in this respect, and these are occasions when the type of menu should be decided upon by the group as a whole if this is at all feasible.

C. Japanese Foods.

Despite the fact that the American dietary and meal rhythm have been accepted generally, especially by the younger generation, certain Japanese likes must be taken into consideration. Conservative Japanese families still eat two Japanese-style meals daily, others do so less often. Consequently, it would be well to serve one Japanese-style meal daily or at least several times a week, preferably in the evening. The frequency of Japanese-style meals will depend on the composition of the group.

I. Food for every-day meals.

a. Soups. If soup is to be served, it may be any one of the clear soups described above or else it may be made with Japanese noodles (mostly noodles) or miso (see below). In Japan soup made with miso is often the main dish at the morning meal; here it makes a good luncheon dish since it is a thick soup rich in protein. It is popular with most Japanese.

B. The main course - and in most cases the only one - in a Japanese meal will consist of several servings of rice accompanied by a side dish of meat or by Japanese pickles or sauer-

kraut (cucumbers, daikon (white radish), so-called Chinese cabbage, turnips, etc.). Shoyu (soybean sauce) should always be served with such a meal and is often used as a flavoring in cooking.

(If necessary, some American dish such as ~~steak~~, roast beef or pork, poultry or scrambled eggs and cooked vegetables may be substituted for the side dish, provided only that they are not greasy and not starchy; a vegetable salad or cole slaw may take the place of the Japanese pickles.)

c. Fruit may or may not follow.

d. Beverages. Tea, of course, accompanies every meal. Milk should be served for children. Some people may like tonyu (see below).

II. Important foods. (2)

The difficulty of producing Japanese dishes in the assembly center kitchens was put down to the absence of materials. In general the whole problem of obtaining necessary food items and of preparing them properly should be carefully discussed with the Japanese themselves. Because of regional differences, the demand for particular items will vary; further modifications will be necessary because of changes made in this country. Many items not mentioned in the present report, such as seaweeds, several kinds of fish and sea food, condiments such as Ajinomoto (a patent for the manufacture of this was obtained by the Japanese chemists Ibeda and Suzaki in this country in 1912), dried fish, dried mushrooms, and so on may or may not be obtainable here. Some of these are of considerable importance in the preparation of more elaborate Japanese dishes. Consequently, every effort should be made to

(2) See Carey D. Miller, op.cit. for details of preparation.

keep the every-day food simple and to prepare it well within such limits as are fixed by necessity. A few of the more important foods are listed below:

a. Rice

1. Cooked rice is even now a staple and is eaten in preference to potatoes, bread, etc. with almost every meal, whether American or Japanese style food is served. The so-called California-Japan rice is satisfactory if properly prepared. When cooked Japanese-style, rice is glutinous rather than dry (Chinese style); the method of preparation, however, may vary.

2. Koji - fermented rice -- is one of the principal ingredients in miso (see below) and is also used in the preparation of vinegar and shoyu (see below), in pickling vegetables and in making alcoholic beverages. The process of cooking, fermenting⁽³⁾ (with dry spores of Aspergillus oryzae) and drying requires several days. Large quantities are usually prepared at once.

b. Soybean products (the following are only a few of the more usual):

1. Shoyu -- soybean sauce -- is absolutely essential as it is constantly used both with Japanese and American food. Most Japanese prefer the imported sauce, but they will use that manufactured in this country. The taste of the finished product undoubtedly depends upon the fermenting agent used. (In Japan the yeast is probably essentially Aspergillus oryzae.) Shoyu requires a processing period of at least six months, but it is one of a larger group of soybean products which can be prepared by Japanese

(3) Ibid., pp. 9-10. Aspergillus oryzae contains a great many enzymes such as diastase, invertase, lactase, lipase, maltase, protease, amidase and others less common. If not obtainable, a suitable substitute must be found.

in the resettlements if the building and necessary equipment are provided.

Miso is a fermented product made of yellow soybeans and koji. It is used for pickling, for soup, etc. The soybeans are soaked, cooked, mixed with koji and salt and the mass is then ground up. Afterwards it is stored in wooden vats for a period of about two months.

3. Tofu -- soybean curd -- is a white cheese-like product. It must be eaten when fresh and therefore must be prepared as required and placed in containers of water. The processing includes soaking the beans, grinding them up fine, cooking, straining, precipitation by the action of calcium chloride or something similar, and molding under pressure. It is then cut into small pieces for consumption. Tofu may be eaten fresh with shoyu may be used in soup or cooked with meat, fish or vegetables. Low in carbohydrates, it is exceptionally rich in readily digestible protein and also contains considerable amounts of iron, calcium and phosphates. About 350 lb. of curd are obtained from 100 lb. of beans; it is therefore comparatively inexpensive as well as nourishing.

4. Kirazu is the residue of tofu after the ground, cooked beans are strained. It may be eaten with the usual foods, but is generally used for hog food.

5. Aburage is made of yellow soybeans and is prepared somewhat like tofu. The finished product, however, is fried and, cut in cornucopia shape, often is cooked in shoyu with other flavorings and is then stuffed with rice, etc. It is less digestible than tofu and, therefore, not so highly recommended from the point of view of nutrition.

6. Tonyu - soybean 'milk' -- is the liquid obtained by grinding soybeans with water and straining off the insoluble residue. Richer in Vitamin B than cow's milk, it is nevertheless not recommended as a substitute beverage, because it is so low in Vitamin A, calcium, etc. It is a possible additional beverage, however.

c. Pickles.

There are a great many Japanese pickles; several of the more usual kinds are listed above. A number of methods of pickling are common; from a nutritional point of view, the rice bran method is preferable because of the additional Vitamin B. Some type of pickle is served with every meal. Umeboshi (red pickled plums) were imported from Japan. These are something of a delicacy, but because of their associations with well-being (they are served with tea as a good omen to someone about to go on a journey, are eaten with tea before breakfast on New Years, and are given with rice water or soft-cooked rice to an invalid), they would be welcome if they could be prepared occasionally.

d. Meat and fish (see discussion above).

e. Vegetables and fruits.

Japanese are likely to feel keenly the absence of fresh vegetables--known to be the source of vitamins -- as a deprivation and are willing to work for them. West Coast Japanese farmers are accustomed to intensive cultivation. They are experienced at truck farming, berry growing, growing fruits and melons, sugar cane, beet sugar, rice and so on. In planning re-settlement, although it

will be necessary to make adjustments for different climates, consideration should be given especially to those fruits and vegetables cultivated by the Japanese for their own use. These include:

<u>daikon</u> (white garden radish)	parsley
<u>gobo</u> (a burdock, arctium lappa)	cabbage
<u>na</u> (chinese cabbage)	corn
<u>Satoimo</u> (taro, colocasia antiquorum)	mushrooms
<u>Yamaimo</u> (a king of yam)	spinach
<u>Kabocha</u> (a special kind of pumpkin)	turnips
<u>nasu</u> (Japanese egg plant)	potatoes (a few)
green onions (stone leeks)	sweet potatoes
cucumbers	bean sprouts
tomatoes	bamboo shoots (sometimes)
string beans	
carrots	
summer squash	
beet tops	
garlic	
citron	persimmons
peaches	tangerines
Japanese plums	grapes
watermelons	berries

Unquestionably any of the common American green (spinach, cabbage, kale, lettuce, etc.) will be welcome as will any of the usual American fruits. However, the choice of vegetables and fruits to be grown will depend not only on the climate but also, to some extent, upon the previous experience of the farmers.

f. Cereals. In addition to rice, which can be obtained from California if necessary, the Japanese use a small amount of buckwheat and other wheat flour for making noodles. Flour, of course, is also necessary for bread baking etc.

WAR RELOCATION AUTHORITY

WASHINGTON

PRELIMINARY INSTRUCTIONS REGARDING POINT RATIONING OF PROCESSED FOODS,
COFFEE AND SUGAR

The following method will be used by projects of the War Relocation Authority to account for processed foods, coffee and sugar under the rationing regulations of the Office of Price Administration now in effect:

1. Each project will receive ration points for processed foods, sugar and coffee, based upon the total number of meals served at the project, over a period determined by the Office of Price Administration in Washington. Meals served to the Administrative Mess and Hospital will be included in this total.

2. Processed foods will be issued to the Mess Halls upon the same basis as that used in civilian rationing; namely, forty-eight (48) points per person per month. Coffee will be issued on the basis of one (1) pound per person for each five-week period. Sugar will be issued on the basis of one and one-half ($1\frac{1}{2}$) pounds for ninety meals. To safeguard issues of these foods, it will be the duty of the Chief Project Steward to inform the Rationer of Processed Foods, Coffee and Sugar, the exact amounts to be issued to each Mess Hall.

3. Special Diets. Processed foods, coffee and sugar will be supplied to the Hospital or Pharmacy for special diet cases upon written request signed by the Project Chief Medical Officer, stating specifically the reason for such request. This procedure does not apply to issues to the general Hospital Mess, which will be handled as outlined in Paragraph 2 above.

4. Issues to Military Detachments. In order to secure a refund of points for processed foods, coffee and sugar issued to military detachments at the projects, it will be necessary to secure from the detachment commander a statement to the effect that "all such processed foods, coffee and sugar were used to serve meals in his military detachment at this project."

5. At intervals to be designated later, the project will forward to the Washington Office of the War Relocation Authority, Attention: Chief of Mess Operations, a report on the number of meals served on the project. This report should be based on project strength

as indicated by the weekly census directed in Administrative Instruction No. 47. The report should be prepared by blocks, in order that the proper number of points may be allotted to each Mess Hall upon the basis of block population. In order to arrive at the total number of meals served, the total population of all blocks should be multiplied by three, and to this result there should be added any meals served beyond the regular schedule of breakfast, dinner and supper daily. To this total add the meals served in the Administrative Mess and Hospital. The Chief Project Steward will also report the project strength together with the number of meals served.

6. Ration Point Banking for Processed Foods, Coffee and Sugar.

A. The Chief Project Steward and Project Procurement Officer shall ascertain from Quartermaster Depots and vendors serving the project when and how they shall present ration checks to cover their purchases of processed foods, coffee and sugar.

B. Upon allotment of ration points by the Washington Office to the project, points should be deposited with the local bank which will carry the project account. Upon depositing ration points arrangements should be made with the bank to honor the signature of the Chief Project Steward and, in his absence, that of the Project Procurement Officer, on ration point checks.

C. It will be the duty of the Chief Project Steward to keep available at all times an accurate accounting of the balance of the project's Ration Point account. At the end of each month he should forward to the Office of Chief of Mess Operations, Washington, a statement of the exact status of this account.

7. Period Covered by Allotment. Point ration allotments will be made for a period of two months, and it is incumbent upon the Chief Project Steward to remain within this allotment. This means that no more than the exact amount of the allotment can be used during the period, whether by purchase or from inventories now on hand. Therefore, until the project inventory has been reduced to a normal supply, purchases which require ration points should be avoided.

8. Schedule of Processed Foods. The following foods will be subject to the regulations for rationing processed foods:

FRUITS AND FRUIT JUICES

CANNED AND BOTTLED (INCLUDING SPICED FRUITS)

Apples (including crabapples)
Apple Sauce
Apricots
Berries - all varieties
Cherries, Red Sour Pitted
Cherries, others
Cranberries and Sauce
Fruits for salad and fruit cocktail
Grapefruit Juice
Grapefruit
Peaches
Pears
Pineapple
Pineapple Juice
All other Canned and Bottled Fruits,
fruit juices and combinations

FROZEN

Cherries
Peaches
Strawberries
Other Berries
All other frozen fruits

DRIED AND DEHYDRATED

Prunes
Raisins
All other Dried Fruits
and Dehydrated Fruits

VEGETABLES AND VEGETABLE JUICES

CANNED AND BOTTLED

Asparagus
Beans, fresh Lima
Beans, Green and Wax
Beans, all canned and bottled
Dry Varieties, including Baked
Beans, Soaked Dry Beans
Pork and Beans, Kidney Beans and Lentils
Beets (including Pickled)

VEGETABLES AND VEGETABLE JUICES (CON'T.)

CANNED AND BOTTLED

Carrots
Corn
Peas
Sauerkraut
Spinach
Tomatoes
Tomato Catsup and Chili Sauce
Tomato Juice
Tomato Products, all others
All other Canned and Bottled Vegetables
Vegetable Juices and Combinations

FROZEN

Asparagus
Beans - Lima
Beans - Green, Wax
Broccoli
Corn
Peas
Spinach
All other Frozen Vegetables

OTHER PROCESSED FOODS

CANNED OR BOTTLED

Baby foods, all types and varieties (except
milk and cereals)

Soups, all types and varieties.

The following items are not included:

Candied Fruits
Chili Con Carne
Frozen Fruits in Containers over 10 lbs.
Frozen Vegetables in Containers over 10 lbs.
Fruit Cakes
Fruit Puddings
Jams
Jellies

The following items are not included. (Con't.):

Meat Stews, containing some vegetables
Olives

Paste Products - Such as Spaghetti, Macaroni,
noodles, whether or not they are packed
with added vegetable

Pickles

Potato Salad

Preserves

Vegetable Juices in containers over 1 gallon

By-Products of Fruits or Vegetables, such as
Soya Bean Oil, Soya Bean Milk, Fruit and
Vegetable Dyes, and similar products.

WAR RELOCATION AUTHORITY

Washington

November 18, 1942

C
O
P
Y

Mr. Joseph H. Smart
Regional Director
War Relocation Authority
Kittredge Building
Denver, Colorado

Dear Mr. Smart:

Enclosed herewith is the copy of a letter sent to all Project Directors in the San Francisco region by Regional Director E. R. Fryer on the subject of project compliance with food rationing regulations.

An Administrative Instruction on this matter will probably be issued in the near future, but in the meantime, I think it would be advisable to call the attention of your Project Directors and Stewards to this problem so that they can take the immediate steps that may be necessary to meet it.

Sincerely yours,

E. M. ROEALT

Acting Director

Enclosure

C
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Y
Mr. Charles F. Ernst,
Project Director
Central Utah Relocation Project,
Delta, Utah

Dear Mr. Ernst:

Increasing food demands of the armed forces and the necessity therefore of rationing many important items have created an administrative problem to which all of us must give a larger amount of attention. From now on the problem involves more than computing the amount of foodstuffs which may be needed over a 30-day period and filing a requisition. Certainly it involves more than buying foods simply because they are obtainable through the Quartermaster Corps. Among other things, we must take account of community attitudes which present public relations problems that cannot be ignored.

I am sending this letter to all project directors as a general review of the problems we are facing and in the hope it may be helpful in discussions with project stewards and others administratively concerned.

It is obvious that when rationing of a food item becomes a national necessity there is a strict obligation on WRA officials to see that all mess halls, both administrative and evacuee comply. When such rationing is officially scheduled, but has not been instituted, as is now the case with coffee and meats, there is also an obligation to adjust advance purchasing of such items in accordance with the best information available.

Public criticism is justified, it seems to me, if a project community enjoys a scarce item, such as bacon, as a result of "loading up" when a shortage was developing by taking advantage of the Quartermaster's ability to continue supplying an item in the usual amounts. We are certain to encounter criticism, and we will deserve it, if we do not impose some rationing on ourselves when we know that an item is becoming increasingly scarce and serious shortages are showing up in nearby communities.

Milk is a very good illustration of an item of which there is a shortage, but on which rationing has not been definitely scheduled. In several communities, there has been sharp criticism of the milk consumption at our relocation centers while local shortages exist. Some of this criticism has not been altogether fair, but the necessity for restricting consumption at all our projects is obvious. Fresh milk should not be used in cooking and should be limited to nursing mothers, babies and young children, hospital patients, and special diet cases. I understand from Mr. Yust, Subsistence Officer here, that all project stewards have been advised that they should follow these recommendations.

Within a short time, the Service of Supply Division will issue its Menu No. 3 which will provide for one meatless day a week, a weekly meat ration of $2\frac{1}{2}$ pounds per person, and will also take account of the scheduled rationing of one pound of coffee per person in each five weeks. It will also be possible to keep meat consumption well below the weekly ration of $2\frac{1}{2}$ pounds per person by substituting fish, a food which evacuees generally prefer to meats.