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MESS OPERATIONS
[NATIONAL ARCHIVES - REEL 33, FOLDER 86]

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WAR RELOCATION AUTHORITY
Colorado River Relocation Center
Preston, Arizona

FINAL REPORT
MESS OPERATIONS SECTION
1942 - 1945

John L. E. Burdick
Chief Project Steward

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A. HISTORICAL DEVELOPMENT

1. Original Organization, Functions And Policy

As no records of the early history of Mess Operations had been completed, my information as to the opening phases were gained from conversations with the early settlers.

About the eighth of May, 1942, 84 evacuee volunteers arrived in Poston to assist in the opening of the Center. These people were placed in Block 6 which was in the northwest corner of the Camp. Mr. Kato of Bakersfield, California, who had been a restaurant owner and operator opened the kitchen as Chef. A number of other professional cooks and culinary workers arrived at approximately the same time. People from El Centro and the Imperial Valley came in by the way of Blythe, California and settled in Block 6. Among the first to arrive from El Centro was the Maeda family.

Mr. Maeda who had been in the shoe repair business considered that it was necessary for someone to be ready to repair shoes for the thousands coming in. Of his three daughters one, Betsy Nakashima, who had been released from a civil service position in California, took the position of receptionist to the Project Director. Another sister, Marvel went into the office of Community Management. And Alice, the morning after her arrival in Poston, took the position of secretary to the Project Steward, in which position she remained until she left Poston to accept a post with the Bureau of Indian Affairs.

With the arrival of the first large group of evacuees, three young men, who had been accustomed to earning large salaries, accepted positions in the steward's office to assist in the preparation of requisitions and in the distribution of supplies. The original stocking of food stores was arranged for by the Quartermaster, Army Service Forces, and supplies were delivered to the Parker railhead (18 miles from Poston) by the Santa Fe Railroad from which point they were hauled to Poston warehouses by WRA trucks. This work was done by the Chief Warehouse Officer who was under the Supply Officer. The Supply Officer at that time was Section Head over the Transportation Unit, Warehouse Unit, and Mess Operations Unit.

As the Chief Steward was not a member of the staff, did not attend staff meetings, did not receive warehouse food stuffs, Mess Operations was confined to the requisitioning of stores

and the supervision of the various food establishments. The policy at that time was for the Chief Steward to operate the office with evacuee assistants and for the Assistant Steward to supervise the operation of the Mess Halls. Early plans were for the 20,000 inhabitants, approximately 10,000 in Camp 1, 5,000 in Camp 2, 5,000 in Camp 3, to have two refrigerator warehouses in Camp 1 and one each in Camp 2 and 3. The perishable stores on receipt at the railhead would be delivered to the refrigerated warehouse on a 2-1-1 ratio.

The evacuees coming in from various sections and Centers were housed, so far as possible, in local groups so that closely related people might be located together in a section. To have distributional plans operating to a maximum of efficiency, Camp 1 was made a central distributing station. Material issuing forms were made out in the Steward's Office and sent to the warehouse office from which point supplies were distributed as ordered.

Our warehouses consisted of approximately 75 buildings 100 feet long by 20 feet wide, located in three camps. Camp 2 was $3\frac{1}{2}$ miles from headquarters, and as like articles were stowed in a single warehouse it was possible for a truck to go to Camp 3 to procure canned milk, or to Camp 2 for canned spinach, or canned corn.

At the beginning an enormous amount of stores were received which were strange foods for the evacuees. Although of a nutritional value, they were not palatable to people who had been accustomed to other types of food. Foods such as navy beans, shredded wheat, canned hominy, canned spinach, canned sauerkraut had never been tasted by many of the evacuees.

As the Caucasian members of the steward's staff became better acquainted with the evacuee food habits changes were made in the food requisitions, since it was considered wasteful to procure food stuffs which were not eaten. The allotment at that time was 45¢ per day per person for food stuffs. Later although Army rations went to 61¢, evacuee rations were never authorized in excess of 45¢.

Camp 2 was opened for the evacuees in the month of July, Camp 3 in the month of August, 1942. Camp 1 operated 36 kitchens for 9,500 evacuees plus the hospital kitchen. Evacuees were also employed in the administrative messes. In August we were able to put the fourth and last refrigerator warehouse into service, but the policy of dividing stores at the railhead was abandoned.

The first refrigerator in Camp 1 was used for meat storage, the second refrigerator for perishable fruits and vegetables, the Camp 2 refrigerator for home grown fruits and vegetables, and the Camp 3 refrigerator for Project produced fruit, eggs and various perishables for which there was no space in the other boxes.

In Camp 1 all 36 blocks were opened as residential blocks and the Mess Hall provided for each block had to be used. In Camp 2, as the population was under 3,800, only 15 of the 18 blocks were used as residence blocks. In Camp 3 with 18 residential blocks, two blocks were withheld, one for enterprise and various activities and one for schools.

In the effort to obtain the best possible service from a nutritional standpoint, a large number of evacuees were allotted to each kitchen for culinary work. The kitchens, like the majority of buildings on the project, were built on a pattern simply as a double barrack 100 feet long and 40 feet wide. Three stoves, originally built for coal or wood burning, were remodeled with fire brick and a small pan for the use of fuel oil without draft. Although the stoves were low priced, the consumption of oil was high and it was necessary to remove the top of the stove and clean out the soot daily. The six inch chimney on each stove had to be cleaned of soot weekly, as in seven days the chimney space was reduced from 6 inches in diameter to 4 inches. The hot water boiler was installed and also water backs in ranges but the high alkaline content of the water soon clogged the water backs so that the water ceased to flow and it was necessary to remove them. The hot water boiler had an automatic electric oil feed and was controlled by a thermostat. A 40 cu. ft. refrigerator was originally installed in each kitchen. A 3 compartment sink for the dishwashers was on the north side, and a 2 compartment sink on the south side of the building. The provision store room being placed in the center of the kitchen, food stuffs could be sent out on one side and dishes returned on the other side of the building. While it was necessary to find employment for as many people as possible, this was a great advantage, as a large group of people could spend considerable time carrying dishes.

2. Rationing

Forms which made the distribution of food and equipment more easily handled were drawn and mimeographed locally. Although the chief steward received the ration charts, an evacuee clerk in the Procurement Office handled the ration point checking account. In

the steward's office a ration board was established, the major portion of the work being done by the evacuees who had many years of experience as stewards or storekeepers in hotels, restaurants or institutions.

Teiji Fred Kobayashi came to Poston in June, 1942 and immediately took the responsibility for making the primary requisitions, distributional sheets and ration point records for meat and meat products. Harry Kiuchi who had been Chef in the Block to which he was originally assigned, came to the office to assist in handling the primary requisitions, distribution sheets and ration point records for processed food. A senior steward (evacuee) handled the sugar break-down which was figured at the same distributional value as for the civilian population throughout the nation. The project produced pork was valued on the ration list the same as pork procured through the quartermaster.

The Steward's Ration Board broke down the quantity to be issued into percentage allotments for each Mess Hall. Ration points were figured per mess hall, according to population in the block. In the early period of rationing, coffee was issued to Mess halls for all over 15 years of age. Meats and meat products were issued according to O.P.A. charts.

3. Diet Kitchen

In September, 1942 in making preparations for the opening of the schools here, it was decided that the Blocks set aside in Camp 2 and 3 for school use, could operate the kitchens to serve lunch to small children. It was desired that a check be made on child growth rate under the best possible feeding conditions. With the approval of the medical director and the chief steward, the first school kitchen was opened in the Camp 3 School Block. Teru Togasaki, M.D. who was an eminent dietitian and pediatrician, gave a great deal of her valuable time to assisting in the original plans. Gelia Takemoto, wife of the Postmaster in Camp 3, graduate of the University of California at Berkley, was the first president of the Parent-Teachers Association organized in September, 1942, and she, the Camp 3 steward and Dr. Togasaki were so enthusiastic that they were able to imbue the parents of that camp with a like enthusiasm so that when there was a request for mothers to volunteer to serve the children lunches, 178 women offered to come in. Only the children of the 1st, 2nd and 3rd grades were to be accepted and these were all checked for age, weight, height and sex at the opening of the school kitchen, and monthly thereafter. A woman was employed as Chef, and under the

supervision of Mr. Henry K. Yoshimine, established a program of meals featuring balanced ration, eye appeal and palatability. The Camp 3 steward held classes for the employees of that Mess Hall and the dietitian aides from the various blocks .

On January 4, 1943 the school mess in Camp 3 added a special service for diabetics and peptic ulcer cases which were certified to that mess by the hospital diagnostician and approved by the medical director.

B. PERSONNEL

1. Appointed and Evacuee Staffs.

In 1942 the Mess Operations Unit consisted of one chief steward, three assistant stewards, and one stewardess on the appointed staff. There were approximately 3800 evacuees employed in the operation of 77 kitchens.

The need for additional appointed personnel was not apparent until the population was so small that competent evacuee stenographers were unavailable. Up to within one week of the final closure, able evacuees were doing the actual work of receiving and distributing foods.

At the time of taking over the food warehouses in 1943, a storekeeper (CAF-7) and two Assistant Storekeepers (CAF-5) were added to the appointed staff. The refrigerated warehouses each used one foreman and eight laborers. In the 75 dry warehouses approximately 150 men were employed. The warehouse workers, truck swamper, office staff and diet control workers numbered approximately 250. Reduction in staff was effected after June 30, 1943. A quota was set up for the various operations and was met by non-replacement of workers who resigned, relocated or transferred to other divisions.

On June 30, 1943, two of the appointed personnel messes were eliminated by consolidation. By January 31, 1944 employees in Mess Operations had been reduced to 2,102.

The addition of the food processing unit to the steward's department by transfer from Agriculture increased the number of employees.

In 1942 and 1943 high class office workers (evacuee) were available. In the operation of the 77 kitchens, there was a shortage of experienced cooks. A program was set up early in 1942 for

Appointed Personnel mess

Chief Project Steward

Organization Chart
Mess Operations
Camp I

Executive Secretary
clerk stenmos
clerk typists

storekeeper

Ass't storekeeper
clerk typists
cost clerks

Labour Foreman
Labourers

Project Steward

Menu Maker

Time Keepers
Ass't Timekeepers

Milk & Ice Foreman

Seamstress

Food Processing
General Foreman
Noodle Foreman
Tofu Foreman
Moyashi Foreman
A-ge Foreman
Clerk
Truck driver
Labourers

Produce Man

Refridgerator Foreman
Labourers

Staples Rationer

Truck DisPatcher
Truck drivers
Swampers

Meat Rationer

Refridgerator Foreman
Labourers

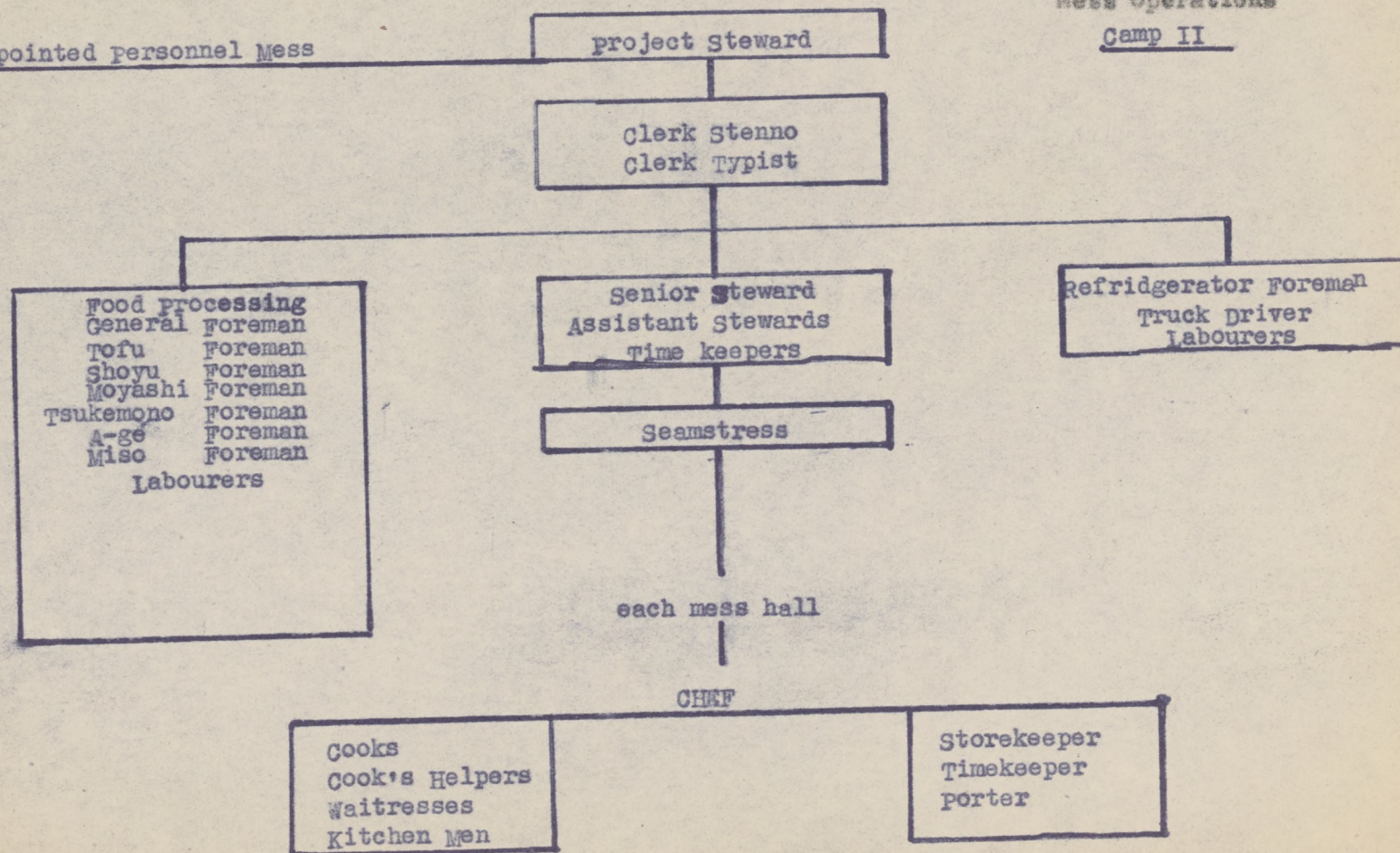
for each mess
CHIEF

Cooks
Cook's Helpers
Waitresses
Kitchen Men

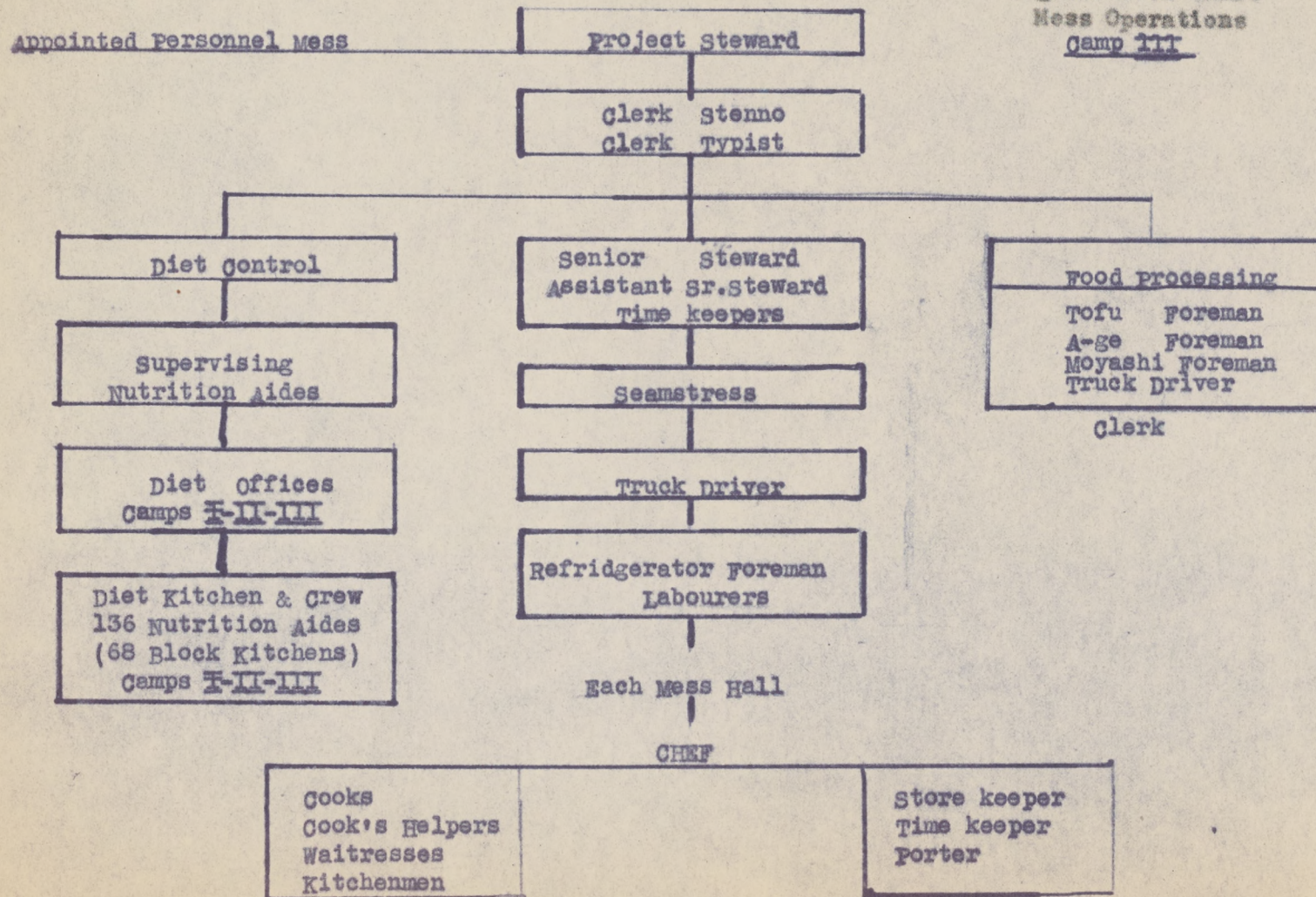
Storekeeper
Timekeeper
porter

Organization Chart
Mess Operations
Camp II

Appointed personnel Mess



Organization Chart
Mess Operations
Camp III



the training of cooks by the establishment of one large mess hall adjacent to the Administration Building whereby cooks in training might operate the mess under professional supervision. This mess was to be used as an evacuee office-personnel mess. Mess Operations employed an evacuee driver to pick up culinary students from the three camps between 5:00 and 5:15 A.M. each day. Trainees received \$12.00 per month. The evacuee office-personnel kitchen in Camp 1 put up box lunches to be delivered to field and subjugation workers, the freight handling crew in Parker, the slaughter house crew, poultry plant crews and others who were unable to return to their own mess halls at the noon period. At one time during the summer school convention for teachers, this mess hall served as high as 850 meals at noon besides putting up 1200 lunches to go out. Evacuee office-personnel mess halls were also established in Camp 2 and Camp 3.

In 1942, with the opening of the children's mess hall in Camp 3, a special effort was made to obtain workers who were sympathetic to the plan. For the care of the aged people and special diet cases who were dwelling in the residential blocks but who could not eat the regular food prepared in the mess halls or were confined to their quarters through disability, the preparation of baby formulas, supervision of sterilization of baby bottles and nipples, and the instruction to mothers in the handling of food stuffs to be taken out from the kitchen, a group of English speaking evacuees was selected. In the beginning they were known as block dietitians but later, the title was changed to nutrition aides. The Assistant Steward in charge of the Diet Control Program held classes for these nutrition aides, to which the chefs were invited.

In 1944 further reduction in workers was effected to meet quota authorized by the National Office.

In December, 1944, at the time of the rescinding of the exclusion order, notice was received from Washington regarding the closing of mess halls which were feeding fewer than 125 persons. This program started in February, 1945 by consolidation. Where two blocks whose total population did not exceed 250 people adjoined, a notice was sent to the residents of the two blocks settling a date for consolidation. The voters in the two blocks were authorized to elect a Chef for the newly consolidated kitchen. The newly elected Chef and a committee of 5 voters from each block were to select a crew conforming to the quota, from the workers of the two kitchens, and arrange for the termination of those in excess of the quota. These notices were sent out in both

English and Japanese. As many had not yet begun to formulate plans for relocation, the kitchen consolidations were slow in the early part of the year.

2. Delegation of Responsibilities

In the Camp 1 office there were the chief steward, his secretary, a typist, and evacuee assistant who took charge of estimating needed supplies, one in charge of meat and meat products, one in charge of staples, and one in charge of perishables. An evacuee supervised the timekeeping staff. An evacuee steward prepared the menus. Evacuees served as field stewards and field timekeepers. Chefs, cooks, kitchen helpers, dishwashers, waitresses, storekeepers, and nutrition aides were employed in 36 evacuee kitchens and the administrative mess halls.

In Camp 2 there was an assistant steward (appointed), two evacuee assistant stewards, a timekeeping staff, field stewards and the mess hall workers who operated one appointed personnel mess and 16 evacuee messes.

In Camp 3 there was an assistant steward (appointed), a supervising chef, a camp baker (Instructor), an evacuee assistant steward, field stewards and a timekeeping staff.

In 1942 the Camp 3 Unit used an actuary for the tabulating of information on the age and the sex of worker groups. The Camp 3 steward's office had also the supervisors of the diet control program.

The only work stoppages which occurred in Mess Operations through labor-management disputes were in the warehouse section and were adjusted by the employment of a new evacuee foreman with no disruption of the food distributing program, although at one time it was necessary to notify block managers that each block must send a worker to the food warehouse. Notification was sent to the Block Manager Supervisor that any residential block which did not supply one laborer to assist in the distributing of food stuffs would be considered non-cooperative. A full crew was available immediately.

The responsibilities of the evacuees and the members of the appointed personnel in Mess Operations were assigned to those most capable. A number of evacuees worked continually in liaison so that harmonious relations between the evacuees and the administrative group were practically continuous.

Difficult personnel problems were discussed at mess operations staff meetings, and solutions were planned by the appointed staff and the evacuee staff. Usually these difficulties were found to be misunderstandings caused by inadequate translations of the two languages.

The chief steward of this center believes that the following named evacuees should be cited for work over and above the line of duty:

Chikahisa, Hiroshi	Ogata, Frank	Yoshimine, Henry K.
Enomoto, Tom	Ogata, Togie	Maeda, Alice
Ikenaga, Kiyoshi	Nakagawa, James	Todah, Takayuki
Kiuchi, Harry	Dan, Teruo	Watanabe, Yoneko
Kobayashi, Teiji	Tanaka, Keinosuke	Sugita, Sam
Murakami, Yayeko	Goto, Henry	Ikeda, Shizuo

C. STAFF RELATIONSHIPS

1. Relationship With The Washington Office

Relations between the project mess operations office and the Chief of Mess Operations in Washington, D. C. were of value to the project as the national chief maintained constant touch with the various centers and was able to advise each project chief steward of any activity procedures which might be beneficial. All mess operations reports were forwarded to the Mess Operations Chief in Washington, D.C. for his review.

2. Relationship With Other Center Divisions And Sections

The Mess Operations Section was regularly in conference with the Chiefs of Operations, Utilities Maintenance, Building Maintenance and Construction, the Welfare Organization, and health and sanitation. For the promotion of public welfare, copies of reports from sanitary inspectors to the medical director were sent to the chief steward's office. The medical department through the clinics, Public Health Nursing Staff and the medical social worker, worked in harmony with mess operations so that the evacuee population entrusted to our care might be kept in first-class physical condition. Mess Operations worked with the schools in the promotion of child welfare. They assisted community activities in morale promotion. Evacuee kitchens were induced to prepare refreshments for social affairs, P.T.A. Meetings, picnics and parties for Boy Scouts, Camp Fire Girls, etc.

The Mess Operations staff felt that as employees charged with the care of 18,000 people of Japanese ancestry, they were obliged to use their utmost effort for the mental and physical care and welfare of those entrusted to their charge until such time as duly constituted authority should make disposition of these people. As the Mess Operations Unit was responsible for the feeding of the people within a price and quantity limit established by the National Office of WRA, and the Office of Price Administration, with due consideration for the procedures established at the Geneva Conference, the Mess Operations Section had enormous power over the lives of the people. Thousands of small children born of American parents of Japanese ancestry could not understand the reasons for confinement, and an especial effort was made to promote the happiness of the young ones.

Mess Operations was naturally closely related to the agriculture section. Agriculture as an organization was operated to produce food for the evacuee residents. The Chief of Mess Operations and the Chief of agriculture regularly conferred on planting and harvesting times, and quantities of food stuffs to be produced. Agriculture raised food for hogs, slaughtered the hogs, and delivered them to mess operations refrigerators. They operated the poultry plant which produced meat and eggs for Mess Operations.

3. Participation In Center Programs

Close relationship was maintained between Mess Operations, the Community Council and the Block Managers' Association. Officers of mess operations worked with the block managers for the promotion of gardening within the residence blocks so that, where sufficient water was available, foods might be grown by individual families to be turned over to their block mess halls. Mess operations officers worked with block managers to determine the amount of sunshine available between buildings and the growth rates in the temperatures prevailing there, with due consideration for the water supply. A considerable tonnage of vegetables was produced with little cost to the Federal Government by this program.

Mess Operations, through the appointed and evacuee staffs, assisted in the promotion of ideas for forwarding relocation plans. The bureau of statistics was of great assistance in keeping mess operations informed about arrivals and departures. Special lunches were prepared for large departure groups in which many would be entrained over several meal times without the possibility of

securing food.

D. FINAL CLOSING PROCEDURES

In December 1944 an order rescinding the Japanese exclusion order was broadcast to the public. Immediately relocation plans for evacuees assumed major importance. The Washington Office instructed Mess Operations to begin closing mess halls in blocks where the population was too small to efficiently and economically operate kitchen.

To show impartiality, a notice of closure was sent to one kitchen in each Camp on February 14. Transportation was furnished for the movement of all food stores and equipment from the closing kitchen to a kitchen in an adjoining block, to be known thereafter as a consolidated kitchen. A certain number of kitchens were eliminated each month thereafter by this consolidation process. With the final closing of Camps 2 and 3 in September, 1945, Property Control and Warehousing Units were authorized to pick up and return to the warehouses all goods and chattels remaining in block kitchens. Food stores were returned to the mess operations warehouse, while gear and equipment were taken over directly by property control and warehousing for listing and surplus. As property control and warehousing had been authorized in the spring to take over from mess operations all mess stores except foods, they took over the responsibility of reconciling goods returned with the cards.

The administrative messes in Camps 2 and 3 were closed on June 10, 1945. The Administrative Staff in Camp 3 was then served its meals in the diet kitchen. The Staff in Camp 2 was furnished transportation to the mess in Camp 3. When this mess was closed the staffs from Camps 2 and 3 were transported to Camp 1 for meals.

Evacuees in Camps 2 and 3 for whom relocation plans had not been completed, were moved into centrally located blocks in Camp 1. The rapid decrease in population caused kitchens to be closed and the groups fed in mess halls some distance from their habitations. Two mess halls centrally located and convenient to the Hospital were kept open for the last evacuees. The last mess hall was closed on November 26, 1945.

The stores in block mess hall storerooms were returned to the general mess warehouse for sorting and were put on an inventory separate from the inventory already in stock. As listings of surplus stores had been sent to all other projects monthly for

the past year, and to the Quartermaster at San Antonio, Texas and Ogden, Utah, for the past six months, some of our stock has been released to other installations.

As requisitions for stores were sent to the Quartermaster forty-five days in advance of delivery date for foods to be used over a thirty day period, and as advance information on the numbers to be relocated during a given period were unobtainable, a stock of foods surplus to our needs was on hand on the closing date.

Inasmuch as the Staff Mess will continue to operate until final disposal of all properties and records, stores suitable for the administrative mess were issued to the assistant steward in charge. These stores were segregated from the regular stock so that all stores on hand not issued to administrative mess might be listed as surplus.

With the clearing of the evacuee time cards and payroll, the time-keeping staff in mess operations was discontinued. The steward's storeroom as of December 1, 1945 was left in charge of one storekeeper and one assistant storekeeper.

All functions pertaining to the operation of the administrative mess were turned over to the steward in charge of that mess, who was authorized to deal directly with the acting supply officer and the assistant director. This left the chief project steward with the final reports and final inventories to complete.

E. APPENDIX

1. Samples of Statistical Data On Mess Operations

a. April, 1943

Mess Operations Report covering the month of April, 1943 lists evacuee population 17,274.

Actual Meals served: 1,586,790

Kitchens Operated :	Appointed Personnel	- 5
	Hospital	- 1
	Evacuee	-71
	Total Kitchens	<u>77</u>

Steward's stores received: \$180,136

Issued: 195,439

April 30, 1943 Inventory : 228,918

Number of employees as of April 1st: 3,800.

b. January, 1944

Mess Operations Report covering the month of January, 1944 lists evacuee population 13,743.

Actual meals served in regular evacuee mess hall:	1,236,870
Administrative mess hall :	14,837
Evacuee Visitors:	7,869
Hospital mess:	20,724
Evacuee extra meals:	33,540
Total :	<u>1,313,840</u>

Kitchens Operated:	Appointed Personnel-	3
	Hospital	- 1
	Evacuee	- 71
		<hr/>
	Total Kitchens	- 75

Steward's stores received: \$108,753

	Issued :	137,623	
January 31st	Inventory :	196,533	
January 31st	Employees :	2,102 $\frac{1}{2}$	(Fraction represents half time worker)

c. July 1945

Mess Operations Report covering the month of July, 1945 lists evacuee population 10,145.

Evacuees :	9,925
Evacuee Visitors:	100 per day (Mess Operations guess)
Appointed Personnel :	320

Actual number of meals served Evacuees: 945,000
Appointed Personnel: 10,535

Total : 955,535

Kitchens operated: Camp #1 - 30
Camp #2 - 11
Camp #3 - 12

Total- 53

Dollar value of Inventory as of July 1, 1945: \$80,467.75

Dollar value of Inventory as of July 31, 1945: \$75,761.00

Rationed Proc. Foods on hand:	3,384	\$.33 per person	
Unrationed Proc. Foods on hand:	40,441	3.98	" "
Meats, Fats, etc. on hand:	13,914	1.37	" "
Perishables, Fruits & Vegetables on hand:	18,021	1.77	" "
		<u>7.22</u>	" "

Dollar value of purchase month of July 1945: \$104,328

Dollar value of issued month of July 1945: \$108.224

d. Estimates for Fiscal Year 1945

In preparing the Budget for the fiscal year 1945, budget preparations were under way in May, 1944. At that time there was no expectation of a cessation of hostilities within the near future, or of a rescinding order covering evacuees.

Population for the year was estimated at 11,690.

Consumption of fruits:

Casaba	15,000 lbs.
Grapefruit	582,252 lbs.
Lemons	100,035 lbs.
Oranges	1,044,900 lbs.
Plums	45,200 lbs.
Peaches	44,680 lbs.
Apricots	30,500 lbs.
Apples	410,350 lbs.

Grapes	122,340 lbs.	
Pears	138,125 lbs.	
Nectarines	5,000 lbs.	
Persian melons	20,000 lbs.	
Bananas	65,000 lbs.	
Honey Dew Melons	120,000 lbs.	(Project Produced 135,000 lbs.)
Cantaloupe	99,000 lbs.	(Project Produced 103,000 lbs.)
Watermelon	388,000 lbs.	(Project produced 556,000 lbs.)

Vegetable requirements estimated for the fiscal year 1945 were as follows:

	Lbs.	
Celery	192,000	(project produced 13,000 lbs.)
Cucumbers	280,000	(" " 102,000 ")
Daikon	413,000	(" " 122,000 ")
Eggplant	155,000	(" " 62,000 ")
Lettuce	760,000	(" " 87,000 ")
Nappa	360,000	(" " 233,000 ")
Onions, dry	420,000	(" " 150,000 ")
Onions, green	102,000	(" " 82,000 ")
Potatoes	1,200,000	(" " 50,000 ")
Parsley	36,000	(" " 2,000 ")
Sweet Potatoes	237,000	(" " 9,000 ")
R. dish	144,000	(" " 9,000 ")
Shiro Uri	75,000	(" " 10,000 ")
Spinach	450,000	(" " 89,000 ")
Squash	130,000	(" " 10,000 ")
Swish Chard	180,000	(" " 42,000 ")
Togan		(" " 40,000 ")
Tomatoes	240,000	(" " 70,000 ")
Turnips	345,000	(" " 47,000 ")
Beets	290,000	
Green Pepperst	100,000	
Broccoli	400,000	
Green Peas	30,000	
Carrots	460,000	
Cauliflower	400,000	
Green Beans	200,000	

The items listed as project produced reflect Poston Project production. Carloads of root crops produced in other Centers and surplus to their need were obtainable. Tule Lake

and Minindoka supplied a number of carloads of Potatoes, beets, turnips and carrots. Granada supplied quite a number of carloads of green onions.

Requirements of meat, fish, eggs and poultry for fiscal year 1945 were as follows:

	lbs.	(Project produced	lbs.	
Beef	576,000		312,000	-Gila)
Pork	594,000	(" "	380,000)
Lamb	114,000	(" "	None	
Smoked Pork				
products	55,000		"	
Sausages	96,000		"	
Veal	240,000		"	
Eggs	500,000 doz.	" "	82,000 doz.)
Fish	500,000			
Poultry	120,000	(" "	50,000)

It was estimated that fuel oil for Mess Operations would be approximately \$48,000.00 or \$4,000.00 per month for 70 kitchens.

Ice, soap powder, dish washing disinfectant, matches, paper bags, cleaning and scrubbing gear, dishes, table ware, kitchen utensils - approximately \$50,000.00. These for replacement purposes.

10,000 dinner plates were needed at 18¢
7,000 coffee cups
10,000 saucers

Dining Room and kitchen were was procured through the United States Quartermaster Depot. Soap, soap powders, disinfectant, etc., were purchased on the open market.

e. Division of Foodstuffs Between Blocks

There was a certain dollar value of stores to issue, and also a certain quantity and nutritional value to consider. The total amount of foodstuffs to come within this limit for the issue was broken down by allowing each block mess hall, according to the population, a percentage of the whole. The following table shows the breakdown of the issue for the month of August, 1943.

CLASSIFICATION OF KITCHENS
Census As Of July 20, 1943
Effective - August 1, 1943

	B	C	D	D	F	G	SPECIAL**
I	43 - 271 3 - 270 39 - 268 13 - 266	17 - 258 54 - 258 30 - 263 36 - 250 59 - 247 37 - 262 38 - 246 16 - 244 19 - 242	4 - 239 14 - 239 44 - 239 35 - 236 18 - 233 28 - 304 53 - 228 2 - 228 60 - 222 22 - 221 45 - 220	31 - 219 27 - 218 46 - 218 42 - 200	11 - 188 15 - 185	21 - 179 6 - 178 12 - 177 5 - 172	Kit. #34 - 150P - .0090 " #47 - 257H - 115X - .0154 " #32 - 480E - 288X - .0289
	4 - 1075	9 - 2270	11 - 2609	4 - 855	2 - 373	4 - 706	3 - 887 8695
II	219 - 282 209 - 260 226 - 260	208 - 254 227 - 250 229 - 249 225 - 248 220 - 246	222 - 237 216 - 223	211 - 218 215 - 231 214 - 213 213 - 207			Per. #4 - 55P - .0033 #207 - 280E - 70X - .0168
	3 - 802	5 - 1247	2 - 460	4 - 869			2 - 335 3703
III	307 - 272 316 - 261	309 - 257 305 - 246 330 - 245 317 - 244 325 - 242 318 - 241	308 - 228 329 - 227 326 - 225 323 - 223	327 - 210 322 - 208 306 - 207	328 - 195		Per. -13P - .0007 310 - 150E - 137X - .0090 324 - 75E - .0045
	2 - 533 9 - 256	6 - 1475 20 - 249	4 - 903 17 - 233	3 - 625 11 - 213	1 - 195 3 - 189	4 - 176	3 - 238 3969 16367
	9 -.0160*	20 -.0149	17 -.0137	11 -.0127	3 -.0113	4 -.0106	Evacuee 15892 Ap. Per. 218 Hospital 257 Extra Meals 610 Total 16977

*Total number of kitchens this class and percentage of issue to each.

**P-Personnel, H-Hospital, E-Evacuee, X-Extra Meals

f. Progress Report For Subsistence Department For The Month Of October, 1943:

RATIONS SERVED:

Meals served in Project Strength	1,245,735
Meals served in Administration Mess	16,368
Meals served visitors in Evacuee Mess	1,449
Meals served in Hospital	22,320
Extra meals served in Evacuee Mess	63,984
Total Meals served	<u>1,349,856</u>
Rations served	<u>449,952</u>

KITCHENS OPERATED:

Appointed personnel	3
Hospital	1
Evacuee Kitchens	<u>70</u>
Total	<u>74</u>

AVERAGE POPULATION:

Evacuee	13,395
Administrative	<u>176</u>
Total	<u>13,571</u>

Subsistence Warehouse Dollar Value Receipts \$180,352.15

Subsistence Warehouse Dollar Value Issues: 121,737.21

Value Subsistence Inventory:

Total Subsistence Employees Assigned and Released:

Total 1st of month	Releases Assigned	Total end of month	Percentage turn over
2289	87 67	2269	.87%

g. Meat Consumption, August - December, 1942.

g. Meat Consumption, August - Dec. 1942

Article:	August	Sept.	Oct.	Nov.	Dec.
Beef	86,581	65,524	128,927	83,654	107,822
Bellies, D.S.	1,800	10,133		6,989	4,083
Bologna	4,840	29,133	8,490	32,000	13,122
Bacon	7,422	5,985	257	5,800	21,900
Corned Beef	3,600	16,420	11,595	7,716	5,409
Frankfurters	3,800	36,050	17,700	18,000	20,420
Ham	36,700	23,822	12,937	20,010	16,110
Lamb	8,000	9,600			6,550
Liver					7,771
Mutton	3,760	5,945	12,557	31,936	31,466
Pork Shldr.	10,038	67,343	27,507	23,341	59,531
Spare Ribs			7,020		6,000
Sausage	200				4,300
Turkey				14,970	12,813
Veal	7,100	10,689	31,572	17,147	27,101
Heart, Beef	12,200			24,140	13,500
Pork Hock				6,050	
Total lbs. per month	186,041	281,213	258,562	291,662	357,898
Camp Pop.	17,000	18,500	18,500	18,750	18,750
Lbs. per week per person	2.47	3.54	3.18	3.64	4.34

Note: Includes meats not rationed.

h. Food Requirements For Month of February, 1943

Based on Population of January 1, 1943

<u>Article</u>	<u>Unit</u>	<u>Poundage</u>	<u>Quantity</u>
Beans, String	Hamper (if ample)		220
Beets, Fresh topped	sk.	15,000	300
Cabbage, white, 85 lb. crt.	crt.	88,400	1,040
Carrots, topped 50 lb. sk.	sk.	80,000	1,600
Cauliflower, trimmed 12s	crt.	28,000	800
Celery, Utah, green 50 lb. crt.	crt.	40,000	800
Eggplant, 20 lb. lug	lug	21,000	10,500
Onions, Dry 50 lb. sk.	sk.	66,000	1,320
Lettuce, Dry pack 4 to 5 doz.	crt.		600
Nappa, 40 lb. crt.	crt.	56,000	1,400
Pepper, Bell 45 lb. crt.	crt.	4,500	100
Potatoes, sweet 50 lb. crt.	crt.	80,000	1,600
Potatoes, Irish	4 carloads		
Spinach or any green 40 lb. crt.	crt.	46,720	1,168
Tomatoes, 30 lb. lug	lug	17,520	584
Squash	lbs.	30,000	

<u>Article</u>	<u>Unit</u>	<u>Poundage</u>	<u>Quantity</u>
Garlic, cured	lbs.	375	
Eggs	doz.	3,000	18,670
Butter	lbs.	9,000	$\frac{1}{2}$
Meats:			
Bacon	lbs.		10,000
Beef, equal no. fores and hinds	lbs.		114,000
Bologna	lbs.		13,500
Ham, Hock, fresh	lbs.		7,000
Ham, smoked	lbs.		13,000
Frankfurters	lbs.		16,000
Lard	lbs.		7,000
Liver	lbs.		16,000
Mutton	lbs.		4,800
Pimiento loaf	lbs.		12,000
Pork, salt	lbs.		3,000
Pork shoulder	lbs.		31,000
Veal	lbs.		4,200

i. Weekly Allotments of Rationed Foods for Feb. 1943

Based on Population of January, 1943

Meat Ration

<u>age group</u>	<u>meat ration</u>	<u>Pop. in</u> <u>Camp</u>	<u>Total</u> <u>Pop.</u>	<u>pounds</u> <u>per week</u>
0 to 6 yrs.	@ 3/4 lb.	2,037)		1,528
7 to 12 yrs.	@ 1 1/2 lbs.	1,775)	18,004	2,663
over 12 yrs.	@ 2 1/2 lbs.	14,192)		35,480
Add Caucasians	@ 2 1/2 lbs.	400		39,671
				1,000

Additional request:

Subjugation Workers)		
Construction Workers)	about 750 @ 2 lbs.	1,500
Night Workers)	TOTAL LBS. PER WEEK	42,171
Administration Workers)		

Sugar Ration @ 1/2 lb. per week per person

Evacuee Population	18,004)	18,404	9,202 lbs.
Caucasian Personnel	400)		

Additional request:

Subjugation, construction, night)			
Workers, Administration Workers)	- 750		375 lbs.
	TOTAL LBS. PER WEEK	-	9,577 lbs.

Coffee Ration @ 1 lb. per person for 5 weeks

Evacuee Population	18,004	
Caucasian Personnel	400	
	18,404	
Evacuees under 15	4,747	
Caucasians under 15	25	
	(-) 4,772	
	13,632	
TOTAL LBS. PER WEEK	2,726 lbs.	

2. Menu Making

In 1942 an evacuee menu maker, employed in the office of chief steward, produced a menu with a balanced ration, showing approximately 3,000 calories per diem. Originally an effort was made to produce a menu for distribution to all evacuee kitchens on a weekly base. As the menu maker accepted the daily warehouse reports to be used as availability sheets, and as food stuffs must be delivered to correspond to the menu, the uncertain arrival of stores caused a change to a two day menu. In order to supply the food for the menu on the dates specified, it was necessary to have the menu for Tuesday and Wednesday completed on Saturday so that it might be mimeographed and distributed on Monday. On Tuesday morning, the menu for Thursday and Friday was built for mimeographing and distribution on Wednesday. Thursday morning the menu was built for Saturday, Sunday and Monday. From the menu and the availability sheets combined, a distributional break-down chart was made. Kitchens were classified as A,B,C,D, etc., Kitchens having above 280 regular diners being classed as "A", 160 to 179 as "B", 140 to 159 as "C", etc. The kitchen classification was reproduced on the Ditto Machine for distribution to kitchens, field stewards, field timekeepers, warehouses, and all persons interested in the rationing and distribution program. The population by blocks was ascertained from the Housing and Registration Office who gave us a weekly list of the number of residents in each block. A supplementary list was attached showing age groups to assist in the rationing of meats, coffee, fluid milk and other articles which were on OPA rationing lists, or which were controlled by availability problems. In the early days of the Project practically no Japanese foods were listed on the menu. But after a conference between the appointed personnel and evacuees staff, it was decided that a saving could be made to the Government by the use of more Japanese type food, at the same time improving relations with the populace. It became customary to use an American type breakfast and lunch, but Japanese dinner. The Issei were greatly pleased, while the majority of Nisei protested against Japanese type dishes. Assistant Stewards of the appointed staff continually checked meals in evacuee messes to see that meals were prepared in accordance with the Project menu and that stores were available.

3. Stowage

In 1942 there were approximately 75 buildings, 100 ft.x 20 ft.

in use for the stowage of staple stores, and four refrigerated warehouses of the same size for perishables.

All mess stores were received by the Warehousing Unit at the Parker rail head, 18 miles from Camp 1 and were warehoused and issued on requisition forms made out in the Steward's office, and were delivered to kitchens by the Motor pool Unit.

As those who had years of experience in food handling, had no responsibility for checking the condition of food stuffs until delivered to mess halls, the food warehouses were placed under control of the chief steward. Also the delivery from storerooms and refrigerators was put in charge of the chief steward so that the entire food handling procedure might become a part of Mess Operations.

In the early part of 1943, the Army erected buildings for the manufacture of camouflage nets. When this Project was discontinued, the camouflage buildings in the Camp 1 area were returned over to Mess Operations and all equipment and food stores belonging to the Sections which were located in the various Camps were brought to Camp 1. The main camouflage building housed all staple stores and the office for the steward's storekeeper. Two adjacent buildings were used, one for mess equipment, the other for barreled and packed goods such as shoyu, soy beans for the tofu factory, soap, soap powders, disinfectant and other non-food articles. A direct telephone line on a battery was run between the office of the chief steward and the chief steward's storekeeper in addition to the regular telephone service. The chief storekeeper was allotted a number of people from the Budget and Accounts Section for tabulation and posting of items of interest to the Finance Department.

In 1943 an enormous amount of promotional work was done in cooperation with the Agricultural Section for the establishment of a butcher shop, cooling and freezing rooms at the slaughterhouse which was connected with the swine project. Change in policy caused the discontinuance of plans for a butcher shop in that locality and the cold room was equipped for the freezing of hog carcasses only.

4. Food Processing

In August, 1942, Mess Operations contacted the Chief of Agri-

culture and Industry as to the feasibility of establishing a plant for the manufacture of soy bean cake (tofu). Equipment for a small tofu plant was already packed and crated for shipment at Fresno, California. Men experienced in the manufacture of tofu were available on the project. The first tofu plant was established in the fall of 1942 in Camp 3, quickly followed by an establishment in Camp 2 and Camp 1. Procurement of the necessary materials was by Agriculture and Industry Section, also the office staff and employees of the food processing plants came under the Department of Agriculture and Industry. Assistance in the planning was given by an appointed member of the steward's staff who was conversant with Japanese food.

Distribution to the kitchen was by Agriculture and Industry truck. In 1942 a plant for sprouting mung beans (moyashi) was set up in each Camp. In 1943 the food processing program was expanded so that a fried soy bean cake (abura-age) was manufactured in each tofu plant. In the same year Camp 2 commenced the manufacture of soy bean paste (miso), and pickled vegetables (tsukemono). Manufacture of soy bean sauce (shoyu) was started at this time but as the process is definitely slow, a satisfactory product was not available until 1944. Old fashioned method necessitates two years in the wood. A noodle factory was started in Camp 1 for the production of the oriental type noodles. In the beginning, 69 workers were employed in the noodle factory -- 5 foremen, 1 secretary and 63 laborers. Until a dough mixing machine and cutters were procured, the dough was mixed by hand and cut with kitchen knives. The majority of mess halls in the three Camps reported dissatisfaction with the product and as the cost was slightly greater than oriental noodles procurable through Quartermaster contacts, the operation was decreased and later discontinued. Camp 1 tofu plant used a steel grinding machine for soy beans, while Camp 2 and 3 used millstones. The tofu, moyashi and age were slightly different in all three factories, but all were of good quality. The tofu factory in Camp 3 produced soy bean milk for the diet control program.

MONTHLY CONSUMPTION:

Abura age	-	35,000 pc
Tofu	-	20,000 cakes (1 lb. ea.)
Miso	-	4,000 lbs.
Moyashi	-	6,000 "
Otsukemono	-	1,000 "

Each mess hall produced quantities of tsukemono (running up to 30,000 lbs. per month) from green vegetables such as nappa, shiro uri, American cucumber and cabbage, while the tsukemono plant confined itself to miso-zuke.

5. Mess Operations Accounting

Mess Operations accounting procedures in the office of the chief project steward are as follows:

1. Q.M.C. Form No. 400 "Requisitions" prepared, numbered and distributed, one copy being furnished to the mess warehouse. Change orders prepared on requisition forms being distributed, two copies to Budget and Accounts, one copy to mess warehouse, one copy to Procurement.
2. Menu preparation and subsequent distribution of quantities determined.
3. WRA 96, "Material delivery ticket" requisitions will be prepared for kitchens in original and two copies. Numbered and registered for numerical accountability.
4. Dispatching will be accomplished by assigning each truck driver several requisitions to be filled at the mess warehouse and delivered to the kitchens designated thereon.
5. Truck drivers shall proceed to the mess warehouse to secure items listed on the requisitions.

Steps affecting the accounting record procedures to be accomplished in the Mess Warehouse are as follows:

1. Receives from the chief steward a numbered copy of requisition as well as copies of all change orders issued thereunder.
2. Receives from Procurement all purchase order including those covering Quartermaster requisitions.
3. Prepares receiving reports from the check record submitted by the warehouse checkers, which will have shipping tickets, freight bills, etc. attached. Receiving reports shall be executed in original and six copies, two runs being made, original and three copies for Project use and original and two to be submitted to the Quartermaster Depot.

The first run of original and three shall be distributed as follows:

Original to Budget and Accounts attached to Form WRA-11
Duplicate will be retained in the mess warehouse
Triplicate to the chief steward
Quadruplicate to procurement with the freight bill attached.

4. In issuing, the requisitions will be presented by the truck drivers and quantities checked on each truck by the storekeeper. Representatives of the storekeeper must necessarily act in this capacity at locations other than the net factory building (main mess warehouse).
5. At all locations, when issuances have been made to the trucks, the triplicate copy of the requisition shall be signed by the truck driver and released to the storekeeper. The copies picked up in this manner by the storekeeper's representative at other locations must necessarily be sent directly to the mess warehouse office in the net building immediately upon completion of all the deliveries for that day. (It is expected that all deliveries for any one day will be completed by noon and immediately after lunch, all requisitions should be in the storekeeper's office at the net factory).
6. The triplicate copy of the requisition shall be posted immediately to Form 191, "Daily summary of mess division storehouse issues," in triplicate divided as to Units I, II, and III. The original of the Form 191 is for the Cost Accounting Office. The duplicate is for the mess warehouse files. The triplicate is for the chief project steward.
7. Form WRA-191 is totaled and posted to the Stores Record Cards. Also, the Form 191 grand total is posted to WRA-111, "Daily Inventory Balances".
8. All documents transmitted to the Finance Section will be attached to Form WRA-111 and submitted daily. (The Change Order being the only document routed to Budget and Accounts not attached to this form.)

A schedule of processing these documents under ideal circumstances would be as follows: Receiving reports prepared "yesterday" will be posted "this morning" directly to the cards, the group of receiving reports totaled and listed on Form WRA-111.

"Yesterday morning's" deliveries evidenced by requisitions being in the warehouse office at noon yesterday will be posted to Form WRA-191 "yesterday afternoon" and "this morning". The receiving reports being completed "this morning" allows "this afternoon" to be devoted to posting to cards of issuances from Form WRA-191. The 191's should be totaled and entered on Form WRA-111 and a new balance arrived at by transaction computations. The Form WRA-111 can then be forwarded to the Finance Section this evening and reflect the business as of the day before.

These comments, changes, and so forth are in accordance with the interpretation of requirements by Budget and Accounts, Cost Accounting, Procurement, and the Quartermaster. For clarification all documents submitted to the mess warehouse will be in one copy only. These items have been accumulated as ideal situations; however, such will not always be the case.

6. Diet Control

Brief History And Miscellaneous Exhibts

NARRATIVE HISTORY OF DIET CONTROL

October 19, 1944

In August, 1942, an arrangement was perfected between Mess Operations, the Medical Department, and Family Welfare for the employment of two women in each residential block as Nutrition Aides.

The people arriving in Poston from assembly centers had been deprived of the means of personal care for cases in need of special diet. Family groups were disorganized at that time, so that mothers with babies on formula had no knowledge of how or where to obtain milk bottles or baby food, and people with various disorders, which might be remedied by special diet, had to eat in a community mess hall where inexperienced cooks were preparing food for an average of 300 people per block with stoves and culinary equipment which was inadequate and strange to them.

Classes for the Nutrition Aides were called for weekly meetings, and a resident evacuee physician, who was a specialist in pediatrics, child welfare, and surgery, supervised the instructions to the Nutrition Aides. Families were questioned as to their special needs, and a Well Baby Clinic was set up for the examination, weighing, and handling of infants. After examination in the diagnostic clinic, a special form slip was sent to the assistant steward in charge of diet control, who endeavored to have sufficient foods of the proper quantity sent to the blocks.

A part of the duty of the Nutrition Aides was the preparation of mid-meal lunch for small children. The regular meal hours in Poston were 7:00 A.M., 12:00 noon and 5:30 P.M. As all feeding was at community mess halls, little children had no opportunity for snacks. The nutrition aide on duty had a light lunch for children under school age at 10:00 A.M. and at 3:00 P.M.

It was customary to have such items as jello, cookies, tiny sandwiches, griddle cakes left from breakfast which could be spread with a little jam, fresh fruit, such light articles as might be available, and always their cup of milk.

Mess Operations was vitally interested in child growth rate promotion and with the aid of the Medical Social Workers, made every effort to promote the health and well being of children from the first pre-natal registration.

Nutrition aides, under the supervision of the steward in charge of

diet control, paid special attention to the food needs of the pre-natal cases. All phases of this program were taken to the Medical Director and the evacuee doctors for approval.

As all of our nutrition aides were inexperienced, the program was not a complete success, and a diet office and special kitchen were established. From the diet office were issued various types of powdered milk, tinned milk, and strained and chopped baby foods of various kinds. Also, dried fruits were given out to mothers for home preparation. A list is turned in monthly for an over-all report of the special issues from the diet office. An arrangement has been made for the issuance of tofu (a soy bean curd) to special diet cases in need of high protein, low residue, and low carbohydrate. Reports of receipts, issues, and stock on hand are filed monthly.

The special kitchen opened with plans for the feeding, weighing, etc. of a group of 200 small children between the ages of six and nine, where growth rate and food habits might be studied. After approximately two months of this operation, a very skilled woman cook made a detailed study of special diets, and ambulant cases in Poston III were fed in the special kitchen. These have principally been diabetics and various peptic ulcer cases and from time to time, other cases which could not be adequately care for in their home blocks were taken in.

The Poston residential arrangement consisted of 36 blocks in Camp I, totaling approximately 9,500 people. In Camp II, three and a half miles distant, there were approximately 3,500 people in 16 residential blocks; and in Camp III, seven miles distant from Camp I, there were approximately 4,500 people in 16 residential blocks. In interviewing the diet cases in their homes and endeavoring to ascertain the nutritious needs of infants and adults on special diets, considerable time and transportation were necessarily involved.

With the relocating to New York of Dr. Togasaki, and the relocating of the chef from the diet kitchen to Idaho, there was no one left with intense interest in diet control, except the assistant steward and a special diet cook (evacuee). As the work of the assistant steward has been increased and spread over a greater territory, necessitating more time in Mess Operations and Procurement, inspection of subsistence warehouses and local food production, it seems impossible for two people to carry on the special diet work for three villages now totaling more than 11,000 people.

Unless assistance can be given, it will be necessary to discontinue the special diet kitchen; as without adequate supervision, the place cannot function. If two persons definitely interested in diet control could give their entire time to this type of work, this could probably be satisfactorily handled.

The operation of the Diet Control has deeply contributed to the morale of the project. This, we believe, has been of definite value to community welfare. Attached are samples of various phases of the diet control organization.
I am,

Yours very truly,

John L. E. Burdick
Project Steward
Diet Control

JLEB/ak

March 23, 1943

MEMO TO: NUTRITION AIDES

FROM : MEDICAL CLINIC

S.M.A. The maximum allowance of S.M.A. is to be 1 can every 4 days. One can makes 4 quarts of milk. Since a baby does not need a full quart until 7 months, this is more than a generous estimate. If more milk is thought necessary, the mother is to use canned milk.

Fresh Milk. As fresh milk is unavailable to any great extent, milk permit patients should be given canned milk diluted with equal parts of water. The only patients who should take extra milk home at nights are nursing and pregnant mothers, peptic ulcers, and diabetics.

In between feeding. It is the hope of the medical staff and diet office that all mess halls serve pre-school children at 10 a.m. and 3 p.m. Will all the nutrition aides themselves ring the dinner bell at 10 a.m. and 3 p.m. and hand out whatever has been prepared. Please wait only 15 minutes, then clear the table. It is unnecessary to wait $\frac{1}{2}$ or 1 hour as some of you have been doing. If the mothers are not going to avail themselves of the extra service, there is no sense in humoring them by taking up that much of your valuable time. The nutrition aides should spend that time in more important labor elsewhere. If you wish new menus, why not consult the diet office.

In order to be of mutual benefit to Camp III will each senior nutrition aide send in her menu weekly i.e. 10 a.m. and 3 p.m. In this way the various kitchens will be able to get a variety of food.

Special diets and food. Pregnant and nursing mothers should get extra vegetable and fruit at 10 a.m. and 3 p.m. At the regular meal time it is unwise to serve any diets other than special diets to patients and children.

An Explanation Of Milk Distribution
In Poston Relocation Center

As the quantity of fluid milk deliverable to Poston is restricted by the amount available in the dairy district throughout the country and is also affected by our lack of transportation, the following system was evolved:

One quart of milk per diem issued in Class 1; all pregnant women, and all nursing mothers whose child is not more than 11 months of age. Where there is insufficient breast milk for the child, S.M.A., a proprietary milk with added cod liver oil, carotene, and B. complex, is used to supplement the mother's milk. Class 2 is the distribution of fluid milk to children not above 6 years of age. Class 3 is those in need of nutrition which is not available on the standard diet, that is, T. B. cases, diabetics, peptic ulcers, anemics, and the aged and infirm. For children over 11 months of age who still need milk as the most important growth factor, an issue is made to the mothers of the children, of powdered milk to be used in the same method as the S. M. A., the quantity not to exceed 1 pound for 4 days (equivalent to 1 quart per day). For diabetics and peptic ulcer cases, (peptic ulcers are denied tea, coffee or cocoa) soybean milk manufactured in our own processing unit is used. The S.M.A., the powdered milk, and the fruits and vegetables from a dietetic control office in each camp, where distributional records are kept, as well as the ages of all babies. A regular system is in vogue, whereby obstetrical department through Public Health office notifies the diet office as to the delivery expectancy date on pre-natal cases and the birth record on all children. Also, Public Health sends in to the diet office notifications of special dietary needs and issues a form which is signed by the Director of Health and Sanitation.

Average of 6 types of Soybeans

THE SOYBEAN BREAKDOWN--DRY

Moisture-----	7.49	Fiber-----	4.12
Protein-----	32.99	Ash-----	5.01
Fat-----	21.03	Nitrogen Free Extract---	29.36

The nitrogen free extract of soybean is composed chiefly of dextrin 3.14, galactan 4.86, pentosan 4.94, and sucrose 3.31. Starch is present only in traces, this makes soybean a valuable food for the diabetics. This breakdown on the nitrogen free extract was published in the American Journal of Medicine in 1910 by Friedenwald and Ruhrah.

The soybean protein (glycinin) is a complete protein containing all the amino-acids necessary for the building up of the human organism. According to Osborne and Mendel in the Journal of Biological Chemistry, the protein of soybean, unlike the other leguminous seeds, are adequate for promoting normal growth. According to Horvath, soybeans in the diet increase the protein content of the blood. According to Rose and MacLeod, the human organism is able to store 3 times as much Nitrogen from soybean food as from meat. Doctor Tso, in the Chinese Journal of Physiology, claims the soybean proteins are comparable to those in cows milk for use in feeding babies. In the Department of Pediatrics, Harvard Medical School, a group of 40 babies were fed for a period of 2 months with soybean flour as the sole source of protein (experiment carried out by Hill and Stuart). The Office of Home Economics of U. S. Department of Agriculture found soybean oil in a comparative study of other vegetable oils, also as readily assimilated.

Lecithin (a phospho-lipoid) is present in the soybean to an extent of 1.64. Lecithin is an important constituent of all organs of the human body especially nerve tissue, the heart, and the liver. According to Horvath, the percentage of Lecithin in these organs raised while on a soybean diet. Cephalin, another phospho-lipoid, was discovered in the soybean by Levene and Rolf and was written up by the Journal of Biological Chemistry. Cephalin forms an essential part of the substance of the brain. The ash of the soybean is alkaline while the ash of other cereals is acid. The ash is rich in phosphate (31.52 per cent of P_2O_5). Soybean diet raises the phosphorus content of the blood.

The calcium content of the soybean is 0.26 while that of cows milk is approximately 0.16. The soybean contains an excess of fat in regard to the calcium ratio; fat required for optimal absorption and metabolism of calcium salts (as is the case also in excess fat milk). Each supplemented by wheat flour reduces the fat mixture, the soybean milk keeps the blood at normal level. The soybean is probably the only seed which contains both the water-soluble and the fat-soluble vitamins. The presence of vitamins A and D (fat-soluble was demonstrated particularly by Hornemann in 1925; both vitamins were found. Vitamin E. is also present according to Daniels and Hutton (Journal of Biological Chemistry 1925). A diet of germinated soybean increases vitamin K. In experiments by Johns and Finks in the Bureau of Chemistry, U. S. Department of Agriculture, it was found that a mixture of soybean and wheat proteins is much better utilized than the wheat proteins alone. Comparisons show that for the same amount of food consumed, the soybean bread diets are about 2 or 3 times as efficient as the wheat bread diet. Over a ten-year period of intensive experimental work in Germany in the search for a cheap protein, it was decided that soybean flour meant for use in the kitchen or the baking of bread must be manufactured especially from hulled beans. The best soybean flours prepared in America today are made from beans which are dehulled and debittered. In the Orient for centuries, soybeans have been roasted and pulverized for use in bread making. On account of the high fat content in the soybean flours which are made from the complete bean, they are subject to early rancidity. Extracted product from which the major portion of fat is reduced have better keeping qualities but have suffered loss of vitamins A and D. In bread making, the best recorded results in growth promotion have been obtained by using patent wheat flour, 85% plus soybean flour 15%. In 1929, a type of soybean flour was experimented with in Amsterdam which showed a high percentage of riboflavin, best known as a growth promotion vitamin. In Vienna, the State Institute for Mothers and Children obtained very satisfactory results by using soybean flour for weak and tubercular children. Ruhrah considered soybean preparations highly efficient in the treatment of summer diarrhea in children.

I believe that a type of soybean flour has been perfected in America similar to "Soyolk", a type of soybean flour patented in Europe probably in 1928 or 1929 known as the Berczeller process. In this process the beans are not only dehulled and debittered, but retain the entire fat content, (approximately

35%) and the manufacturers claim that this flour will not turn rancid. In addition to other advantages of soybean products, this type of flour contains all the vitamins found in whole bean and can probably be purchased at a protein price of about one-fourth the cost of proteins in meat. Further information on this type of flour could be obtained from soybean industries, Decatur, Illinois.

Compiled by J. L. E. Burdick

February 20, 1943

Mr. Clifton E. Snelson
Project Chief Steward
Poston, Arizona

Dear Mr. Snelson:

In September 1942, a majority group in Unit 3 established a Parents Teachers Association. They contacted the steward's department as to the availability of Block 324, Block 324 being allocated to school uses. They desired to establish in this mess unit a place to feed lunch to the small children. As space and equipment were insufficient for a great number, it was decided that the First, Second, and Third grade pupils should be fed a lunch 5 days per week in this place.

The mothers of children in Poston 3 were so desirous of perfecting this plan that they volunteered to care for the service to the children. In order that there might not be confusion in the production department, the steward's office agreed that a certain number of full-time employees should be put on the pay roll as cooks and kitchen help so that there would not be a day-to-day change in the preparation of foods and handling of stores.

The place was opened at the beginning of the school term in October with 186 children being fed lunch. In addition to the children, it was agreed that teachers of these three grades should accompany the children to the lunch room acting as monitors, eating with the children and endeavoring to control their table manners and etiquette.

Three cooks were employed, also three kitchen help. The dishwashing was arranged for by putting on the pay roll a small group of part-time working students. As Camp 3 had employed a professional baker for assistance in all kitchens in the camp, when not needed in other kitchens, he has assisted in Block 324. Later, on account of the deplorable conditions of the grounds outside, a general handyman or yardman was put on as kitchen help to care for the grounds and assist wherever needed at the cleanup work.

In conference with steward's department, Parents Teachers

Association, and cooks employed in this unit, a menu was established that would give the utmost nutritional value with eye appeal to these children so that a check might be made on their growth and the value of specially prepared foods could be checked. No men have been employed regularly in this kitchen except the part-time dishwashers and the old man acting as yardman.

On January 4, 1943, at the express desire of the residents of Poston 3 an additional arrangement was made for the feeding of special diets which had been formerly cared for after a fashion in individual blocks. As Unit 3 is not overly large and as this block is nearly the center of the community, the special diet cases were able to walk to mess hall 324 where, with the aid of block dietitians and an additional cook, kitchen help and general cleaner, we are now serving approximately 35 diabetics and peptic ulcer cases, three times a day, seven days a week.

These people are on a special diet a little different from that which is fed to children in accordance with the recommendations of the Medical Department. As the handling of these special diet cases in these kitchens has only gone well into the experimental stage, it may be considered advisable later on to employ one or two more people as the first consideration was to operate only five days per week.

Other phases are amply covered in reports of P. T. A. and Pediatrician.

Yours very truly,

J. L. E. Burkick
Assistant Steward

JLEB:few

February 19, 1943

THE DEVELOPMENT OF THE SPECIAL DIET KITCHEN
IN POSTON #3 POSTON, ARIZONA

At the onset of Camp #3 at Poston, Arizona, in August, 1942, several diabetics appeared at the Clinic. As time went on, the number increased and by September, 10 were found. At the start there was insufficient fluid for testing the urine so Dr. Wada donated his reagents. The reagent finally did come in October.

Insulin was given daily, but it was noticed that the patients were gradually increasing their insulin dosage from IOU to 20U or 20U to 40U. There was a lack of fresh vegetables because of spoilage from the extreme heat. The patients were at a distinct disadvantage, as there was very little besides lots of potatoes, rice and mush, and occasional fruit. Some patients were unhappy and complained about their diet when they were chided about the increased insulin dosage.

There was a fear that a high starch diet would result in getting the patients' diabetes worse. Depletion in the ever-slimming margin of insulin might result in the insulin store being all used up and then the specter of all diabetics--coma with a fatal termination--seemed to hover over us. To avoid such a state of affairs, ways and means were discussed with the steward's (Mr. Burdick) office to make arrangements whereby a controlled adequate diet for the ill could be provided.

A system was devised in which patients were given notes to their kitchen's nutrition aides with requests for special diets. Unfortunately, these letters did not seem to have the desired effect, as the patients kept on needing as much, if not more, insulin. Starches were new to the vocabulary of some, it seemed. As there were two diet girls in each mess hall, it was agreed that some sort of diet and menu education was in order. So, to fill this need, a weekly Monday night lecture on diets was started. At the talks, the fundamental dietary stepping stones were laid; food requirements were explained. The importance of food in health and disease was stressed. After all, the practical application of nutrition to a fixed supply of food seemed difficult to the novices. The talks did a great deal of good in getting the cooperation of the aides, but the next

stumbling blocks were the ever-temperamental chef. When 300 people have to be fed at each meal, why should the cook set aside extra vegetables (already scarce) and meat (an almost scarcer commodity) in August and September. With the thermometer at 120° in the late morning rising to 130° in the afternoon, is it any wonder the cook's temper got short and the poor diet girls trembled to ask the cook for a corner of the stove to cook or a place to chop vegetables for a measly one patient! Besides, some aides knew so little about cooking. After all, everyone else ate rice and stew. Why couldn't a diabetic eat the same food? The same went for people with stomach trouble.

Patients with moderately bad stomach ulcers had to be hospitalized, as the food could not accommodate them in the regular mess.

Then, after two months' (October and November) absence, during which time Manzanar, Tule Lake, and Gila were seen, a new outlook was obtained. At Manazar, diets and formula were controlled through a head office; so, in Camp #3, a diet office was opened on December 21, 1942, with two field nutritionists in charge.

Their duties were to supervise diets for the sick, including diabetes, stomach ulcer, fat-free diets for jaundiced and gall bladder patients, vegetable diets for kidney patients, soft diets for toothless individuals, and people who were paralyzed from brain hemorrhage; to have formulas for infants and the feeding of baby's food; to teach the nutrition aides how to cook dishes for the sick and to help in their planning of menus.

After a great deal of work, such as getting enough uncracked plates, the special mess in Block 32⁴ for 16 stomach ulcer and 13 diabetic patients was opened on January 4, 1943. It was a success from the start. And the answer was eggs! The only eggs in Camp #3 was one crate which was kept in the diet office (they walked if they were elsewhere). The special diets got an egg every morning while they lasted.

So, as the story got around that the Block 32⁴ special diets got eggs for breakfast and that soup, salad, meat and usually dessert was served, other ineligibles wanted to join the elite group. The ulcer patients were not so much of a problem for all they usually needed was pureed food. The diabetics, on the other hand, had to feel full, yet not get too much to eat, and yet enough so they would not eat when they got home. Many gelatin desserts with saccharin were given. Some tasted pretty insipid, but everyone (the cooks and the patients) tried. It is much better to have 14 well diabetics, for the other people feel they, too, will get adequate care when they get sick.

Other mess halls have only one course, with occasional salads and desserts, so our patients in 324 are glad they can be so accommodated. At present, there are 15 diabetics all told. Three are not taking any insulin now and so their diet is adequate. One severe diabetic was able to reduce his insulin from 80U to 40U. So it is an economy too. If their diet is controlled, they use less insulin and are not apt to get ill.

The stomach ulcers, 15 in number, are all males. It seems to me that most of the ulcers are due to over-anxiety, overwork, and poor food habits previous to evacuation. Most of the ulcer patients are over forty years of age. Two patients have cancer of the stomach, and as they cannot tolerate the regular food, they get pureed food.

Though the kitchen has had as many ups as downs in its past month, it has been and still is a fascinating experiment and experience. One patient, a 27-year old male stomach ulcer patient, now smiles. When he first came to Block 324 at lunch, I used to see him frowning and he used to bend over and hold his hands over his stomach because of the continuous pain. Now he comes wreathed in smiles, so we think the kitchen quite worthwhile.

Respectfully submitted,

Teru Togasaki, M. D.

February 20, 1943

FROM: Mrs. Chiyeko Kimura
TO: Chief Subsistence Officer
W. R. A.
Poston, Arizona

On October 18, 1942, I was engaged as chef for a special dining hall for children in Unit III of the Poston Project, with the assistance of two other women cooks, three kitchen helpers, a group of part time students working as kitchen helpers and dishwashers and a janitor.

We prepared food for and fed approximately two hundred children for lunch five days per week. The dining service was handled by a volunteer group of mothers from the various residential blocks. I gave great care to the preparation of the meals for the children in order that they might have more nutrition and in more appealing forms than they would get in their own block kitchens.

Mr. J. L. E. Burdick, Camp Steward, ordered such supplies as needed on special requisitions and Dr. Teru Togasaki, the medical officer of this camp, gave her assistance in the preparation of menus as to balanced diet from a nutritional standpoint.

As time went on, it was decided that more help was needed and a few additional employees were engaged. In December consideration was given to the use of additional space in the mess hall for the feeding of diabetic and peptic ulcer cases. The Steward's department with the medical department established a dietetic control office with two supervising dieticians for office and field work. These girls arranged a rotation of block dieticians to serve the diabetic and peptic ulcer cases so that our block dieticians might have further training in the preparation and service of food to these people. The supervising dieticians took charge of the block dieticians working in the special diet kitchen. This extra service was inaugurated January 4, 1943 and since that time, we have prepared a triple menu arranging for surplus of leafy vegetables, fruit and fruit juices, using various diets as ordered by medical department for various special cases. Bulletins are kept on the wall in the kitchen covering all these cases and the orders from the medical department as to the allowance of calories per case. Also in the peptic ulcer cases various menus are made consisting of strictly soft foods in their diet and most of them having pureed foods. Regular reports are sent in from the medical department as to the urinalysis of the diabetics and the insulin units used.

I, myself, work in the kitchen five days per week regularly and on Sunday prepare the dinner for the diabetic and peptic ulcer cases and make arrangements for all of the service for Monday lunch. The school lunch consists regularly of soup, salad, meat, two vegetables, potatoes or rice, and milk. Special attention was given to teaching children to drink milk.

Hoping this will give you my picture of this kitchen, I am

Yours respectfully,

Mrs. Chiyeko Kimura
Chef, Special Diet Kitchen

The Childrens' Lunchroom of Poston III

The Childrens' Lunchroom of Poston III was organized because the Community felt it to be necessity for the following reasons:

1. As it would not be possible in the separate mess halls to prepare food for the younger children from the standpoint of well planned, simple, nutritious menus, that there be one mess hall for this purpose, insuring the child of one good meal a day.
2. Due to extreme changes in temperature during the summer and winter months that the child stay as close to school as possible during the lunch hour.
3. That simple etiquette could be taught to the children during this meal, for the average mess halls are noisy and etiquette is forgotten.

In October 1942, two mothers from every block and the steward of Poston III met and discussed a suitable plan. It was learned that Mess Hall 324 on the school block would be available as it was vacant. The Steward's Department agreed to pay for the cooks, kitchen helpers, and dishwashers; but as this was an extra kitchen, that was the limit of their paid help. Consequently, persons to set the table, clear the table, and serve the children would have to be met on the volunteer basis. That because of insufficient plates, knives, and etc. that only children of the 1st, 2nd, and 3rd grades could be accommodated. The outcome of the meeting was that every representative should return to her block and present it to the mothers and find out how many mothers would be available.

In a week's time another meeting was called and the results were that every block was willing to cooperate and that there were 150 mothers willing to help. One mother from every block could come every day and the frequency of her turn would be dependent on the number from her block who would be able to help.

It was decided that a lunch room Chairman be appointed for the time being and that during general Parent Teacher Ass'n. elections she should be elected. Her duties would be to be responsible for all matters pertaining to the smooth running of the lunch room, set a table for mothers to follow according to the menu, tactfully direct the mothers in their duties, direct the children as they entered and to dismiss them, teach the children to say thank you to the mothers helping them. The chairman would be assisted by a committee which

she could appoint for the various days of the week. Their duties would be similar to hers, but that she should be in complete charge.

For each class one teacher would come in with the class and sit at the table with the children and help with the etiquette and behavior of the children.

There should be one mother for every table which seats ten children. Besides serving the food, she would take the plates away so that there would be less noise, danger of dropping dishes and would create a home atmosphere in this service. She should encourage children to eat as much as possible but should not force them as they might be ill. That those with poor appetites should be reported to the chairman for a study of why he is not interested in his food. After children leave, mothers eat lunch together and become friends with one another.

The procedure of the childrens' conduct is as follows:

1. All classes remain in line outside the door until all classes arrive.
2. They go to the table assigned to them by the Chairman.
3. They remain standing until every one is in the room and a bell rung for them to be seated.
4. Served and taught to say thank you.
5. Remain seated until every one is finished. It becomes noisy during this time but it has been felt that food could be digested easier by remaining seated a few minutes after the meal rather than allowing them to leave as they finished, causing commotion and distraction to those still eating.
6. A bell is rung -- children file out and drop their paper napkins in a box at the door.

A decorating chairman is elected at the P.T.A. General elections and a committee is appointed to assist her in the beautifying of the room. A different motif for every month is carried out. Through the mothers clubs on the blocks working thru the central P.T.A., paper flowers are donated. Attractive curtains are hung at the windows.

In time, beginning March 1st a height and weight record of every child eating in the lunchroom will be taken and continued once a month. This will substantiate the results of good food, properly balanced diets and a happy atmosphere.

As a great part of the P.T.A. the interest that the mothers have taken in this project has made every mother feel her responsibility every day of the week. Mothers with regular work come on their day off or during their lunch hour to assist. The total time this takes is $1\frac{1}{2}$ - 2 hours per day. This lunchroom has been a big asset to the children, and the mothers have given the community something to be proud of.

Respectfully submitted,

Poston III P.T.A.
(Celia Takemoto signed)

STARCH FOOD VALUES FOR COMPARISON

[illegible]

STANDARD TRINITY
COLLEGE LIBRARY RENOVATION CENTER

- 46 -

April 27, 1944

TO: Dr. D. W. Boardman
Principal Medical Officer

FROM: John L. E. Burdick

SUBJECT: Explanation of powdered Milk Distributional Summary

The accompanying sheets show the amount of powdered milk (not to exceed $1\frac{1}{2}\%$ fat content) issued to blocks in Poston. There is an enormous variation between the amounts used in various kitchens. The responsibility for this rests on the individual Chefs and the Block Food Committees. As one pound of powdered milk is blended with one gallon of water to make the normal fluid milk strength, it seems that a very small quantity of this is being used.

The fresh fluid milk received daily in Poston is allocated to blocks according to the number of children under seven years of age resident therein. The Chief Project Steward, Mr. C. E. Snelson, has endeavored to obtain sufficient powdered milk so that children, seven years of age or older, may receive adequate milk solids in their diet.

Where Chefs and Block Food Committees take little or no interest in food values to the people over whom they exercise food supervision, it is impossible for the Department of Mess Operations to force or compel these blocks to use foods sent to them. We can only explain to the people, the values of certain foods and recommend their use. This milk is available to all blocks, and recommendations as to the amount to be used, and methods of usage have been sent to all Chefs. It seems that some of our block Chefs are definitely interested in the promotion of food values while to others, the use of powdered milk is a strange foreign food.

Over a period of four weeks, to a population of 13,000 people, only 2,380 pounds of powdered milk were ordered by the blocks. When the powdered milk was first obtained, Poston was on a milk ration of 300 quarts per day, which allowed fresh milk for only those in the hospital or those receiving special diets by Medical Order.

The procurement of powdered milk was arranged so that the people might have the benefit of milk solids. Powdered milk was issued to every block in quantities according to the block population. As some blocks declined to use the powdered milk, and considerable quantities of it were being allowed to pile up in their storerooms,

general distribution was discontinued, and notice was sent to all, that such powdered milk as they desired to use would be sent to them weekly on the storekeepers' request.

Over a period of four weeks, Block 3, with a total population of 218 people (there being 40 children under 12 years of age), drew 130 pounds of powdered milk. Over this four week period, Blocks 6, 13, 22, 28, 30, 31, 34, 44, and 45 in Camp I; Blocks 207, 210 (the Children's Mess), and 211 in Camp II; and Blocks 306, 309, 317, 322, 323, 325, and 326 in Camp III drew no powdered milk.

Where powdered milk is available and Block Chefs and Block Food Committees refuse to use it, we wish that explanations could be made to these people as to the value of this as a food. Information has been sent out from the Chief Steward's Office to all blocks, but this does not give the food to the people. Continually, a Master Menu is used as a foundation for the menus sent to the Blocks. Where recommendations have been sent out for the use of powdered milk for cocoa (cocoa being recommended for drinking for those under 15 years of age) and kitchens decline to use cocoa, we have no resource.

Yours truly,

John L. E. Burdick

June 19, 1944

MEMO TO: Miss Elma Rood
Medical Social Worker
Poston General Hospital

SUBJECT: Child Nutrition

Dear Miss Rood:

This morning, with Mrs. Watanabe, I visited Mrs. Sumida in block 46-10-D. The same conditions prevailed there as have been over the past two years. The child appears to be in very good condition and is of suitable weight, considering its age and parentage. The mother claims that the child has sufficient time in the sun. She does all the cooking in her own apartment, bringing the food from the block kitchen.

As of today, she had purchased from the "Hakujin" store, Corn on the cob so that the child might have fresh vegetables. At this time, in the kitchen, there are available for her use, fresh broccoli, fresh string beans, fresh daikon, lettuce, and a dozen kinds of canned baby food vegetables. The mother says the baby does not like many canned vegetables and only a few kinds of fresh vegetables. The child is permitted to have candy of very good quality at any hour of the day. The mother purchases cookies from the canteen which are given to the child whenever the child so desires. The Chef in the block is exceptionally cooperative and is willing to do whatever possible to supply this woman and child with food.

The child has been on the fresh milk list (one quart per day) for the past two years. Mrs. Sano, the Chef in Block 46, will see that the mother has one raw egg to take home daily. The mother asks for money from Welfare to buy eggs from the Canteen, as she considers the eggs served in the kitchen are not as good for the baby as the eggs she buys. As this woman has but one child, speaks no English, and has had no training in Child Care, it is difficult for myself or the Nutritional Aide in the Block to give much assistance.

Miura, Toshio
Block 19-3-A

We visited this family and met all the children: a daughter eleven years of age, underweight; a boy of nine; the present case, a boy of seven, Toshio; and a younger brother, approximately five. The mother does not appear to be robust. The father is of light weight and slender. All of these children are small and thin. However,

none of them appear to be in poor health. They each receive their quart of milk daily—one boy telling me privately that he drinks about a quart and a half per day. They also have cocoa in the mornings.

The Chef has agreed to see that special attention is given to this case, Toshio, and that he has one egg daily, even when there is not a sufficient amount for all the residents in the block, and that he shall have some citrus fruits daily in addition to his quart of milk and various other foods as are served to the block residents.

The average food issue to residents of Poston, including all ages in the community, is in excess of 3,000 calories per diem. This does not necessarily mean that all people in Poston are consuming 3,000 calories per diem, but that this amount is available. Fresh fruits and vegetables are in sufficient quantity so that the minimum of all minerals and vitamins are available in all cooking units. It will be interesting to see what progress can be made with these special cases. I am,

Yours very truly,

John L. E. Burdick

FROM: J. L. E. Burdick

SUBJECT: Ulcer Diet

On recommendation of Dr. Murase, you shall receive in so far as possible in Poston, a Standard Ulcer Diet. Herewith, are rules covering the general form and sample meals. The Ulcer Diet should be chopped or strained food; no raw vegetables whatsoever. Where salad is served, it should be cooked. Stewed fruits may be used except bananas; where oranges are served, only the juice. Absolutely no fried foods but can have boiled or baked or broiled; no "tempura". Soy milk for drinking when and if available. Your name has been put on the basic fresh milk list. Use no sauce such as mustard, pepper, or hot sauce; no flavoring except salt, sugar, and shoyu; use no cocoa, coffee, or tea except "mugicha"; use no "okoko"; no "gobo", no cabbage. Meat may be taken strictly without fat. No fats of any kind should be used. Desserts should be soft such as jello, custards, and puddings made with corn starch or rice. Soups are very good if strictly without fat. You may have white bread if toasted; should be buttered. Milk should be warm. Cooked cereals should be cooked slowly and extra well done. Tapioca is very good. Eggs should be boiled or poached. In using rice, it is best as "okayu". Nappa and spinach cooked very little and chopped fine or strained are good. Most of our fish obtainable here is suitable for Ulcer Diet when fresh. Such fish as Rock Cod, Tuna fish, Barracuda strictly boneless may be had lightly cooked or as "sashimi". Tofu may be used at all times; miso is excellent if strained; nori may be used.

Any further information may be requested at the Diet Office, Block 21-10-A. An ulcer patient should have food in smaller quantities and at more frequent intervals than others. If the meals are light, they could be fed five times per day instead of three.

J. L. E. Burdick
(for C. E. Snelson)

DIET SURVEY

Block 326

Sample

July, 1944

PRE-NATAL	ADDRESS	NAME & BIRTH DATE OF CHILD	ADDRESS
Oda, Miyako D. E. 8/11/44	5-B	Matsumoto, Satoshi 8/5/43 Breast Fed S.M.A.	9-A
Kurumaji, Alyce D. E. 7/22/44	14-E	Takahashi, Marvin 8/21/43 Breast fed S.M.A.	6-A
Merishita, Mary Yukiko D. E. 10/2/44	14-H	Naka, David 12/7/43 Breast fed S.M.A.	10-B
Fujinaka, Asako D. E. 10/44	5-D	Kurihara, Frances 12/22/43 Breast fed S.M.A.	6-D
Suzuki, Shizue D. E. 9/30/44	5-C	Okuno, Akiko 9/9/43 Breast fed S.M.A.	12-C
		Kinoshita, Yuri 6/30/44 Breast fed	13-F
		Uyeda, Kimi 6/29/44	1-B

SPECIAL DIET

NAME	AGE	SEX	ADD- RESS	DIAGNOSIS
Sakamoto, Haruye Fat Intolerance- increase proteins	28	F	1-C	Kadowaki, Akira 9 M 5-A Indefinite
Sawada, Ura Diabetes Mellites Indefinite	61	F	3-C	Mayemura, Toyo 44 F 9-C Cardiac: Soft Diet Indefinite
Tsuda, Bunji Peptic Ulcer 7/10/44	77	M	2-D	Matsumoto, Sueki 78 M 13-B Senility: Milk, Tofu Indefinite
Kameo, Shigeko TBC: Milk daily Indefinite	19	F	6-C	Nosaka, Jinsaku 67 M 7-A Hypertension-Nephritis Salt free diet
Ishii, Rensaburo Apoplexy: veg. diet Indefinite	72	M	11-B	Omura, Masayoshi 56 M 7-C Anemia Secondary Anemia Diet Indefinite
Hirata, Masano Rectal Cancer Low residue diet until hospital- ization	47	M	8-A	

NUMBER OF VARIOUS DIETS
IN POSTON I, II, III

October 19, 1944

<u>NAME OF DIET</u>	<u>UNIT I</u>	<u>UNIT II</u>	<u>UNIT III</u>	<u>TOTAL</u>
Allergy	3	0	3	6
Anemia (Secondary)	19	0	0	19
Apoplexy	1	0	0	1
Appendicitis (Chronic)	0	1	0	1
Arthritis	0	1	3	4
Asthma	1	0	0	1
Birth Injury	0	0	1	1
Bright's Disease	0	1	0	1
Cancer (Alimentary)	4	0	0	4
Cardiac	11	0	1	12
Colitis	0	1	0	1
Dementia	0	0	1	1
Dental Reasons	8	9	2	19
Diabetes Mellites	52	14	11	77
Eczema	0	0	2	2
Gall Bladder	1	0	1	2
Gastritis	6	0	0	6
Genito-Urinary	0	1	0	1
Goiter	1	0	0	1
Hypertension	8	0	1	9
Lymph Adenitis	0	0	1	1
Menieres Disease	0	0	1	1
Menopause	2	0	0	2
Minus I.Q.	2	0	0	2
Nephritis	3	1	3	7
Obesity	0	0	1	1
Polio	3	0	0	3
Post-Natal	106	1	47	164
Post-Operative, Convalescent	6	2	2	10
Pre-Natal	47	8	20	75
Pyelitis	1	0	0	1
Senility	8	0	1	9
Tuberculosis	8	4	9	21
Ulcer (Peptic)	41	5	16	62
Underweight	3	3	3	9
Urticaria	0	1	0	1
			TOTAL	538

November 9, 1944

SUBJECT: DIET CONTROL

When the Diet Office was opened in Block 21-10-A for the convenience of the mothers of Poston I, it was in lieu of a proposed Diet Kitchen. After one year's promotional work, the community did not arrange for the quarters for a Diet Kitchen, and the Diet Office at 21-10-A has become a permanent fixture.

At the time of its opening, a woman was employed eight hours per day for the issuance of S.M.A. for babies, and records of the distribution were kept. Sanitation and cleanliness in the office were not considered, as there was no janitorial service available. However, a woman in charge of the office did sweep it out at regular intervals. Later, it was deemed advisable that we should issue from that office, a variety of baby foods consisting of various soups and vegetables. Also, as it was impossible for mothers to obtain suitable cereals suitably cooked in the block mess halls, rolled oats, Farina, and Corn Meal were added to the stock. Later again, for the same reason, various dried fruits were added to the stocks for issuance.

Numerous people having stomach disorders were walking to the Tofu Factory in the rear of the Camouflage Net Building to obtain Tofu and were causing considerable difficulty amongst the crew in the factory. A tank was made and installed in 21-10-A for the holding and distribution of Tofu. Tofu is delivered from the Camp III factory to the office on Mondays and Thursdays where it may be issued to those having medical certificates authorizing the use of tofu (152 medical orders for tofu--Tofu is manufactured and brought from Camp III through the courtesy of the Camp III crew).

As the work increased and records were kept on distribution, it was possible to obtain the service of two part-time workers, both of whom are vitally interested in Child Welfare and Infant Feeding problems. The incumbents today are: one Registered Nurse, who is able to give technical advice to mothers, thereby relieving them of the necessity of continually going to the Hospital or the Clinic. The woman in charge, although not a Registered Nurse, is a very progressive mother of two infants, who, since before the birth of her first child, has given constant thought to the progressive methods of Child Care.

Until October first, we have had this office open from 10:00 to 12:00 A.M. This was done because it was a simple matter to serve all the

customers in Camp I during a two hour period and then close the office, prepare the papers and records, cleaning after. At the request of a majority of the mothers in Poston I, who patronized the Diet Office, notice was posted changing the hours as of October first to 1:00 to 3:00 P.M., six days per week.

I have had no complaints from any mother as to the hours, as these were considered the best times, so as not to interfere with the usual feeding hours of the infants. Aside from the open hours of the Diet Office, the two women operating do their own janitorial work, keeping the reports and file cards available--turning in a monthly summary showing the number of mothers with the names, addresses, and ages of the children, who, during that month, have received any of the articles which are issued from this office.

Inasmuch as the two women now operating this office are exceptionally keen for the work and probably could not be satisfactorily replaced, I wish further consideration could be given to the idea of this place being open eight hours per day. It is not necessary for the service to have this place open eight hours continually, and if such is necessary, I will lose the two women now employed, and will have to put the burden for new operators on the Medical Department or Family Welfare. I am,

Yours very respectfully,

John L. E. Burdick

JLEB/jak



Grinding the saturated soybeans ready for the press.



Pressing soybean milk before placing in
sterilizing vat.



Removing the soybean milk from the sterilizing vat.



Abura-age making.

Lifting the fried soybean cakes from the fryer.



Diet Office Camp I issuing Tofu