

CLASS IV.

Convicted prisoners employed at hard labour for any period exceeding 6 weeks.

	Males.	Females.
<i>Break-fast.</i>	1 pint oatmeal gruel, 8 oz. of bread.	1 pint gruel, 6 oz. of bread.
<i>Dinner.</i> { 2 days.	1 pint of soup, 8 oz. of bread.	1 pint of soup, 6 oz. of bread.
4 days.*	6 oz. of cooked meat without bone, 8 oz. of bread, $\frac{1}{2}$ lb. of potatoes.	5 oz. of cooked meat without bone, 6 oz. of bread, $\frac{1}{2}$ lb. of potatoes.
1 day.	8 oz. of bread, 1 lb. of potatoes or 1 pint gruel when potatoes cannot be had.	6 oz. of bread, 1 lb. potatoes or 1 pint gruel when potatoes cannot be had.
<i>Supper.</i>	Same as breakfast.	As breakfast.

Witnesses for the Crown and debtors should be placed on same diet as class 3.

Unconvicted prisoners on same diet as class 2, while not working at hard labour:—If they voluntarily work at hard labour, they shall be placed on the same diet as class 4.

GENERAL RULES RESPECTING THE DIETARIES.

The gruel should be made with 2 oz. of oatmeal to a pint of water:—Indian meal in the same quantities may be used instead of oatmeal.

Milk may be used, where convenient instead of gruel.

A beverage made with roasted pease or barley, may also be used twice or thrice a week instead of gruel at breakfast:—but when this beverage is used, 2 oz. more of bread should be added.

Cocoa made with $1\frac{1}{2}$ oz. of nibs or beans to a pint of water, may be advantageously used once or twice a week instead of gruel, at breakfast, specially during the winter.

The soup should contain 3 oz. of cooked meat, without bone:—the usual quantities of vegetables, with pepper and salt.

When pork is given at dinner, 1 oz. less than the quantity of meat above prescribed should be given:—fish may be substituted for meat once or twice a week, but 2 oz. of fish should be allowed over the allowance of meat.

* This diet should not be given on more than two consecutive days in any week.