

MILITARY HOSPITALS COMMISSION-CANADA

M. H. C. Food Control Conserves Men's Health

Barracks methods have been departed from in preparing meals for convalescent soldiers in the Military Hospitals Commission institutions. The talent of scientifically trained dietitians has been applied to the Commissary department. Every effort is made to present attractive meals in order that this important factor in the patients' convalescence may be up to the high standard of other classes of treatment afforded.

A woman's big job

One of the largest government organizations in the world directed by a woman is the Commissary Branch of the Military Hospitals Commission. The General Organizing Dietitian, a young woman of broad experience and great executive ability, has under her control all the dietitians, chefs, kitchen and dining room help in institutions scattered across the whole Dominion and serving at the present time between thirty and thirty-six thousand meals a day. The organization is growing so rapidly that positive figures cannot be compiled on this point because by the time the addition is done the number has grown.

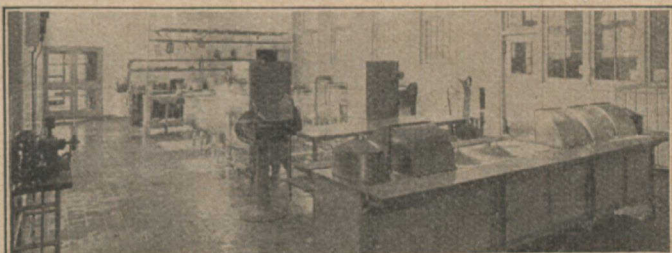
Aim at speedy service

Special diets, as prescribed by the medical officers for sick patients, are prepared in separate kitchens under the direction of the Dietitian. Modern steam equipment of uniform type is used in the main kitchens and owing to the large number of inmates in most of the homes cafeteria service is in general use. This is

speedier and insures the men receiving hot dishes in hot condition and cold dishes in cold.

Typical menus cited

Here are three typical menus selected at random from ones served in a particular insti-



Kitchen at Whitby.

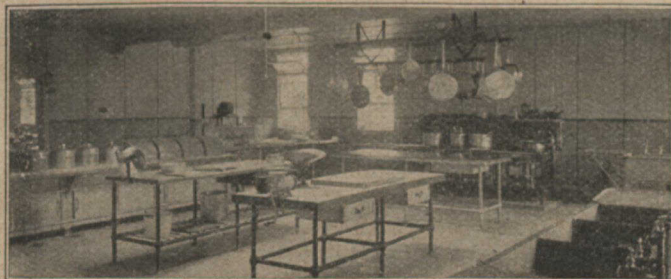
tution. Breakfast : Rolled oats, bacon and eggs, orange marmalade, rolls, butter and coffee ; Dinner : barley soup, roast beef and gravy, cabbage, mashed potatoes, bread and butter, creamed tapioca and tea ; Supper : cold ham, scalloped potatoes, preserved fruit, cake, bread and butter and tea.

In order to do this 12,000 eggs, 18,000 rolls, 6,000 lbs. of bread, 1,125 lbs. of butter, 12,000 pieces of cake, 1,200 quart jars of fruit, 2,400 quarts of coffee, 5,600 quarts of tea and 5,000 lbs. of raw beef, in addition to the other items, are required.

At one institution, the Quebec Discharge Depot, where a fluctuating population adds to the difficulty, the Dietary Department has a record of having served 6000 meals in one day. A ton of fish was used in the preparation of one meal.

Sameness is avoided

Menus are always prepared with two ideas in mind, the food value for health purposes and the appetizing quality of the dishes. Variety is maintained. Waste is carefully guarded against, however, by a system of food control which at no time interferes with the men's right to good quality food and additional helpings.



Standard kitchen as planned by dietitian and architect.