



BETWEEN THE COVERS RARE BOOKS

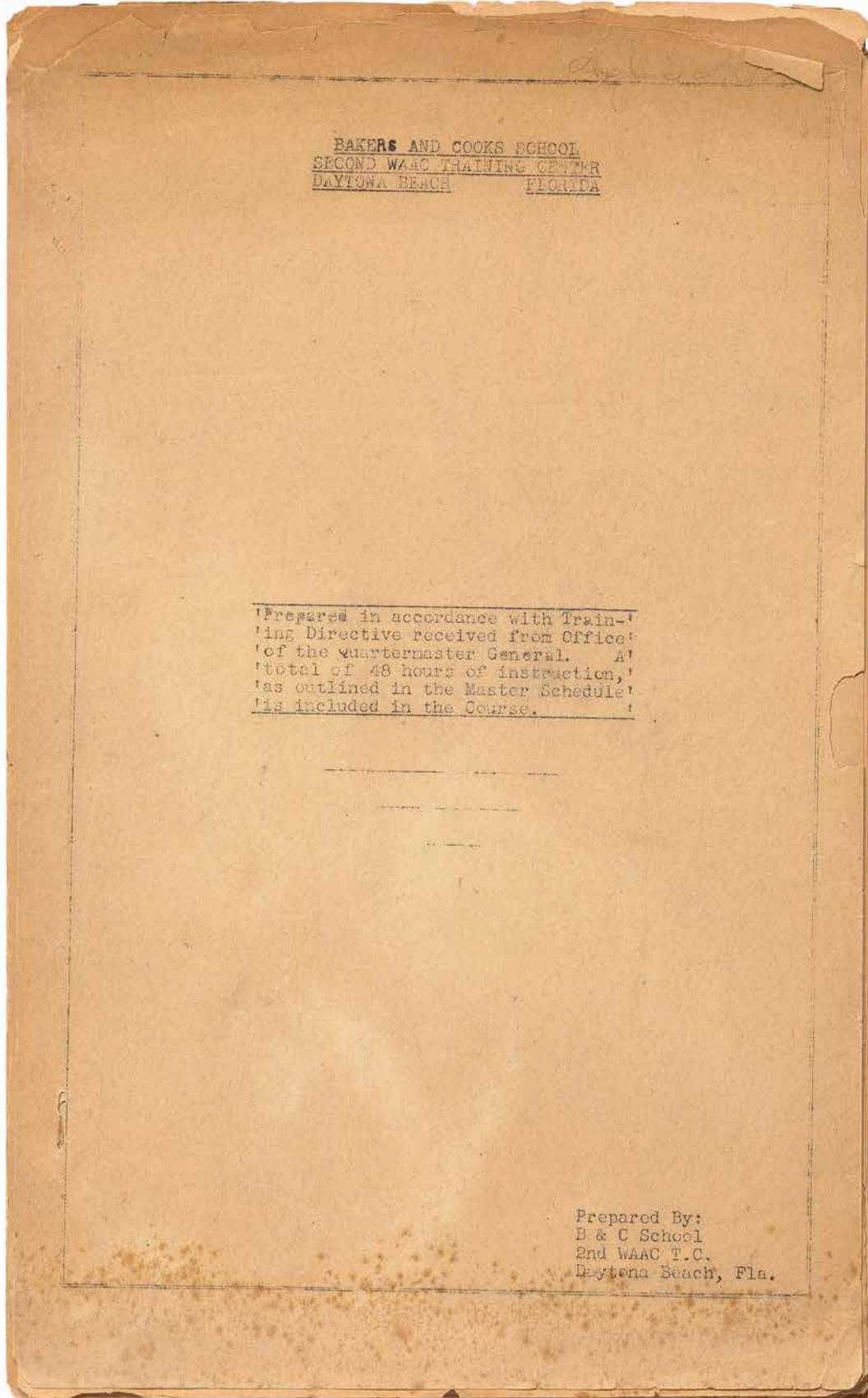
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[Archive] WAAC Training Center Bakers and Cooks School

Daytona Beach, Florida: [circa 1942-1943]

\$1400



Mimeographed typescript measuring 8" x 12½". 32pp. Some chipping on the edges not affecting the text, slight foxing on the bottom edge of the title page, and holes from removed stapled thus good only.

BAKERS AND COOKS SCHOOL
SECOND WAAC TRAINING CENTER
DAYTONA BEACH FLORIDA

A document used by the Women's Army Auxiliary Corps Bakers and Cooks school in Daytona Beach, Florida which comprises a thorough and informative course outline and manual for a total of 48 hours of instruction on the finer points of dehydrated foods. The manual reads, "The purpose of this course is to acquaint you with dehydrated foods, so that you will have a thorough knowledge of the products we will use in the future...The Army is especially interested, and as we go further into the course you will realize the advantages. We probably will not use it at home until after the war."

The course includes a history of dehydrated foods as used by the US army, "While in World War I, the United States was reported to have shipped overseas a total of 8,903,158 pounds of assorted dehydrated vegetables and soup mixtures, and 6,000,000 pounds of potatoes." It also has useful statistics on the comparative weights and volumes of dehydrated and canned goods, as well as a comparison of frozen and dehydrated meats, with cooking methods for both, and a detailed description of de- and rehydration methods and preparation. It gives practical insight into the engagement technologies of food preservation as they were rapidly applied to the logistical requirements of wartime catering. The pencil annotations in the margins indicate that this was very much a working document, with the additional ratios added in manuscript, as well as corrections to those provided in the text. The final leaf is a quiz, with questions and answers.

'Prepared in accordance with Train-'
'ing Directive received from Office'
'of the Quartermaster General. A'
'total of 48 hours of instruction,'
'as outlined in the Master Schedule'
'is included in the Course. '

The WAAC Training Center No. 2 opened in Daytona Beach, Florida on October 1942. The US army leased empty hotels and villas and established a tent city capable of housing 6,000 female recruits for basic and skills training, preparing them to take on non-combative army jobs. This document likely dates from before July 4th, 1943, as at that point the "Auxiliary" nomenclature of the Corps was dropped, and it was henceforth referred to as the WAC.

A unique manual outlining specific tasks and skill sets for the WAAC recruits. [BTC#429706]

DEHYDRATED FOODS

I. Purpose of Course

- A. Food that will be used in future a great deal more than has been before.
- B. Many advantages to Army.

The purpose of this course is to acquaint you with dehydrated foods, so that you will have a thorough knowledge of the products we will use in the future. Everybody seems to think that it will be the food of the future, because it has proven satisfactory so far in most of their experiments.

The Army is especially interested, and as we go further into the course you will realize the advantages. We probably will not use it at home until after the war.

II. Limited Amount of Material

- A. Experimental Stages
- B. Foods not too far advanced
- C. Not many to offer

We have here with us all information, literature, book work and dehydrated foods available at this time. This isn't as much as we would like to have for you, but as we said before, these foods are not far advanced in their modern form of dehydration.

Dehydrated foods are still in the experimental stages, although all we have here has been approved by the Army. These are the only foods the Army has accepted so far.

III. Dehydration

- A. Definition
- B. Selection

The first thing we want to know before we go any further is, - what dehydration means.

Dehydrated foods are - fresh foods from which a large percentage of water and inedible portions; such as peels, cores, seeds, stems, rinds and bones have been removed.

Such foods are:

1. Harvested at their peak of maturity
2. Are of a carefully selected variety
3. Thoroughly cleaned
4. Then dried by scientifically controlled process for various reasons
 - a. To retain much of their original food value
 - b. Vitamin content
 - c. Flavor
 - d. Color
 - e. Natural texture

Potato Shreds or Pre-cooked

Form Available

The chief difference between this and the other type of dehydrated potato lies in the fact that this form is pre-cooked before drying.

The cooked potatoes are passed through the ricing device, and the strips dropped directly onto the trays.

The strings should not be over 1/8" in diameter.

Drying is similar to the other forms but is accomplished in a much shorter time.

The moisture content must not exceed 7 percent when packed ready for shipment.

Uses - (1) Mashed (2) Creamed Soup

Ratios and Amounts

#1	#	Potatoes	to 4#	water	
1	#	Potatoes	= 1-1/2	#56 Dipper	
1	#	Potatoes	serves	21 men	
4-1/2#	#	Potatoes	serves	100 men	
4-1/2#	#	Potatoes	= 7	#56 Dippers	
18	#	Water	= 9	#56 Dippers	

*NOTE: These figures - approximately 5 oz servings per man.

<u>Potatoes</u>		<u>Water</u>		<u>Servings</u>
#	#56 Dinner	#	#56 Dipper	
1	1-1/2	4	2	21
2	3	8	4	
3	4-1/2	12	6	
4	6	16	8	
5	7-1/2	20	10	
6	9	24	12	
7	10-1/2	28	14	
8	12	32	16	
9	13-1/2	36	18	
10	15	40	20	

Rehydration Procedure

1. Bring the required amount of water to a boil.
2. Pour over the shredded potatoes and let stand on back of stove for 10 to 15 minutes. Slow simmering will hasten the procedure.
3. Rehydration or soaking in cool water is not necessary as in the case of the julienne style potato

#	wt	#	wt
Meat	1-1/2	Apples	1-6
Potatoes	1-6	Eggs	1-2 1/4
Potato Shreds	1-4	Milk	1-7
Sweet Potatoes	1-4	Coffee Cream	1-4
Cabbage	1-10	Tomato Paste	1-12
Beets	1-10	Baked Beans	1-2
Carrots	1-6	Long Powder	1-7
Onions	1-7	Crushed Corn	1-14
		Onions	1-35-40

56 dipper = 2#
24 dipper = 3#