

## 2.

- e. Instant Ralston and Grapenuts were the favorite breakfast foods. Could have used more of each. One package of grapenuts per 2 or 3 man meals is about the proper amount.
- f. In addition to Grapenuts and Ralston the best cereals would be cream of wheat, instant wheat, and Roman Meal.
- g. All Bran and Gerbers baby cereal are not good. They need too much doctoring up to be made palatable.
- h. Hemo by far is the best cocoa, Cocomalt next. Hershey's needs too much doctoring up.
- i. Dried milk was in demand most of the time. Whole dried milk is better than dried skim milk.
- j. Jello and packaged puddings were very good. Tapioca pudding was good but we had the type that required extra food materials (powdered eggs, which we had not taken). A 36-serving package of tapioca was good for 6 servings. It would be desirable to have puddings in 1# packages. One small box of pudding per man is about right. We could have used more puddings.
- k. Pilot Bread was a "luxury item". It was continually in demand. With butter or jam it was a terrific food. Eighty-five pounds was not enough. Figure on about 12-15 biscuits per man day; at times more.
- l. Jams were another delicious food item. There was a slight shortage, as much of the jam was left in Yakutat and never dropped. All types of jams are good, but the favorite was strawberry.
- m. We used processed cheese entirely. It worked out satisfactorily but was slightly tainted by the polyethylene bags.
- n. Butter was extremely good and we had just the right amount. We also used butter in cooking.
- o. Powdered eggs should be included, at least in Replenisher food and possibly in Inter-Camp food.
- p. The absence of pure chocolate on an expedition is rather unusual. The chocolate was supplemented by the use of cube sugar and fudge. The sugar leaves your mouth much cleaner than flavored candies. This is especially true when above 10,000' where water is at a minimum. Some chocolate would be advisable in Replenisher food.
- q. Mincement (Borden's Nonesuch) was used as a pemican. It is too spicy for use on such a trip. Only a small quantity could be eaten at a time.
- r. Old English Plum Pudding was much in excess. It was much like pemican. (D.M.- A better brand would be Heinz).
- s. Lipton's frostee was a good drink. Use dried milk with it.
- t. Some tea was used - no coffee. (We had both). Quantities depend on individual tastes. Some tea should be taken, however.