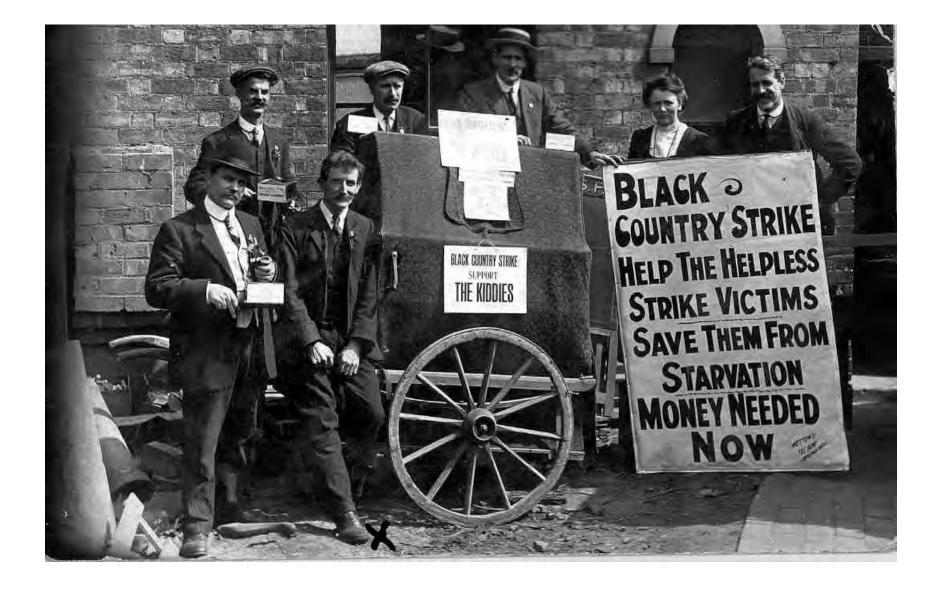
## Uncovering the history of social work and social welfare – challenges and sources



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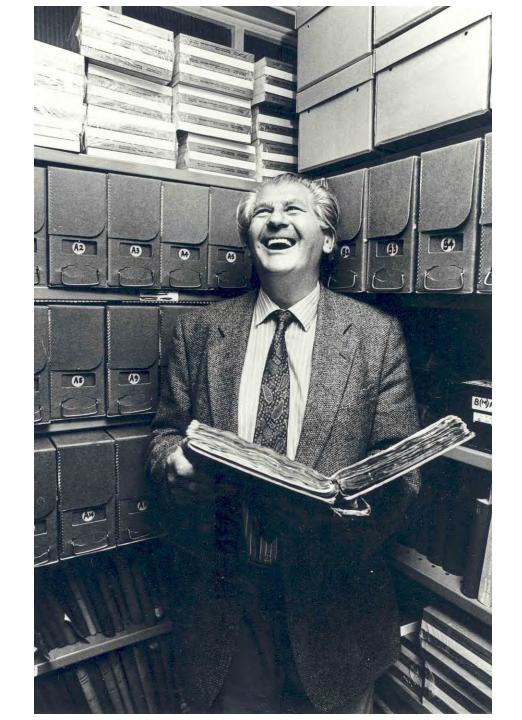














### Polton's Porridges and Puddings.

A complaint reaches us from the staff of the New Saughton Hall Private Asylum, Polton, regarding the quality of the daily diet of the staff. They state they are fed up with the eternal frozen meat, badly cooked, and that they could sole their boots with the Sunday joints and thereby ensure everlasting footwear. Appended is a dietary list for the week, which we are assured is a correct return of the menu:—

#### Menu for the Week.

#### BREAKFAST.

Sunday.-Porridge, milk, one very small kipper, bread, margarine, tea.

Monday .- Porridge, milk, bread, margarine, tea,

Tuesday .- Porridge, milk, bread, margarine, tea.

Wednesday.-Porridge, milk, one small herring, bread, margarine, tea.

Thursday .- Porridge, milk, bread, margarine, tea.

Friday.-Porridge, milk, one small herring, bread, margarine, tea.

Saturday .- Porridge, milk, one small herring. bread, margarine, tea.

#### DINNER.

Sunday.-Roast beef (frozen), with two vegetables, pudding. Monday.-Soup, potatoes (no meat), pudding.

Tuesday.-Boiled beef, potatoes, two vegetables, pudding.

Wednesday .- Soup, cold mutton, two vegetables (no pudding).

Thursday.—Tinned beef, two vegetables, pudding. Friday.—Soup, fish, two vegetables (no pudding). Saturday.—Boiled beef, two vegetables, pudding.

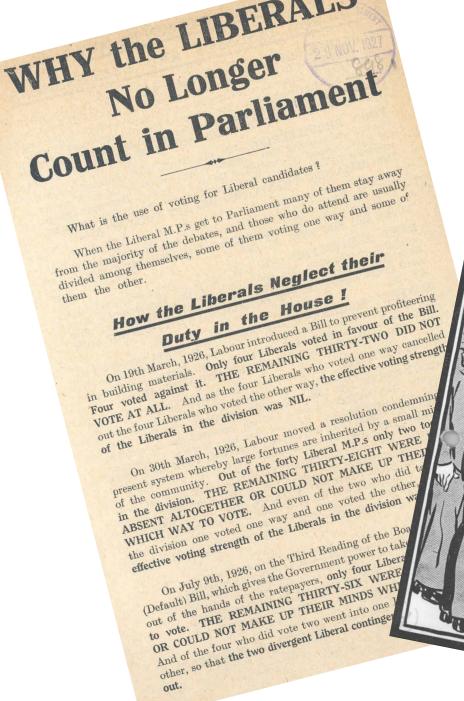
#### TEA.

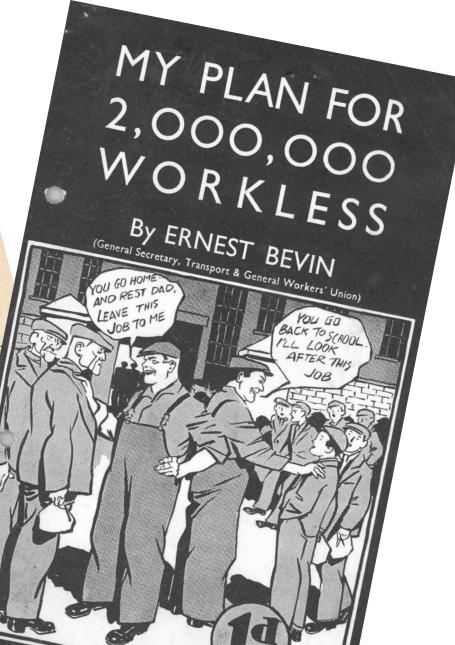
Bread, margarine, tea, jam twice a week.

#### SUPPER.

#### Cocoa or coffee, bread, margarine.

Pity the poor Poltonians! If the M. S. and officials live like the staff they may well look haggard and feel harassed. If they do!





# Uncovering the history of social work and social welfare – challenges and sources





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## Sources

https://warwick.ac.uk/services/library/mrc/research\_guides/social\_work https://warwick.ac.uk/services/library/mrc/archives\_online/digital/younghusband https://warwick.ac.uk/services/library/mrc/archives\_online/digital/unionjournals/#Health https://warwick.ac.uk/services/library/mrc/archives\_online/speakingarchives/socialwork/