

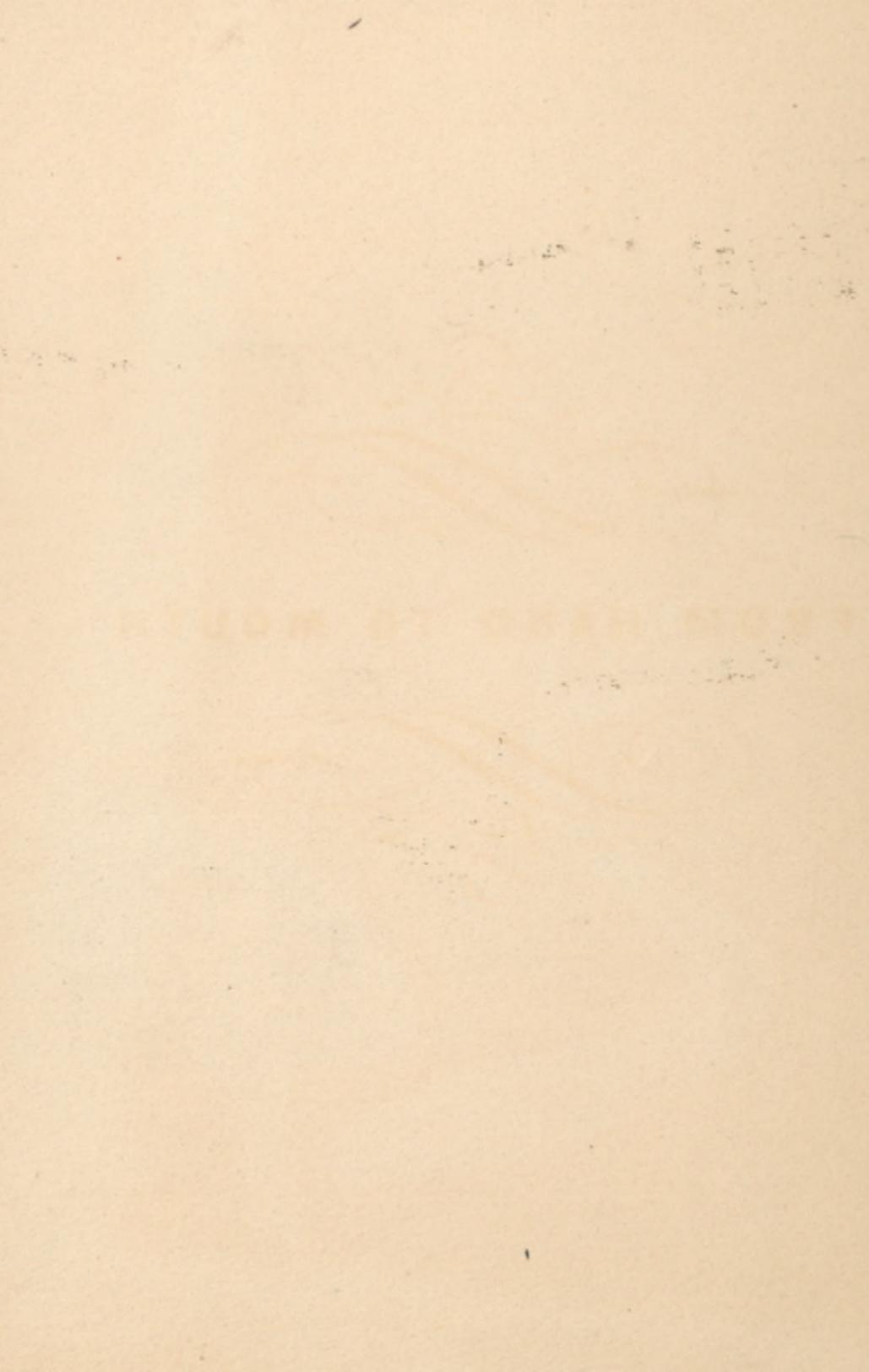
United States. Public  
Health Service

# From hand to mouth



DEC 1 '43

Box 1296





**FROM HAND TO MOUTH**



“FROM HAND TO MOUTH” is the story of food, flies, fingers, and such—a brief account of the things you can and must do to prevent the spread of disease. It tells you about the serving of clean food, which is really a matter of good business.

### **If you are working in a—**

restaurant	diner
coffee shop	carnival
hotel grill	circus
chop house	fair stand
hamburger stand	boarding house
tearoom	school lunchroom
bar	luncheonette
tavern	cafeteria
drug store	snack shop
soda fountain	sea-food house
hospital kitchen	barbecue grill
short-order cafe	

or any other place where food or drink is served, this booklet is meant for you.

## If you are working as a—

manager

owner

operator

captain

steward

hostess

cashier

caterer

maitre d'hotel

head chef

sous chef

cook

broiler man

helper

short-order chef

butcher

oysterman

carver

garde manger

rossetier

saucier

waiter

waitress

car hop

counterman

bartender

bar maid

bar boy

soda jerk

coffee girl

roundsman

server

steam-table attendant

sandwich man

dough-boxer

pie maker

checker

dishwasher

scraper

silver attendant

linen clerk

glass girl

bus boy

floor girl

janitor

porter

or what have you, *this means you.*



## **You're the Rear Guard**

HAS anyone ever told you how important you are? Don't get the big head, but just in case you didn't know— There are over a million and a half restaurant workers in this country . . . some 415,000 eating and drinking places . . . and over 65 million Americans pass through their doors daily, eating 24 billion meals a year.

Today's restaurant is the dining room of the Nation. There are more people "eating out" than ever before in our history. For this there are many reasons. More and more women are employed in

factories and other essential jobs. War workers are on the move, traveling from one section of the country to another. Many of them live in furnished rooms without kitchens. There is a shortage of apartments and houses in crowded war areas. Then, too, manufacturers have stopped making refrigerators for home use. Canned goods are rationed. There aren't enough household workers to go around. Entire families are forced to eat their three square meals a day at the corner restaurant or drug store.

You don't need all this to tell you business has picked up. You can look in the cash register. For every three pennies rung up in 1939, there is a nickel in the change drawer now. Wages, too, have gone up. You don't need figures to tell you the boss is short of help. It's a tough problem all right, handling all the hungry customers who come to your door. You know that. But what you may not know is this: Yours is the responsibility of feeding a nation of war workers on the home front. You are guardians of the public health—*135,000,000 Americans depend on you.*

# *Foods and Feuds*

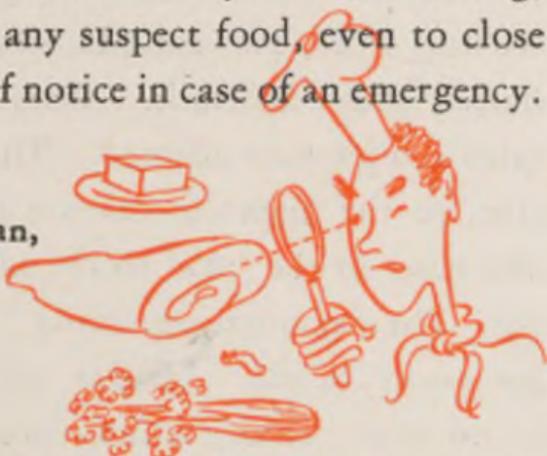


Yours is a dangerous business, dangerous because food and drink that is not carefully handled and prepared too often is a source of disease—and death. Because feeding so many people is a real problem and because we cannot afford to waste manpower sick abed—or buried 6 feet under—the United States Public Health Service has prepared a list of do's and don'ts for food handlers the country over. It is called the "Ordinance and Code Regulating Eating and Drinking Establishments."

From Alpha and Bethany to Osceola and Walla Walla, a great many towns, cities, counties, and States have adopted this code of sanitary food practices. The suggestions offered here follow the "do's" and "don'ts" in the Code. By observing them, you will be doing your country a great service and you can be pretty sure of being on the

safe side of present and future food laws in your community. Remember, local health officers can usually take away the license or permit of any owner or food handler who fails to live up to the rules. Inspectors are free to investigate any part of your restaurant, to check on your dishwashing, to take samples of any suspect food, even to close up the place on brief notice in case of an emergency.

**You Can Be  
Your Own Policeman,  
Food Inspector, and  
Germ Detective.**



Tracking down a food murder is not always easy. Sometimes it takes a real disease detective or "epidemiologist" to clear up the mystery. You can help by doing your share.

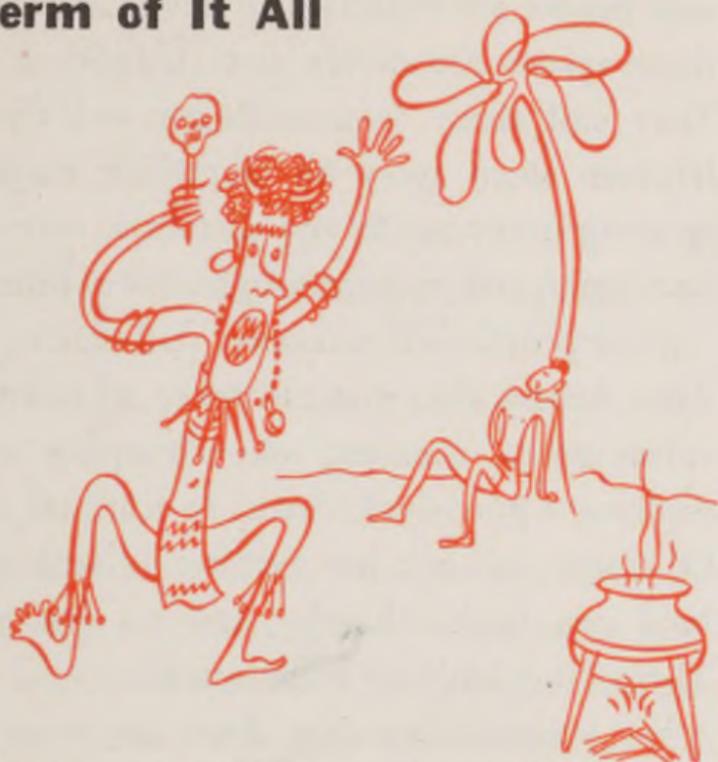
Take this one, for instance. Scene: an old folks' home. Time: midnight. Suddenly the infirmary gets one call after another. Of the 150 residents, 30 are taken ill. During the night 1 of the patients dies. The next morning an investigation is made.

None of the 100 men and women who had eaten in the dining room the previous evening is among the sick. The other 50 had eaten out at a restaurant dinner party. But not all of these are ill. What really happened?

They study the menu: tongue and ham sandwiches, salad, pie, cookies, cake, jello, bread and butter, coffee and milk. Only those who ate the salad and pie were affected. That looks like a good clue, so the inspector takes a sample piece of pie and some of the salad to the laboratory for analysis. The examination shows 55 trillion "germs" per ounce of pie. Similar colonies of germs are found in the salad, which consisted of eggs, tuna fish, potatoes, spaghetti, string beans, and mayonnaise. But how did this food become infected? A sanitary inspection of the kitchen finds the cook with a sore finger. The same germ is found in the chef's sore, the pie and the salad. A health department volunteer, who ate a piece of the pie, also became sick.

What is a germ, you ask, to cause so much human misery and suffering?

## The Germ of It All



SAVAGES know next to nothing about the nature of disease. They have an idea that sickness is caused by evil spirits, by demons whose special reason for living is to make life miserable for man. They believe these devils hide in sticks and stones, in animals, trees, river, earth, and sky, then jump out to invade and torture the human body. In the South Pacific, where so many of our boys are fighting today, certain native tribes still feel that

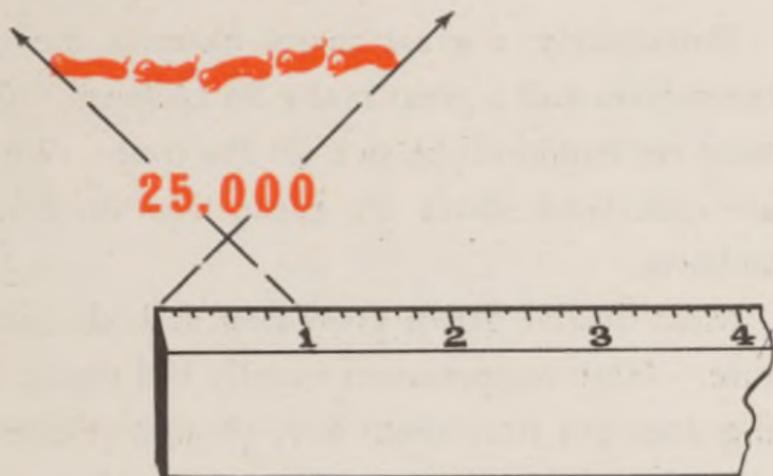
sick people are possessed of devils and that unless these spirits are driven out the person will die. They call these demons Zogos and they try to frighten them away by mumbling magic words, wearing funny masks and costumes, waving rattles and bones, and going through a lot of other hokum.

Some people in this country still believe in Zogos. They believe that you can stave off sicknesses like tuberculosis, measles, or whooping cough by wearing a good-luck charm to scare off the Zogo. Of course, no one has ever really seen a Zogo or held one in his hand. And no one ever will. There "just ain't no such animal."

We know today that there are many different causes for sickness and death. Many diseases are caused by "germs." We sometimes call them "microbes" because they can be seen only through a special magnifying glass called a microscope.

### **Believe It or Not—**

it would take 25,000 of these microbes laid end to end to make 1 inch.



Some germs or "bacteria" are useful; others are harmless; but a great many are dangerous arch criminals responsible for much suffering. Different diseases are caused by different bacteria with different likes and dislikes, different habits.

Bacteria live everywhere. You carry more of these germs on your person than there are people on the earth. They are alive, just as we are, take in food, give off wastes, grow, and multiply. What they lack in size they make up for in number. A single germ in 24 hours will under favorable conditions produce 281,000,000,000,000 other germs, each one capable of doing the same.

Fortunately a great many bacteria die off by themselves and a great many do no harm. Otherwise we would all be sick all the time. What we are concerned about are those that do bring on sickness.

Most disease germs grow best at body temperature. High temperatures usually kill them. Freezing does not hurt them any, though it does keep them from multiplying. They are not lovers of the light. They like to breed in the dark. Direct sunlight kills them. Most bacteria need air; some grow only in the absence of air; others can get along with or without it. They need moisture to grow. Two of their favorite homes are milk and water. They are also great meat eaters.





“Food poisoning,” or “ptomaine poisoning” as we incorrectly call it, is rarely caused by eating food that has been poisoned. Most cases of food poisoning are really *food infections* caused by germs. Someone handling the food or working in the kitchen manages to transfer the disease-germs to “the eats.” Other well-known diseases like typhoid fever are transferred the same way.

Milk, milk products, and water, polluted at the source, may carry dangerous diseases. Rats, mice, flies, and roaches also carry germs; these pests eat the same foods as we do. When they feed, they pass their germs to us.

## Criminal

**Salmonella group**



**Staphylococcus**



**Eberthella typhi**



**Endamoeba histolytica**



**Shigella group**



**Trichinella spiralis**



**Clostridium botulinum**



**Streptococcus group**



**Diphtheria bacillus**



## Route to the Customer

Food contaminated by unwashed hands, rats. Underdone meats.

Food contaminated by sores, boils.

Water, milk, shellfish contaminated at the source.

Food contaminated by unwashed hands or by flies.

Water contaminated at the source.

Defective plumbing. Food contaminated by unwashed hands or by flies.

Water contaminated at the source.

Dishes or silverware contaminated by a carrier. Food contaminated by unwashed hands or by flies.

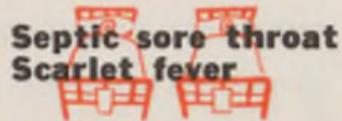
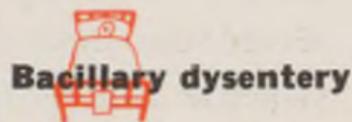
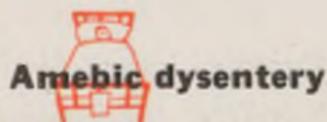
Insufficiently cooked pork.

Home-canned foods improperly prepared.

Raw milk contaminated at the source.

Dishes or silverware contaminated by a carrier. Sneezing, coughing, and spitting.

## Disease



## Kitchen Mysteries



PEOPLE have died because they ate and drank heartily, trusting in those who prepared and served the food. And people will continue to sicken and die because they eat out, unless you protect them. You cannot always tell by tasting whether food is safe or not.

Cream-filled custard pies and pastries, meat and meat products, shellfish, milk and milk products, poultry, salads, sauces, dressings, and gravies are the most common foods in which disease-germs grow. This does not mean, of course, that other foods may not become contaminated. Dangerous results may come from careless selection, cleansing, preparation, storage, or service.

The food you prepare for your customers must first of all be clean, wholesome, free from spoilage and safe for human consumption. If you have any doubts, don't take a chance. Remember, lives are at stake.

### **Serve Safe Food**

FOUR children of the Jones School died recently after a brief illness. When the coroner examined their bodies to determine the cause of death he found evidence of "botulism." Investigation of the school kitchen disclosed some canned string beans which had been home-grown and put up by one of the local mothers. The lunchroom, a co-operative undertaking of the community, had served the beans in a cold vegetable salad. All the boys and girls who ate the salad choked to death in 48 hours.

Careful home canning—with attention to every step in the process—will insure the killing of the germ. If you don't know how to can homegrown produce write to the U. S. Department of Agriculture for information. Home-canned food contaminated with botulinus poison may not have a bad

odor or taste; it may not even look "spoiled". Be sure the home-canned products you use have been canned *safely* and never use any canned food if it is moldy, has a bad odor, or comes from a bulging can. Even tasting such food is dangerous. A taste of this poison is as fatal as a cupful. *When in doubt, throw it out.*

U.S.  
CHOICE  
U.S.  
CHOICE



Always look for a Federal inspection stamp or that of an equally reliable State or local authority on the meat you buy. Make sure your sea foods come from a source approved by the State health department or from a dealer on the U. S. Public Health Service official list. Do not accept shucked shellfish except in the original container showing the packer's State and the firm's certificate number.

Clean all foods thoroughly before cooking. Fruits and vegetables may have been contaminated through polluted irrigation water, fertilizer, or insecticide sprays such as paris green.

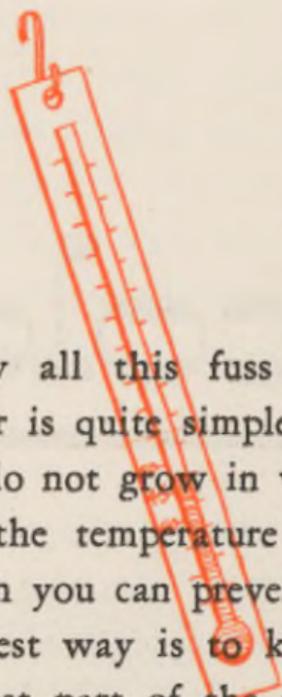
# Hot *or*

# cold

---

Store all perishable foods in the refrigerator at or below 50 degrees Fahrenheit. Arrange meat so that air can reach all sides; wrapping keeps out the air and prevents adequate cooling. The box itself must be kept clean, both inside and out. Ice used in drinks must come from a source approved by your local health officer; it must always be washed off in clean water before being used.

Meats must be placed in the refrigerator immediately. Food prepared in advance, including leftovers, should be refrigerated immediately after preparation and never left standing. If you must let the pot cool off a bit, be sure to place a cover on it.



Why all this fuss about refrigeration? The answer is quite simple: Bacteria are like plants; they do not grow in very cold weather. If you keep the temperature of your refrigerator low enough you can prevent them from multiplying. The best way is to keep a thermometer in the warmest part of the refrigerator and check the temperature regularly.

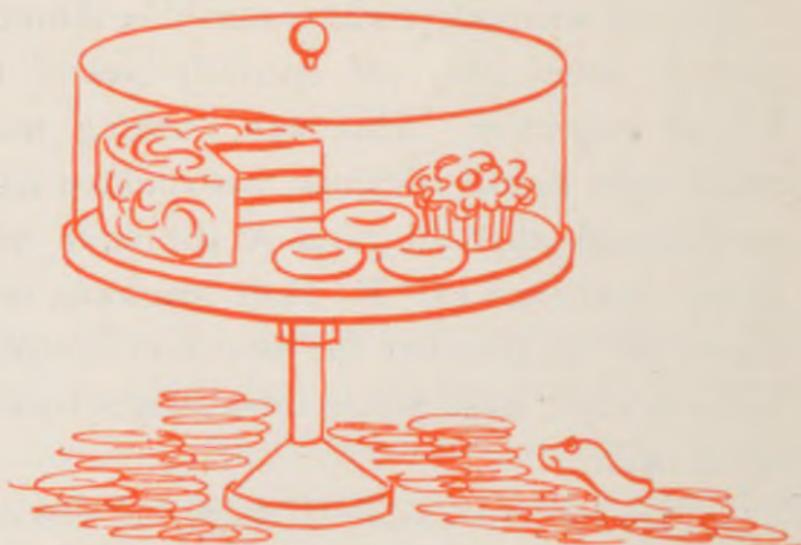
Hash and other left-over meats should be re-cooked before serving. This is especially important because ground meat has more surface exposed to the air and germs can get at it easier. Also, rehandling increases the chance of contamination.

On no account, of course, should food left by customers be used over again or re-served. Stew builders, mulligan mixers, and kitchen mechanics of all kinds—take note.

All pork and pork products should be thoroughly cooked, unless they are specially treated under federal inspection. Thorough cooking may be relied upon to kill trichinae, but cooking must be so thorough that all parts of the meat will be heated to at least 137° F. Heat penetrates slowly. So, to get the center of the meat hot enough, you have to cook large pieces for a longer time than small ones.

To test for "doneness" of chops and also of loin roasts make small cuts next to the bone as well as into the thicker part of the meat to be sure that the meat is thoroughly cooked. "Pink" pork is not well-done. For hams and shoulders the only sure guide is a meat thermometer stuck into the center of the thickest portion of the cut. Thirty minutes to the pound is a fair guide for cooking large thick cuts of pork.





## Special Attractions

Germs are especially attracted to milk and eggs. That is why custard-filled pies and pastries such as eclairs, cream puffs, and cream pies, must be kept under cover and refrigerated *at all times*. If you bake your own pastries be sure to cook the custard fillings for at least 10 minutes at a temperature of 190° F. or rebake the filled pastries for 20 minutes at an oven temperature of 425° F. and then cool to 50° F. within 1 hour after heating. If you do not bake your own pastries, consult your local food inspector for approved bakery sources. Where

possible, cream-filled pies and pastries should be obtained from the bakery wrapped and labeled.

All milk and milk products, such as chocolate milk, buttermilk, cream, ice cream, frozen custard, sherbet, and other frozen desserts, must come from approved sources. This means that pasteurized products should be used wherever possible. Unless a special, sanitary type of bulk dispenser is used, all fluid milk must be served in the containers in which it was received. This means that pint or half-pint bottles are brought to the customer who may remove the cap and pour his own drink. Patrons like this. They feel they are getting clean service and know they are getting all the cream in the bottle. Under no circumstances should milk left by the customer be used for any purpose. Throw it away.

Milk for mixing drinks should also be poured from the individual bottle. Since cream for coffee and cereals is handled in small quantities, local health officers may permit the transfer of cream from the original bottle or a clean pump, urn, or other sanitary dispenser.

**A bad habit.**

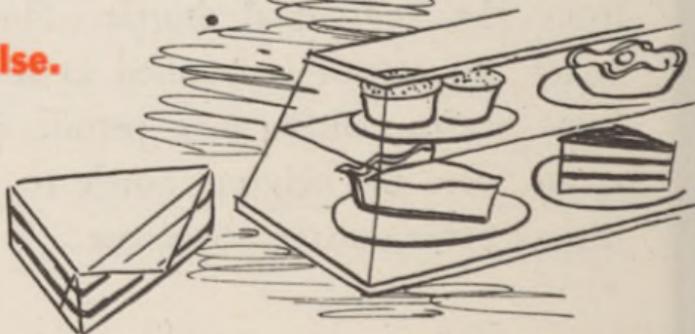


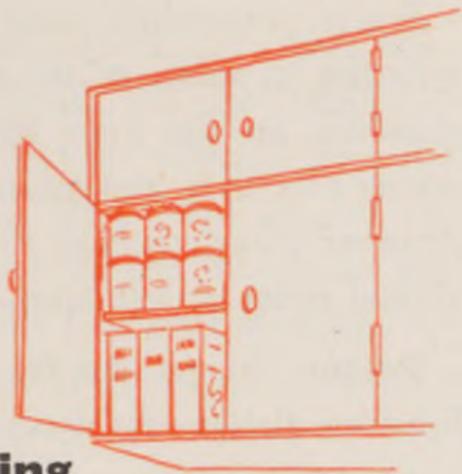
**No rations for germs.**

**counter tips**



**Cover up or else.**





## Better Housekeeping

PROPER storage of food, drinks, containers, utensils, glassware, dishes, and silverware is highly important. Special care must be taken to prevent contamination from overhead pipe-leakage, from water collecting on overhead plumbing, from sewage back-flow, or flooding of the premises. All waste water from refrigerators must be drained into the sewer or collected in watertight pans. The refrigerator should drain through an air gap so that no sewage can back up into the box if the drain clogs. No milk or other beverages should be kept under water for cooling unless in leakproof containers with leakproof tops.

Fruits, vegetables, and other food products—whether in sacks or in boxes—must not be left standing on the floor but stored high and dry where rats, dirt, and moisture cannot get at them. Another thing to bear in mind: food containers should never be left open.

**Poison means danger. Keep it away from food or dishes—far away. Hide it. Label it.**



Joe C., who loved chili, ate some "mexihot" at a barbecue stand. Six hours later he was dead. The same day, when several other patrons became ill, food inspectors traced the case to the roadside stand. The chef refused to believe it, ate some chili

himself to prove his point. He died. There were no disease germs in the food, but the laboratory discovered a quantity of sodium fluoride, a poison used for killing roaches. Such cases are not unusual. Recently 236 people on the West Coast got sick because roach powder had been mistaken for powdered milk and mixed with some scrambled eggs. Forty-seven died.

We would have no such accidents if everyone used insect powders that have been colored to distinguish them from flour, baking powder, or dried milk. If you employ an exterminator, make sure he does not use white powder. Do not use cyanide or other poisonous compounds for cleaning or polishing utensils that come in contact with food. Lead or cadmium-plated utensils can also cause poisoning—by reaction of the metal with the acids in the food.

All these precautions go for any kind of food-filling station—whether it be a pork-and-beanery, a one-arm joint, a raw bar, spaghetti house, or metropolitan night club. The one purpose is to keep germs and food poisons off the menu.



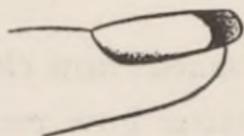
## **It's in Your Hands**

SOAP AND WATER. Soap and water. Remember, that's the trick. Soap and water does it every time. If you forget everything else, remember to wash your hands thoroughly before you touch food or anything that comes in contact with food. Cheaper than most commercial "disinfectants," soap and water is just as effective for ordinary purposes, and much easier on your hands. All you need in addition to the soap is plenty of hot water and a clean towel.

Courtesy is important too. No matter how clean you think your fingers are, no matter how pretty they may be—hands off! Keep them out of other peoples' food and dishes. A customer dislikes having fingers served with his meal. Pick up spoons, knives, forks, and cups by their handles; dishes by their rims; and glasses by the base. Never let your fingers touch milk, water, soup, butter, ice, meat, or dessert. Any germs on your hands will be transferred to the food your customer puts in his mouth.

Of course, you can't wear kid gloves in a chow house, but it pays to be careful. Even Wallowing Willie wants a clean feed-bag.





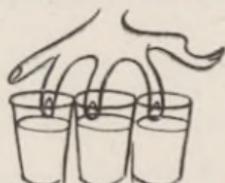
**Don't cultivate a germ garden**



**Don't drop your hair in the soup**



**Don't wear street clothes behind the counter**



**Don't be a three-finger Joe**



**Don't be a butter-fingers**



**Use a 10-cent nail file**



**Wear a head-band, hair-net, or cap**



**Put on an apron, coat, or uniform**



**Use two hands or a tray**



**Use a fork**

**Wash your hands after every visit to the toilet.**

Don't forget! Even children know how important this is. Wash for your own protection and for the safety of others. No exceptions, no excuses! Wash your hands after touching garbage or poisons.

If you are sick stay home. Nobody who works in an "eatery" has any business handling food or dishes when he is sick—even if "it's just a cold." Be especially careful about boils, carbuncles, sores, rashes, pimples, and other skin eruptions. Learn how to use a first-aid kit and where to find it when you need one.



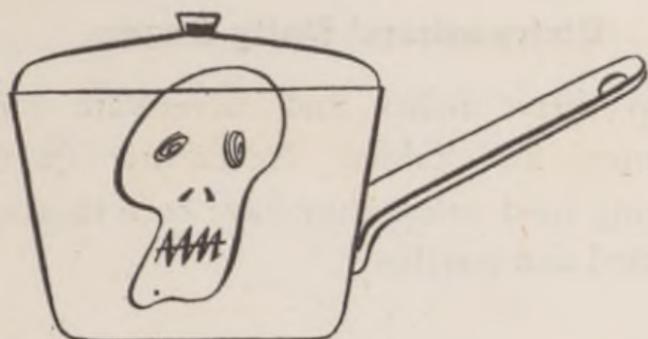
**A nation at war is eating out of your hands. Make sure they are clean.**

## Lucky Thirteen

# 13

RULES for food handlers *everywhere* to keep in mind *always*. "13" can be your lucky number if you follow these rules. It depends on you.

1. Use plenty of soap and hot water.
2. Keep your body and clothes clean.
3. Wash your hands after visiting the toilet.
4. Stay at home when you are sick.
5. Don't cough, spit, sneeze, or smoke near food or dishes.
6. Keep your fingers out of food and clean utensils.
7. Use only clean, wholesome foods.
8. Beware of poisons.
9. Store all foods in a clean, dry place.
10. Keep all perishables in the refrigerator.
11. Allow no dirty utensils or equipment to touch food.
12. Protect foods from flies, rats, roaches, and other vermin.
13. Keep the premises spotless.



## Death in the Pot

THERE are no excuses for dirty dishes, glassware, or silver, for dirty pots and pans or other cooking utensils. All you need is plenty of hot water under pressure, sufficient cleaning supplies, washing facilities, enough space to work in, and a sud-slinger. A good dishwasher or scullery maid will pep up your dining room service no end, but never forget this same mop-up squad has an even greater responsibility—the *health* of the people you serve.

You may have the best equipment in town, but it has no value to the public unless it is *kept in good condition and used regularly*.

## Dishwashers' Daily Dozen

1. Keep dirty dishes and silverware off the counters and tables. Never use them for serving food unless they have been thoroughly washed and sterilized.



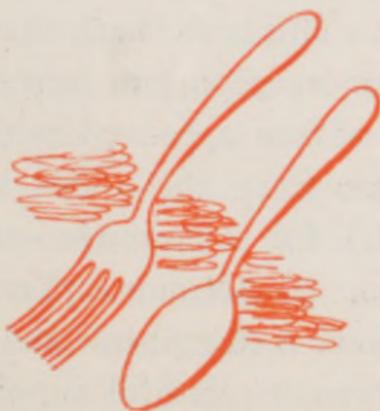
2. Make sure that you have plenty of hot water at all times, and that your sterilizers are ready for use well ahead of the opening hour. You are not really "open for business" unless your hot water tank is hot and your sterilizers ready for action.
3. Scrape off everything but the enamel.



4. Use *hot* water. 110-120° F. if you wash by hand; about 140° F. if you wash by machine. Use *plenty of soap or cleanser*.



5. Wash every piece carefully. Use plenty of elbow grease. Never *dip* a piece, not even glasses that *look* clean. Watch out for the tines of forks, bowls of spoons.



6. Change your soapy wash water frequently, to keep it clean and always *hot*. (See No. 4.)
7. Line up the pieces on a clean tray or wire basket for sterilizing. If you sterilize with hot water or chlorine, place glasses and cups so that no air pockets are formed. Trapped air keeps the solution from reaching all inside surfaces.



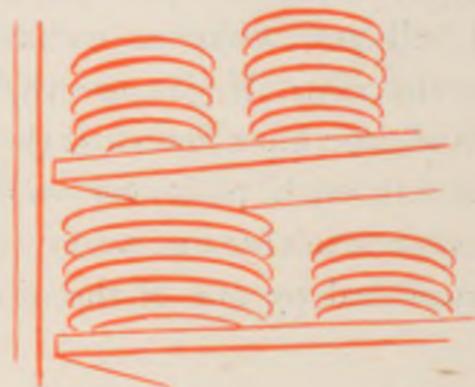
8. Put trays or baskets with washed dishes in a second sink or vat for sterilizing.
9. Sterilize. This is the bath that kills the germs. It is the most important step in your job. Use any one of four approved methods:
  - a. *Hot water:* Keep the dishes under hot water (170° F.) for 2 minutes—or under boiling water for 30 seconds. Your water heater should have a thermostat and be large enough to give you a plentiful supply of hot water.

**Watch the thermometer and clock.** The thermometer tells you if your sterilizer is hot enough. The clock tells you *when* to remove dishes.

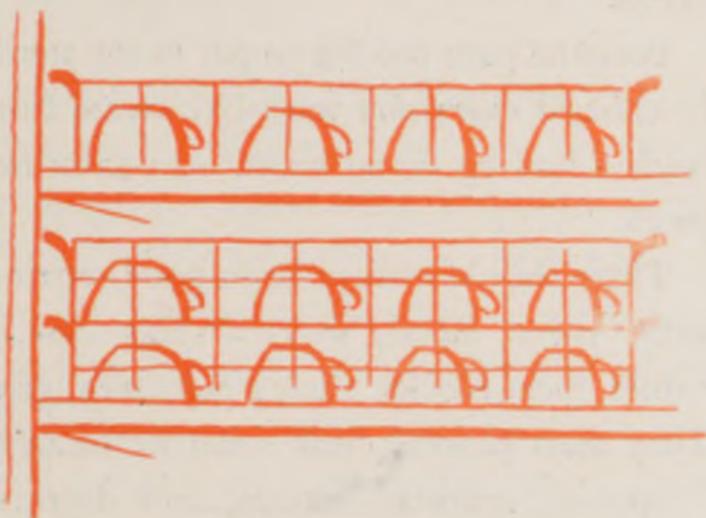


- b. Chlorine bath:** Keep dishes in a luke warm chlorine bath for at least 2 minutes. The solution must be strong enough to kill germs in that length of time. Your health officer will tell you what to use and how to prepare the rinse. If you use the chlorine rinse method, you must first rinse the dishes in a separate vat with plain *hot* water. Silverware turns black in chlorine water; these pieces must be sterilized by one of the other methods.

- c. *Steam or hot air cabinets:* If you use either of these methods, ask your local health officer about proper temperature and timing.
  - d. *Dishwashing machines* do both the washing and sterilizing. Keep the water in the washing section at about 140° F., and in the sterilizing section at least at 170° F. Keep dishwashing machines clean and in good repair so that the pumps and sprays or jets will force the water to reach all the utensils. Don't crowd the dishes. Let the water reach all surfaces. Be sure to add enough cleanser regularly. Your local inspector will give you tips on the selection, use and care of dishwashing machines.
10. Let the dishes drain and dry in their racks or trays.
  11. Store dry dishes on clean shelves high above the floor.



12. Store glasses and cups "bottoms-up," preferably in their wire baskets or trays.



Remember, if you follow through on every step in the dishwashing and sterilizing job, you will have plenty of clean, safe service set-ups at all times. And you will not need to dry the dishes by hand. In fact, using dish towels is not advised, because it is so easy for them to get dirty. Do not kid yourself that pouring boiling water over dishes or dunking them is the same as sterilizing. It isn't, and the inspector knows it.

## Metal, Paper, and Cloth

TREAT your kitchen utensils the same as your dishes.

Pots and pans too big to put in the sterilizer must be cleaned *every day* with live steam from a hose, with a boiling water rinse, or a chlorine spray or swab.

These should always be in good repair—refrigerator, stove, hood, sink, display case, counters, tables, meat blocks, slicing machines, grinders, etc. They must be kept clean—and we mean clean.

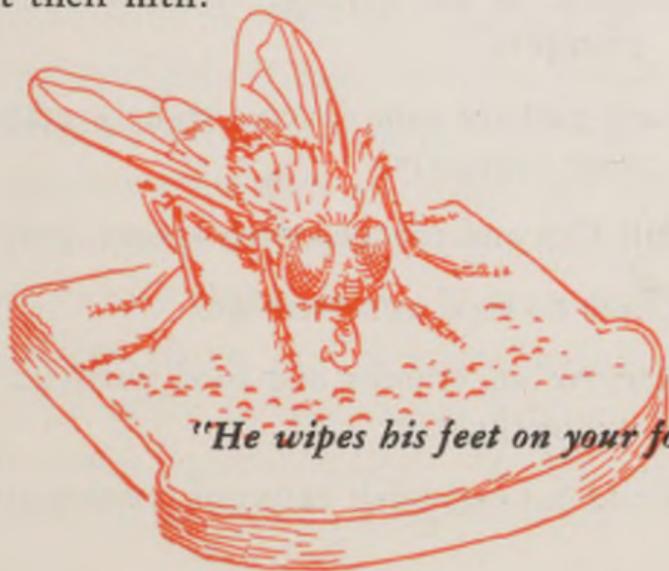
Spoons, spatulas, scoops, and dippers used to serve ice cream and other frozen desserts should be kept under running water or in hot water (170° F.)—never left standing in a jar or on the counter.

Handle and store all paper cups, plates, straws, spoons, forks, and similar items with care. They, too, must be protected from contamination. They should, of course, never be used more than once.

Tableclothes and napkins must be freshly laundered. Keep all soiled linen in a laundry box. Wear clean coats and aprons.

# KILLERS ALL

There are all kinds of restaurant pests, but the most important for our purposes are rats, mice, flies, and roaches. They walk and feed on all kinds of filth, pick up germs on their feet and bodies and in their stomachs, then transfer these germs to food and utensils. They are found wherever food, garbage, or waste matter is present—and wherever they go they leave bacteria and deposit their filth.



*"He wipes his feet on your food."*

In order to make certain none of these pests contaminate your food or dishes:

1. Be sure that all doors are self-closing and open outward.
2. Screen all doors, windows, transoms, skylights, and similar openings with 16-mesh wire, tight-fitting and free of holes.
3. Use a powerful exhaust fan to remove odors, smoke, and insects.
4. Keep your walls, floors, and ceilings clean and in good repair.
5. Dispose of all garbage, rubbish, and litter promptly.
6. Keep garbage cans covered tightly; empty and wash regularly.
7. Kill flies and roaches with sprays, powders.
8. Leave no food out overnight.
9. Remove all crumbs and food particles at the end of the day.
10. Build out rats with ratproof construction.



## Tips for the Boss

MORE and more communities are discouraging the building of any restaurant with the storeroom, kitchen, or dining room below street level. In basement restaurants there is greater possibility of contamination by flooding, sewage, and rats.

All plumbing should comply with city and State health laws and safety standards.

All equipment—including utensils and dishes—that touches food or drink must have a hard, smooth finish, not easily worn away. It must be free of breaks, cracks, chips, or open seams, with surfaces that can be easily cleaned, are self-draining, and will not permit water to soak in. Sinks should be provided with porcelain, metal, or other hard

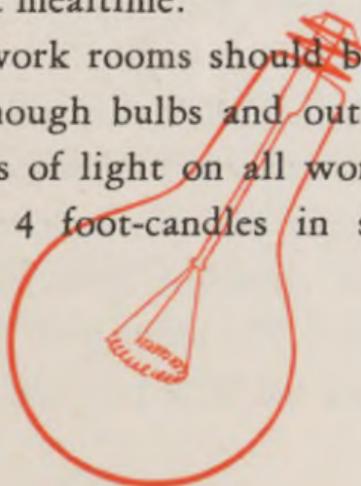
surface materials. Any machinery that has a rotating shaft—mixers, grinders, freezers, etc.—must have tight-fitting joints. No equipment should be used where food can come in contact with V-type threads; these are especially hard to clean.

**Use this check list:**

1. Plenty of hot and cold running water—under pressure—at all times.
2. Soap and individual paper or cloth towels for employees.
3. Enough conveniently located toilets and lavatories for all workers.
4. Self-closing toilet doors.
5. At least one room between the toilet and any room where food, drink, or utensils are handled or stored. (This is a *must* for newly constructed restaurants.) A “booth” open at the top or bottom is not enough.
6. Signs posted in all toilets reminding employees to wash their hands before returning to work and to report any sickness, open wound, or infection to the manager.

7. Clean toilet rooms and fixtures, kept in good repair, free from flies, well-lighted, and well-ventilated.
8. Privies, where necessary, separate from the restaurant and constructed according to law.
9. No cross-connection with or back-siphonage into the water supply from sinks, dishwashing machines, lavatories, or toilets.
10. Liquid wastes draining into the public sewer, or otherwise disposed of according to health department rules.
11. Grease traps cleaned frequently to avoid clogging; in good repair.
12. Enough dishes. You can't expect your help to do a good job if they have to rush the dishes through at mealtime.

Of course, work rooms should be well lighted. This means enough bulbs and outlets to provide 10 foot-candles of light on all work surfaces and no less than 4 foot-candles in storage rooms.



Your local health officer or power company representative will test the lighting for you and tell you how to improve it if necessary.

Except those used for cold-storage purposes, all rooms in which food or drink is stored, prepared, or served, or in which utensils are washed, should be well ventilated. This is necessary to keep the restaurant free of odor and to prevent smudging of walls and ceilings with smoke, steam, or grease. Exhaust fans or stove hoods must be supplied where needed. Walls and ceilings must be kept clean and in good repair. Rooms where food and drink are stored or prepared should be painted or finished in a light color and redecorated frequently.

The reason for these rules is simple enough: places that are light and airy can be kept clean more easily.

Floors must be smooth, clean, and in good repair. There must be no cracks or holes to make cleaning difficult. All litter must be removed from underfoot. There are countless materials suitable for sanitary flooring. The point is to have a durable, hard surface that can be kept clean.

## Sanitary Sam says:

**Not this**

**But this**



Here's another tip: Notify your health officer immediately if any employee is sick, has any fever, skin eruption, or a persistent cough. No one with an infected finger or other discharging wound should be permitted to handle food or dishes. The responsibility is yours.

# The Five C's

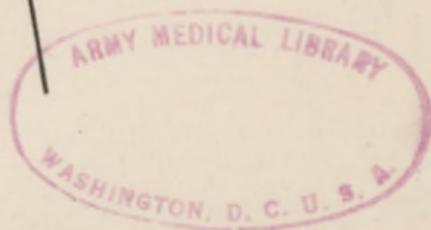
**Cleanliness**

**Courtesy**

**Carefulness**

**Common sense**

**Compliance with the law**





FEDERAL SECURITY AGENCY  
U. S. PUBLIC HEALTH SERVICE

Community Health Series No. 3



UNITED STATES  
GOVERNMENT PRINTING OFFICE  
WASHINGTON : 1943

---

For sale by the Superintendent of Documents  
U. S. Government Printing Office • Washington, D. C.