

bwyd a rhaglenni ymborth

Roedd y bwyd yn y carchar yn blaen ac undonog iawn. Roedd y carcharorion yn byw ar ddiet o uwd neu grual blawd ceirch, bara a thatws.

INGREDIENTS OF GRUEL AND SCOUCE.

NOTE.- The Gruel, when made in quantities exceeding 50 pints, to contain 1½ oz. of Oatmeal per pint; and 2 oz. per pint when made in less quantities. The Scouce to be made of Beef, cut in small pieces, and Potatoes, - the proportions of 9 lbs. weight of Beef to 90 lbs. weight of Potatoes.

(Rhaglen ymborth Carchar Sir Rhuthun, tua 1850.)

Roedd cig yn brin ac roedd gwahanol categorïau o garcharorion yn cael gwahanol "gyfraddau diet". Roedd y carcharorion a ddedfrydwyd i gyfnod hir yn cael mwy o fwyd na'r rhai â dedfrydau byrrach gan fod carcharor a oedd yn cael ei fwydo'n well yn llai tebygol o ddiodeff gwaeledd. Roedd carcharorion sâl yn gostus ac yn anghynhyrchiol. Roedd dynion a merched a ddedfrydwyd gan y llys i'w cadw ar eu pennau eu hunain (solitary confinement) yn derbyn "diet cyffredin eu dosbarth".

(Cofnod Llysoedd Chwarter Sir Ddinbych, 1851.)

RUTHIN COUNTY GAOL.

DIETARIES.

The following are the prescribed rates of DIET:—

Class 1.

Prisoners confined for any term not exceeding seven days.

MALES. FEMALEES.

BREAKFAST,	1 pint of Oatmeal Gruel	1 pint of Oatmeal Gruel.
DINNER,	1lb. of Bread	1lb. of Bread.
SUPPER,	1 pint of Oatmeal Gruel	1 pint of Oatmeal Gruel.

Class 2.

Prisoners for any term not exceeding a month.

MALES. FEMALEES.

BREAKFAST,	1 pint of Oatmeal Gruel	1 pint of Oatmeal Gruel.
DINNER,	1lb. of Bread, 1lb. of Potatoes	1lb. of Bread, 1lb. of Potatoes.
SUPPER,	1 pint of Oatmeal Gruel	1 pint of Oatmeal Gruel.

Class 3.

Prisoners exceeding a month.

MALES. FEMALEES.

BREAKFAST,	1 pint of Oatmeal Gruel	1 pint of Oatmeal Gruel.
DINNER,	1½lb. of Bread, 1lb. of Potatoes	1lb. of Bread, 1lb. of Potatoes.
SUPPER,	Same as Breakfast	Same as Breakfast.

Male and Female Prisoners of this Class to have 1½lb. of Scouce on every Monday, Wednesday, and Friday, instead of Potatoes.

Class 4.

Prisoners sentenced by the Court to solitary confinement.

MALES. FEMALEES.

The ordinary diet of their class. The ordinary diet of their class.

Class 5.

Destitute Debtors.

MALES. FEMALEES.

The same as Class 3. The same as Class 3.

Class 6.

Prisoners under punishment for prison offences, for terms not exceeding three days,—1lb. of Bread per diem.

Prisoners in close confinement for prison offences under the provisions of the 42nd section of the Gaol Act.

MALES. FEMALEES.

BREAKFAST,	1 pint of Gruel	1 pint of Gruel.
DINNER,	1lb. of Bread	12 oz. of Bread.
SUPPER,	1 pint of Gruel	1 pint of Gruel.

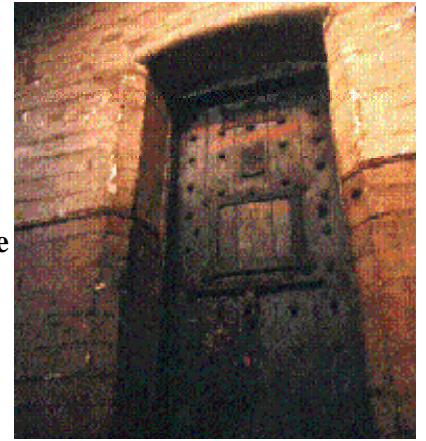
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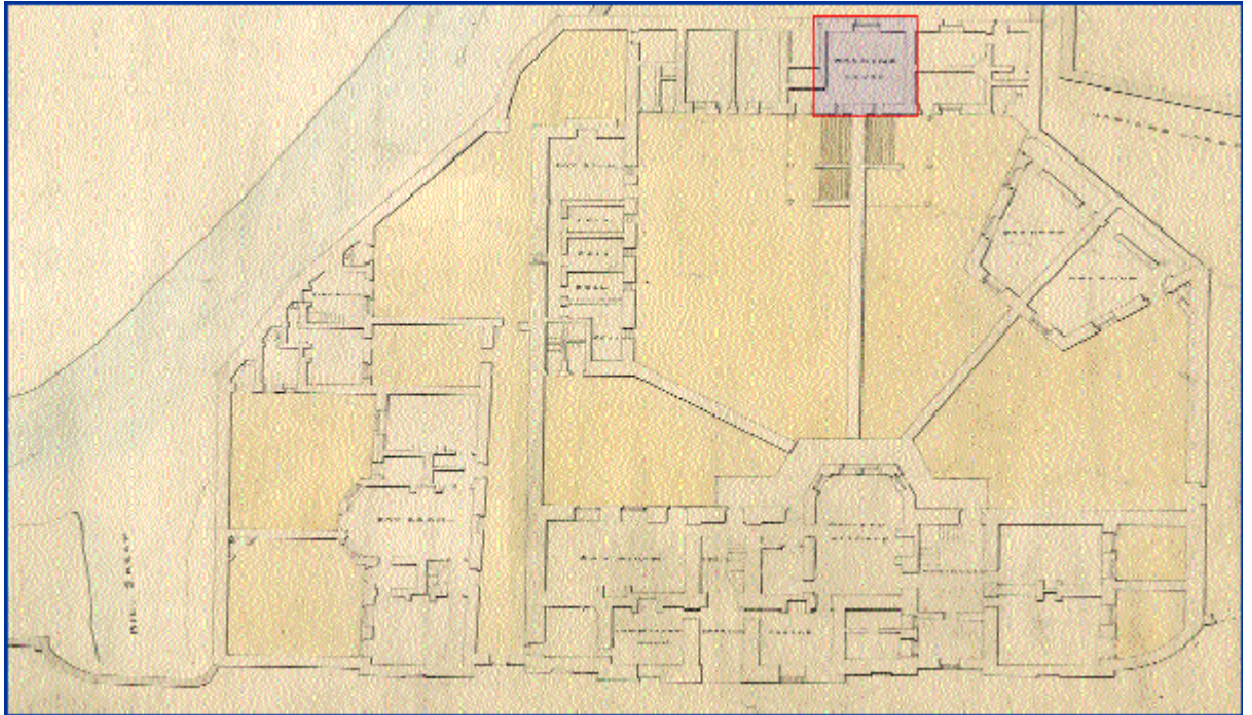
cegin a stordy'r carchar

"At the east of the chapel is a stone stair. Going down this the Prison-Store is found below in front, while at the back a passage leads to the Bakehouse and Kitchen... a neat place. There are three boilers with built in furnaces, a range with high pressure boiler behind for hot water, a new fire-clay sink, hot water tank, and cement floor."



(Ruthin Prison Inspection Report, published 1906.)

Mae cegin y carchar wedi ei defnyddio i nifer o wahanol ddibenion. Fe'i disgrifir ar gynllun y carchar yn 1831 fel y "Machine House", mae'n debyg ei bod yn cynnwys mecanwaith yn gysylltiedig â'r felin draed a ddefnyddid i godi dwr i danc ar ben yr adeilad, fel mewn carchardai eraill.



Cynllun y carchar dyddiedig 1831 yn dangos y "Machine House" (Archifdy Sir Ddinbych).