Slaves every Monday morning have a certain quantity of Indian corn handed out to them; this they grind with a handmill, and boil or use the meal as they like. The adult slaves have one salt herring allowed for breakfast, during the winter time. The breakfast hour is usually from ten to eleven o'clock. The dinner consists generally of black-eyed peas soup, as it is called. About a quart of peas is boiled in a large pan, and a small piece of meat, just to flavour the soup, is put into the pan. The next day it would be bean soup, and another day it would be Indian meal broth. The dinner hour is about two or three o'clock; the soup being served out to the men and women in bowls; but the children feed like pigs out of troughs, and being supplied sparingly, invariably fight and quarrel with one another over their meals.

(2) [Francis Fredric. *Fifty Years of Slavery* (1863)]

Josiah Henson wrote that "Wooden floors were an unknown luxury. In a single room were huddled, like cattle, ten or a dozen persons, men, women, and children. We had neither bedsteads, nor furniture of any description. Our beds were collections of straw and old rags, thrown down in the corners and boxed in with boards; a single blanket the only covering."

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(5) [Annie L. Burton. *Memories of Childhood's Slavery Days* (1909)]

The slaves got their allowance every Monday night of molasses, meat, corn meal, and a kind of flour called "dredgings" or "shorts." Perhaps this allowance would be gone before the next Monday night, in which case the slaves would steal hogs and chickens. Then would come the whipping-post. Master himself never whipped his slaves; this was left to the overseer.

We children had no supper, and only a little piece of bread or something of the kind in the morning. Our dishes consisted of one wooden bowl, and oyster shells were our spoons. This bowl served for about fifteen children, and often the dogs and the ducks and the peafowl had a dip in it. Sometimes we had buttermilk and bread in our bowl, sometimes greens or bones.
This is a picture of slaves using a cotton gin.