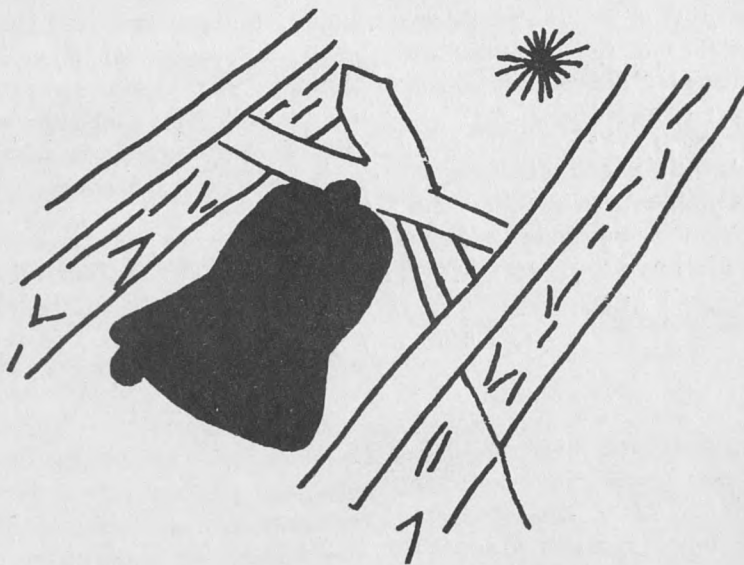


DIETARY
NEWSLETTER

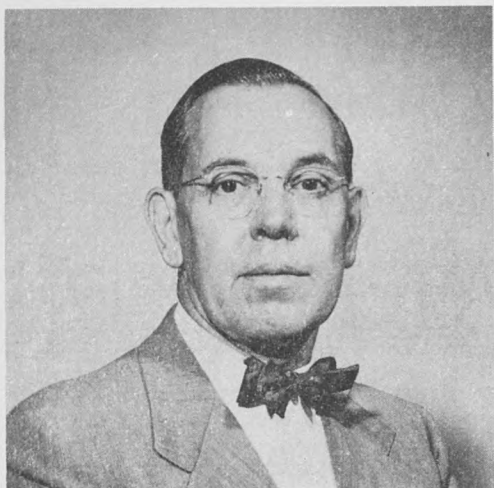


December, 1954

BARNES HOSPITAL
ST. LOUIS, MISSOURI



SEASON'S GREETINGS from the CLASS OF 1955



With best wishes
for a Merry Christmas
and a Happy New Year.

F R Bradley M.D.

F. R. BRADLEY, M.D.
DIRECTOR

DR. BRADLEY IS PRESIDENT OF AMERICAN HOSPITAL ASSOCIATION

Dr. Frank Bradley, Director of the Barnes Medical Center, was installed as President of the American Hospital Association at the organization's annual convention which was held in Chicago in September.

Dr. Bradley has served in official capacities in many medical organizations and is past president of the American College of Hospital Administrators.

JOURNAL CLUB

The monthly meetings of the Journal Club have proved interesting and informative this year. Dr. Kenton King, Resident on Ward Medicine, discussed various diseases of the liver and the application of diet in the prevention and treatment of these conditions. The treatment of burns was the subject of the session led by Dr. Eric Reiss, Assistant Resident on Ward Medicine. Pertinent facts and cases accompanied by illustrative slides were presented.

NEW DIETARY EXPERIENCE FOR STUDENT NURSES

To make the former four-week "Diet Kitchen" assignment for the student nurse more complete, on May 24, 1954, a new program for their nutrition experience was begun. This change was necessary at that moment because metabolism kitchen was no longer in existence.

Each nurse is assigned to the Dietary Department for a four-week period. She spends one week with the dietitian on each of four different services: medical, surgical, diabetic service, and outpatient clinic.

On medical and surgical floors she is assigned patients to follow who will demonstrate the relation of diet and disease, visiting the patients, writing their menus, checking their menus, checking out their trays, and feeding them when necessary. This has given her a close relationship with the patient and also an understanding of the floor dietitian's duties.

(Continued on page 14)



DIETARY INTERNS - CLASS OF 1955

First row, left to right: Mary Ann Fletcher, Edith Maeshiro, Sue Safford, Jeanine Schmidt, Mary Sue Pylant. Second row, left to right: Alice Stemmons, Nadine Tucker, Suzanne Leontsinis, Amelia Klock, Nina Soderlind, Mary Ellen Turner.

BARNES RESIDENCY PROGRAM

The residency program in dietetics was presented to the American Dietetic Association at the annual convention in October. Miss Henrietta Becker, Mrs. Helen Starch, and Mr. Joseph Greco showed the advantages of an additional year of training for the dietitian. That the plan is recognized as being needed is shown by the fact that eight hospitals in the United States now offer residencies.

This year's program has been enlarged and expanded to include attendance at a series of lectures by Dr. Frank Bradley, attendance at Grand Rounds, and spending a week at a rural Missouri hospital.

(Continued on page 6)

STEWARDS AND CATERERS ASSOCIATION MEETINGS

On October 11, the interns attended a meeting of the St. Louis Stewards' and Caterers' Association which was held at Walter Freund Bread Company in St. Louis. The theme of the party was "A Real Olde Tyme Wurst Markt". Many German style foods were served. After a delicious meal a tour was taken of the bakery. Following the tour, a business meeting was held and entertainment was supplied by an old-fashioned German band.

"Baseball Night" was the theme of the second meeting which was sponsored by the Krey Meat Packers. Featured was a film

(Continued on page 6)



The staff, residents and interns of the Dietary Department of Barnes Hospital join me in sending to you "Christmas Greetings" in this our ninth Christmas newsletter.

We are looking forward to meeting each of you at the American Dietetic Association convention when it meets in St. Louis in October, 1955. Keep us informed of your correct address so that we might have an up-to-date mailing list.

To you and yours a "Happy and Prosperous New Year".

Henrietta Becker

Henrietta Becker
Director of Dietetics

VISITORS

It is always a privilege to have our alumnae visit, and to show the new developments to them. During the year, the following people visited the dietary department:

Mrs. Gloria Staley Roodhouse
Homemaker
Mt. Sterling, Illinois

Miss Frances Ware
Director of Dietetics
Rhode Island Hospital

Mrs. Annette Longino Moore
618 Clare Court
New Orleans, Louisiana

Mrs. Mary Catherine Downs Thompson
4155 Saranac
Dallas, Texas

Miss Louise Wilkonson
Director of Dietetics
Michael Reese Hospital
Chicago, Illinois

Mrs. Carolyn Frink Dammann
11037 St. Raphael
St. Ann, Missouri

Miss Virginia Marx
407 South Grant
Ft. Collins, Colorado

Mrs. Carolyn Morgan Hensel
2314 Marge
Alexandria, Louisiana

Mrs. Janet Evans Fetner
Box 1345
Emory University, Georgia

Mrs. Gloria Verzwylt DuHadway
153 North Meramec
Clayton 5, Missouri

Mrs. Genevieve Hammar Buchmueller
478 Clemens
St. Louis County, Missouri

Mrs. Joyce Gibbons Miller
Homemaker
Paullina, Iowa

WHAT'S COOKING AMONGST THE CLASS OF 1954 DIETETIC INTERNS?

Mildred Bullington	Dietitian at King's Daughters Hospital Shelbyville, Kentucky
Mary Kay Farrell	Therapeutic Dietitian Barnes Hospital
Patricia Gollaher	Dietitian in one of the hospitals in Salt Lake City, Utah
Virginia Gray	Formula Room Dietitian, St. Mary's Hospital, St. Louis, Missouri
Joan Groves	Therapeutic Dietitian, Medical Floors Barnes Hospital
Elizabeth Hansen	Therapeutic Dietitian, Surgical Wards, Barnes Hospital
Elsie Ishida	Relief Administrative Dietitian Michael Reese Hospital, Chicago, Illinois
Fredia K. Jackson	Dietitian at Louisville General Hospital Louisville, Kentucky
Norma Janes	Therapeutic Dietitian, Wohl Hospital St. Louis, Missouri
Joan Luck	Formula Room Dietitian, University of Virginia Hospital, Charlottesville, Virginia
Shakuntala Mall	Studying for her Ph. D. at Michigan State University
Paula Massey	Calvert County Hospital Sheffield, Alabama
Jackie Morris	Assistant Administrative Dietitian Barnes Hospital
Barbara Phelan Hardister	Assistant Administrative Dietitian in charge of Personnel Food Service, Barnes Hospital
Mary Jo Shaffer	Ward Dietitian, University of Illinois Research and Education Hospital, Chicago, Illinois
Phyllis Smith	Therapeutic Dietitian, Medical Floors, Barnes Hospital
Katherine Steinauer	Dietitian, Lincoln General Hospital
Ann Wrape	Now Mrs. David H. James, Jr.



RENARD HOSPITAL NEARS COMPLETION

The newest addition to the Barnes Group is nearing completion. Renard Hospital will be opened early in 1955.

Renard, with a capacity of 98 beds, will house acutely ill psychiatric patients. Two floors of McMillan Hospital will then be free for other types of patient care.

STEWARDS AND CATERERS (Continued)

on "Training with the St. Louis Cardinals" and a talk by Joe Garagiola, former Cardinal baseball player. Following the meeting, hams and bacon were given away to some of those attending and one of our interns was fortunate enough to be the recipient of a 13 pound ham.

BARNES RESIDENCY (Continued)

This year's residents are:

Marrin Espy
 Mary Kay Farrell
 Elizabeth Hansen
 Barbara Hardister
 Norma Janes
 Jacqueline Morris
 Phyllis Anne Smith
 Lena Williams

NATIONAL DIETETIC MEETING

The National American Dietetic Association meeting was held in Philadelphia, October 23-29. A buffet breakfast was held enabling all of the present staff, former staff and the past students of Barnes Hospital, to meet and get acquainted. Those attending the meeting were:

Present Staff Members

Henrietta Becker
 Director of Dietetics
 Barnes Hospital
 St. Louis, Missouri

Helen Starch
 Educational Director, Dietary Department
 Barnes Hospital
 St. Louis, Missouri

Former Staff Members

Kay Bitters
 Nutrition Consultant
 State Department of Social Welfare
 Topeka, Kansas

Audrey Clever
 Educational Director
 Charity Hospital
 New Orleans, Louisiana

Marion Sizelove
 Dietitian, Pawating Hospital
 708 Oak Street
 Niles, Michigan

Eloise Ross
 Chief Dietitian
 Passavant Hospital
 Jacksonville, Illinois

Charlotte Ludwig
 Educational Director
 Michael Reese Hospital
 Chicago, Illinois

(Continued on next page)

NATIONAL DIETETIC MEETING

(Continued)

Wan Cheng Chang
Therapeutic Dietitian
St. Luke's Hospital
New York, New York

Former Students

Mary Lenore Boyles
Therapeutic and Teaching Dietitian
Charleston General Hospital
18 Arlington Court
Charleston, West Virginia

Helen Corzine
Teaching Dietitian
V. A. Hospital
Brooklyn, New York

Helen Seago Everett
2029 Rose Lane
Broomall, Pennsylvania

Frances Halbert
Chief Dietitian
Hotel Dieu Hospital
New Orleans, Louisiana

Ruth Kahn
Dietary Consultant
Pfaelzer Brothers Meat Company

Louise Kaylor

Louise Leonard
Head Dietitian
V. A. Hospital
Richmond, Virginia

Georgia Darves Rollins
Administrative Dietitian
Johns Hopkins Hospital
Baltimore, Maryland

Nelle M. Sailor
Nutrition Consultant
Visiting Nurse Service of New York
107 East 70th Street
New York 21, New York



C G
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Hello, everyone!

It's a pleasure to wish you Merry Christmas again this year. We're getting along fine in our spacious stainless steel kitchen and trying to satisfy our patients and customers.

We'll be happy to have each and everyone of you visit us in 1955.

Merry Christmas and Happy New Year.

Charles Domash
Chef

 INTERN DINNER

The 18th of November found the interns entertaining the dietary interns from St. Louis University at a dinner held in the David P. Wohl, Jr., Memorial Hospital dining room. Following the dinner the visiting group was taken on a tour of the Dietary Department.

Susan Tillery
Chief Dietitian
Ellis Fischel State Cancer Hospital
Columbia, Missouri

Margaret Heckman Williams
9 West End Avenue
Merchantville, New Jersey



Barbara Lockwood, Assistant Administrative Dietitian, stands before the airline assembly unit with three hostesses.

Procedure followed in setting up airline service trays is demonstrated to airline girls by a TWA airline hostess.

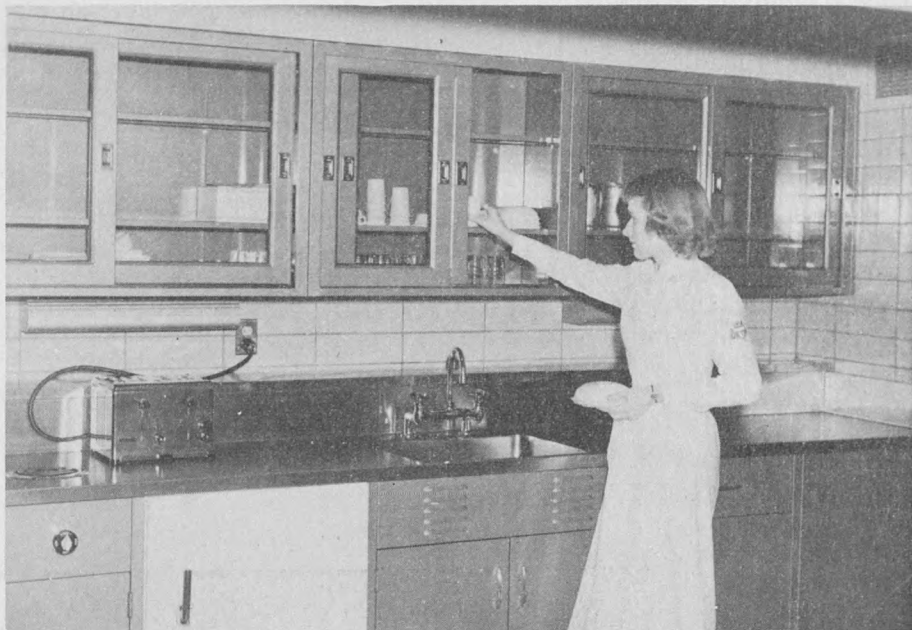


D I E T A R Y

V I E W S

D I E T A R Y

V I E W S



Streamlined for efficiency is the floor kitchen in the newly completed Barnard Hospital. Miss Nina Soderlind is the dietary intern.

Jacqueline Morris, Assistant Administrative Dietitian, is pictured in the Chef's Unit with Charles Domash, Chef, and Virginia Leutzinger and Frances Pierce.



DIETARY STAFF

<i>Director of Dietetics</i>	Henrietta Becker University of Kansas Columbia Presbyterian Hospital
<i>Educational Director</i>	Helen Starch Iowa State College Massachusetts General Hospital
<i>Assistant Administrative Dietitian, Food Production</i>	Dorothy Murakami University of Hawaii Barnes Hospital
<i>Assistant Administrative Dietitian, Personnel Food Service</i>	Patricia Bast University of Illinois Barnes Hospital
<i>Assistant Administrative Dietitian, Patient Food Assembly Unit</i>	Barbara Lockwood Iowa State College St. Luke's Hospital, Cleveland, Ohio
<i>Assistant Administrative Dietitian, Procurement</i>	Jacqueline Morris Marshall College Barnes Hospital
<i>Ward Supervisor</i>	Lois Brumitt University of Illinois Barnes Hospital
<i>Head Therapeutic Dietitian</i>	Marlene Hunter Iowa State College Barnes Hospital
<i>Therapeutic Dietitian, St. Louis Maternity Hospital</i>	Eleanor Childers University of Missouri Barnes Hospital
<i>Therapeutic Dietitian, McMillan Hospital</i>	Dorothy Ellinwood Iowa State College Grasslands Hospital, New York
<i>Washington University Clinics Dietitian</i>	Ruth Steinberg Iowa State College Johns Hopkins Hospital
<i>Therapeutic Dietitian, Rand-Johnson</i>	Mary Frances Ward University of Missouri Barnes Hospital
<i>Therapeutic Dietitian, Private Pavilion</i>	Beverly Ann Downs Ohio State University Christ Hospital, Cincinnati

(Continued on next page)

DIETARY STAFF (Continued)

<i>Therapeutic Dietitian, Relief</i>	Mary Kay Farrell Mt. St. Scholastica, Kansas Barnes Hospital
<i>Therapeutic Dietitian, Medical Wards</i>	Joan Groves University of Minnesota Barnes Hospital
<i>Therapeutic Dietitian, Surgical Wards</i>	Elizabeth Hansen University of Colorado Barnes Hospital
<i>Therapeutic Dietitian, Wohl and Barnard Hospitals</i>	Norma Janes Milliken University Barnes Hospital
<i>Therapeutic Dietitian, Medical Wards</i>	Phyllis Anne Smith Iowa State College Barnes Hospital
<i>Therapeutic Dietitian, Surgical Wards</i>	Mary Spalding Webster College Hines V. A. Hospital

ST. LOUIS CHILDREN'S HOSPITAL

<i>Chief Dietitian</i>	Velma Pereboom Oklahoma A. & M. Barnes Hospital
<i>Therapeutic Dietitian</i>	Marrin Lilley Espy Louisiana State University Barnes Hospital
<i>Therapeutic Dietitian</i>	Lena Merle Williams Texas State College for Women Barnes Hospital

DIETARY RESIDENTS

Marrin Espy	Norma Janes
Mary Kay Farrell	Jacqueline Morris
Elizabeth Hansen	Phyllis Anne Smith
Barbara Hardister	Lena Williams

DIETARY INTERNS

Mary Ellen Turner	Oklahoma A. & M.
Mary Ann Fletcher	University of Arkansas

(Continued on page 12)



A few days ago I enjoyed the visit of a proud mother of two fine children. I could hardly realize that her days here as a dietary intern were so long ago, for it seems only yesterday that she was casting happy smiles at patients to get them to eat this delicious Barnes food.

When you just can't stay away any longer, be sure to remember that you are welcome to come back to see us.

MERRY CHRISTMAS and a HAPPY NEW YEAR.

George A. Bowles, D.D.
Chaplain, Barnes Hospital



DIETARY STAFF

(Continued)

Amelia Faith Klock
Edith Teruko Maeshiro
Suzanne Leontsinis
Mary Sue Pylant
Julie Suzanne Safford
Jeannine Ann Schmidt
Nina Louise Soderlind
Dorothy Alice Stemmons
Alice Nadine Tucker

Louisiana State University
University of Hawaii
Fontbonne College
Louisiana Polytechnic Institute
University of Cincinnati
Indiana University
Wittenberg College
Southwestern Missouri State College
Southwestern Missouri State College

The following girls were accepted on November 15, to begin training on February 1, 1955:

Frederica Born
Daylene Brown
Martha Jean Calloway
Patricia Kealoha
Zoe Tate
Nancy Waychoff

Texas State College for Women
Oklahoma A. & M.
Louisiana State University
University of Hawaii
University of Kentucky
Iowa State College



ST. LOUIS DIETETIC ASSOCIATION MEETINGS

Barnes Hospital has been well represented at all of the St. Louis Dietetic Association meetings this year.

The first meeting was held at the home of Mr. and Mrs. Simon Wolfe. The Wolfe's entertained us with a lovely buffet dinner. Also, we were shown films from Europe by Marie Harrington of the Dairy Council.

The association met in October at Bethesda Hospital. We enjoyed a tour of this brand new hospital.

In November the association meeting was held at St. John's Hospital. Miss Keaton, Nutritionist, spoke on Public Health.

We are looking forward to the meetings each month not only because of the fun we have but also because of the professional knowledge we've acquired.

THE YEAR'S WEDDINGS

Margaret Ann Cain to James Donald Campbell at Pulaski Heights Presbyterian Church, November, 1954.

Ann Wrape to Dr. David Hamilton James, Jr. at Saint Andrew's Cathedral, Little Rock, Arkansas, November 13, 1954.

Barbara Ann Phelan to Jerry Lee Hardister, at her home in Moberly, Missouri, September 11, 1954.

Marrin Emily Lilley to Billy James Espy at Baton Rouge, Louisiana, June 12, 1954.

*'Tis the night before Wednesday
and just before dark,
The staff plans a picnic out in
the park.*

*In our levis and T-shirts,
We'll really have a banger'.
If you want to eat.....
Do bring a coat hanger.*

Our ten fall interns were greeted with a picnic given by the staff. It was held in Forest Park. We enjoyed an abundance of food and fun. We all left looking forward to a full and happy year.

RALSTON PURINA

The dietetic interns and staff enjoyed the annual Ralston Purina chicken dinner and stage show at the Ralston Purina Company in October. After the delicious dinner, Mr. William H. Danforth graciously greeted the group and presented his philosophy of four-square living; namely, Stand Tall; Think Tall; Smile Tall; and Live Tall. We all had a wonderful evening and truly appreciated Mr. Danforth's including us in this annual event.

REUNION

The class of 1935-36 is planning a reunion. Included will be:

Isabel Grasser Simpson
Grace Zerbolio Anzalone
Nettie Bresnahan Sy
Patricia Hardin Jones
Frances Erikson
Gertrude Sampson Morse



DIETITIANS' OFFICE MOVED TO NEW LOCATION

One solitary desk - lonesomely situated in a dietitian's office devoid of furniture-- that's the sight which met the eye upon entering the Dietitians' Office in Barnes Hospital several weeks ago.

No, the medical center was not dispensing with the Dietary Department - merely providing more spacious quarters. Unfortunately, the telephone could not be moved quickly enough, so the secretary sat in isolation in the old office for a day.

The new office is in David P. Wohl, Jr. Memorial Hospital. The suite consists of three separate rooms occupied by the Director of Dietetics, the Educational Director, and the secretary. The *New Look* of 1954 has influenced Barnes dietitians, too.

Shown moving the last load of books from the old office is Jane Edwards, Secretary of the Dietary Department.



BARNARD HOSPITAL OPENED

The new Barnard Free Skin and Cancer Hospital was dedicated on October 13. The dedication was held in Wohl Auditorium. Speakers were Mr. Ethan A. H. Shepley, Chancellor of Washington University; Dr. Frank Bradley, Director of the Barnes Hospital Group; Dr. Carl Moore, Dean of the Medical School; and Dr. Evarts Graham, Bixby Professor Emeritus of Surgery.

The Barnard Free Skin and Cancer Hospital began in 1905 as St. Louis Skin and Cancer Hospital at 410 North Jefferson. Three years later, when George D. Barnard gave a new building and a place for the organization in his will, the name was changed. In 1952, Barnard Hospital became affiliated with Barnes Hospital and Washington University. The hospital and the land it is built upon is owned by a separate organization, and affiliation with the center is by contract. The two patient floors will be served by the airline type food service.

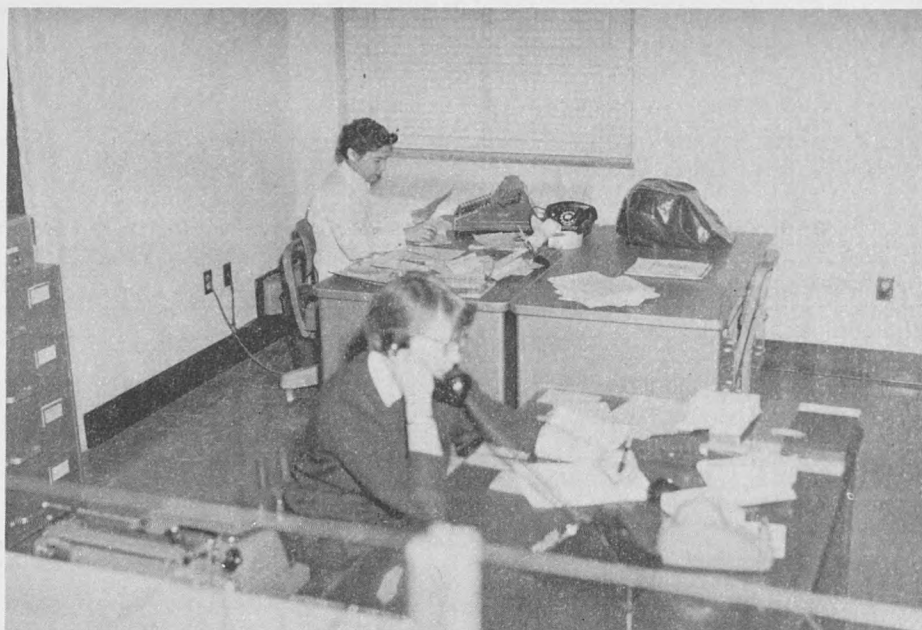
NEW DIETARY EXPERIENCE FOR STUDENT NURSES *(Continued)*

In diabetic service she learns to calculate diets and figure make-ups. She also takes a tour of our main kitchen and the rest of the department.

In Food Clinic the emphasis is on dietary histories, instructions, and economy in food buying. She participates in Mothers' Classes and home visits.

She works up one patient each week for an oral case study. Every Monday we have an informal meeting in the Dietitians' Office of nurses and the assigned dietitians for the case studies to be reported briefly. The nurses have been in favor of the new system. We think it will be valuable to them.

THE NEW DIETITIANS' OFFICE



Situated in the new office in Wohl Hospital is Jane Edwards, Secretary, in the foreground, and Roberta May, Food Cost Dietitian, in the background.

Pictured at her desk in the new office of the Dietary Department is Lois Brumitt, Ward Supervisor.



Please send us the following information for our records:

Maiden Name _____

College _____

Year of Graduation _____

Married Name _____

Occupation _____

Home Address _____

Present Address _____



Sincere Best Wishes
for
All the Joys
of a
Happy Holiday Season

