

DIETARY
NEWSLETTER



BARNES HOSPITAL
ST. LOUIS, MISSOURI

December, 1953



MERRY
CHRISTMAS



HAPPY
NEW
YEAR



The eighth newsletter is our way of saying "Merry Christmas" from the Dietary Department at Barnes Hospital. It comes a little late due to the rush and bustle of Christmas parties, special dinners, luncheons, various classes, and the regular routine of giving devoted bedside care.

Sincerely,

Henrietta Becker

Henrietta Becker
Director of Dietetics

DR. BRADLEY PRESENTS COPHER AWARD TO MABLE MAC LACHLAN AT A.D.A. CONVENTION

On August 28, 1953, Dr. Frank R. Bradley, Director of the Barnes Medical Center, presented the Marjorie Hulsizer Copher Award to Miss Mable M. MacLachlan at the annual convention of the American Dietetic Association in Los Angeles, California. The Marjorie Hulsizer Copher Award is given in recognition of the most outstanding work done during the preceding year in any branch of dietetics. The award is made possible by anonymous gifts to the trustees of Barnes Hospital with the stipulation that the income from the sum be used to perpetuate the name of Marjorie Hulsizer Copher, who served in the field of dietetics for many years, worked in the Barnes Hospital Dietary Department from 1921 to 1925, and was an active member of the American Dietetic Association from 1921 until her death in 1935.

Miss Mable MacLachlan, recipient of the award, has for many years shown great ability, understanding, and loyalty in the field of dietetics, and will always remain an inspiration to the members of the American Dietetic Association and the members of the dietetic profession.

CAFETERIA HITS NEW HIGH IN PERSONNEL FEEDING

Back in 1940 on July 1, Barnes Hospital undertook a new experiment in institutional feeding, for on this day a cafeteria was opened to feed all employees, interns, and staff personnel of Barnes Hospital. Our hospital was the first in St. Louis to initiate this type of food service and since then almost every hospital in the city has converted to this type of service

Through the years, our daily census has increased to amazing levels, until on December 7, 1953, a record crowd of 1318 persons was reached at the noon meal--one person served every 7 seconds. This is better than one-half the total number of persons served a day, which is on the average of 2525. Approximately 350 are served at breakfast, 1275 at dinner, 675 at supper, and 225 at night supper.

To feed this many people, we now employ 15 counterwomen, 2 order girls, and 12 dishwashing women, all under the supervision of the dietitian, Miss Patricia Bast. Among our employees we are privileged to have Clara Cosgrove and Bessie Haun, who have been with us for 14 and 9

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GREETINGS FROM THE CLASS OF 1954



Left to right, third row: Katherine Steinauer, Jackie Morris, Mary Kay Farrell, Paula Massey, Barbara Phelan, Louise Sanders, Elizabeth Hansen. Second row: Freddia Jackson, Shakuntala Mall, Mildred Bullington, Norma Janes, Phyllis Smith, Ann Wrape, Lena Williams. First row: Elsie Ishida, Patricia Gollaher, Mary Jo Shaffer, Virginia Gray, Joan Luck, Joan Groves, Marrin Lilley, Lois Mattson.

The 1954 class of dietetic interns numbers twenty-two and represents fourteen states, India, and Hawaii. This offers a mecca for interchange of thoughts and ideas.

During our first days here, the halls of the Barnes Group seemed endless and the rooms and departments far too plentiful. Soon, however, the halls got shorter and we learned that finding the main kitchen was not quite so difficult as finding the proverbial needle.

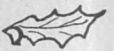
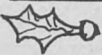
Meetings began and heads turned as the troop moved across town by bus to attend numerous sessions of various organizations such as the Stewards and Caterers, the St. Louis Dietetic Association, and the Restaurant Association. Food for thought was

acquired and pounds from refreshments gained.

Those entering certain classrooms often puzzled about the circle of chairs there. Our circle was all we left them as a reminder of our recent presence, for we took our newly found knowledge from our classes with us.

Application is our theme on duty. We began to see why those who had been interns before us said it was so valuable a year. Through association with the practical aspect our knowledge broadened.

Thus, as our uniforms get stiffer and shorter, we feel we get closer and closer to fully belonging to our chosen profession.



Christmas greetings are not difficult to write because the writer need only to stick to the basic and fundamental fact that 1953 years ago Christ was born on December 25th. He need only to remind us of all the love and blessedness that birthday holds, all the forgetfulness of self and good thought and well wishing for others which it means. Peace on earth and good will toward men is the prayer that expresses best Christ's teaching and the spirit of our birthday celebration for Him.

F. R. Bradley
F. R. Bradley, M.D.
Director

FACE-LIFTING IN MAIN KITCHEN

Were you to step into the Main Kitchen of Barnes around the first of the year, chances are you would have a hard time recognizing it. Many changes are taking place almost daily.

The Main Kitchen is now composed of a number of units, specifically the production, assembly, storage, and sanitizing units. A new section has been added into which the chef's unit has been moved. The new area, known as the production unit, will process all hot food served throughout the hospital. The new assembly area will take care of all cold foods. A new storage area has been provided to keep staples and canned goods at optimum condition until ready for use. Perhaps you remember the room off the kitchen used for storing rice, oats, etc. That space has been converted to the sanitizing unit, housing an electric dishwasher. This will clean all dishes and trays returning from patient service, so that we will have a centrally located sanitation center. Thus, use of the cafeteria and floor dishwashing machines will be eliminated.

More refrigeration space will result from

the removal of the ice machine, which was replaced by Carrier ice-makers on every floor. The space formerly occupied by the ice machine is to be occupied by new refrigerators. One section's temperature will be 0 degrees, another 32 degrees, and the third, 40 degrees. Consequently, each type of food will be in prime condition before preparation and after storage.

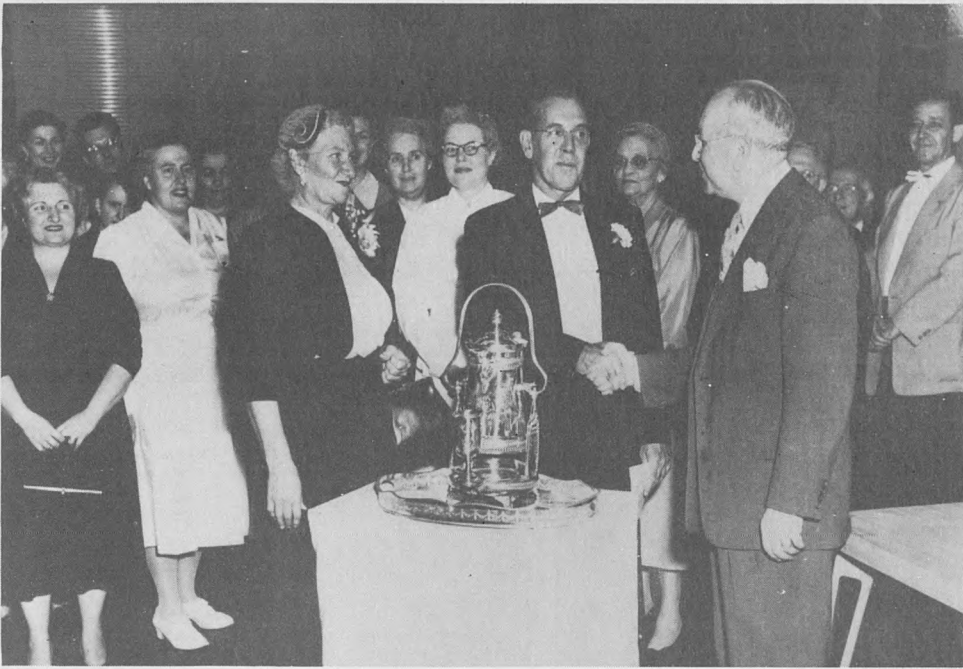
The new production unit is ultra-modern. The walls and ceiling are of stainless steel--practical and easily cleaned. New ranges and kettles have been installed. In addition, the entire space is air-conditioned.

Yes, many changes are taking place in our Main Kitchen.....when better ways of food preparation are available, Barnes will have them.

(Continued from page 2)

years, respectively. During their many years here, they have given words of sound advice and needed assistance to interns who have trained under them. Clara and Bessie wish all of you a merry Christmas and hope that the new year, as well as those to follow, will be happy and prosperous wherever you are.

DR. BRADLEY HONORED ON 25TH ANNIVERSARY AT BARNES



Shown above, Mr. Albert M. Keller presents a silver service to Dr. and Mrs. Frank R. Bradley.

On the afternoon of October 16, from 3 p.m. until 5 p.m., a reception was held in the David P. Wohl, Jr. Hospital dining room in honor of Dr. Frank R. Bradley, Director of the Barnes Medical Center, for 25 years service to this institution.

Dr. Bradley received his M.D. degree from Washington University in 1928, and in Oc-

tober of that year he joined the administrative staff of Barnes as Assistant Superintendent. In June of 1939, he was appointed Superintendent and this title was later changed to Director. Dr. Bradley is a member of various professional and civic organizations and was recently named President-Elect of the American Hospital Association.



The world must be fed. When you were here, you did well in discharging your duties in this respect. We feel sure you are still carrying on in a most satisfactory and pleasing way, whether it be in your home or in an institution

With all sincerity, we say MERRY CHRISTMAS.

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

DIETARY STAFF

Director of Dietetics	<i>Henrietta Becker</i> <i>B.S., University of Kansas</i> <i>Columbia Presbyterian Hospital</i>
Educational Director	<i>Helen Starch</i> <i>B.S., Iowa State College</i> <i>Massachusetts General Hospital</i>
Assistant Administrative Dietitian	<i>Dorothy Murakami</i> <i>B.S., University of Hawaii</i> <i>Barnes Hospital</i>
Assistant Administrative Dietitian	<i>Patricia Bast</i> <i>B.S., University of Illinois</i> <i>Barnes Hospital</i>
Assistant Administrative Dietitian	<i>Barbara Lockwood</i> <i>B.S., Iowa State College</i> <i>St. Luke's Hospital, Cleveland, Ohio</i>
Ward Supervisor	<i>Lois Brumitt</i> <i>B.S., University of Illinois</i> <i>Barnes Hospital</i>
Head Therapeutic Dietitian	<i>Marlene Hunter</i> <i>B.S., Iowa State College</i> <i>Barnes Hospital</i>
Therapeutic Dietitian, St. Louis Maternity Hospital	<i>Eleanor Childers</i> <i>B.S., M.A., University of Missouri</i> <i>Barnes Hospital</i>
Therapeutic Dietitian, McMillan Hospital	<i>Dorothy Ellinwood</i> <i>B.S., Iowa State College</i> <i>Grasslands Hospital, New York</i>
Therapeutic Dietitian	<i>Mary Frances Ward</i> <i>B.S., University of Missouri</i> <i>Barnes Hospital</i>
Washington University Clinics Dietitian	<i>Audrey Clever</i> <i>B.S., University of Arkansas</i> <i>Barnes Hospital</i>

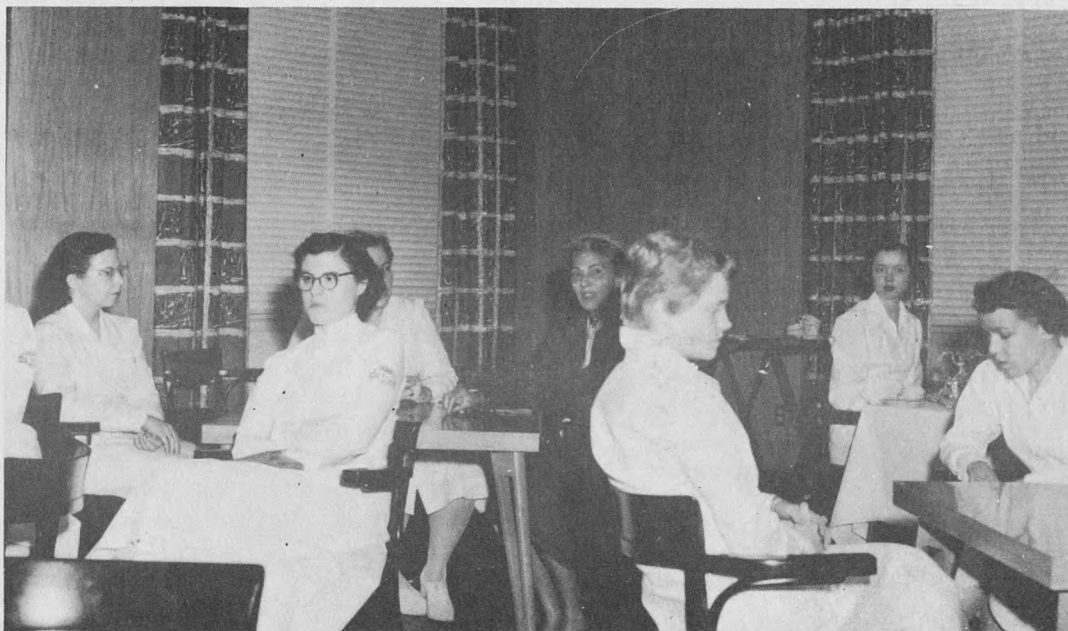
ST. LOUIS CHILDREN'S HOSPITAL

Chief Dietitian

Velma Pereboom
B.S., Oklahoma A. & M.
Barnes Hospital

Therapeutic Dietitian

Patricia Lockhart
B.S., Marshall College
Barnes Hospital



Shown above at the tea in honor of Mrs. Mary deGarmo Bryan are, left to right: Mrs. Helen Starch, Miss Mildred Bullington, Miss Henrietta Becker (partly obscured), Mrs. Bryan, Miss Joan Luck, Miss Patricia Bast, Miss Joan Groves.

MARY DE GARMO BRYAN VISITS BARNES

The constant stream of visitors to Barnes Hospital continues. In October, 1953, Mary deGarmo Bryan, well known to all dietitians as the author of the School Cafeteria, came to the hospital. She was the guest of honor at a tea given by the dietary staff in the dining room of David P. Wohl, Jr., Memorial Hospital. During the course of events, Mrs. Bryan gave an impromptu talk on the real meaning of being a dietitian.

STAFF DIETITIANS HOLD CHRISTMAS PARTY FOR INTERNS

The staff dietitians gave their annual Christmas party for the interns in dietetics at the Fairmont Hotel on Tuesday evening, December 15. About eighty people helped the interns make merry.

Former interns and staff members who attended were Dr. and Mrs. Sam Guyer (Jane Eidson), Mrs. Robert Moore (Annette Longino), and Miss Virginia Marx.



WOHL HOSPITAL NEWEST ADDITION TO MEDICAL CENTER

On November 20, 1953, the third floor of the David P. Wohl, Jr., Memorial Hospital was opened for patients. Wohl Hospital was erected primarily for cancer research. In January, 1954, two more floors will be ready for patients.

Third floor Wohl is another new addition to Barnes Hospital's use of airline food service. But something new has been added! Colorful gray trays and brilliant yellow plastic dishes make eating a treat to the eye as well as to the palate.



DIETARY RESIDENTS AND INTERNS COMPLETE TRAINING

On July 25, seven residents and eleven interns were presented with certificates for the completion of their work in hospital dietetics. This is the first time in dietetic history that a residency of one year's duration has been offered to dietitians following the completion of their internship. This program for residency in dietetics will be presented the American Dietetic Association at its convention in Los Angeles, California, on August 25-28.

The following received certificates for completion of their residency in dietetics:

Patricia Bast
Lois Brummitt
Audrey Clever
Marlene Hunter
Dorothy Murakami
Katheryn Philippi
Helen Starch

The following received certificates for completion of their internship:

Alice Ballah
Joan Buboltz
Helen Gregowicz
Jo Annette Halk
Mary Anne Kelldorf
Roberta Lyon
Dorothy Mathew
Joan Redding
Ann Rice
Mary Ward
Shirley Wilson

Dr. Frank R. Bradley, Director, spoke to the graduates and their guests and a short reception followed. Several members of the hospital staff attended.

BARNES MEDICAL CENTER ENROLLMENT FIGURES

Nineteen fifty-three is a big year at Barnes Medical Center. We thought you might be interested in knowing just how big a year it is as shown by the enrollment figures in the various schools of the hospital group.

Washington University School of Medicine boasts an enrollment of 365. Next is the School of Nursing with 228. The School of Dentistry has 193 students this year, while 91 graduate nurses are in the Graduate Nurse Program. Occupational Therapy numbers 56 students. The School of Anesthesiology is next with 27. Our own Dietary Department has the largest class in its history with 22 students. Thirteen students are attending the session of the Course in Hospital Administration. Physical Therapy lists its enrollment as 11 senior and 7 junior students, and 6 medical technicians are being trained in the School of Medical Technology.

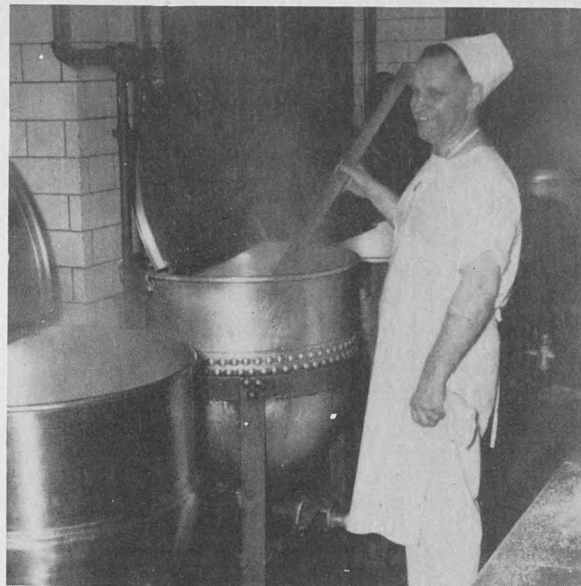
NEW BROCHURE PUBLISHED

A new brochure, the Barnes Hospital Internship and Residency in Dietetics, was recently published by the Dietary Department. Among the pamphlet's ten sections are facts of the history and development of the medical center, entrance requirements and general information for the prospective intern, course organization, and information about the recently organized residency in dietetics.

Many new pictures have been added to the booklet, and we hope that you will have an opportunity to see our new publication in the near future.

IN MEMORIAM

Rosemary Taylor Ward, 1948, died May 26, 1953, in Dallas, Texas. Mrs. Ward's home was at Ewing, Indiana.



Greetings from Barnes Hospital and the Main Kitchen Staff. 1953 has been a very prosperous and busy year for us, but we're looking forward to a bigger and more challenging year with the new chef's unit clearly in sight.

If any of you are ever in St. Louis, please drop in to see us, for we shall be more than happy to renew acquaintances again.

From all of us, Merry Christmas and a Happy New Year!

Charles Domash
Chef

NEWS ABOUT PEOPLE YOU KNOW

Marjorie Scott is working for the Veterans Administration at Mountain Home, Tennessee.

Meriam Barnes Lavander is married and the mother of George Stanley.

Mary Katherine Smith Scott is a dental assistant for her husband in Mineola, Texas.

Pat Lockhart is now Formula Room Dietitian at St. Louis Children's Hospital.

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BARNES DIETITIANS ATTEND CONVENTION

The Hotel Statler was the scene of a reunion luncheon during the A.D.A. convention in Los Angeles last August.

The following former staff members and graduates of the dietary internship were present:

Lillie Mihara
St. Francis Hospital
Lynwood, California

Jo A. Grimes
St. Francis Hospital
Lynwood, California

Louise Wilkonson
American Hospital Association
189 Division St.
Chicago, Illinois

Frances L. Ware
Director of Dietetics
Rhode Island Hospital
Providence, R. I.

Helen M. Starch
Barnes Hospital
St. Louis, Mo.

Nancy Kammeier
Pet Milk Co.
St. Louis, Mo.

Ellie Sheridan
St. Josephs Hospital
Omaha, Nebraska

Hazel Bradburn
County Hospital
St. Louis, Mo.

K. Bitters
Kansas State College
Manhattan, Kansas

Eloise Ross
Passavant Hospital
Jacksonville, Ill.

Madge Little
American Dry Milk Inst.
Chicago, Ill.

Ruth Kahn
Michael Reese Hospital
Chicago, Ill.

Wilma Mittelberg
San Francisco, Calif.

Inestore Simms
Youngstown Hospital
Youngstown, Ohio

Frances A. Halbert
Hotel Dieu Sisters Hospital
New Orleans, La.

Charlotte Ludwig
Michael Reese Hospital
Chicago, Ill.

Miss Mihara was the hostess at our banquet table.



NEW POSITION ADDED AT HOSPITAL

A new type of hospital worker has been added to Barnes - the patient information secretary in the Nursing Office.

Both telephone callers and nurses have reason to be pleased. The caller gets more accurate information, and the nurses don't have to drop everything to keep answering the telephone. The post is a relatively new one in the hospital field, and brand new here. It was adopted on a trial basis in September and has worked so well that it's on a permanent basis now.

The patient information secretary still sticks to fairly general terms. Medical ethics leave specific medical details up to the physician to disclose. Still, under the new method, the caller feels more satisfied than before.

NEWS ABOUT PEOPLE YOU KNOW

(Continued from page 9)

Katheryn Philippi left Barnes on September 15 to accept a position in Dallas, Texas.

Mabel Unger Albrecht, '27, is doing Home Economics extension work for the University of Illinois.

Lora Stone Graul is a home economics consultant in St. Louis.

Naomi Wallace Auba, '43, is married and living in Maywood, Illinois.

M. Ethel Ollis, '21, is dietitian at Seattle General Hospital, Seattle, Washington.

Eleanor Robinson Smith is married and the mother of Russel Eugene and Anabelle Elaine. She and her family reside in Beacon, Illinois.

Floy Jones, '28, is the head of the Home Economics Department of Taylor High School, Taylor, Texas.

Dorothy Duckles Hudson, mother of Edith Clair and Billy, lives right here in St. Louis. In addition to being a homemaker, she does part time nutrition work for the Dairy Council of St. Louis.

Sara Harrington, '43, is married and the mother of a six-year old girl and a two and one-half year old boy.

Elsie Siebold Bigly, '44, formerly clinic dietitian at King County Hospital, Seattle, is married and the mother of a four year old boy.

Mary Jo White Junkins now lives in Holyoke, Massachusetts, with her husband, Clifford, and sons. Alan Everett arrived in the Junkins family on November 16, 1952.

Helen Trent Corzine, '39, is chief of the Dietetic Unit, Regional Office Nutrition Clinic of the Veterans Administration, 250 Livingston Street, Brooklyn 1, New York.

Ruth Christiansen D'Amico, '46, is living at 3022 Forest Drive, Cheyenne, Wyoming. She has two children, John Chris, 3½ years old, and Ann, 4 months. Mr. D'Amico is Director of Natural Resource Board of Wyoming.

Ruth Ewert, '46, is Mrs. James Walther, living at Janesville, Minnesota. As far as we have heard, she has one son.

Nita Red, '46, now Mrs. R. D. McClure, lives at 1302 Glenwood Drive, Abilene, Texas, with her two sons.

Rosemary Hanam, '46, is Mrs. Frank Gambeski, and has a 2½ year old daughter. Her home is 120 Lincoln Street, Hamden.

Helen Schahrer Wilson, '43, still lives in Yuma, Arizona, with her husband, Dr. John Wilson, a radiologist, and two children, a daughter, 6½ years, and a son, 2½ years.

Weddings

Miss Amy Carolyn Kavanaugh, '52, Therapeutic Dietitian at Children's Hospital, was married to Dr. Henry Moore Rogers, Jr. at Bunkie, Louisiana, July 18, 1953.

Miss Adele Heumann, '52, staff dietitian at Veterans Hospital, was married to Mr. George Thomas Lang on August 22, 1953.

Virginia Scheuffle became the bride of Mr. Sherman Nesbitt at Caldwell, Idaho, on May 31, 1953.

Mattie Lou Alford was married on August 29, 1953, to David Dellinger, Captain, United States Air Force, at Maxwell Air Force Base, Alabama.

Elaine Witmer was married to Royal Mason, and now lives at Fort Bayard, New Mexico.

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NEWS ABOUT PEOPLE YOU KNOW (Continued from page 11)

Births

It's a boy, Frederick Joseph, for the William Andrews family. Mrs. Andrews is the former Carolyn Hilman.

Kathryn Wolfe Stoddard, '50, is the proud mother of Noel Freemont, II. The blessed event occurred on January 25, 1953.

Mr. and Mrs. Tom Hodges became the proud

parents of a baby boy, Bruce Colin, on October 14. Mrs. Hodges was Joan Carmichael, secretary in the Dietary Department from September, 1948, to June, 1951

Marge Hartmann, '50, who married Dr. Merle Stanton in the summer of 1951, now has a 6 months old daughter, Hope Christine. They live at 2525 Delmar, Granite City, Illinois.

CLASS OF 1953

Alice Ballah - We'd appreciate a line or two from you!

Joanne Buboltz - is working in a VA hospital in Los Angeles, California.

Helen Gregowicz - is working in St. Mary's Hospital in East St. Louis, Illinois.

Jody Halk - is working in Little Rock, Arkansas.

Mary Ann Kelldorf - is at John Seely Hospital in Galveston, Texas.

Roberta Lyon - married Richard May and is living in East St. Louis, Illinois.

Dorothy Mathew - is in Fort Lyon, Colorado, working in the VA hospital there.

Joan Sarver Redding - joined her husband in Fort Monmouth, New Jersey.

Annie Rice - is taking an extended vacation.

Mary Frances Ward - joined the Barnes Hospital staff as therapeutic dietitian.

Shirley Wilson - is working at St. Luke's Hospital in St. Louis.

Please send us the following information for our records:

Maiden Name _____

College _____

Year of Graduation _____

Married Name _____

Occupation _____

Home Address _____

Present Address _____