Once more the Holiday Season is upon us and we want to send you a message via the interns of the Class of 1957.

The strength of an institution and the strength of a profession such as Dietetics is in the people who make up the profession and who work in the institution—in the men and women, who, year after year, get pleasure out of working alone and together to give professional service to people who need it.

The strength of a school lies in the success and abilities of its graduates. The degree to which you have found interesting work and association indicates the ability of Barnes to train its dietary interns and personnel.

May we once more send you best wishes for a happier 1957 and success wherever you are.

Cordially,

F. R. Bradley, M. L.
Director.

---

**DIETARY TIDBITS**

1. Pat Bast, Cafeteria, was awarded first prize in the Institutional Feeding and Housing Annual Recipe Contest for her quantity recipe for Spinach Salad.

2. Miss Henrietta Becker, Lois Brumitt, Pat Bast, and Jacqueline Morris attended the National Restaurant Convention in Chicago during the week of May 7.

3. Miss Henrietta Becker, Helen Starch, and Pat Bast attended the American Dietetics Association in Milwaukee, Wisconsin.

4. On Monday evening, June 11, 1956, from 10:00 to 10:30 the interns in hospital dietetics at Barnes Hospital participated in the educational television of St. Louis TV Station KETC.

They showed the work of a dietitian by demonstrating a normal diet and how to modify the normal diet for limited salt, limited calories, and limited fat. They also discussed their college background for their career, their internship in dietetics at Barnes Hospital and their opportunities after internship.

5. Salmon prepared in several different ways was enjoyed by the dietary staff and students at a dinner in July. The salmon was a gift of Dr. Glover Copher; Dr. Copher had received it from his friend, Mr. John Olin. Dr. and Mrs. F. R. Bradley, Dr. Copher and some of his friends were guests at the dinner held in the Wohl Dining Room.
Dietitians who completed their internships in January are shown holding their diplomas. Left to right they are: Zoe Tate, Martha Callaway House, Nancy Waychoff, Doylene Brown, Patricia Kealoha, and Frederica Born.

**TALK WITH DANFORTH GIRLS**

There was a sign of beautilitarianism in Ohio whose gilt edge tip could be applied to our dietary internship training program. For you see, it reads, "Blessed are they who go around in circles, for they shall be called, 'Big Wheels'". We interns here at Barnes go around in circles - for we're no squares.

Yes, these circles are formed when we work with the staff dietitian. We learn her ideas about diet and disease, her work management and organization, her methods of solutions for personnel problems - her patients, be they a private tube feeding or a low salt clinic GYN. In short, we learn HER. After working with the sixteen odd staff dietitians trying to learn each as an individual, you understand why we're going around in circles.

The more circles we go around in, the more we learn; therefore, truly blessed are we for coming to Barnes - one of the greatest and best teaching institutions with a large dietary staff who we hope someday will make us too, Dietitians!

Pat Keoloha

Pat Keoloha
To Danforth Girls, 1955
SEASONS GREETINGS FROM THE FOOD CLINIC

The Food Clinic has been functioning this year in the two small rooms on the first floor of McMillan Hospital which are closest to the Clinic building. (Air Conditioned, by the way!)

We have one or two student nurses every week. Each one spends one week in this area. By the end of her week she takes the food histories and instructs the patients on all types of modified diets. Student nurses seem to profit from this experience since they are much like the rest of us -- they learn a diet better themselves when they try to explain it to someone else. They usually go “pricing” at a nearby super market and figure out the cost for a week of one diet which they have instructed.

In our diabetic classes this past year we have been demonstrating some recipe or showing serving portions with real foods each time. The patients have shown much interest in this. Some of them ask when they walk in the room what they will get to sample that day, and those who do not get to clinic in time for class often ask for the recipe afterward. For the classes just before Thanksgiving we had Pumpkin Pudding, and a Raw Cranberry Relish made with Sucaryl. We find the food sections of the newspaper very helpful.

Have you been doing any new tricks with a flannel board lately?

Picked up some new ideas for teaching at convention -- Were you interested in the nutrition materials printed in Spanish? I haven’t found a need for that but should probably order quickly when they make one in “Braille”.

Do come over to the clinic when you come for a visit ------

Helen Starch

NEW DISHWASHING AREA

Guess what the dietary department will find in their stocking on Christmas morning? Yes, a new dishwashing unit! Barnes Maintenance is installing a Hobart Flight-Type Dishwasher in the area adjacent to the assembly unit area. This model is the latest put out by Hobart and has the moveable nylon belt. Also included in the unit are a glass washing machine, a bottle washer and a steam outlet useful in cleaning the Air-Line food carts. However, the main function of the unit is to care for patient dishes. In planning the area additional space for storage of the food carts was included which should alleviate the somewhat cramped operation in the assembly unit.

The old dishwashing unit, which is adjacent to the Main Kitchen, will be transformed into a locker room for Barnes dietary employees.

Construction has begun on this unit which is designed as adequate to care for the increased volume of dishes and a happy completion is in the offing. So don’t let anyone tell you there isn’t a Santa, ’cause we know better.

FURTHER EDUCATION

In connection with the national project on furthering education of graduate dietitians, the St. Louis Dietetic Association planned a group of ten seminars to study current nutritional trends and problems with the leadership of Dr. Robert Shank, Head of the Preventive Medicine Department of Washington University, and member of the Foods and Nutrition Board of the National Research Council. The group was limited to twenty-five. Staff members participating from the Barnes group include Miss Henrietta Becker, Miss Patricia Bast, Mrs. Helen Starch, Miss Joan Groves, and Miss Norma Janes. The sessions have been both interesting and informative.
Left to right: Edith Johnson, Cris Esmay, Kay Chapman Locke, Nancy Mosley, Doris Wilson, Martha Mosley, Billie Tarpley Ellis, and Nancy Sumie Yamamoto.

AROUND THE HOSPITAL

Hospital Trustees—Bishop Ivan Lee Holt, presiding Bishop of the St. Louis Conference of the Methodist Church appointed Mr. Richard C. Coburn and Mr. Robert W. Otto as members of the Barnes Hospital Board of Trustees. Mr. Coburn succeeds Mr. Edgar E. Rand who died October 25, 1955 and Mr. Otto fills the vacancy created by the death of Mr. Albert M. Keller on June 7, 1956.

Mr. Frank Simek was appointed administrator of the Los Alamos Medical Center at Los Alamos, New Mexico and left Barnes Hospital on May 31, 1956. Mr. Frank Simek accepted a position as Assistant Administrator of the Good Samaritan Hospital at Vincennes, Indiana and began his work there last July. Mr. Charles G. Lohr has accepted a position as Administrator at the Lawrenceville County Memorial Hospital, Lawrenceville, Ill.

Bishop Eugene Maxwell Frank has been assigned to the Missouri Area to succeed Bishop Ivan Lee Holt who has retired.
On Friday night, September 7, the Second Capping Ceremony of the Barnes Hospital School of Nursing took place in the Medical School Auditorium. The students marched down the aisle in their starched pinafores between rows of seats filled with friends and relatives. Each carried a white leather Bible and stood while Chaplain George Bowles pronounced the Invocation. When the students were seated, Dr. F. R. Bradley, Director of the Barnes Hospital Medical Center, greeted the assembly and introduced Judge Ivan Lee Holt, Jr., Member of the Barnes Hospital Board of Trustees, who gave the welcoming address. A musical selection was rendered by the Student Nurses’ Choral Group and Miss Ann J. Campbell, Director of Nursing Education and Nursing Service, made a short welcoming speech followed by the presentation of caps.

The students knelt for their caps to be pinned in place and then each was given a candle which they lighted from the symbolic eternal flame carried by two senior nursing students.

After the last candle had been lit, they stood in a group and recited the Nightingale Pledge. A benediction by Chaplain Bowles ended the impressive ceremony.

### CAFETERIA NEWS

As you pass through the cafeteria entrance and glance to your right, you have no doubt noticed an area under construction. This area has been so planned to make the cafeteria less crowded during the busy hours and more convenient for all Barnes Hospital personnel. More and more progress is being made daily. While a definite date has not been set for opening, it won’t be long before this entire area will be completed. The lighting and plumbing are well on their way toward completion.

So keep watch and before long you will be enjoying a new cafeteria atmosphere.

### NEW BABIES

- **Rex William Wright**—6 lb. 12 oz.—June 10, 1956 to Mr. and Mrs. Rex Wright (AUDREY CLEVER—Food Clinic) who live in Havana, Cuba.
- **Susan Leigh Guyer**—7 lb., 10 oz.—April 3, 1956 to Mr. and Mrs. Sam Guyer (JANE EDISON—Main Kitchen Dietitian) at St. Louis Maternity Hospital.
- **Joseph Desha Turner VI**—8 lb. 8 oz.—March 30, 1956 to Mr. and Mrs. J. D. Turner.
- **Holly Kay Ellenwood**—7 lb. 6-3/4 oz.—December 31, 1955 (Holly Kay came in time to help with income tax) to Mr. and Mrs. DeWitt Ellenwood, 1557 Denver, Kansas City, Mo.
- **Max Edward Goree**—September 14, 1956 to Mr. and Mrs. Max Edward Goree (MARIE DIEKMAN—secretary for two summers).
- **Nancy Ann Hardister**—April 26, 1956 to Mr. and Mrs. J. L. Hardister (NANCY HARDISTER—intern and staff).
- **James Wesley Marrs**—8 lb. 11 oz.—Sept. 27, 1956 to Mr. and Mrs. James Marrs (NADINE TUCKER).
- **Julie Ann Lavender**—7 lb. 11 oz.—November 7, 1956 to Mr. and Mrs. Matthew Lavender (MIRIAM BARNES) in Salt Lake City, Utah.
- **Katherine Ann Keskey**—November 1, 1956 to Mr. and Mrs. Bill Keskey (PATRICIA KESKEY).
COMPLETING THEIR RESIDENCY IN HOSPITAL DIETETICS on August 29, 1956 were (Left to right): Fidelita Zabat, Ruth Green, Nina Soderlind, and Joan Groves.

WEDDINGS

Mary Ann Kelldorf was married in Taylor, Texas, to Carl David Schaper on May 12, 1956.

Patricia Ann Gollaher became the bride of Joachin R. Hoffmann on May 25, 1956 in Salt Lake City, Utah.

Onah Sholl was married to Clarence Frank Bayless in Oklahoma City, Oklahoma, on June 2, 1956.

Mary Acquin Spalding (dietitian in surgical wards) was married to Mr. Claude Schneider in Lebanon, Kentucky, on July 21, 1956.

Lois Mattson became the bride of George Dalthorp on August 13, 1956 in Outlook, Montana. Mr. and Mrs. Dalthorp’s address is 124 South Carolina, Saginaw, Michigan.

Kathryn Laskie was married to Charles E. Yaney in Topeka, Kansas on September 24, 1956.

Nancy Mosley was married to Howard Robb on September 2, 1956 at Cape Girardeau, Missouri.
Spencer Brown, B. S., Drury College, Springfield, Mo., is our executive secretary.

Lois Fitzwater, St. Louis, is our clerk-typist.
Interns for the current year are: (Left to right) Eleanor Margaret Moore, B. S., West Virginia University; Janet Elaine Smith, B. S., University of Missouri; Fay B. Vandivort, B. S., University of Arkansas; M. Marlene Blasingame, B. S., Millikin University; Barbara Miller, B. S., Mount Mary College; and Monta Sue Alspaugh, B. S., Marshall College.

Mrs. Rosanna Grayson, B. S., Ball State Teachers College, Muncie, Indiana, has been assigned to the Dietary Department to assist in the training of new employees and conducting classes for dietary hostesses. Mrs. Grayson is a former home economics teacher.
The annual FOOD FAIR sponsored by the St. Louis Diabetes Association and the St. Louis Medical Society was presented by the St. Louis Dietetic Association at the St. Louis Medical Society Building on March 7 and 8, 1956. Attendance at the Fair was good.

This year two reduction diets were presented: 1200 calories for women and 1500 calories for men. The participating hospitals had displays and demonstrations on how to prepare low calorie salads, salad dressings, desserts, beverages, vegetables and bread. Our department had a booth on low calorie desserts and a free sample of lemon snow was given to those attending.

KAY OHATA, graduate of the University of Hawaii and 1950 intern and former staff member at St. Louis Maternity Hospital, received her Masters Degree in Nutrition at Kansas State College in Manhattan, Kansas in June 1956. She has taken a position with the Indiana University Medical Center.

VIRGINIA MARX (intern 1950) is doing real estate management with her father. Virginia received her Masters Degree in Nutrition from Colorado A & M in 1954.

On April 19, MARLENE HUNTER (intern 1945 and staff member 1945 to 1955) announced the opening of her private office for diet consultant work in the Beaumont Building. On October 22, 1956 Miss Hunter accepted the position as Chief Dietitian at Lutheran Hospital in St. Louis.

HELEN CORZINE, intern in 1939 and member of Washington University School of Nursing Staff 1940 to 1946, is the recipient of Borden Company Graduate Award in Home Economics from Teacher's College, Columbia University. The award is given for "scholastic achievement and promise of professional attainment". Helen's name will be engraved in a bronze plaque at Columbia University Teacher's College, and she received a certificate of award and check for $600. Miss Corzine plans to use the money to help defray expenses of a trip to Europe. At present she is Chief Dietitian at National Veterans Administration Clinic in Brooklyn, New York. In June 1956, Miss Corzine received her Master of Arts Degree from Teacher's College.

GLORIA STALY ROODHOUSE, Purdue University graduate and intern in 1947, writes to say they are in Alma, Michigan (Box 172). Her husband is with Plant Food Division of Swift and Company. They have two children, David 6, and Jan 4.

FREDERICA BROWN, Texas State College for Women (February 1955) is dietitian at St. Edward's Mercy Hospital, Fort Smith, Arkansas.

MARTHA WILLIS, Florida State College and 1951 intern, attended the Second International Congress in Dietetics in Italy. In her card she said she had an audience with the Pope.

(continued on next page)
Dr. Bradley presents Ruth Green with her Certificate of Residency in Hospital Dietetics at the graduating exercise.

MARRIN LILLEY ESPY (intern 1954), Louisiana State College, is somewhere in Alaska. They expect to be back in the United States by April. Little Frankie will be a year and six months old. Her address is Box 101, A.P.O. 942, Seattle, Washington.

PAULA MASSEY BEASLY (intern 1955), University of Alabama, has accepted a position as assistant dietitian at E. C. M. Hospital in Florence, Alabama. She supervises the making of formulas, tube feedings, and supervises practical student nurses. Most of these nurses are over fifty and are going back to work after raising their family. Paula’s address is Rogersville, Alabama.

GERTRUDE SAMSON MORSE (intern 1936), Texas State College, is dietitian at the Student Union at Texas Technological College. They have two children, ages 4 and 10. Sammy has been at Texas University for three years.

RUTH CHRISTENSEN D'AMICO (intern 1943), University of Wyoming, writes that Mr. D'Amico is an engineer with the Wyoming Highway Department and their family consists of Chris, age 6 and Ann, age 3. Their address is 3525 Hynds Boulevard, Cheyenne, Wyoming.

(continued on next page)
NEWS - Continued

KATHRYN PHILIPPI ROBINSON (intern 1952), Oklahoma A. & M. College, writes to say they have been transferred to Farina, Illinois.

MABEL UNGER ALBRECHT, class of 1927, writes from Lincoln, Illinois to say that she is doing home economics extension work for the University of Illinois. She has been engaged in this work for the past eleven years. Her two sons have finished college.

Our sympathy to PATRICIA BAST, class of 1952 and educational director and dietitian in charge of cafeteria, whose father passed away November 28, 1956.

OMA THOMPSON, class of 1933, has retired from her work as a dietitian. Her summers are spent with a sister in Arkansas and her winters are spent with a sister in Texas.

ANGELINE MOSELEY (class of 1956), University of Georgia, is at the new Eugene Talmadge Memorial Hospital which is affiliated with the Medical College of Georgia in Augusta, Georgia as a therapeutic dietitian.

NAOMI WALLACE ZUBA (class of 1943), Iowa State College, is keeping very busy doing part-time work at Hines Hospital, Hines, Illinois and taking care of her home and two boys.

PETTY TAGGE writes from Enid, Oklahoma. Dr. Tagge is still practicing medicine there, and they have four children (one girl and three boys) aging one to seven years.

We were sorry to hear that EDITH JOHNSON’S father, Mr. Elvin Johnson, passed away December 1, 1956. Edith was an intern in 1955-56.

MARY GILLASPIE LUTES, class of 1934, is keeping busy with homemaking and community activities in Florence, Kentucky. She and Mr. Lutes welcomed their fourteenth grandchild in September.

ELLIE M. SHERIDAN, former dietitian in charge of cafeteria, now at St. Joseph Hospital in Omaha, Nebraska went to South America this past summer.

SHIRLEY WENDT REIKE, class of 1950, has been promoted to Assistant Administrative Dietitian in charge of Food Production at St. Joseph Hospital in Omaha, Nebraska.

RUTH STEINBERG, former food clinic dietitian, is working on her Masters Degree at Iowa State College.

TRIBUTE TO MR. DANFORTH

In memory of the late William H. Danforth, we are reprinting one of his well known Monday Morning Messages. This message is one of the last that he wrote.

MONDAY MORNING MESSAGE

Johann Wolfgang von Goethe wrote the following Eight Requisites for Contented Living:

HEALTH enough to make work a pleasure;
WEALTH enough to support your needs;
STRENGTH to battle with difficulties and overcome them;
GRACE enough to confess your sins and forsake them;
PATIENCE enough to toil until some good is accomplished;
CHARITY enough to see some good in your neighbor;
FAITH enough to make real the things of God;
HOPE enough to remove all anxious fear concerning the future.

I believe that I possess four of the above. I’m doubtful about the other four.

(Continued on Page 13, Column 2)
TEA WAS SERVED FOR THE GRADUATING STUDENTS ON AUGUST 30, 1956. Pictured (from left to right) are Patricia Bast, Helen Starch, and Nina Soderlind.

FASCINATING AND LABOR-SAVING, TOO

Plunk, shhhh --- plunk, shhhh --- What's that noise? Why that is the latest addition to the labor-saving devices in Barnes kitchen, a cream dispenser. This handy machine dispenses cream, mayonnaise, or salad dressing automatically into one ounce Lily cups and then caps them with a lid stamped with the name of the contents. Only one person is required to operate the machine which needs only to be set up and then to have someone removing the filled cups. How much more sanitary and efficient than our old hand method. All this and it is fun to watch, too. Main kitchen was filled with people stopping by to see the new dispenser. Every student nurse on tour was ready to spend the whole time watching the machine.

MESSAGE (Continued from Page 12)

I want to live a better life, so during the days ahead I'll work toward building up the other four. Let's read over these Eight Requisites for Contented Living and check where we stand.

Yours definitely for better days ahead.

Daringly,
Christmas is nearly here again! The cynic might respond by pointing out that this is nothing unusual; that we have to go through the same routine every year. So he might, but this is hardly the spirit that prevails in the environment in which we are privileged to live. Every Christmas seems to have something unusual about it, and not too many people become vexed with the return of the spirit of goodwill that dominates the season.

Christmas has a variety of meanings, and these are largely determined by our own personal experiences. It is a great festival of the Christian tradition. It marks an event which brought about a change in the dating of the calendar of time. The spirit that has come to be so much a part of the season is no longer the exclusive possession of any one group, for the strength of it has pervaded the minds of those who claim no beliefs. Peace is a foundation stone upon which this word stands, and the day in which we live demands a consideration of this element in its fullest application.

It is most likely true that no day of the year equals Christmas in the ability to bring back cherished memories of past relationships with families and close friends. Each one of us could stop at this point and let our minds race back through the years to those experiences that will last forever. The richness of the memories can help to make this Christmas a greater treasure.

THE FORMAL DINNER

The intern class of September, 1956 planned and prepared a very elaborate dinner for the staff May 23 at 8:00 p.m. The scene was Wohl Dining Room. Very gracious hostesses greeted and guided us to a lovely table of hors-d’oeuvres accompanied by hot tomato cocktail. Later we were ushered into another portion of the dining room where a pastel color scheme and spring flowers were suggestive of the season of the year. Delicate aromas permeated the air. Our delicious aromas consisted of:

HORS D'OEUVRES
LE CHAUD COCKTAIL AUX TOMATES
LA CORNISH POULE AVER LA BOURRE DU RIZ SAUVAGE
LES PETITES CAROTTES AUT VITRAS
LA MELANGE MELEA DE LA SALADE VERTE AVER ASSAISONNEMENT
LE PETIT TREFLE PAIN
LES FRAISES AVER MIELLES ANNULAIRE
LES PETITES GATEAUX DE CANNELES
LA CAFE

Coffee was served demitasse style. Very individualized service was given. The evening was done according to Emily Post to the "Nth" degree. It was a very enjoyable and successful venture.

NEW QUARTERS FOR INTERNS

On Tuesday, November 13, the 1956 class of dietetic interns of Barnes Hospital moved into new rooms on the second floor of the nurses’ residence. The rooms have been completely redecorated in tones of light blue and white and furnished with new blue-gray metal furniture. Each room has a bed, a dresser with a large mirror, a desk and an arm chair. The rooms are in groups of two with a private bath between and each has ample closet space. The shining faces of the interns are proof of the fact that the new rooms are being thoroughly enjoyed.
Nancy Mosley receives her Certificate of Internship in Hospital Dietetics from Dr. F. R. Bradley.

Once again it is Christmas. The members of the dietary staff and I count it a real privilege to have the opportunity to send greetings through the eleventh Newsletter to all former dietary interns and staff and friends of Barnes Hospital.

May your holiday season be most enjoyable and your New Year happy and successful.

Kermit Becker
Director, Dietary Department
NEW LAUNDRY

A field trip through the Barnes Laundry in its new location under the Renard bridge was another of the highlights of this years experiences. The laundry which processes 20,000 pounds per day will probably process five million pounds of goods this year which will increase another 175,000 pounds next year.

Clothes are brought to the laundry in carts where they are sorted and made ready for washing. They are washed in one of five washers which are capable of washing 400 pounds of clothes in twenty minutes. Next the clothes are sent to one of two centrifuge extractors which remove moisture by the same principle as a centrifuge operates. Next the laundry is sent through a pre-conditioning tumbler which loosens and fluffs them and then through one of six driers which operate on the same principle as the home laundry driers. From this the laundry is folded or prepared for ironing.

Two large flatwork ironers capable of ironing and folding 17 full-size sheets per minute or 3000 pillow slips per hour are included. Uniforms and other such wearing apparel are processed by employees using ironers. About 5000 pieces of wearing apparel are processed per week.

Mr. Julius Krasner who conducted the tour for the interns discussed the importance of a close working relationship between the dietary and laundry departments, especially in the case of choosing uniforms for dietary employees. He pointed out that the laundry manager can give many helpful hints about the best fabrics and styles for maximum appearance and wear.