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A Dietitian Keeps Busy

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A Dietitian Keeps Busy

By Millie Kalsem, '21

IN GENERAL, the duty of a person in charge of a department is to insure to the management of the institution where he is employed the efficient management of the department in delivering the best type of service that can be rendered within the budget provided.

My main responsibilities as chief dietitian at Cook County Hospital can be divided into two main divisions, that of the administration of food service to patients, and teaching of students, and educational work with patients. The following are some of the responsibilities which each one includes.

At Cook County Hospital the dietary department is responsible for the requisitioning, planning, preparation, distribution and serving of all special or therapeutic diets. The daily average number of diets supervised by the department during the year falls between 600 and 700. Food supplies for the department are requisitioned from a central storeroom. Perishable fruits and vegetables are delivered to the hospital twice a week. Other staple groceries are ordered as needed, usually weekly. Deliveries of supplies are made daily from the central storeroom to the diet kitchen. After the food has been prepared, it is sent to the special serving kitchen on the wards, where it is reheated and served to the patients.

The personnel of the dietary department consists of five assistant dietitians on the graduate staff. The first assistant is assigned to aid and relieve in the supervision of the management of the main diet kitchen. She is also responsible for the clerical work and calculation required in connection with our quantitative diets. One assistant is in charge of the food service to the patients on one of the largest medical wards, where most of the student dietitians and student nurses receive their practical experience in diet therapy.

The other two are assigned to supervision of the food service to patients on the other wards, together with the educational work required in teaching patients so that they will be able to follow dietary instructions when they leave the hospital.

The personnel in the main diet kitchen consists of a meat and vegetable cook, dessert or pastry cook, special order attendant, a general utility attendant, and a dishwasher. Three porters are on the delivery of supplies and diets from the main kitchen to the wards. The duties of the students will be discussed under teaching.

At the Children's Hospital another assistant is in charge of the milk labora-

tory and diet kitchen where food for older children is prepared. In the milk laboratory all the milk formulas are prepared under sterile procedure. About fifty sweet formulas and twelve sour formulas are prepared and poured into individual nursing bottles daily. By sweet feeding, I mean formulas that are prepared by using sweet milk and by sour feedings, those which are prepared by using a lactic acid milk. Approximately 50 to 60 special diets are served daily and from 100 to 150 ward diets.

The large number of special diets served to patients in our general building and men's building insures a wide variety of different cases, giving a wealth of clinical material for teaching. Our therapeutic diets include a large number of the following kinds of diets: anemic, pernicious and secondary; diabetic, nephritic, gastric and duodenal ulcers; obesity, etc., as well as some of the rarer diseases requiring special diet therapy, such as pellagra and scurvy.

From time to time the Iowa Homemaker will print stories about Iowa State home economics alumnae who have interesting positions and who are very successful along their individual lines of work. The two stories on this page were written especially for the Iowa Homemaker by Thelma Lowenberg, '31, former business manager of this magazine, and Millie Kalsem, '21. Miss Lowenberg is doing social service work in St. Louis, and Miss Kalsem is chief dietitian in the Cook County Hospital, Chicago.—The Editor.

At the same time that we in charge of the diet kitchens are responsible for the preparation, distribution and serving of the food to patients, it also provides a laboratory for the teaching of student dietitians and student nurses. The laboratory thus provides a place where students actually assume administrative duties in accepting responsibility in the management of employees, in

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And Then I Lost My Job!

By Thelma Lowenberg, '31

SINCE last June, my work has been most interesting and exceptionally educational. In some ways I've been very fortunate, and I've had the experience of losing a job I wanted, too!



Thelma Lowenberg

For six months I worked in a St. Louis advertising agency. In that time, the work was closely allied with foods, including everything from directing an experimental kitchen to helping assemble cook books, foods advertisements and research reports. The in-betweens were fun because they were apt to be almost anything—for instance, answering housewives' and chefs' questions on the products advertised.

After six months the big thrill came—and I speak of the occasion of losing the job. The department I was hired for could not materialize, so the company didn't need me.

First it seemed as if the world had stopped rotating and my life had taken on a new slant—downward to some not-far-distant old ladies' home! But in a very short time I found other work just

as interesting and probably more valuable than the first.

Now I have the title "Visitor" for the Provident Association. In other words, I'm in social service work, developing judgment, I hope, and possibly helping people. We deal directly with people for eight and sometimes nine hours each day. It is family case work. We newer workers have the good fortune of handling higher type families, those which ordinarily would not be dependent. We try to care for all the needs, both physical and mental. Each situation is different, and the worker must understand the problems as well as possible, in order to help solve them. Little Anton must get to the clinic, Elizabeth needs shoes if she stays in school; Mrs. Halgrave has a tooth to be filled, and Mr. Halgrave must have help and encouragement in finding work. Mothers have to be shown that it is wiser to buy fruit than to buy cakes. And there are many individual problems in each family.

We keep extremely busy, and sometimes have the pleasure of helping a family get on an even more substantial basis than before this unemployment crisis.

As long as depression lasts, social service work is necessary, and when conditions are better, there probably will be other positions available.

sary for the body to use the sugars and starches. That is why, before its discovery, diabetics had such limited diets. It cannot be taken as one desires, however; if wrongly used, it may cause unconsciousness and even death. It must be taken as prescribed by a physician who knows all about the patient and his diet.

Do not think from what I have said, that a diabetic may eat anything and everything, just as he pleases. He cannot. His choice is wider than formerly, but the amounts must be very carefully weighed out and his insulin dosage very carefully given, if he needs insulin. Each diabetic is an individual case and he should see a competent physician. The physician should tell him what his diet is, how to figure and how to weigh it, and how much insulin, if any, is to be taken.

Diabetes is not a painful disease, neither is it a wasting disease as tuberculosis, but its rigid diet requirements and the inconveniences it causes make it one which no one wishes to acquire. If you are anxious to avoid diabetes, let me give you some simple rules which will help to prevent its development. Since it usually develops in people over 40 years of age, let me give this warning to those people. Get your weight down to standard and keep it there. Most of the people who become diabetic have been much overweight. Thin people over 40 seldom develop it. If there is a tendency to diabetes in your family, eat only moderate amounts of starches, and very few sweets such as cake, pie, candy, syrup, honey, sorghum, jams, and very sweet canned fruits. In addition, have sufficient exercise and physical and mental rest. We know of no cure for diabetes. If a person sticks loyally to his diet and to his insulin if he needs it, he may be much improved, but so far science has developed no cure; so surely the ounce of prevention is worth the effort.

She Keeps Busy

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assisting to give directions and instruction to them as well as to new students. This responsibility is very closely interwoven with the responsibility of menu making, (supervision of the requisitions, preparation and distribution of food from the main diet kitchen to the ward serving kitchens). Students are also given the responsibility of weighing foods for quantitative diets as well as the serving of all therapeutic diets, when they are assigned to their ward services. This is then followed by supervision of the food service to patients.

There usually are from five to twelve student dietitians in training at a time. New classes are admitted quarterly. Appointments for training are usually made from six months to a year before date of entrance. Qualifications for considera-

tion of applicants are a degree in home economics with a major in foods and nutrition. Applicants whose scholarship and personality records are highest are naturally given preference in the filling of appointments for training. The course offered at the present time is an eight months course, which provides training in all phases of dietetic work. This includes an affiliation with a private hospital in Chicago so that the graduates from our school are familiar with the food service in both a charity and a private hospital. The course has been approved by the Education Section of the American Dietetic Association.

She's Bomb Editor

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garet has sold several, to such magazines as *Forecast* and *Successful Farming*.

Just the other day Margaret received an invitation to membership in Phi Upsilon Omicron, national home economics honorary. During her college course, Margaret has been earning a part of her expenses by working in the bulletin room, Agricultural Annex. She is a member of Alpha Gamma Delta sorority.

Another Wedding?

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will probably get "loads" of silverware and two or three waffle irons. Let's give them something different and original! If the new home boasts a garden, you can win lasting gratitude by contributing some favorite flower or shrub which will blossom this season. If grubbing in the soil holds a fascination for the bride, give her some of the very handy new implements with which to work, and which will keep her hands from looking neglected. Perhaps they are an out-of-door couple, who love picnics, long hikes and camping. There are such clever compact picnic kits and camp aids now, that one no longer need take a trailer to carry a day's supplies! Such gifts are innumerable, and when given will really be appreciated and used. Just remember the new couple's hobbies and favorite form of recreation. If silver, china, utensils, glassware or other household equipment are chosen, let the bride know where the gift was purchased, so that she may exchange it for something lacking. Some people prefer to wait until the new home has been furnished, so that they will avoid duplication, and so that the gift will really be appreciated. It is well to send a gift promptly, but often wedding presents do not reach their destination until some time after the marriage has taken place.

Have you ever searched in vain for a frog to fit that favorite vase? Did you know that from a nickel's worth of Plaster of Paris mixed with some water, you could make your own?

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