1943

Supervise Army Hospital Diets

Virginia Brainard

Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation

Brainard, Virginia (1943) "Supervise Army Hospital Diets," The Iowa Homemaker: Vol. 23 : No. 5 , Article 11.
Available at: http://lib.dr.iastate.edu/homemaker/vol23/iss5/11

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
PLANNING large quantity diets that utilize 3,600 eggs every week and 275 loaves of bread every day is only part of the task for Schick hospital dietitians Lt. Lois Ludeman, '39, and Lt. Virginia Lindberg, '38, at Clinton. They plan four different breakfasts, dinners and suppers for each day in addition to special diets for patients who can eat only certain foods recommended by the doctors.

All food service at Schick is under the direction of Lt. R. Decker, M.A.C., director of dietetics. He is assisted by Lt. Lindberg, chief dietitian and supervisor of the cooks. Lt. Ludeman is in charge of special diets for the patients.

Master menus are made out for 10 days at a time and daily meals planned from this. A general, a light, a soft and a liquid menu is served at all meals.

The general menu for dinner one night included soup and crackers, steak, French fried potatoes, buttered broccoli, coleslaw, ice cream and cookies, bread and butter and coffee or milk.

The light diet for the same meal had baked potatoes instead of French fried potatoes. The soft dinner menu offered cottage cheese instead of steak, pea puree in place of peas and omitted the salad. The liquid dinner for that night consisted of strained soup, a vanilla malted milk and custard.

All food for the patients, officers, nurses and civilian workers is cooked in the main kitchens at the hospital. Food for the enlisted men is prepared in a special detachment kitchen just behind the main kitchens. Both kitchens are in the center of the two mess halls with the cafeterias located on either side of the kitchens.

The patients' mess hall can seat 700 men at one time while the detachment dining room can serve 400 men. Patients who are bedridden are served their meals in the wards. All their food is prepared in the patients' dining hall and taken to the wards on large carts. Each ward is equipped with a range, refrigerator, trays, dishes and silverware. The food for the men is served here and then taken to their beds.

The special diets, which are prepared by Lt. Ludeman upon the recommendation of a medical advisor, are prepared in a special diet kitchen connected with the patients' dining hall. The food is cooked in a special kitchen and taken to the patients' wards on carts.

All equipment for the two kitchens was planned and installed by army engineers and the kitchens are inspected every day by a member of the medical detachment. The salads and vegetables are prepared in one large room. Baked foods are made by army and civilian cooks and bakers and women are assigned to do the general cooking and prepare the special diets.

The kitchen in the patients' dining hall has 13 ovens and seven stock kettles, each of which will hold 60 gallons of soup or vegetables. Four potato mixers will hold 10 or 15 gallons each and they also can be used to grind meats and chop vegetables. There is a deep fat fryer in the kitchen and five vegetable steamers.

Little food is boiled, Lieutenant Decker declared. Most of it is steamed to preserve vitamins and other nutrients. There are three ice cream boxes and a gas and electric toaster which makes 720 slices a minute.

Three large quartermaster coolers located near the kitchens hold the week's supply of fresh meats, bacon, ham, cheese, lard, eggs and milk. Enough food for two days is kept in smaller coolers in the kitchens. The walls of the meat coolers are hung with veal, beef, mutton and lamb carcasses waiting to be carved into steaks, chops and roasts. There also is a good supply of sausage, bologna and other cold prepared meats. Fresh and salt water fish are served, too.

—Virginia Brainard, '43

Supervise Army Hospital Diets