BIOGRAPHY OF LENNA FRANCES COOPER (1875-1961):

EXTENSIVELY ANNOTATED

BIBLIOGRAPHY AND SOURCEBOOK

Co-founder in Aug. 1917 of the American Dietetic Association

First Dietitian for the U.S. Army

Lead author of the authoritative textbook *Nutrition in Health and Disease*

Compiled by

William Shurtleff & Akiko Aoyagi

2018

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DEDICATION AND ACKNOWLEDGMENTS

This book is dedicated to Lenna Frances Cooper, a truly remarkable woman.

Part of the enjoyment of writing a book lies in meeting people from around the world who share a common interest, and in learning from them what is often the knowledge or skills acquired during a lifetime of devoted research or practice. We wish to give deepest thanks...

Of the many libraries and librarians who have been of great help to our research over the years, several stand out:

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Finally our deepest thanks to Tony Cooper of San Ramon, California, who has kept our computers up and running since Sept. 1983. Without Tony, this series of books on the Web would not have been possible.

This book, no doubt and alas, has its share of errors. These, of course, are solely the responsibility of William Shurtleff.

This bibliography and sourcebook was written with the hope that someone will write a detailed and well-documented biography of Lenna Frances Cooper.
INTRODUCTION

Brief Chronology/Timeline of Lenna Frances Cooper

Background: The evolution of the internet since about the year 2000 has transformed our ability to do research, and many historical resources have been digitized and can now be accessed in a way that was not possible in 2000.

The life of Lenna F. Cooper exemplified many of the major changes that took place in the lives of women in American society during her lifetime. During the last half of the 1800s, in what came to be known as the “cult of true womanhood/domesticity,” women were seen as wives and mothers, whose place was in the home, submissive to their husbands.

Around the year 1900 this began to change with new trends: (1) Delayed marriage. (2) Fewer children per couple. (3) Hiring of domestic servants. (4) Rise in levels of education for women including college. (5) Entrance of women into the paid workforce.

Two new occupations opened to women: teaching and nursing; Lenna F. Cooper did both.

During the Progressive Era (ca. 1900-1920), a “new woman” began to emerge with more independence, self-reliance, a greater role in public life outside the home, more education and more interest in social reform. Lenna Cooper embodied both traditional values and those of the “new woman.”

This book is not a true biography of Lenna F. Cooper but rather documents for such a biography, which we hope someone will write.

1875 Feb. 25 – Lenna Frances Cooper is born on a farm near Hutchinson, Kansas, the eldest of 6 children of Simeon M. and Nancy (Carrothers) Cooper. Her father soon homesteaded the farm.

“The Coopers were of good stock. There was English, Irish, Scotch and German blood in their veins. Their Ancestors had come over with Lord Baltimore and settled in Virginia and the Carolinas, from which locale later generations moved to the young state of Illinois, to become pioneers at Springfield – the home of Abraham Lincoln. The trek further west, to Kansas was a natural step” (Battle Creek Enquirer (BCE). 1941. April 20, p. 28).

“The Coopers were really pioneers, having made the trip from Kansas to Illinois in a covered wagon. They knew all the vicissitudes of pioneering - Indian raids when the settlers scurried into the nearest town for self-protection, hail storms that beat down the crops, ‘grasshopper years’ that brought complete devastation – and cyclones as a matter of course (J. of the American Dietetic Assoc. 1937. Nov., p. 374-77; BCE. 1941. April 20, p. 28).

“In spite of these handicaps, the Cooper family enjoyed the freedom of the prairies and never entertained the idea of returning to the peace and quiet of Illinois (BCE. 1941. April 20, p. 28).

Until she was nine years old (in 1884), Lenna attended country school. Then the family moved to town and Lenna had grade schooling at Nickerson and high school training at Hutchinson (BCE. 1941, p. 28).

The family was not affluent, however, and Lenna, after graduating from high school, took a job as a school teacher and for two years earned money with which to continue her education (BCE. 1941. April 20, p. 28).

1888 – Ella Eaton Kellogg, wife of Dr. John Harvey Kellogg, establishes an experimental kitchen and school of cookery inside the Sanitarium at Battle Creek. Soon the demand for instruction has become so great that classes are in session during almost the entire year. During this time Mrs. Kellogg has oversight of the cuisine of both the Sanitarium and the Sanitarium Hospital, preparing bills of fare for the general and diet tables,... [for] 500 to 700 inmates (Science in the Kitchen. 1892.)

1892 – Science in the Kitchen, by Ella Eaton Kellogg, is published. This is her most influential work, and the one that had the greatest influence on Lenna F. Cooper.

Lenna was once asked if she were the “mother” of home economics. “I’m sometimes called the Dean,” answered the grand lady, “but the ‘Mother’ of Home Economics is without doubt Ella Eaton Kellogg” (Tales of Battle Creek. 1976, p. 259-60).

1893 Dec. 2 – Miss Lenna Cooper now lives in Hutchinson, Kansas (Hutchinson News, p. 5).

1895 March 1 – Lenna F. Cooper is now living in Hays, Reno County, Kansas. Age 20, she is teaching school – according to the 1895 Kansas State Census,

1896 June 20 – Miss Lenna Cooper now lives in Hutchinson, Kansas (Hutchinson News, p. 5).

1898 – Lenna Cooper and her younger brother John Elbert Cooper, traveling together, first arrive in Battle Creek, Michigan – he to become a student in the American Medical Missionary College. The nurse’s course at the Battle Creek Sanitarium appealed to her, so she pursued a career in nursing. A reporter later wrote:

“Probably Miss Cooper would have turned to medicine
as a career, if she had only had the strength, but she was far from robust in her younger years and even nursing was considered too strenuous for her. She took to dietetics as an ‘easy job’ - and found it a most strenuous occupation.

‘But fortunately for me I did learn how to live,’ she says, ‘and in consequence became strong enough to cope with this new occupation.’” (BCE. 1941, p. 28).

1900 June 5 – Lenna Cooper is living in Battle Creek, Calhoun County, Michigan. Age 25, she is a nurse and a boarder (1900 U.S. census).

1901 – Lenna graduates in nursing from the Sanitarium nursing school. For the next few years she is closely associated with the Kellogg residence in the care of the doctor’s adopted and foster children (BCE. 1961. Feb. 23, p. 12; obituary).

“Originally trained as a nurse, Cooper was a protege of Dr. John Harvey Kellogg, director of the Seventh-day Adventist sanitarium in Battle Creek, and his wife, Ella. Under their tutelage, Cooper took up the study of nutrition and became a leading proponent of health care through diet” (Michigan Women’s Hall of Fame, inducted 1993).

1902 June 20 – Lenna is elected president of the Young Woman’s Booster Club. “Miss Cooper is a graduate nurse and is in charge of Dr. Kellogg’s small children who belong to the ‘family.’ (Battle Creek Moon, p. 5)

1903 Nov. – Lenna writes her first article in Good Health magazine, published by Dr. John Harvey Kellogg. Titled Fruit Gelee, it contains recipes for Lemon Gelee and Pineapple Gelée. Each recipe calls for 2 cups sugar and 1 ounce agar-agar (a plant gelatin).

1903-04 – In this issue of the Battle Creek city directory (p. 187), Lenna F. Cooper is now boarding at 202 Manchester, and her listed occupation is governess. In the 1904-05 city directory (p. 183), Lenna is still listed as boarding at 202 Manchester, but is now listed specifically as being the governess for Dr. J.H. Kellogg. Dr. John H. Kellogg’s house is listed as 202 Manchester on page 326. In the 1905-06 directory, Lenna is now listed as a teacher, still boarding at 202 Manchester (p. 163). She is also listed this way in the 1907 directory (p. 162). In the 1908 directory, after about 4 years of boarding, she no longer boards with Dr. and Mrs. Kellogg. So it seems as if she boarded with the Kellogg family at their residence for about 4-5 years.

1904 Feb. – Lenna writes the first of ten articles about nursing in Good Health magazine.

1905 Dec. – Lenna writes the first of ten articles about diet and food in Good Health magazine. The articles advocate a vegetarian diet.


1906 Nov. – Lenna writes an article for Good Health titled “Vegetarian substitutes for the Thanksgiving turkey: Appetizing and healthful dishes made without taking the lives of God’s innocent creatures.” Recipes are given.

1907 Jan. – Lenna begins a series of articles for Good Health about cooking for children.

1907 June 10 – The first class (of eleven) graduates from the Sanitarium’s School of Health and Household Economics. The department was established two years ago under the direction of Miss Lenna Cooper (Battle Creek Daily Moon {Michigan}. 1907 June 11, p. 8).

1907 Aug. – The Battle Creek Sanitarium, School of Health and Household Economics holds a summer course. Dr. J.H. Kellogg, M.D. is President. Lenna F. Cooper is Principal; she teaches Cookery, Serving and Laundering.

1907 Nov. – In “Announcement 1908,” Good Health announces its plans for the coming year. “Not one of the least interesting features will be a special series of articles by Lenna F. Cooper, Principal of the Battle Creek School of Health and Household Economics, dealing with settlement work.

Note: Lenna never wrote these articles. Instead she enrolled in a two-year course at the Drexel Institute in Philadelphia, Pennsylvania - with Dr. and Mrs. Kellogg’s encouragement. She paid her own way (BCE. 1941, p. 28).

1907 Dec. – Lenna writes an article for Good Health titled “The children’s cooking class: Children’s Christmas dinner. Menu and recipes.” It is all vegetarian. A Protose Roast is the main dish, taking the place of Turkey.

1908 – Lenna graduates from the Drexel Institute in Philadelphia. Pennsylvania, then returns to Battle Creek where she is named director of the newly organized School of Home Economics at the Battle Creek Sanitarium (BCE. 1930. April 17; and 1961 obituary; Stage & Vincenti 1997).

1910 April 26 – Lenna Frances Cooper is living in Battle Creek, Calhoun County, Michigan – according to the 1910 U.S. Census. She is age 35, single and living at 177 Van Buren St. Occupation: Dietitian in a hospital.

1911 Feb. – Lenna returns to writing articles in Good Health magazine. The first is “Our milk supply,” followed by “The
1911 April 2 – Lenna Cooper speaks to a large audience on right eating in Fort Wayne, Indiana.

“The proportions in the menu should be 10 per cent. protein, 30 fats and 60 per cent carbohydrates. It is impossible to emphasize too strongly that our health and energies depend on our foods.” “Miss Cooper concluded her lecture with the following remark: ‘Watch your diet, take plenty of exercise in the cold air and get as much sleep as you need.’” (Fort Wayne Journal-Gazette, p. 1).

1911 May 15 – Lenna Frances Cooper is first described in print as a “dietitian at the Battle Creek sanitarium” (Lansing State Journal, p. 7, col. 3).

1912 May 24 – The first “Alumni reception” will be held June 19 on the grounds of the Sanitarium annex. The word “alumni” is first used in connection with Lenna, who always tried to keep in touch with her students (Battle Creek Daily Moon, p. 5).

1912 Feb. 24 – Lenna is now secretary and treasurer of Michigan Home Economic association (Evening News {Battle Creek, Michigan}. p. 2).

1913 Aug. – Lenna F. Cooper’s first book is The New Cookery: A Book of Recipes, Most of Which Are in Use at the Battle Creek Sanitarium (Good Health Publishing Co., Battle Creek, 298 p.). This vegetarian cookbook advocates a low-protein diet based on the research of Prof. R.H. Chittenden, dean of physiology, Yale University [New Haven, Connecticut]. Like the San, it uses dairy products and eggs, but no meat, poultry, fish, shellfish or stimulants (such as coffee or tea). Lenna thanks “Dr. and Mrs. J.H. Kellogg, who first inspired her with a love for the study of foods and their scientific preparation and who have since been constant sources of help and encouragement.” A 2nd revised edition is published in 1914, and a 3rd revised and enlarged edition in 1916. Starting in 1916 this poem is facing the table of contents:

“No flocks that roam the valley free, To slaughter I condemn;
“Taught by that Power that pities me, I learn to pity them;
“But from the mountain’s grassy side, A guiltless feast I bring;
“A scrip with herbs and fruits supplied, And water from the spring!”
“Oliver Goldsmith” [1728-1774, Ireland]

This poem appears (facing the title page) in each subsequent edition until the last (12th) edition, published in 1935.

The 11th edition (1929) and the 12th edition (1935) were co-authored by Margaret Allen Hall.

1913 Dec. – The Battle Creek Sanitarium School of Home Economics advertises its “Course for Dietitians” in Good Health magazine. Lenna F. Cooper is director.

1914 Feb. 18 – Lenna first expresses her views on vegetarianism in print. The girls studying domestic science at the San “are taught how to cook meat in the second year, because it is not to be expected that they can all find work to do where vegetarianism is practised” (Evening News {Battle Creek}. p. 7).

1914 June 12 – The “Alumnae Association” of the Sanitarium School of Home Economics – Lenna’s students – is first announced. Last night they hosted a cleverly arranged banquet for the 1914 graduates on the Sanitarium roof garden (Battle Creek Daily Journal. p. 6).


1916 Jan. – Lenna writes an article in Good Health titled “New Year’s – The day and its dinner.” She ends it like this: “For the benefit of those who wish to live healthier and happier, we offer the following New Year’s suggestions, and then a menu, with recipes, for the New Year’s dinners.

1. Cultivate happiness and thus good digestion.
2. Walk in the open two miles each day, or sufficient to earn an appetite.
3. Eat sufficient food to maintain normal weight, but no more.
4. Drink six to ten glasses of liquids per day.
5. Eat simply prepared but appetizing foods.
6. Eat some uncooked food each day.
7. Eat some coarse food each day.
8. Use sparingly of high protein foods.
9. Eat regularly and leisurely.
10. Avoid stimulants.”


1916 June – Lenna is named dean of the School of Home Economics at the Battle Creek Sanitarium. She continued in this post after the School of Home Economics was merged into Battle Creek College, remaining in this post until 1926 (Evening News. 1916. June 15, p. 1).

1917 July – Lenna Frances Cooper’s second book is
published, *How to Cut Food Costs* (Good Health Publishing Co., 128 p.). It is a vegetarian cookbook; World War I has begun and the USA has joined the Allies.

1917 Oct. 18 – Lenna is one of two co-founders of the American Dietetic Association, together with Lulu G. Graves. Lenna presides at the organization meeting in Cleveland, Ohio, and serves as the organization’s first vice president. Ninety-eight persons came to the meeting. There were 39 charter members, who were designated as those present at the 1917 Conference whose dues were paid by April 1, 1918. This is one of the most important things Lenna ever did. The detailed story of the founding of the ADA has been told by Mary I. Barber in *History of the American Dietetic Association, 1917-1959* (see Chap. 3).

1918 Nov. – The surgeon general names Lenna the supervising dietitian for the U.S. army during World War I (*BCE*, Nov. 3, p. 2). At the time, the word “dietitian” was unknown in the military. So she was the first dietitian in the U.S. Army. During the war, she spent some time in France doing dietetic work. Following the war she resumed her duties as dean of the Battle Creek College School of Home Economics (*BCE*, South 1978).

1919 June 4 – The School of Home Economics graduates 30. Dr. John Harvey Kellogg and Dean Lenna Cooper are present for the awarding of diplomas (*BCE* June 3, p. 14).

   Lenna is a person with many, many friends. She makes every effort to host reunions and to keep in touch with her many past students. She loves to attend conventions, conferences and meetings, to be active on committees, and establish initiatives to improve the public’s health, as, for example, by ensuring that milk from tubercular cows will not be sold.

1919 Oct. 31 – Lenna purchases her own pretty new home in Battle Creek at 10 Burnham Court. She resides with Miss Phyllys Grundtisch (*Battle Creek Moon-Journal*, p. 13, col. 5; also Nov. 12, p. 7).

1920 June 4 – Ella Eaton Kellogg, a truly remarkable woman, dies at Battle Creek, Michigan. She had been Lenna F. Cooper’s No. 1 mentor, followed by Dr. John Harvey Kellogg. Ella had been deaf for many years.

   Ella Eaton Kellogg created a new field which would come to be called ‘dietetics.’

1920 Aug. 18 – The 19th amendment to the Constitution is ratified, providing men and women with equal voting rights.

   On April 23, 1921, Lenna makes her first political statement after attending the Cleveland convention of the National League of Women Voters. She praises the League and their diverse but focused agenda (*Battle Creek Moon-Journal*, p. 5).

1922 Dec. 18 – “Four hundred letters expressing a Christmas greeting and giving a summary of the year’s work of the School of Home Economics are being sent out from the office of Dean Lenna Cooper to the graduate alumnae of the school” (*Battle Creek Moon Journal*, p. 7).

   Over the years, Lenna kept in touch with her students “by means of a long Christmas letter each year, remembered each one and loved to hear of their many accomplishments” (Mary I Barber. 1962. Oct, 6. First “Lenna F. Cooper Memorial Lecture”).

1923 Aug. – When the Sanitarium’s School of Home Economics becomes part of Battle Creek College in 1923, Lenna Cooper is named dean (*BCE* Aug. 17, p. 2).

1923 Aug. – The first issue of the *Bulletin of the American Dietetic Association* is published by the Chicago Branch of the ADA.

1925 June – The first issue of the *Journal of the American Dietetic Association* is published as a continuation of the *Bulletin of the American Dietetic Association*.

1926 Jan. 1 – Lenna is president of the Battle Creek Altrusa Club, the city’s senior club of business and professional women (*BCE*, p. 24).


1927-1930 – Lenna is food director/food service manager at the University of Michigan in Ann Arbor. When she left Battle Creek her students gave her an 8-week Mediterranean cruise (*Post-Crescent* {Appleton-Wisconsin}. 1954. April 29, p. 23)


1928 Feb. – When the *Detroit Free Press* conducted a contest to determine by popular vote the 10 most outstanding women in achievement in Michigan, Miss Cooper received the honor for achievement in science (*BCE*, Feb. 22, p. 5).

1928 June – The first edition of *Nutrition in Health and Disease*, by Lenna Cooper, Edith Barber and Helen Mitchell, is published by J.B. Lippincott. Since then revisions have been made every two or three years to bring it up to date. Soon the book came to widely known in the profession as Cooper-Barber-Mitchell. This book is one of Lenna Cooper’s most important lifetime achievements.
As of 1984 this book had been in print for 56 years and had sold more than a million copies (New York Times, obituary of Helen S. Mitchell).

1929 – The Michigan Dietetic Association is formed. At a meeting of the Southwest Dietetic Association which was held in Battle Creek, Miss Cooper moves the group to organize the Dietetic Association as a state wide organization. Miss Lenna Cooper becomes its first president and attended meetings until the year before her death.

1929 Oct. 29 – The U.S. stock market crashes, heralding the Great Depression. This has a huge negative effect on the Battle Creek Sanitarium.

1930 July 1 – Lenna begins her work as supervising dietitian at Montefiore Hospital just north of New York City in New Rochelle. This hospital, which is affiliated with Columbia University (of which Miss Cooper is a graduate), has 700 beds and is one of the largest institutions of its kind in the metropolis. The job includes budgeting food costs, directing and training personnel and looking after the serving of some 3,800 meals a day. She remains in that position for 18 years, retiring in 1948 at age 73 (BCE 1930. April 17, p. 2; BCE 1941. April 20, p. 28; BCE 1961. Feb. 23, p. 12).

1935 May 19 – Mrs. Marjorie Hulshizer Copher, an American dietitian who volunteered in Europe during World War I and was twice decorated (including in person by King George of England), dies at age 44 from complications arising from a bronchial condition. In 1917 she was one of 38 charter members of the American Dietetic Association.


1937-38 – Lenna Cooper serves as president of the American Dietetic Association for one year; a good biography of her appears (J. of the American Dietetic Association. 1937. Nov. p. 374-77).

1947 – Lenna is awarded an honorary doctor of science degree from Drexel Institute of Technology, Philadelphia. She can now be called Dr. Cooper (BCE 1959. Sept. 1, p. 36).

1949 April – Lenna is appointed visiting professor of home economics at the University of Mississippi for the remainder of the current semester. She was chief of the department of nutrition at Montefiore Hospital until she retired in 1948; she was a consultant dietitian for various hospitals and educational institutions since that time.

1951 late – “Lenna Frances Cooper, known throughout the nation as one of its leading dietitians, was presented with the Marjorie Hulshizer Copher award, the highest recognition of merit bestowed by the American Dietetics association” in recognition of having been the first to propose its formation. The award was made at the ADA convention in Cleveland (BCE 1952. Jan. 16, p. 17).

1952 Jan. 3 – Olive M. (Jones) Cooper, the wife of Dr. John E. Cooper (Lenna’s brother) of Battle Creek is critically injured in a traffic accident on 31 Dec. 1951. She dies on 3 Jan. 1952 at age 72. Hearing the sad news, Lenna returns to Battle Creek to be with and take care of her brother. They live at 298 W. VanBuren St. Also in the house was John’s cousin, Jessie Carrothers (BCE 1952. Dec. 28. p. 28).

1954 Feb. – Lenna writes a long article in the Journal of the American Dietetic Association on “Florence Nightingale’s contributions to dietetics.” (p. 121-27).


1959 Feb. 11 – Dr. John E. Cooper dies. Shortly thereafter the home at 298 W. VanBuren St. was closed and Lenna Cooper, together with a cousin, Miss Jessie Carrothers, resided with Dr. and Mrs. Edwin L. Hansen of 47 Orchard Place, where Miss Carrothers still lives. John was a devout Seventh-day Adventist (BCE 1952. Dec. 28. p. 28).

1959 Sept. 1 – “Miss Lenna Frances Cooper, one of the nation’s top-ranking dietitians, today took over as administrative dietitian at the Battle Creek Sanitarium” (BCE, p. 36).


1961 Feb. 9 – Lenna Cooper enters a nursing home in Battle Creek (BCE obituary).

1961 Feb. 23 – Lenna Frances Cooper dies in a nursing home in Battle Creek at 2:30 a.m.; she would have been 86 in two days (on Saturday). Funeral Services are held at 1:30 p.m. Tuesday in the Hebble Chapel. The Rev. Dr. Carleton Brooks Miller, pastor emeritus of the First Congregational Church, of which Miss Cooper was a member, officiates (BCE obituary).

1962 – The first person to deliver the Lenna Frances Cooper Memorial Lecture is Mary I. Barber. She first presented the lecture at the American Dietetic Association annual
convention in Miami Beach, Florida. She presented it again at the meeting of the Michigan Dietetic Association several weeks later in October. At the Michigan meeting a tribute is paid to Miss Cooper by Dr. E.M. Bluestone, formerly of Montefiore Hospital; it bears out the feelings of all those who knew her:

“It remains for us only to recall gratefully the attributes of nobility that Miss Cooper bequeathed to us all. When the younger generation of dietitians rises up and calls her blessed it is because they benefitted from the fruits of her mind and hands. She was loved because her associates not only learned from her but because she had humility, gentleness, and poise, and a very personal understanding of their needs at all times. She was the eternal friend to whom they could turn when they were troubled in heart or soul. She was lavish in her gifts and she responded to every call. Her memory is a benediction to us all” (*BCE*. 1962. Oct. 26, p. 8).

**During what years was Lenna F. Cooper a vegetarian?**
She was probably a vegetarian from about 1898 until at least 1926, and again from 1952 or 1954 until her death in 1961 (see Shurtleff, 2018).

**Was she ever a Seventh-day Adventist?** We have no evidence that she was, although several of her brothers were. She died a member of the First Congregational Church in Battle Creek.

**ABOUT THIS BOOK**

This is the most comprehensive biography of Lenna F. Cooper ever published. It has been compiled, one record at a time, in an attempt to document the history of this historically-important and remarkable woman. It is also the single most current and useful source of information on Lenna F. Cooper.

This is one of more than 100 books compiled by William Shurtleff and Akiko Aoyagi, and published by the Soyinfo Center. It is based on historical principles, listing all known documents in chronological order. It features detailed information on:

- 30 different document types, both published and unpublished.
- 620 published documents - extensively annotated bibliography. Every known publication on the subject in every language.
- 14 unpublished archival documents.
- 10 original Soyinfo Center interviews and overviews never before published, except perhaps in our books.

Thus, it is a powerful tool for understanding the development of this subject from its earliest beginnings to the present.

Each bibliographic record in this book contains (in addition to the typical author, date, title, volume and pages information) the author’s address, number of references cited, original title of all non-English language publications together with an English translation of the title, month and issue of publication, and the first author’s first name (if given). For most books, we state if it is illustrated, whether or not it has an index, and the height in centimeters.

All of the graphics (labels, ads, leaflets, etc) displayed in this book are on file, organized by subject, chronologically, in the Soyinfo Center’s Graphics Collection.

A complete subject/geographical index is also included.
ABBREVIATIONS USED IN THIS BOOK

A&M = Agricultural and Mechanical
Agric. = Agricultural or Agriculture
Agric. Exp. Station = Agricultural Experiment Station
ARS = Agricultural Research Service
ASA = American Soybean Association
Assoc. = Association, Associate
Asst. = Assistant
Aug. = August
Ave. = Avenue
Blvd. = Boulevard
bu = bushel(s)
ca. = about (circa)
cc = cubic centimeter(s)
Chap. = Chapter
cm = centimeter(s)
Co. = company
Corp. = Corporation
Dec. = December
Dep. or Dept. = Department
Depts. = Departments
Div. = Division
Dr. = Drive
E. = East
ed. = edition or editor
e.g. = for example
Exp. = Experiment
Feb. = February
fl oz = fluid ounce(s)
ft = foot or feet
gm = gram(s)
ha = hectare(s)
i.e. = in other words
Inc. = Incorporated
incl. = including
Illustr. = Illustrated or Illustration(s)
Inst. = Institute
J. = Journal
J. of the American Oil Chemists’ Soc. = Journal of the American Oil Chemists’ Society
Jan. = January
kg = kilogram(s)
km = kilometer(s)
Lab. = Laboratory
Labs. = Laboratories
lb = pound(s)
Ltd. = Limited
mcg = microgram(s)
mg = milligram(s)
ml = milliliter(s)

mm = millimeter(s)
N. = North
No. = number or North
Nov. = November
Oct. = October
oz = ounce(s)
p. = page(s)
photo(s) = photograph(s)
P.O. Box = Post Office Box
Prof. = Professor
psi = pounds per square inch
R&D = Research and Development
Rd. = Road
Rev. = Revised
RPM = revolutions per minute
S. = South
SANA = Soyfoods Association of North America
Sept. = September
St. = Street
tonnes = metric tons
trans. = translator(s)
Univ. = University
USB = United Soybean Board
USDA = United States Department of Agriculture
Vol. = volume
V.P. = Vice President
vs. = versus
W. = West
°C = degrees Celsius (Centigrade)
°F = degrees Fahrenheit
> = greater than, more than
< = less than
HOW TO MAKE THE BEST USE OF THIS DIGITAL BOOK - THREE KEYS

1. Read the Introduction and Chronology/Timeline located near the beginning of the book; it contains highlights and a summary of the book.

2. Search the book. The KEY to using this digital book, which is in PDF format, is to SEARCH IT using Adobe Acrobat Reader: For those few who do not have it, Google: Acrobat Reader - then select the free download for your type of computer.

Click on the link to this book and wait for the book to load completely and the hourglass by the cursor to disappear (4-6 minutes).

Type [Ctrl+F] to “Find.” A white search box will appear near the top right of your screen.
Type in your search term, such as Sanitarium or Lenna Frances Cooper.
You will be told how many times this term appears, then the first one will be highlighted.
To go to the next occurrence, click the down arrow, etc.

3. Use the indexes, located at the end of the book. Suppose you are looking for all records about tofu. These can appear in the text under a variety of different names: bean curd, tahu, doufu, to-fu, etc. Yet all of these will appear (by record number) under the word “Tofu” in the index. See “How to Use the Index,” below. Also:

Chronological Order: The publications and products in this book are listed with the earliest first and the most recent last. Within each year, references are sorted alphabetically by author. If you are interested in only current information, start reading at the back, just before the indexes.

A Reference Book: Like an encyclopedia or any other reference book, this work is meant to be searched first - to find exactly the information you are looking for - and then to be read.

How to Use the Index: A subject and county index is located at the back of this book. It will help you to go directly to the specific information that interests you. Browse through it briefly to familiarize yourself with its contents and format.

Each record in the book has been assigned a sequential number, starting with 1 for the first/earliest reference. It is this number, not the page number, to which the indexes refer. A publication will typically be listed in each index in more than one place, and major documents may have 30-40 subject index entries. Thus a publication about the nutritional value of tofu and soymilk in India would be indexed under at least four headings in the subject and country index: Nutrition, Tofu, Soymilk, and Asia, South: India.

Note the extensive use of cross references to help you: e.g. “Bean curd. See Tofu.”

Countries and States/Provinces: Every record contains a country keyword. Most USA and Canadian records also contain a state or province keyword, indexed at “U.S. States” or “Canadian Provinces and Territories” respectively. All countries are indexed under their region or continent. Thus for Egypt, look under Africa: Egypt, and not under Egypt. For Brazil, see the entry at Latin America, South America: Brazil. For India, see Asia, South: India. For Australia see Oceania: Australia.

Most Important Documents: Look in the Index under “Important Documents -.”

Organizations: Many of the larger, more innovative, or pioneering soy-related companies appear in the subject index – companies like ADM / Archer Daniels Midland Co., AGP, Cargill, DuPont, Kikkoman, Monsanto, Tofutti, etc. Worldwide, we index many major soybean crushers, tofu makers, soymilk and soymilk equipment manufacturers, soyfoods companies with various products, Seventh-day Adventist food companies, soy protein makers (including pioneers), soy sauce manufacturers, soy ice cream, tempeh, soynut, soy flour companies, etc.


Soyfoods: Look under the most common name: Tofu, Miso, Soymilk, Soy Ice Cream, Soy Cheese, Soy Yogurt, Soy Flour, Green Vegetable Soybeans, or Whole Dry Soybeans. But note: Soy Proteins: Isolates, Soy Proteins: Textured Products, etc.

Industrial (Non-Food) Uses of Soybeans: Look under “Industrial Uses ...” for more than 17 subject headings.
**Pioneers - Individuals:** Laszlo Berczeller, Henry Ford, Friedrich Haberlandt, Artemy A. Horvath, Englebert Kaempfer, Mildred Lager, William J. Morse, etc. Soy-Related Movements: Soyfoods Movement, Vegetarianism, Health and Dietary Reform Movements (esp. 1830-1930s), Health Foods Movement (1920s-1960s), Animal Welfare/ Rights. These are indexed under the person’s last name or movement name.

**Nutrition:** All subjects related to soybean nutrition (protein quality, minerals, antinutritional factors, etc.) are indexed under Nutrition, in one of more than 70 subcategories.

**Soybean Production:** All subjects related to growing, marketing, and trading soybeans are indexed under Soybean Production, e.g., Soybean Production: Nitrogen Fixation, or Soybean Production: Plant Protection, or Soybean Production: Variety Development.

**Other Special Index Headings:** Browsing through the subject index will show you many more interesting subject headings, such as Industry and Market Statistics, Information (incl. computers, databases, libraries), Standards, Bibliographies (works containing more than 50 references), and History (soy-related).

**Commercial Soy Products (CSP):** See “About This Book.”

**SoyaScan Notes:** This is a term we have created exclusively for use with this database. A SoyaScan Notes Interview contains all the important material in short interviews conducted and transcribed by William Shurtleff. This material has not been published in any other source. Longer interviews are designated as such, and listed as unpublished manuscripts. A transcript of each can be ordered from Soyinfo Center Library. A SoyaScan Notes Summary is a summary by William Shurtleff of existing information on one subject.

**“Note:”** When this term is used in a record’s summary, it indicates that the information which follows it has been added by the producer of this database.

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2. An asterisk after eng (eng*) means that Soyinfo Center has done a partial or complete translation into English of that document.
3. An asterisk in a listing of the number of references [23* ref] means that most of these references are not about soybeans or soyfoods.

**Documents Owned by Soyinfo Center:** Lack of an * (asterisk) at the end of a reference indicates that the Soyinfo Center Library owns all or part of that document. We own roughly three fourths of the documents listed. Photocopies of hard-to-find documents or those without copyright protection can be ordered for a fee. Please contact us for details.

**Document Types:** The SoyaScan database contains 135+ different types of documents, both published (books, journal articles, patents, annual reports, theses, catalogs, news releases, videos, etc.) and unpublished (interviews, unpublished manuscripts, letters, summaries, etc.).

**Customized Database Searches:** This book was printed from SoyaScan, a large computerized database produced by the Soyinfo Center. Customized/personalized reports are “The Perfect Book,” containing exactly the information you need on any subject you can define, and they are now just a phone call away. For example: Current statistics on tofu and soymilk production and sales in England, France, and Germany. Or soybean varietal development and genetic research in Third World countries before 1970. Or details on all tofu cheesecakes and dressings ever made. You name it, we’ve got it. For fast results, call us now!

**BIBLIO:** The software program used to produce this book and the SoyaScan database, and to computerize the Soyinfo Center Library is named BIBLIO. Based on Advanced Revelation, it was developed by Soyinfo Center, Tony Cooper and John Ladd.

**History of Soybeans and Soyfoods:** Many of our digital books have a corresponding chapter in our forthcoming scholarly work titled History of Soybeans and Soyfoods (4 volumes). Manuscript chapters from that book are now available, free of charge, on our website, www.soyinfocenter.com and many finished chapters are available free of charge in PDF format on our website and on Google Books.

**About the Soyinfo Center:** An overview of our publications, computerized databases, services, and history is given on our website.

**Soyinfo Center**
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Phone: 925-283-2991 Fax: 925-283-9091
www.soyinfocenter.com

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LENNA FRANCES COOPER, Dean, Institution Administration

Diploma, Drexel Institute.

B.S., Teachers College, Columbia University;
Supervising Dietitian, Medical Department, U. S. Army, 1918-19.
Family Group Sheet for Simeon M. Cooper

<table>
<thead>
<tr>
<th>Husband:</th>
<th>Simeon M. Cooper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth:</td>
<td>Jun 25, 1850 in Illinois</td>
</tr>
<tr>
<td>Marriage:</td>
<td>Feb 27, 1873 in Piatt County, Illinois</td>
</tr>
<tr>
<td>Death:</td>
<td>Jan 26, 1939 in Palo Alto, Santa Clara County, California</td>
</tr>
<tr>
<td>Burial:</td>
<td>Wichita, Sedgwick County, Kansas; Maple Grove Cemetery</td>
</tr>
<tr>
<td>Father:</td>
<td>Hugh L. Cooper</td>
</tr>
<tr>
<td>Mother:</td>
<td>Elizabeth Taylor</td>
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<table>
<thead>
<tr>
<th>Wife:</th>
<th>Nancy Ellen Carothers</th>
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<tbody>
<tr>
<td>Birth:</td>
<td>Dec 1850 in Ohio</td>
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<tr>
<td>Death:</td>
<td>Mar 10, 1922 in Oklahoma City, Oklahoma County, Oklahoma</td>
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<tr>
<td>Burial:</td>
<td>Wichita, Sedgwick County, Kansas; Maple Grove Cemetery</td>
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<tr>
<td>Father:</td>
<td></td>
</tr>
<tr>
<td>Mother:</td>
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Children:

1. **F**
<table>
<thead>
<tr>
<th>Name:</th>
<th>Lenna Frances Cooper</th>
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<tbody>
<tr>
<td>Birth:</td>
<td>Feb 25, 1875 in Hutchinson, Reno County, Kansas</td>
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<tr>
<td>Marriage:</td>
<td></td>
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<tr>
<td>Death:</td>
<td>Feb 23, 1961 in Battle Creek, Calhoun County, Michigan</td>
</tr>
<tr>
<td>Burial:</td>
<td>Feb 26, 1961 in Battle Creek, Calhoun County, Michigan; Memorial Park Cemetery</td>
</tr>
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2. **M**
<table>
<thead>
<tr>
<th>Name:</th>
<th>John Elbert Cooper</th>
</tr>
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<tbody>
<tr>
<td>Birth:</td>
<td>Feb 19, 1877 in Hutchinson, Reno County, Kansas</td>
</tr>
<tr>
<td>Marriage:</td>
<td>Jul 1, 1903 in Iola, Allen County, Kansas</td>
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<tr>
<td>Death:</td>
<td>Feb 11, 1959 in Battle Creek, Calhoun, Michigan, USA</td>
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<tr>
<td>Burial:</td>
<td>Feb 14, 1959 in Battle Creek, Calhoun County, Michigan; Memorial Park Cemetery</td>
</tr>
<tr>
<td>Spouse:</td>
<td>Olive Margaret Jones</td>
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3. **F**
<table>
<thead>
<tr>
<th>Name:</th>
<th>Lora Nell Cooper</th>
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<tr>
<td>Birth:</td>
<td>Aug 1878 in Kansas</td>
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<tr>
<td>Marriage:</td>
<td>Bef. Jun 26, 1917</td>
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<td>Death:</td>
<td>Aug 2, 1945 in Bronx, New York</td>
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<td>Burial:</td>
<td>New York, New York; Woodlawn Cemetery</td>
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<td>Spouse:</td>
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4. **M**
<table>
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<tr>
<th>Name:</th>
<th>Walter Simeon Cooper</th>
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<tr>
<td>Birth:</td>
<td>Mar 30, 1881 in Kansas</td>
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<tr>
<td>Marriage:</td>
<td>Sep 16, 1900 in Allen County, Kansas</td>
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<tr>
<td>Death:</td>
<td>Jun 11, 1955 in Dallas, Dallas, Texas</td>
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<tr>
<td>Burial:</td>
<td>Boston, Thomas County, Georgia; Boston City Cemetery</td>
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<tr>
<td>Spouse:</td>
<td>Grace O. Wood</td>
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5. **M**
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<tr>
<th>Name:</th>
<th>Ward Cooper</th>
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<tbody>
<tr>
<td>Birth:</td>
<td>Apr 23, 1885 in Nickerson, Reno County, Kansas</td>
</tr>
<tr>
<td>Marriage:</td>
<td>Jul 16, 1918 in Spokane, Spokane, Washington</td>
</tr>
<tr>
<td>Death:</td>
<td>Sep 25, 1977 in Palo Alto, Santa Clara County, California</td>
</tr>
<tr>
<td>Burial:</td>
<td>Palo Alto, Santa Clara County, California; Alta Mesa Memorial Park</td>
</tr>
<tr>
<td>Spouse:</td>
<td>Anne Marie Hoy</td>
</tr>
</tbody>
</table>
Notes:

Simeon M. Cooper

**Birth** of Simeon M. Cooper: 25 June 1850 in Illinois  
Source: Death Certificate of Simeon M. Cooper, Palo Alto, Santa Clara County, California Certificate #161.

**Birth**: June 1850  
United States Census 1900 of Allen County, Kansas, Iola Township, Iola City, Enumerated 8 June 1900 by Belle Travis. Supervisor’s District 2; Enumeration District 10, Sheet #11, Page 138 A.

**Death** of Simeon M. Cooper: 26 January 1930  
Source: Death Certificate of Simeon M. Cooper, Palo Alto, Santa Clara County, California Certificate #161

**Marriage** of Simeon M. Cooper and Nancy E Carrothers: 27 February 1873 in Piatt County, Illinois  

Nancy Ellen Carrothers

**Name**: Nancy Ellen Carrothers  
Source: findagrave.com. Memorial #33255924 [No tombstone photo is shown on the findagrave.com site to compare the data to. Hence, it is assumed they read the tombstone inscription or the cemetery records correctly.]

Nancy’s last name is spelled Carrothers in some records and Carothers in others.

**Birth** of Nancy E Carrothers
Birth December 1850 in Ohio. Source: United States Census 1900 of Allen County, Kansas, Iola Township, Iola City, Enumerated 8 June 1900 by Belle Travis. Supervisor’s District 2; Enumeration District 10, Sheet #11, Page 138 A. [Nancy shown as Nancy V. Cooper]

Birth: December 1850 in Ohio [probably taken from 1900 Census]
Source: findagrave.com. Memorial #33255924

Death of Nancy Ellen Carrothers
Death: 9 March 1922
Burial: Maple Grove Cemetery, Wichita, Sedgwick County, Kansas, Section AZ, Lot 11, Grave C.
Source: findagrave.com. Memorial #33255924

Lenna Frances Cooper

Full Name: Lenna Frances Cooper -
Sources:
1917 Yearbook, The Nucleus, Page 109. Lenna Frances Cooper, Director. The School of Home Economics, Battle Creek Sanitarium, Battle Creek, Michigan. Published by the Class of 1917. Source Citation
"U.S., School Yearbooks, 1880-2012
Source Information
Lenna’s Birthdate: 25 February 1875.
Source:

Lenna’s Death Date and Place: 23 February 1961 in Battle Creek, Michigan.
Sources:
Battle Creek Enquirer (Battle Creek, Michigan) Sunday April 30, 1978, Page 47, Column 1-5. “Looking Back” by Amy South. “Army’s first dietitian studied, worked in Battle Creek”.
Newspapers.com


Lenna’s Father’s and Mother’s Names: Simeon M. Cooper and Nancy Carrothers.
Source:
BIOGRAPHY OF LENNA F. COOPER (1875-1961)

Battle Creek Enquirer (Battle Creek, Michigan), “Death Ends Career of Dr. John E. Cooper”, 12 February 1959, Page 1, Column 3 and 4; Page 2, Column 6 and 7. Said Lenna was his sister and that Simeon M. and Nancy (Carrothers) Cooper. Newspapers.com

Lenna’s Grandfather’s and Grandmother’s Names (Father and Mother of Simeon M. Cooper): Hugh L. Cooper and Elizabeth Taylor

Sources:
Death Certificate, Simeon Cooper, states his father was Hugh Cooper and mother was Elizabeth Taylor. Palo Alto, Santa Clara County, California death certificate #161.

Marriage Record of Hugh Cooper and Elizabeth Taylor: Sangamon County, Illinois 10 March 1842. Illinois


Lenna & her Brothers and Sisters: - 6 Children in the Family (Sources 1 & 2) although there are records of 7 children as the Iowa Census of 1856 and US Census of 1860 show. The 1900 Census showed the Nancy had borne 7 children, 6 of which were alive in 1900. Thomas mentioned in the estate of Ambrose Cooper is probably the brother of Simeon, not his son. Listed in Order of birth. See Note below on Census records.

1. Lenna Cooper, Dietitian from Battle Creek, Michigan. (See Source 1)
2. John Elbert Cooper, Physician, Battle Creek, Calhoun County, Michigan. (Source 3) In Source 4, the Dr. Elbert Cooper from Battle Creek was John Elbert Cooper, the same as appeared in many Battle Creek news articles. (Source 4)
3. Lora Cooper of Los Gatos, Santa Clara County, California. (Source 4)
4. Walter Cooper of Kansas City, Kansas or Missouri. (Source 4)
5. Dr. Ward Cooper, eye surgeon in Palo Alto, Santa Clara County, California (Source 1)
6. Harry of Arlington, Riverside County, California. (Source 1)

Sources:
(2) The Parsons Daily Sun (Parson, Kansas), Announcement of death of Mrs. S. M. Cooper, mother of Lenna and her brothers. March 10, 1922. Page 1, Column 3. Newspapers.com
(3) Battle Creek Enquirer (Battle Creek, Michigan), “Death Ends Career of Dr. John E. Cooper”, February 12, 1959, Page 1, Column 3 and 4; Page 2, Column 6 and 7. Said Lenna was his sister and that Simeon M. and Nancy (Carrothers) Cooper. Newspapers.com
(5) Estate of Ambrose Cooper, Sangamon County, Illinois Probate Records, Book 19, P 452.

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List of the heirs of Hugh Cooper: Thomas, Susan, Sarah, Simeon, William who were alive in 1878 or whose children (grandchildren of Ambrose) were alive in 1878. Note: The Thomas listed in this estate filing is probably a brother of Simeon, not a son.


Elizabeth Cooper, age 40, Real Estate Value $1000, Personal Estate Value $200; born in Illinois.
Thomas J. Cooper, age 17, born in Illinois, attended school
Susan E. Cooper, age 15, born in Iowa, attended school.
Sarah A. Cooper, age 11, born in Iowa, attended school.
Simon Cooper, age 10, born in Iowa, attended school
Josephine, age 4, born in Iowa.

1856 Iowa Census of Jackson County, Iowa. (No further data on headings)
95th Dwelling and 95th family visited

Elizabeth Cooper, age 35, widowed, born in Illinois, Years resided in Iowa 1.

Agricultural Section: See Column #

<table>
<thead>
<tr>
<th>Column #</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>33</td>
<td>Acres of Corn 25</td>
</tr>
<tr>
<td>34</td>
<td>Bushels harvested 1908</td>
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<tr>
<td>35</td>
<td>Acres of Potatoes 4</td>
</tr>
<tr>
<td>36</td>
<td>Bushels Harvested 50</td>
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<tr>
<td>39</td>
<td>Number of Cattle Sold 4</td>
</tr>
<tr>
<td>40</td>
<td>Value of Cattle Sold 97</td>
</tr>
<tr>
<td>41</td>
<td>Pounds of Butter Manufactured 50</td>
</tr>
</tbody>
</table>

Remainder of Family:
Thomas J. Cooper, age 13, born in Illinois, Years resided in Iowa 1
Susan E. Cooper, age 10, born in Illinois, Years resided in Iowa 1
Sarah A. Cooper, age 8, born in Illinois, Years resided in Iowa 1
Simeon M. Cooper, age 8, born in Illinois, Years resided in Iowa 1

John Elbert Cooper

Name: WW 1 Draft Card lists his name as John Elbert Cooper, a physician at Battle Creek Sanitarium. His birthdate was given as 18 February 1877. Wife was Olive M. Cooper.

_Battle Creek Enquirer_ (Battle Creek, Michigan), February 12, 1959, page 2, Column 6 & lists his birth, wife's name, death date, parents & burial location. Newspapers.com
Lora Nell Cooper

Name: Lora Nell Cooper – [Note: Lora’s name is frequently spelled Laura, particularly in the Battle Creek, Michigan newspapers.]

Source:
United States Census 1900 of Allen County, Kansas, Iola Township, Iola City, Enumerated 8 June 1900 by Belle Travis. Supervisor’s District 2; Enumeration District 10, Sheet #11, Page 138 A. 
Source of Death


Occupation: Music/Piano Teacher

Source Information

Walter Simeon Cooper

Birth, Death and Burial
Source:
Texas State Death Certificate for Walter Simeon Cooper, Texas State #27445. familysearch.org

Ward Cooper

Death Source: Social Security Death Index for Birth and month, year and location of death. Also the California Death Index for Birth, Death and Place of Death.
Source Information
Marriage:
Source Citation
Washington State Archives; Olympia, Washington; Collection Title: Washington Marriage Records, 1854-2013; Reference Number: easpmca 24450
Source Information

Harry Clayton Cooper

Harry’s middle name
Source: On his WW II draft card for Harry Cooper his middle name was Clayton. His birth was 22February 1887 in Nickerson, Kansas. His residence when he filled out the card was Palo Alto, California. World War II Draft Registration #3691. familysearch.org
Harry applied to the US Consulate General in China for Registration as an American citizen. In the forms he filled out, he stated that he was the son of Simeon M. Cooper of Ottawa, Kansas. Simeon was born in Sangamon County, Illinois. Harry was a missionary for the Seventh Day Adventist Church, arriving in China on 8 April 1919. He was residing in Tung Shan, Canton. His wife's name was Elsie Leona Cooper.
Source Citation: Roll #: 32734_520306900_0271
Source Information

Place of Death: His obituary in San Bernardino County listed his place of death as Loma Linda, San Bernardino County, California and his wife as Elsie.

Marriage:
Source Citation
South Dakota Department of Health; Pierre, South Dakota; South Dakota Marriage Records, 1905-2016
Source Information
### Pedigree Chart for Lenna Frances Cooper

**Hugh L. Cooper**
- **b.** Abt. 1816 in Smith County, Tennessee
- **m.** 10 Mar 1842 in Sangamon County, Illinois
- **d.** 19 Jun 1866 in Jefferson County, Iowa
- Burial: Black Hawk, Jefferson County, Iowa; Blue Point Cemetery

**Simeon M. Cooper**
- **b.** 25 Jun 1860 in Illinois
- **m.** 27 Feb 1873 in Piatt County, Illinois
- **d.** 26 Jan 1930 in Palo Alto, Santa Clara County, California
- Burial: 31 Jan 1930 in Wichita, Sedgwick County, Kansas; Maple Grove Cemetery, Section AZ, Lot 11, Grave C

**Lenna Frances Cooper**
- **b.** 25 Feb 1875 in Hutchinson, Reno County, Kansas
- **m.**
- **d.** 23 Feb 1961 in Battle Creek, Calhoun County, Michigan
- Burial: 28 Feb 1961 in Battle Creek, Calhoun County, Michigan; Memorial Park Cemetery

**Elizabeth Taylor**
- **b.** Abt. 1820 in Illinois
- **d.** 10 Mar 1922 in Oklahoma City, Oklahoma County, Oklahoma
- Burial: Competine, Wapello County, Iowa; Martinsburg Cemetery

**Ambrose Cooper**
- **b.** 18 Dec 1796 in Botetourt County, Virginia
- **m.**
- **d.** 19 Apr 1878 in Sangamon County, Illinois
- Burial:

**Mary Kilbraith**
- **b.** 24 Feb 1788 in Augusta County, Virginia
- **d.** 17 Oct 1877 in Sangamon County, Illinois
- Burial: Sherman, Sangamon, Illinois; Wolf Creek Cemetery

**Nancy Ellen Carothers**
- **b.** Dec 1860 in Ohio
- **d.** 9 Mar 1922 in Oklahoma City, Oklahoma County, Oklahoma
- Burial: Wichita, Sedgwick County, Kansas; Maple Grove Cemetery, Section AZ, Lot 11, Grave C

**Name:**
- **b.**
- **m.**
- **d.**
- Burial:

**Name:**
- **b.**
- **m.**
- **d.**
- Burial:

**Name:**
- **b.**
- **m.**
- **d.**
- Burial:

**Name:**
- **b.**
- **m.**
- **d.**
- Burial:

**Name:**
- **b.**
- **m.**
- **d.**
- Burial:
BIOGRAPHY OF LENNA FRANCES COOPER (1875-1961)

1. Lenna Frances Cooper (1875-1961). Her pedigree chart and family group record for the family in which she was a child. 1875.

• Summary: See previous pages. Note: This family group record was researched and developed in early 2018 by Wayne Dawson of Tucson, Arizona. If such documents have ever been compiled before, we are unaware of them.

2. Simeon M. Cooper, first land grant in Reno County, Kansas. 1877. Granted: May 15.

• Summary: May 15, 1877, Township 23S, Range 8W, 6th Principal Meridian: South half of the Southeast quarter, Section 2. (S1/2WE1/4 Section 2). 80 Acres.


Note: Simeon got this first land grant about 2 years after Lenna Cooper, his eldest child, had been born.


• Summary: Supervisor’s District 2; Enumeration District 284. Page 8. Enumerated by J.S. Booklessi on June 9 & 10, 1880. Dwelling 80, Family 83.

Simeon Cooper, age 29, Farmer, Born Illinois, Father born in Illinois, Mother born in North Carolina

Nancy E. Cooper, age 29, Keeping House, born in Ohio, Father born in Ohio, Mother in Maryland

Lena [sic, Lenna] F. Cooper, age 5, daughter born in Kansas, Father born in Illinois, Mother in Ohio.

John E. Cooper, age 3, son, born in Kansas, Father born in Illinois, Mother in Ohio.

Lara N. Cooper, age 1, daughter, born in Kansas, Father born in Illinois, Mother in Ohio.

Note 1. Lenna was the eldest child in the family, about 2 years older than her brother John Elbert Cooper, who became a physician.

Note 2. According to the Hardy Family Tree on Ancestry.com, Lena had four more younger brothers and sisters.

Note 3. This is the earliest document seen (April 2018) concerning Lenna Frances Cooper.

Lora/Laura N. Cooper, (shown above; born in 1878 in Kansas; lived in Iola, Kansas)

Walter Simeon Cooper (born in 1881 in Kansas, wife Mary per 19; died in 1955 in Dallas, Texas; several sources say he was a manager or salesman in a lumber company).

Harry Isaac Cooper, (born 1884 in Kansas, died 1945 in Geary, Oklahoma).

Ward Cooper, (born in 1885 in Kansas; died in 1977 in Palo Alto, California; buried in Wichita, Kansas; physician in general practice in Palo Alto).

Harry Clayton Cooper (born 1887 in Kansas; Wife, if any, not known; died in 1978 in Loma Linda, California; Social Worker with 4 years of college).


• Summary: April 20, 1882, Township 23S, Range 8W, 6th Principal Meridian: North half of the Southeast quarter of Section 2 (N1/2SE1/2 of Section 2). 80 Acres.


Note 1. This plot of 80 acres is adjacent to the northern boundary of his first land grant of May 1877.

Note 2. Simeon got this 2nd land grant about 7 years after Lenna Cooper, his eldest child, had been born.


• Summary: This is the 3rd earliest known Seventh-day Adventist cookbook, and the earliest known book by Mrs. Ella Eaton Kellogg. Cover title: “Part of a large work on food and cookery... now nearly completed.” In it, the author’s name is written “Mrs. E.E. Kellogg.”

Contents: Introduction. Soups. Bread. Yeast and fermentation. Unfermented bread [made without soda, saleratus or baking-powder]. Grains and mushes. Leguminous seeds (incl. dried peas, white beans, Lima beans, lentils). Vegetables. Simple puddings. Pies and cake (incl. Granola Crust, using granola made by the Sanitarium Food Co. {p. 46}). Fruit for desserts and sauces. Breakfast dishes (“The habit of using fried potatoes, fried mushes, salt fish, salted meats, and other similar foods of almost impossible digestibility for breakfast dishes, is a most pernicious one.” “The breakfast should be as simple as possible,...” “Fruit... should always have a place at the breakfast table.” “The grains form one of the most healthful, appropriate, and convenient breakfast dishes”).

This vegetarian cookbook often calls for the use of milk or cream in recipes. It describes how to prepare home-made yeast and make yeasted bread.

On the 2nd page of unnumbered full-page ads in the back we read: “(In Preparation)
“Science in the Kitchen.
By Mrs. E.E. Kellogg, A.M.
“Contains an account of the nature and proper preparation of food, bills of fare, dietaries, useful tables, etc., etc., and
“A Great Amount of Useful Information
“On these subjects not to be found elsewhere. This work is now nearly ready for the printers, and the author hopes to complete it soon. It will be
“Beautifully Bound in Cloth,
“and will contain between 400 and 500 compact pages, with numerous illustrations.

“Health Publishing Co., Battle Creek, Michigan.”

Note: Ella Eaton Kellogg lived 1853-1920. Address: Battle Creek, Michigan.

• Summary: Describes “Mrs. Kellogg’s System of Scientific Cookery.” “As the result of many years’ experience in the management of a School of Cookery and an ‘Experimental Kitchen,’ Mrs. Dr. J.H. Kellogg has developed a system of cookery, the leading features of which are so entirely novel and so much in advance of the methods heretofore in use, that it may be justly styled A New System of Cookery. It is a singular and lamentable fact, the evil consequences of which are wide-spread, that the preparation of food, although involving both chemical and physical processes, has been less advanced by the results of modern researches and discoveries in chemistry and physics than any other department of human industry. Iron-making, glass-making, even the homely art of brick-making, and many of the operations of the farm and the dairy, have been advantageously modified by the results of the fruitful labors of modern scientific investigators; but the art of cookery is at least a century behind in the march of scientific progress. The mistress of the kitchen is still grooping her way amid the uncertainty of mediaeval [medieval] methods, and daily bemoaning the sad results of the “rule of thumb.”"

The course of instruction will consist of eight lessons, to be given at 21 East Jefferson St. on June 14-23 at 3 p.m. The instructor is Mrs. D.H. Kress. The eight sessions will comprise the following subjects: 1. Soups. 2. Grains. 3. Breakfast dishes. 4. The possibilities of yeast. 5. Unfermented breads. 6. Vegetables. 7. Invalid foods. 8. Desserts.

Note: This is the earliest Seventh-day Adventist cookbook seen (Sept. 1999). However soy is not mentioned in a SDA cookbook until 1919 or 1924. Address: Battle Creek, Michigan.

• Summary: This is Ella Eaton Kellogg’s most influential work. The wife of the famous Dr. John Harvey Kellogg discusses the principles and methods of the dietary system employed at the Battle Creek Sanitarium. The Preface, written by the publishers, begins: “The interest in scientific cookery, particularly in cookery as related to health, has manifestly increased in this country within the last decade...” Many successful schools for instruction in cookery have been established. Unfortunately the focus has been on “the preparation of toothsome and tempting viands, but little attention has been paid to the science of dietetics, or what might be termed the hygiene of cookery.

“A little less than ten years ago [ca. 1883] the Sanitarium at Battle Creek, Michigan, established an experimental kitchen and a school of cookery under the supervision of Mrs. Dr. Kellogg... the demand for instruction has become so great that classes are in session during almost the entire year. During this time Mrs. Kellogg has had oversight of the cuisine of both the Sanitarium and the Sanitarium Hospital, preparing bills of fare for the general and diet tables,... [for] 500 to 700 inmates.

“These large opportunities for observation, research, and experience, have gradually developed a system of cookery... [that] may justly be styled, A New System of Cookery. Although based on modern chemistry, the methods are simple, and the results are tasty, wholesome and attractive. Many people say its has never occurred to them “to do it this way before.” Great success has also “attended the cooking school in connection with the Bay View Assembly (the Michigan Chautauqua)...”"

In the Introduction, the author emphasizes that diet and cooking should be studied as a science whose aim is to promote good health. This book focuses on those scientific principles. The most important foods, the legumes and grains, and their products, are given extra space and special attention.

Chapter 1, titled “Foods,” discusses the properties of food, the food elements (starch, sugar, fats, albumen, mineral substances {phosphates, carbonates}, and indigestible substances), uses of the food elements, proper combination of foods (6 of carbonaceous to one of nitrogenous), condiments (which have no real food value, are all strong irritants, and only disguise the natural flavor of food. The use of condiments invites habitual use of intoxicating drinks), etc. Each chapter is followed by a page titled “Table topics” containing quotations, often from well-known or respected people. For example: “A man’s food... suggests his moral nature. Many a Christian is trying to do by prayer that which
cannot be done except through corrected diet.—Talmage.”

The first two food chapters are about cereal grains (p. 78-107, and about breads and bread-making). In the next chapter, titled “Fruits,” is a long section on “nuts, or shell fruits” with recipes.

Note 1. Neither peanut butter nor “nut butters” are mentioned in this book. However the peanut is mentioned on pages 7, 9, 110, and 214.

The long chapter on “Legumes” (p. 217-27) focuses on dry peas, beans, and lentils. Although neither soybeans nor soyfoods are mentioned, we read (p. 217-18): “The nitrogenous matter of legumes is termed legumin, or vegetable casein, and its resemblance to the animal casein of milk is very marked. The Chinese make use of this fact, and manufacture cheese [clearly tofu] from peas and beans.”

Note 2. This is the earliest known Seventh-day Adventist cookbook that mentions soyfoods.

Note 3. This is the 2nd earliest document seen (Dec. 2013) concerning soyfoods in connection with Dr. John Harvey Kellogg—actually his wife, Ella.

The chapters on animal products are toward the back of the book, after the chapter on desserts. The first of these, titled “Milk, cream, and butter” (p. 364-79) says that milk is best used in its fresh, natural state, and includes discussions of “adulteration of milk, quality of milk influenced by the food of the animal, diseased milk, kinds of milk to be avoided, and distribution of germs by milk.” The section on “artificial butter” discusses various “fraudulent preparations” such as oleomargarine. The use of cheese is strongly discouraged, since it “is very difficult of digestion” and “is very liable to contain a poison called tyrotoxin, capable of producing most violent and indeed fatal results...” Recipes for non-fermented cheese are given. The next chapter is titled “Eggs” (p. 380-88).

Surprisingly, this is not a vegetarian cookbook, although the author and her husband were long-time ardent vegetarians. Next comes a long chapter on meats, with recipes (p. 389-417). Possible reasons for including such a chapter are: (1) As a place to criticize the use of the “flesh and various organs” of animals, poultry and game as food. (2) As a place to praise the vegetable [vegetarian] diet. (3) To help prevent other leaders of the domestic science / scientific cookery movement (most of whom were not vegetarians) from categorically dismissing the book. On the first 3 pages of this chapter we read: “At the present time there is not much question in the minds of many intelligent, thinking people as to the propriety of using foods of this class, and especially of their frequent use. Besides being in no way superior to vegetable substances, they contain elements of an excrementitious character, which cannot be utilized, and which serve only to clog and impede the vital processes, rendering the blood gross, filling the body with second-hand waste material which was working its way out of the vital domain of the animal when slaughtered. To this waste matter... are added those productions of the putrefactive process which so quickly begin in flesh foods exposed to air and warmth.

“That flesh foods are stimulating has been shown by many observations and experiments.

“Flesh foods are also specially liable to be diseased and to communicate to the consumer the same disease... It has been abundantly proved that such diseases as the parasitic, tuberculose, erysipelatose, and foot and mouth diseases are most certainly communicable to man by infected flesh. All stall and sty fed animals are more or less diseased. Shut up in the dark, cut off from exercise, the whole fattening process is one of progressive disease... Add to this the exhaustion and abuse of animals before slaughtering; the suffering incident to long journeys in close cars, often without sufficient food and water; and long drives over dusty roads under a burning sun to the slaughter house, and it will be apparent to all thoughtful persons that such influences are extremely liable to produce conditions of the system that render the flesh unfit for food.” Note 4. The main concern here is human health, not animal suffering.

“Meat is by no means necessary for the proper maintenance of life or vigorous health, as is proved by the fact that at least ‘four tenths of the human race,’ according to Virey, ‘subsist exclusively upon a vegetable diet, and as many as seven tenths are practically vegetarians.’ Some of the finest specimens of physical development and mental vigor are to be found among those who use very little or no animal food.” The use of large quantities of animal food, however free from disease germs, has a tendency to develop the animal propensities to a greater or less degree, especially in the young, whose characters are unformed. Among animals, we find the carnivorous the most vicious and destructive, while those which subsist upon vegetable foods are by nature gentle and tractable.” Nevertheless, many meat-centered recipes are given. The page of “Table topics” at the end of the chapter contains only quotations critical of eating meat.

The chapter on “Food for the sick” contains recipes (p. 426-28) for: Beef tea. Chicken broth. Mutton broth. Chicken panada, etc. The section titled “Grains for the sick” (p. 429) states: “The various cooked preparations of grains—granola, wheatena, avenola, wheat gluten, and gluten meal—Manufactured by the Sanitarium Food Co., Battle Creek, Michigan, form excellent articles of diet for many invalids, when served with hot milk or cream...” Then comes a section on “Meats for the sick” with 7 recipes (p. 430-31).

A closing chapter titled “A year’s breakfasts and dinners” (p. 481-538) gives 365 days of sample healthy menus, with this introduction: “We have given meats no place upon these bills of fare, as we wished particularly to illustrate how good, substantial menus of appetizing variety could be provided without their use...”

Caramel coffee, one of “various grain coffees” is
mentioned on at least 7 pages in this book. For example, the chapter on “Beverages” (p. 357+) discusses caffeine, the adulteration of tea and coffee, and the idea that these beverages contain “poisons.” A section in this chapter on “Substitutes for tea and coffee” gives recipes for making five different types of “Caramel Coffee.” The first one states (p. 360): “Take three quarts best bran, one quart corn meal, three tablespoonfuls of molasses; mix and brown in the oven like ordinary coffee. For every cup of coffee required, use one heaping tablespoonful of the caramel. Pour boiling water over it, and steep, not boil, for fifteen or twenty minutes.”

This book also discusses: Artificial human milk (3 recipes, one based on pearl barley), Graham bread, Graham flours, and other whole-wheat flours. Wheat gluten (with many recipes).


Concerning the Bay View Assembly School of Cookery, this was connected with the Michigan Chautauqua, which was a Methodist camp meeting resort begun in 1875. A chautauqua was an institution of the time that provided popular education combined with entertainment in the form of lectures, concerts, plays, etc., often presented outdoors or in a tent. Ella Kellogg was very involved with the Women’s Christian Temperance Union (WCTU), which built a hall on the grounds of the Bay View Assembly in 1890. Address: A.M., Superintendent of the Sanitarium School of Cookery and the Bay View Assembly School of Cookery, and Chairman of the World’s Fair Committee on Food Supplies for Michigan [Battle Creek, Michigan].

   • Summary: “... is visiting Miss Ethyl Claypool.”

   • Summary: 1895 Kansas State Census, Hays, Reno County, Kansas. Census taken 1 March 1895 by J. B. Cluthris (?). Family #1, age 20. Miss L.F. Cooper. She was probably a boarder from the looks of the list of people in the house.
   Occupation: Teaching School.

   • Summary: This photo, found in Lenna Cooper’s file, was sent to Soyinfo Center by Patricia Chapman, Del E. Webb Memorial Library, Loma Linda, California (Dec. 2013), where the photo resides. The original source of the photo is unknown, as the is date and place of her graduation.
   Lenna Frances Cooper was a pioneering American dietitian and nutritionist, and a co-founder in 1917 of the American Dietetic Association.

   • Summary: “... is visiting friends in the city.”

   • Summary: The wife of the famous Dr. John Harvey Kellogg discusses her system of meatless cookery—though the term “vegetarian” is not used. She lived 1852-1920.


A table (p. 7) shows the “nutritive value of some common food substances,” including sweet almonds, peanuts, five legumes, milk, and six types of meat and poultry, and eggs. Values/columns are given for: Water, albuminous elements, starch, grape sugar, free fat, salts, cellulose, proportion of carbonaceous to nitrogenous material, total nutritive value.

The chapters on cereals and breads include Graham Grits, Wheat-Meal or Graham Mush, whole-wheat breads, Graham breads, Graham Puffs, etc.—but most breads are made with white flour and milk—and fermented. The chapter on leguminous seeds contains two recipes for blanched and boiled peanuts (p. 76); soy beans are not mentioned. Milk, cream, eggs, and sugar are used in moderation throughout the book. There is an entire chapter titled “Eggs.” Desserts are generally sweetened with sugar. Up to 1 cup of sugar is used in some recipes (p. 117), but fruits are often used instead; milk or cream are also widely used in desserts. The chapter on “Pastries” (mostly pies) begins by discussing the dietetic evils of pastries; recipes calls for less fat than typical recipes.

The section on “Nut Butter and Nut Meal” (p. 147-49) notes that these two foods “have been prepared as substitutes for butter and cream,” which cause many persons to “suffer from biliousness, nervous and sick-headache, and various forms of indigestion.” Ten recipes are given. For example (p. 149): “Nut Butter Sandwiches.–Spread slices of thinly cut graham bread with nut butter, and then with chopped dates or figs...” Note 1. Although “peanut butter” is not mentioned, this is almost certainly a peanut butter sandwich. Yet this book contains no recipe for making peanut butter at home.

The section titled “Nuttose” (p. 149-50) states: “This is a pure product of nuts. It is intended as a substitute for meat, which it completely replaces dietetically, having nearly twice the nutritive value, while it furnishes the same elements and in a form much more digestible, and wholly free from the objectionable features of meat. Nuttose may be prepared and served in the same manner as the various forms of flesh food. It so perfectly resembles meat in appearance and flavor, as well as nutritive properties, that many persons find it difficult to distinguish the difference. 7 recipes are given.

The 1¼ page discussion of Zwieback (p. 151) states: “Any one who has ever made a visit to Carlsbad [Karlsbad or Karlovy Vary in today’s Czech Republic] will remember the delicious zwieback which occupies so conspicuous a place in the bill of fare... At Carlsbad, zwieback is made by exposing the sour ‘schwartz brodt’ to moderate heat for several hours until the starch becomes to dextrin and dextrose. For years the Sanitarium Health Food Company has manufactured for the use of the numerous patrons of the Medical and Surgical Sanitarium, Battle Creek, Mich., a superior quality of zwieback, which is not only more palatable but much more wholesome than the original article of Carlsbad manufacture... With milk or cream it is a real delicacy, as toothsome as it is nourishing and easy of digestion. Zwieback is supplied in three grades as follows:–No. 1. Made of graham flour (Sanitarium brand), containing fifteen per cent. of gluten... For recipes, see pages 145 to 138.”

Note 2. This is the earliest document seen (July 2004) that contains the word “zwieback” (pronounced SWEE-bak in English). The word is also spelled like this in German, but with a capital “Z” and pronounced TSVEE-bak. The earliest occurrence of the word seen by Merriam-Webster’s Collegiate Dictionary is 14 March 1894, New York Weekly Tribune (p. 5, col. 4). “These Zwieback will keep for a long time if put in a dry place.” Note spelling and capitalization!

The eight ads on unnumbered pages in the back of the book are for: (1) Health Foods–Granola, a health food, an invalid food. From Battle Creek Sanitarium Health Food Co. Established 1876. “One pound more than equals three pounds of best beef.” (2) Health Foods–Granose, Granola,
Caramel-Cereal, Battle Creek Sanitarium Breakfast Food, Germless Oats, Germless Wheat Grits, Germless Corn Grits, Crystal Wheat, gluten preparations, diabetic foods. Send for a catalogue and price list to Battle Creek Sanitarium Health Food Co. (3) “Almond Butter—A substitute for ordinary butter. Presenting fat in the form of a perfect emulsion. Combined with water it forms a delicious cream. Used for shortening of all kinds. A pure product of nuts; can be eaten by those who cannot eat ordinary butter. Send five cents for sample. From: Sanitas Food Co., Battle Creek. (4) “Nuttose—Pure product of nuts. Perfect substitute for all flesh foods. Makes fat and blood. In their natural state nuts are difficult to digest, and cannot be eaten by many persons... Nuttose has the consistency of cheese, and much the consistency of cold roast mutton, and may be eaten cold, stewed, cooked with vegetables or other foods, made into gravies and other preparations in the same manner as meat...” “Send ten cents for a sample can... Ready to eat at once. Keeps indefinitely.” From: Sanitas Food Co., Battle Creek.


• Summary: 1900 US Census, Battle Creek, Precinct 2, Calhoun County, Michigan. Supervisor’s District 3; Enumeration District 34, Sheet 10. Enumerated by Plynn F. Cole on June 5, 1900.

Line 59: 26 Manchester St., 220th Dwelling visited: Family #209.

John N. Jones, age 58, born April 1842 in Wales, Immigrated in 1871. Tailor, Renting Home

There were other family members but no Coopers in the family

Lena [sic, Lenna] F. Cooper, age 25, Boarder, Born February 1875 in Kansas. Father born Illinois, Mother in Ohio. She was a Nurse. She could read, write and speak English. (Recorded on Line 59)


• Summary: Lenna F. Cooper first appears in the 1899-1900 issue of the (R.L. Polk Co.) Battle Creek city directory (p. 127). She rooms at 46 Manchester. Her occupation is listed as nurse for the Battle Creek Sanitarium.

She is not in the 1901 city directory

Lenna F. Cooper next appears in the 1903-04 issue of the Battle Creek city directory (p. 187). She is now boarding at 202 Manchester, and her listed occupation is governess. [Another Cooper (Lora) is also listed as boarding at 202 Manchester. She is listed as being a music teacher.] In the 1904-05 city directory (p. 183), Lenna is still listed as boarding at 202 Manchester, but is now listed specifically as being the governess for Dr. J.H. Kellogg. Dr. John H. Kellogg’s house is listed as 202 Manchester on page 326. In the 1905-06 directory, Lenna is now listed as a teacher, still boarding at 202 Manchester (p. 163). She is also listed this way in the 1907 directory (p. 162).

In the 1908 city directory, she is listed as Lenna Cooper and her occupation is now the cooking instructor for the B.C. Sanitarium (p. 167). No address is given.

In 1909 she is listed as Linna F. Cooper, and her given occupation is diatician [sic] rooming at 49 Manchester (p. 160).

In 1910 she is listed as the dietician for the Battle Creek Sanitarium, boarding at “same” (p. 185).

In the 1911 city directory, she is still listed as a dietician for the sanitarium, but now her residence is listed as 77 University Ave (p. 166). Same in 1912 (p. 180).

In 1913 Lenna is listed as the Director of the Battle Creek Sanitarium School of Health and Household Economics, residing at “same” (p. 188). Same in 1914 (p. 197), 1915 (p. 202), 1916 (p. 308), 1918 (p. 305), and 1921 (p. 358).

In 1922 Lenna’s occupation is the same but her residence is listed as 10 Burnham Place (p. 390). Same in 1924 (p. 218).

In 1926 she is listed as Dean of the School of Home Economics, Battle Creek Sanitarium, with her house at 12 Burnham Place (p. 159).

She is not listed in the 1927 city directory.

In 1929 she is listed as residing at 84 North Ave (p. 165).

No occupation is given.


In 1952 she is listed as a consultant dietitian with a house at 298 W Van Buren (p. 69). The same in 1954 (p. 85). In 1955 she is listed as a dietitian at the Battle Creek Sanitarium. Her house is still listed at 298 W Van Buren (p. 91). In 1956 she is listed as Mrs. Lenna T Cooper, with the same occupation and residence (p. 91). In 1957 she is listed at the same house, but with no occupation (p. 105). Same in 1958 (p. 104), 1959 (p. 104), 1960 (p. 111).

She is not in the 1961 city directory.

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Note: This information was compiled by Chelsea Johnson of Battle Creek.

\*Summary:* "The ‘Young Woman’s Booster Club’ is the name of a new organization started in the west part of the city to scatter sunshine and to help others in a general way and in many ways. Its members include young women from some of the representative families in that part of the city and they are a charming coterie.

“The ‘Booster Club’ was first organized by Mrs. Kellogg, wife of Dr. J.H. Kellogg, in their home on Manchester street. Miss Annabelle Arthur, daughter of Judge and Mrs. Arthur, was its first secretary and Miss Margaret Reich holds that office at present. Miss Lena [sic, Lenna] Cooper being president.

“The club starts out with a good membership. The girls have decided to take up the study of the lives of noted women. Florence Nightingale, Louisa May Alcott, Mary A. Livermore and others of equal prominence having been considered at different meetings. The girls have gone about this work with a method that would do credit to more experienced club women, having club colors already and are expecting a club song. Blue and white have been adopted as colors…"

“The club’s motto is ‘If you can’t boost, don’t knock,’ literally meaning if you can’t assist people in the ordinary humdrum of life, don’t discourage them.

“On May 1 the club members, who included the young ladies in Dr. and Mrs. Kellogg’s family, went out in the country and gathered enough flowers to make every one of the sanitarium patients a May basket. This was no small task as one may know, considering the more than three hundred patients and guests.

“The girls have ordered some club pins which will be here soon. Both Dr. and Mrs. Kellogg have taken an active interest in the society from the start, often taking part in its meetings.”

\*Summary:* “... The Young Woman’s Booster club met last night in regular session at the home of Dr. and Mrs. J.H. Kellogg, Manchester street. It was the third and last evening with Lucy Larcom [1824-1893, American teacher, poet and author] as the subject of discussion... Election of officers was also on the program, the result being as follows: President, Miss Lenna Cooper; vice president, Miss Bessie Kellogg; secretary, Miss Ella Thompson. Miss Cooper is a graduate nurse and is in charge of Dr. Kellogg’s small children who belong to the ‘family’ and Miss Thompson is a teacher at the Haskell home. Next week a series of meetings with ‘Heroic Women’ as the subject will begin.”

\*Summary:* “Much has been said about the evil effects of ice cream, which involves the bad combination of sugar and milk, together with the intense cold. Notwithstanding the bad dreams, stomach aches, bad taste in the mouth, and other unpleasant results, many still persist in eating it.

“Recently experiments have been made with the hope that something wholesome and yet ‘as good as ice cream’ might be obtained, the following recipes being the result.

“The fruit gelées have little food value, the articles used being either the pure elements, which are easily and quickly assimilated, or predigested foods.”

Recipes are given for Lemon Gelée and Pineapple Gelée. Each recipe calls for 2 cups sugar and 1 ounce agar-agar.

“Other flavors may be used, such as orange, strawberry, raspberry, grape, peach, or apple. If fresh fruit is used, it should be put through a colander. The above recipes will each make one gallon. It should be remembered that in eating this, as with all other cold foods, it should be taken so slowly as to permit of its becoming warmed in the mouth before passing into the stomach.”

18. An early illustration of Dr. John Harvey Kellogg’s Battle Creek Sanitarium (Photograph). 1903?
\*Summary:* See next page. The date of this illustration is unknown, however it was after the great fire of 1902 which burned the previous San to the ground; it was immediately rebuilt, even larger. The cornerstone was laid on 11 May 1902 and its grand reopening took place on 11 May 1903—against the wishes of Ellen G. White. The Adventist’s church’s campaign against Dr. Kellogg reached its zenith on 10 Nov. 1907, when he was unanimously “disfellowshipped” and thrown out of the faith in which he had been reared since birth. The main force behind this expulsion, John felt, was William C. White, Ellen White’s son. Picture courtesy of Dr. John Westerdahl.

\*Summary:* “It is quite out of accord with our ideas of the perfect pair as they came from the Father’s hand to imagine them sitting down to a modern table spread with luxuries and dainties which have required hours of worry and toil in their preparation. But what a dainty repast they must have had as they partook of the luscious fruit and the wholesome nuts gathered from the overhanging branches of ‘the trees of the Garden.’

“No doubt many a weary housewife wishes that people might return to the simplicity of such a diet.

“It would hardly be practicable in these days to attempt to live off the ‘trees of the garden,’ owing to the fact that
sufficiently nourishing varieties do not exist in all localities. Our first parents, on losing their garden home, undoubtedly found difficulty in securing sufficient food from the trees, being compelled to till the ground and eat of the herb of the field in order to supply the requisite nourishment.

“It certainly was never intended by the Author of our bodies that we should put into them such mixtures and unwholesome articles as we find spread on our modern tables. That this practice is not only unnecessary, but detrimental to health, is illustrated over and over again in the lives and histories of mankind.

“Simplicity in diet was practiced by all the ancient nations. The early Greeks and Romans lived upon fruits, nuts, acorns, and some vegetables, and used no beverage save the clear water of a near-by brook...”

Note: “Meat” is mentioned 3 times in this article as being undesirable.


• Summary: “The bed is a most important consideration in the sick room. A bed which for one in health who only spends the night hours therein, might be sweet indeed, may be torture to the restless, fevered patient, to whom every trifling discomfort becomes positively distressing.”


• Summary: “There is nothing so restful to the sick one as frequent changes, either mental or physical, especially after convalescence has been established. Indeed, a tactful nurse will be continually devising something new and interesting, even if it be only a change of position, a fresh bouquet of flowers or a pretty little story to read. Care must be taken, however, not to excite the patient in any way by these changes. Let them be done quietly and unostentatiously.”


• Summary: “The convalescence of a child is a period freighted with responsibilities to the nurse. It is a time when the greatest care and judgment must be exercised. Three things should be carefully guarded against; viz., overeating, and over-exercise both mental and physical.

“In a long continued illness there is a waste of tissues similar to a period of starvation. Hence nature keeps notifying the patient through the appetite that the body needs food with which to rebuild the “waste places.” It is imperative that only the most nourishing food should be supplied, and that the quantity be increased as the patient is able to assimilate; but it must be remembered that the body
is still ill and cannot assimilate all that it calls for. All of
the needs cannot be supplied at once. Many a relapse has
occurred because some indulgent parent has listened to the
pleadings of the little one for food while the body was still
unable to care for it.

"After a wasting disease, as typhoid or scarlet fever,
pneumonia or appendicitis, it is better to feed, often and
in small quantities. Every two and a half to three hours is
not too often to partake of food, provided it is something
very easily digested. Of course, it must be a liquid, or a
dextrinized food chewed until it, becomes liquid.

"The exercise of a child must be carefully guarded. It
is important that the little one should exercise as much as it
is able, for exercise stimulates repair. But it must be equally
borne in mind that fatigue, which is very easily produced at
such a time, has the opposite effect,..."

23. Cooper, Lenna F. 1904. Foods for the sick. Good Health
• Summary: "A successful nurse will often have to devise
plans by which to tempt the appetite of her patient. Not
that food should be crowded upon the sick one, but that an
honest, healthy appetite, which is, as it were, the forerunner
of a good digestion, must be created. The first thing to do is
to prepare the patient for the meal. Administer the morning
cold bath in whatever form prescribed,—the mitten friction,
towel rub, or other form. The toilet should then be made,
cleansing the teeth and mouth thoroughly. The following is
a good antiseptic wash which should be used frequently: one
teaspoonful cinnamon essence; one tablespoonful carbonate
of magnesia in a pint of water; shake before using. Indeed,
the mouth should always be rinsed before swallowing even a
mouthful of water.

"Put on the clean or aired gown and bed linen. Cover
the patient well, open up the windows, and encourage him
to breathe deeply if he is able. This is a very important thing
to do, as there is nothing to sharpen the appetite more than
exercise in the open air. While the patient is getting his fresh
air, the room should be tidied and set in order..."

24. Cooper, Lenna F. 1904. Treatment for the helpless
invalid. Good Health (Battle Creek, Michigan) 39(7):374-77.
July.
• Summary: "The success of a hydriatic treatment depends
upon the care with which it is given. A treatment which
leaves the bed wet or damp and the patient chilly or
uncomfortable will do little or no good."

25. Cooper, Lenna F. 1904. Refreshing drinks and delicacies
for the sick. Good Health (Battle Creek, Michigan)
• Summary: "Of all the bottled and unbottled drinks for the
sick, none is so refreshing as a cup of pure cold water. It is
as rain to the thirsty land. It supplies a demand of the body
which nothing else can fill.

"Thirst is not merely an unpleasant sensation in the
throat, but is the natural call for water from the innumerable
cells of the body. If the body is in a normal condition, and
this voice is not too often ignored, the desire for water
is a good indication of the quantity needed;... Generally
speaking, much more water is needed in illness than in
health, because of the increased oxidation accompanying
fever, which consumes the liquids of the body and also
because of the poisons thrown off by the cells as a result of
the diseased conditions.

"Water is an internal bath. Soon after being taken into
the body, it enters the blood, where it circulates among the
tissues, answering the calls of the many cells, and removing
the waste products with which they are burdened."

26. Cooper, Lenna F. 1904. Prevention of the spread of
contagious diseases. Good Health (Battle Creek, Michigan)
• Summary: "The old adage, ‘An ounce of prevention
is worth a pound of cure,’ is clearly shown by the
accompanying diagram—a graphic report of the State Board
of Health of Michigan for the years 1890-98 of epidemics of
typhoid fever and measles, comparing the outbreaks in which
isolation and disinfection were neglected with those in which
they were both enforced."

27. Cooper, Lenna F. 1904. The night care of the patient.
The sun bath, or insolation. Good Health (Battle Creek,
• Summary: "Sleep, ‘nature’s sweet restorer,’ has become
a fleeting phantom with many American people. The rush
of business, the gay social functions, and the unhygienic
modes of living of the present day tend to drive away that
most important restorer of the body. It is during sleep, more
than at any other time of the day, that the tissues are repaired.
Indeed, one can abstain from food for a much longer time
than he can be deprived of sleep. Experiments on dogs which
were entirely deprived of sleep for four or five days, proved
fatal...

"Sunlight is one of the most powerful of all hygienic and
curative agents. As a hygienic measure it is of inestimable
value in the destruction of dangerous microbes, the most of
which are unable to resist the action of the direct rays of the
sun for more than a few minutes. Sunlight is thus the most
important of all disinfecting and sterilizing agencies..."

cookery: A collection of choice recipes for preparing foods,
with special reference to health. Battle Creek, Michigan:
Modern Medicine Publishing Co. 299 p. Index. 19 cm.
• Summary: Contents: Methods in hygienic cookery:
Healthful cookery. Measuring and combining ingredients.
Breads. Unfermented, or aerated bread. Sandwiches. Toasts.

“Peanut butter” is called for in various recipes: Nut cheese (p. 163), Nut cream (p. 164), Nut salad dressing (p. 171), and Vegetable soup (p. 181-82).

“Almond butter” is called for in: Fruit pin wheels (p. 49), Almond cream (p. 164), Nut cream (p. 164), Peach salad (p. 169), Sweet salad dressing (p. 172), Sour salad dressing (p. 172-73), Cream of almond soup (p. 179), Almond puree (p. 197), Hot nut milk (p. 197), Granola pie crust (p. 210), Almond pound cake (p. 231, incl. almond butter in the icing), Almond filling (for desserts, p. 233), Chocolate mold no. 1 (p. 239), Cocoanut almond cream sauce (p. 245), Almond whipped cream ([non-dairy], p. 246. “Reduce Almond Butter to the consistency of cream, and pour slowly over the well-beaten white of an egg. Sweeten and flavor to suit the taste. For persons who can not use cow’s cream, this makes an excellent substitute for whipped cream”).

Note 2. This is the earliest document seen (Oct. 2013) that discusses a non-soy, non-dairy whipped cream.

“Nut butter” is called for in: Granulo cakes (p. 44), Nut butter puffs (p. 45), Nut gluten rolls (p. 47), and other recipes on pages 55, 57, 58, 71, 78, 82, 86, 87, 88, 104-06, 126, 136, 157, 159-62, 169, 173, 177-79, 233, 245, 301. For “Nut butters” see Sandwiches (p. 53, “The butter, whether dairy or some one of the various nut butters, should be creamed and spread smoothly on the bread…”).

“Nut cream is called for in: Granulo cakes (p. 44; “Serve at once with dairy or Nut Cream, dairy or Nut Butter,...”), Nut gluten rolls (p. 47), Pease gravy toast (p. 65), Nut Lisbon steak, no. 2 (p. 75), and other recipes on pages 86, 99, 104-05, 121-23, 129, 132, 136-37, 141, 146, 151, 153, 155, 159-60, 164, 176, 192, 205, 217, 245, 253, and 283.

Gluten is mentioned throughout the book, as are gluten bread, gluten flour, 40% gluten flour, ½ cup gluten (p. 84), 20% gluten (p. 99, in Protopo and gluten patties), gluten meal, and gluten gruel.

Note 3. This is the earliest English-language document seen (Nov. 2014) that mentions a kind of meatless burger or patty, which it calls “gluten patties” (one of two documents). This is a vegetarian cookbook. In the chapter on flesh-food substitutes (p. 67+), “vegetarian” is mentioned in several recipe names: Vegetable roast (p. 106). Vegetarian roast No. 2 (p. 107). Also: Vegetarian boiled dinner (p. 134). Major branded ingredients in this chapter are: Protopo (“vegetable meat”), Nutfolene, Granola, and Nut Butter.

On page 84 is a recipe for “Vegetable turkey” which calls for “2 cups lentil pulp,... 2 eggs, 2 cups walnut meal,... ½ cup Granola, ½ cup Gluten, 1 onion, ¼ cup thick Nutfolene Cream.”

On the last 2 pages of the book is an ad: “This volume contains some six hundred recipes.” “For the preparation of Sanitarium foods. These foods are manufactured by the Battle Creek Sanitarium Co., Ltd., and the Sanitas Nut Food Co., Ltd., the two original health food manufacturers of Battle Creek. Our products are of world-wide reputation, some of them having been in use more than a quarter of a century [i.e., since about 1879]. The company makes more than 49 food products. “Many good grocers carry only a few of them; some, a large line; more, none at all... Thousands upon thousands of grocers have never heard of our products.”

“To all express offices in the following States we prepay the express on orders of $5.00 or more.” On orders of $15.00 or more they also offer a 10% discount. The names of 23 states near Michigan are listed. Then the name, weight, packaging type, and price of every product is given.

The author is the wife of the famous Dr. John Harvey Kellogg. She lived 1852-1920. A slightly enlarged edition (313 p.) was published in 1908. Address: A.M., Battle Creek, Michigan.


• Summary: “Perhaps there is nothing more annoying to the sick one and his attendants than the unseasonable caller.

“Unless one has passed through a severe illness in which the nervous system has been severely taxed, or has cared for some one in this condition, it is hard to realize how the presence of even a dear friend can be an annoyance, but such may be the case.”


• Summary: “...in compliance with the urgent demand for such an enterprise, many of the lady guests being interested to learn how to prepare some of the many good things which appear on the menu. Miss Lenna Cooper presided yesterday and was assisted by Mrs. F.B. Moran and several demonstrators. Instruction as to the manner of preparing healthful articles of food was given and the school bids to become very interesting and satisfactory.”


• Summary: Lenna Cooper, age 30, departed from Queenstown, Ireland and arrived in New York Harbor on July 7.


32. Paulson, David. 1905. Health: Gospel of health field work. Life Boat (The) (Seventh-day Adventist; Hinsdale,
**III**inois (8)(9):263-64. Sept.

- **Summary:** “July 25, 26 and 27 we spent at the Pontiac (Illinois) Chautauqua. There were a thousand to fifteen hundred present at each health study.”

“The Madison (Wisconsin) Summer Assembly is held on the banks of beautiful Monona Lake. Miss Lena Cooper conducted the hygienic cooking school in the forenoon. The interest in this subject was gratifying. Even the first hour the hall was taxed beyond its seating capacity.”


- **Summary:** “... has gone on a visit to her parents in Kokomo, Indiana.”


- **Summary:** Lenna critiques a typical dinner on a great ocean liner. “It will be noticed at once that the chief article is meat,...” Neither the word “vegetarian” nor the word “flesh” appears in this article.

35. *Battle Creek Daily Journal (Michigan).* 1906. At the Sanitarium. June 27. p. 4

- **Summary:** “Nine-nine arrivals were registered during the past four days, the following nineteen different states being represented...”

“The main parlor is being thoroughly renovated. The walls are being retinted and new rugs are to be placed on the floor. The first gathering to be held in the parlor after the opening will be at 3:30 p.m. tomorrow, the occasion being Domestic Science Day, for which the following interesting program has been prepared:

- Trombone solo—Wm. T. Drever.
- Address, Home Economics—Dr. J. Kellogg.
- Chorus—Haskell Home Children...
- Announcement of School—Miss Lena [sic, Lenna] F. Cooper.”
- Song, Invitation. Haskell Home Children.”

36. Cooper, Lenna Frances. 1906. Chautauqua School of Health: How to plan the family menu. *Good Health (Battle Creek, Michigan)* 41(7):403-06. July.

- **Summary:** Lenna advises a lacto-ovo vegetarian diet—although the word “vegetarian does not appear in this article. She is rigorous about counting calories. First, in tabular form, she list all the ingredients to be used in one day’s meals for a family of four. For each ingredient she gives the amount (such as 1 cup), the proteid calories, fat calories, starch and sugar calories, and total calories. Among the ingredients are:

At the end is “The daily ration,” showing the number of calories in the form of proteid, fats, carbohydrates, and total (2169).


- **Summary:** This article begins: “There is no disease, perhaps, in which the diet is a more important consideration than that of diabetes mellitus, for the reason that there is absolutely no cure or help for it unless the diet is regulated. The physician is powerless unless this is properly attended to.

“This disease is not of the kidneys as is generally supposed, though to the laity the symptoms seem to indicate it. It is a condition in which the body is unable to oxidize the sugars, and hence that substance is found as sugar in the blood and in the urine; consequently all sugars must be eliminated from the diet, and since starches in the process of digestion are also converted into sugar, they are ordinarily proscribed also.”

Lenna emphasizes the importance of thorough mastication of food.

“Gluten, eggs, cottage cheese, and nuts are the best sources of proteid.


“The Sanitas Nut Food Co., Ltd., of Battle Creek, Mich., have an especially valuable line of gluten and nut foods for diabetics.”

She then gives breakfast and dinner menus suitable for the entire family. And she gives all necessary recipes.

At the end is “The daily ration,” showing the number of calories in the form of proteid, fats, carbohydrates, and total (2405).


- **Summary:** This article begins with menus for breakfast, dinner, luncheon, and the daily ration. For each of these four is shown the number of calories in the form of protein, fats, carbohydrates, and total (2048).

Recipes for all the dishes at each meal are then given.
• Summary: The day’s three meals are (in order) breakfast, dinner, and evening luncheon. For each meal is given the ingredients the number of calories in the form of protein, fats, carbohydrates, and total.

Then comes a “Summary of the daily ration,” showing the number of calories in the form of protein, fats, carbohydrates, and total (1979). Finally there are many recipes.

• Summary: “I am [age] 34; weight 125; height 5 feet, three inches; occupation, government clerk, working seven hours in office. Kindly give estimate of food required and sample bill of fare.”

“Ans.–You should eat about 1,800 calories per day, of which 150 calories may be protein, 450 to 550 fats, and 1,100 to 1,200 carbohydrates. See articles by Lenna F. Cooper in current numbers of Good Health for sample bill of fare.” Address: Wisconsin.

• Summary: “My height is 5 feet, 10 inches; weight 170 pounds; occupation, hardware merchant. Kindly furnish estimate of food required and sample bill of fare.”

“Ans.–The amount of food required depends first of all upon the person’s size which, other things being equal, is in proportion to his height. A man having a height of 5 ft. 10 inches should, on the average, eat 2,142 calories per day, of which 231 calories should be protein, 478 should be fat, and 1,433 should be carbohydrate. Estimated in ounces of dry material this represents, 2 ounces of protein, 2 ounces of fat, and 12½ ounces of carbohydrates. As usually eaten the average cooked food consists of three-fourths water, so the amount actually consumed would need to be at least four times the quantities above named. For sample bill of fare see the articles in current numbers of Good Health by Lenna F. Cooper.” Address: Wisconsin.

• Summary: The following recipes are given: Vegetable roast or mock turkey. Cereal roast. Chestnut roast. Sanitas Roast. Piquant sauce. Walnut roast.


Note: This is the earliest document seen (Jan. 2018) that mentions a cereal coffee named “NoKo.” Address: Conductor [Conducted by Lenna...].

• Summary: “With the whole world more intent to-day upon the problems of hygienic reform and the subject of correct living than at any previous time in years, it is scarcely necessary to state that the mission of Good Health for the coming year is one of unusual importance. Born in the early days of the health reform movement forty-one years ago; buffeting the storms of ridicule and abuse which characterized its early stages; preaching an unpopular health doctrine and presenting what to many was an unwelcome message, Good Health has ever been the standard bearer of the movement it has represented.”

“Mrs. E.E. Kellogg will continue to write regularly for the magazine, especially on sanitation in the home, and child culture. Miss Lenna Frances Cooper will conduct lessons in healthful cookery for children in the Children’s Department, which will be devoted this year to practical subjects, combining entertainment with instruction.”

A portrait photo (taken from her left) shows “Miss Lenna Frances Cooper.” Address: Wisconsin.

• Summary: “Dear Children of the Good Health Family: Here we are at the beginning of another new year, surrounded by the pleasures of winter, and enjoying the crispness of the winter air. This is a time when most of us make new resolutions and new plans for the coming year. Now I have a plan to tell you about. We are going to have a cooking class for the children, and all the children who read Good Health are invited to join it. The recipes will be very easy, and full directions will be given in Good Health, but if any boy or girl has any difficulty with them and will write me enclosing a stamp for reply, I will be glad to give them my personal attention. I will also be glad to hear from any of the boys or girls who try these recipes.”

NoKo is described as a “cereal coffee.” “... but I hope that none of the Good Health children ever drink any of these three [tea, coffee, or chocolate]; for they contain substances which will make you nervous, cross, and irritable, and will impair your digestion. You may not see these effects when you first begin, but after a time they can not help but injure you.”


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**Summary:** “Miss Lenna Cooper is expected soon for a visit with her parents, Mr. and Mrs. S.M. Cooper. Miss Cooper is connected with the Battle Creek sanitarium in Michigan but has been spending the winter in Florida and comes to Iola enroute to Battle Creek. Miss Cooper is very well known here and will be welcomed by all who have met her.”


**Summary:** “Dear Children of the Good Health Family: How glad we all are that spring is here, with its abundance of flowers, fruits, and vegetables, and ‘green things a springin’ up everywhere.’ Some of these beautiful things were apparently intended for our mental enjoyment only, but many others were intended as a source of food as well. It is very important that fruits and vegetables should be given a prominent place in our dietary, as they tend to keep the blood in good condition, the digestive tract clear, and the body in good order.”

“Foods fried in hot fat are not wholesome.”

This month’s recipes are for salads. No meat is used but eggs and dairy products are.

Note: The next article, by editor Dr. John Harvey Kellogg, begins: “That simplicity in diet is necessary for the highest grade of mental work is a fact which has long been known to brain workers of all classes. When Isaac Newton was completing the wonderful mathematical research which enabled him to establish the law of gravitation, he subsisted, during the last two weeks of a protracted period of the closest application, wholly on bread and water.” Address: Conductor.

47. *Battle Creek Daily Journal (Michigan)*. 1907. Social and personal: An event in which the club women of Battle Creek will be interested,... June 7. p. 3, col. 2.

**Summary:** “… is the graduating of the first class in domestic science from the Sanitarium school. This new feature has been under the direction of Miss Lenna Frances Cooper and results have proved most gratifying to the projectors. Their facilities for work have been most excellent as the class has had free access to the Sanitarium laboratories. The exercises are to be held Monday evening at 8 o’clock in the Sanitarium chapel and the address is to be delivered by Mrs. Alice Peloubet Norton who has the chair of Household Economics in Chicago University and is also director of the department of domestic science of the New York Chautauqua. Tuesday afternoon the club women of the city and all others interested in domestic science will be privileged to see the exhibit in the Sanitarium parlor of the various branches of the work, including cooking, laundering, sewing, home-nursing, household chemistry, bacteriology and microscopy.”


**Summary:** “Beginning with the baccalaureate sermon Saturday morning, delivered by Dr. Paulson of Hinsdale, Illinois, to both the science and nurses’ class, Commencement Week at the Sanitarium was fairly ushered in. Dr. Paulson took as his subject the story of Naaman and his healing of Elisha, and around this constructed an able and helpful address, which contained the elements of true religion as applied to the present time and served to encourage and strengthen the graduates for their work in the world.

“A large audience assembled in the Sanitarium chapel last evening to witness the graduating exercises of the 1907 class in the School of Health and Household Economics—the first to receive diplomas since the department was established two years ago. The plan was deemed necessary to meet a growing demand and under the direction of Miss [Lenna] Cooper and a number of assistants has been a means of disseminating much valuable knowledge.

“The chapel was beautifully decorated with flowers and potted plants, the rostrum and front of the organ being a bower of blossoms and greenery. While the audience gathered Mr. William Drever played organ selections which were much enjoyed.

“The class of 11 young ladies, each wearing a becoming little cap, and dressed in white, marched down the aisle, led by Dr. J.H. Kellogg, Elder A.T. Jones, Mrs. Alice Norton of Chicago, and Miss Lenna F. Cooper, instructor.”

“Miss Ruth Tenny then gave the class address.” “Their studies embraced sewing, laundering, household chemistry, household physiology, physical culture, home nursing, home economics, etc.

“In his usual gracious manner Dr. Kellogg introduced the speaker of the evening, Mrs. Alice P. Norton, head of the domestic science department of Chicago university, and also of the New York Chautauqua.”

“Dr. Kellogg then presented diplomas to the waiting graduates, accompanying them with one of his characteristic speeches in which he sketched the history of the department which really existed in the Sanitarium some twenty years ago but lapsed under pressure of things greater at that time. His confidence in the value of domestic science was re-affirmed...”

The names of the ladies who received the sheepskins are listed.

49. *Battle Creek Daily Journal (Michigan)*. 1907. First class in domestic science: eleven young women from as many states compose it. Something about the course of study they
have completed: unique system of measuring food values instituted by Dr. Kellogg—it is interesting scientists. June 12. p. 2, col. 1.

• **Summary:** “The exhibit held in the Sanitarium parlors yesterday afternoon from 3:30 to 5 o’clock by the graduates of the School of Domestic Science was interested [sic] by a large number of visitors. Tables were grouped about the spacious room on which were arranged the various exhibits. They were presided over by the graduates who, in caps and uniforms, explained to the visitors the work of the school and talked of the articles exhibited.

“There was a profusion of yellow roses, mingles with palms and other greenery by way of decoration. A large number of club ladies were in attendance.

“This, the first class to be graduated from the school is made up of eleven women, who came from various parts of the United States, Florida, New York, Connecticut and California being represented. One is a graduate of Leland-Stanford university, another is a graduate physician. Some have worked their way through the course, doing that work about the Sanitarium which would give them practical training in the studies they were pursuing.

“The exhibits were seven in number... Miss Lenna Frances Cooper has charge of the laundry, cooking and serving department. In the laundry exhibit proper methods of folding were shown in tablecloths, sheets and napkins, these finishing touches which add so much to the appearance of such articles.”

“The cooking exhibit consisted of ribbon and lettuce sandwiches, salads, entrees which included escalloped eggs and nut fillet, cakes, pies, breads, nut buns, Parker house rolls, dainty desserts, salpicon and roasts of any kinds. All these were arranged on a large table in a most attractive manner, a roast turkey surmounting them all. It looked like the real article, roasted to a crispy brownness and with drum sticks much in evidence, but it was only a make-believe turkey compounded from various nuts, onions and sage.

“Home Economics: In home economics, taught by Mrs. E.E. Kellogg, house plans were shown prepared by the pupils, materials, cost and location being considered.”

“A communication has just been received by Miss [Lenna] Cooper, superintendent of the domestic science school here, who is also dietician of the Sanitarium, from Columbus university stating that there would be a probability that the system [of measuring calories] would be introduced there in the domestic science course.”


• **Summary:** “Dear Children of the Good Health Family: Last month we began the study of a class of foods which we call proteids. Foods of this character are for the building and repairing of the tissues. The first of this class of foods which we studied was eggs. This month we shall take up the study of another one of these foods–milk–which is as universally used as are eggs. Let us first study the composition of milk. Water 86 per cent. Fat 4 per cent. Nitrogenous matter 4 per cent. Sugar of milk 5 per cent. Mineral matter 1 per cent.

“Nitrogenous matter is of two kinds: albumen, a substance very similar to that of egg albumen, which coagulates when heated; and casein, which may be coagulated by acids. The fat is in a form which is easy of digestion.

“There are two kinds of these bacteria; namely, those which produce disease and those which do not, but which tend to bring about certain changes in the milk. Fortunately, the kind which produce disease are much fewer in number than those which do not, but where one will grow, the other is likely to also.” Recipes are given for Floating Island and for Cocoanut Custard.

Note: The next article, by editor John Harvey Kellogg, is titled: “Editorial: Is a non-flesh dietary satisfying. Are some of the pleasures of life sacrificed in the giving up of the flesh dietary—a question fairly put and squarely answered.” Near the beginning of the article Kellogg states: “Prof. Irving Fisher says vegetarians have far more endurance than meat eaters. A question even more important, however, is whether they get as much fun out of life while they last.” Address: Conductor.

51. Battle Creek Sanitarium (The). 1907. School of Health and Household Economics. Summer course... to August 30. Battle Creek, Michigan.

• **Summary:** The faculty are listed on one unnumbered page as:

“J.H. Kellogg, M.D., President

“Mrs. M.S. Foy, Secretary

“Lenna F. Cooper, Principal, Cookery, Serving and Laundering

“John F. Morse, M.D., Biology, Histology, Embryology

“Albert W. Nelson, M.D., Bacteriology, Microscopy, Sanitation

“Benton N. Colver, M.D., Anatomy and Physiology

“M. Mabel Arnold, Physical Culture

“Charlotte M. Dancy, Home Nursing

“Elizabeth R. Stewart, Swimming

On page 19 are portrait photos of: Esther L. Schwartz, Linda G. Roth, Louise Gliem, Lenna F. Cooper, and Mary S. Foy. Address: Battle Creek, Michigan.


• **Summary:** “Dear Children of the Good Health Family: We have already studied two kinds of proteid foods; namely, eggs and milk. This month we shall take up two other kinds—legumes and nuts.
“The legumes are a class of vegetable foods with which many are already familiar. This class of food consists of peas, beans, and lentils in the mature state. They differ from other vegetable foods in possessing a high percentage of protein, the average being about 25%. Besides protein, they contain about 60% carbohydrate and about 1% fat. The legumes have always filled an important place in the diet of the nations of the Orient.”

“Vegetarians in India obtain their protein from vegetable sources.

In 3 long tables, the nutritional value of flesh foods, nuts and nut foods (including Nuttolene and Protose), and cereals and legumes are compared. Soy is not mentioned.

Recipes are given for Bean Croquettes. Savory Roast with Lentil Sauce. Panned Protose. Address: Conductor.


• Summary: “Dear Children of the Good Health Family: Bread has rightly been called the staff of life; for it has proved such to humanity in general. Almost every nation that has existed has had some food closely allied to our bread. It is one of the most convenient and wholesome forms of cereal foods. The cereals are one of our chief sources of starch, but they also contain protein in about the proper proportion. The element which is somewhat lacking is fat. This is easily supplied when we use butter with the bread, thus making an almost perfect food.”

The kind of bread depends upon the kind of flour from which the bread is made; namely, whole-wheat, white, and graham.”

“In the milling of graham flour the whole grain, including the bran, is used. In the making of whole-wheat flour, which seems to be contrary to what its name indicates, the whole of the wheat except the outer layer of the bran, is used. In the white flour the bran is excluded. There are, however, two kinds of white flour,—pastry and bread. The pastry flour is made from winter wheat, containing more starch and less gluten. The bread flour is made from spring wheat, and therefore contains more gluten, which is especially valuable in the making of bread. One of the advantages of whole-wheat and graham flour over wheat flour is a greater amount of mineral matter.”

Yeast are microscopic plants.

Recipes are given for: Bread. Cottage cheese sandwich. Cucumber sandwich. Address: Conductor.


• Summary: “Dear Children of the Good Health Family: The proper serving of food is almost as important as the proper cooking. A wholesome food may be served in such a way as to cause disgust, and if eaten under certain conditions, may cause indigestion. Scientists have recently shown that food which is relished is much more easily digested than food that is not relished. In other words, appetite is an important factor in digestion; hence it is very important that our foods should be served in such a manner as to make them attractive or appetizing.”

“But it must be remembered that not all substances which are called appetizers are in reality so. Mustard, pepper, horseradish, spices, etc., are stimulants or excitants, but are only whips as it were to the stomach, which in time becomes tired and worn out from being thus unduly excited.”


Note: The next article shows in pictures the sad “Evolution of a cigarette smoker.” Address: Conductor.


• Summary: “Dear Children of the Good Health Family: For our lesson this month let us consider the making and serving of breakfast. It must be considered from a number of standpoints. In the first place it must be considered in relation to the season of the year. A breakfast designed for Christmas would not be ideal for the Fourth of July. In the winter we need more fat and protein than in the summer, when fresh fruit and vegetables should form a large part of the menu. The locality should also be considered. Foods which are native to a place are usually less expensive than those which must be imported, and are usually much more delicious and wholesome on account of having an opportunity to mature before being harvested. Florida and California oranges which are obtained in Michigan are not nearly so delicious as those which are obtained in their native clime.” Recipes are given for: Orange pulp. Corn Flakes with raspberry sauce. Lyonnaise potatoes. Rice croquettes. French apple toast.

A large photo shows the Battle Creek Cooking School.

Note: The next article is titled “Effects of alcohol on school children.” Address: Conductor.


• Summary: Discusses plans for next years issues. “Not one of the least interesting features will be a special series of articles by Lenna F. Cooper, Principal of the Battle Creek School of Health and Household Economics, dealing with settlement work. The movements which are being carried forward in all parts of the country for the uplifting of the poor and for the eradication of those conditions which make for uncleanliness and unhealthfulness render this subject one of more than ordinary importance. Miss Cooper brings to the task of writing these articles a valuable experience, and the series is bound to be one of unusual interest.”
A portrait photo, takes from her left side, shows “Miss Lenna Cooper.”

Note: Lenna never wrote these articles. Instead she enrolled in the Drexel Institute in Philadelphia, Pennsylvania—with Dr. and Mrs. Kellogg’s encouragement.


A large photo shows “A daintily set table.” Address: Conductor.

• Summary: “Wednesday at 7:30 sharp, a banquet will be given at the Sanitarium for new members of the Y.W.C.A. secured during the contest and the members who secured the most editions. Other members can attend upon payments of 50 cents, tickets for which must be procured in advance. In addition to the health food spread, a program has been arranged with Mrs. E.C. Fisher as toastmistress. The numbers are as follows; vocal solo, Miss Irene Jackson; welcoming address—Dr. J.H. Kellogg; “Young,”—Miss Lenna Cooper...”

• Summary: “A lecture and demonstration was given yesterday afternoon in the parlor of the Sanitarium, by Miss Lenna F. Cooper. She took as her subject ‘Repair Material.’”

• Summary: “A lecture and demonstration was given at 5 o’clock yesterday afternoon in the parlors at the Sanitarium by Miss Lenna Cooper, her subject being ‘Calories and Food Principles.’ The lecture was largely attended.”

• Summary: “A lecture and demonstration was given yesterday afternoon by Miss Lenna Cooper, in the parlors at the Sanitarium. Her subject was ‘Fruits, their Dietetic Value and Preservation.’”

• Summary: “... will leave shortly for Philadelphia, to pursue studies along her special line at Drexel Institute.”

• Summary: “The Domestic Science class of the Battle Creek Sanitarium held its outing yesterday at Gull lake, the weather man providing just the right kind of a day. The class colors, green and white, with the little Roman cross pin, decorated each lady, and it was a happy company which boarded the cars for Gull at 10:30 a.m. After a boat ride, an appetizing repast was served which gave practical demonstration to the skill of the graduates.

“Miss Lenna Cooper, superintendent of this branch of training, accompanied the picnickers and other honored guests were Elder and Mrs. G.C. Tenney... and Miss Frances Bolton. The Domestic Scientists hold an exhibit Wednesday afternoon in the ‘San’ parlors, and the graduating exercises will take place Thursday evening, June 11, in the gymnasium.”

• Summary: “In the Sanitarium parlor Wednesday afternoon from 3 to 5 o’clock there be a Domestic Science exhibit similar to the one held last year, and which created so much interest. Miss Lenna F. Cooper, school instructor, will have this feature in charge and ladies of the city are cordially invited.”

• Summary: “In the Sanitarium Parlors Wednesday afternoon the Domestic Science exhibit was held under the supervision of the class instructor, Miss Lenna Cooper, a most capable teacher. The hours were from 3 to 5 o’clock, but so large and interesting did this feature prove, that it was 6:30 before the exercises were over. There were seven special exhibits, viz.; chemistry, showing the apparatus used in class work and the various tests applied to foods, etc.; sewing, which included plain and fancy needlework, and the fashioning of underclothes, shirt waists and dresses; Home Nursing, dealing with treatment of all meats and a table of emergency supplies required in a home. Two children were used in this exhibit showing the old and new way of treating a cold which was cleverly arranged and quite convincing as to the efficacy of the modern methods; Cookery, showing the preparation of all kinds of wholesome foods; Laundering, which teaches the pupils how to do all kinds of fine work, such as laces, woolen goods, etc.; Bacteriology and Microscopy treating scientifically of germs and showing eighteen slides in the exhibit; Home Economics took up architecture, house planning, with several essays bearing on this branch learning, together with samples of floorings and finishings, all the work of the Domestic Scientists,
who evidenced rare proficiency. The demonstration was done by members of the class and was a revelation to all who attended the exhibit. This evening, in the Sanitarium chapel, the Domestic Science department hold the graduating exercises. Dr. David Paulson gives the principal address.”


**Summary:** “For the second time has a class of young women been graduated from the Sanitarium School of Health and Household Economics, exercises incident thereto being held Thursday evening in the Sanitarium Chapel, which was filled with interested friends and spectators. Those to receive diplomas at the hands of Dr. J.H. Kellogg were Marion H. Reese, Grace G. Guinan, Mary Z. Kellogg, Alma B. Smith... “As the graduates filed in, lead by Drs. J.H. Kellogg, David Paulson, of Chicago, Elder G.C. Tenney and Dr. A.J. Read, William Drever played a pretty march. Miss Lenna Cooper, the capable instructor, under whose teachings the class has completed its course, walked at the head of the column. The ladies were dressed in white and wore dainty white muslin caps, the uniform proving both neat and becoming.”

A long article.


**Summary:** “Immediately after Mr. Parlette’s address, Miss Lenna Cooper, head of the Domestic Science Department, gave a very interesting talk to the ladies concerning the planning, preparation and serving of meals. She gave a large number of very helpful suggestions, and offered several excellent recipes. At the conclusion of the talk, a group of gowned ladies served the audience with samples of the recipes given by Miss Cooper, which were very delicious. This afternoon Miss Cooper again talked to the ladies.”


**Summary:** “A program for the domestic science lectures and demonstrations to take place during the coming Chautauqua under the supervision of the Domestic Science department of the Sanitarium is complete. This feature is one that will prove the most interesting and important of any of the Chautauqua features for the women, especially as the speakers are recognized experts in their line of work.

“The meetings will be held one week from Thursday and Friday and will be in charge of Dr. Caroline Geisel and Lenna Cooper, the latter the principal of the Sanitarium department. The demonstrations will be by Miss Cooper and the lectures by Dr. Geisel.

“The program is announced as follows:

“Demonstrations.

“No. 1—Breakfast dishes: what constitutes an ideal breakfast and appropriate recipes.

“No. 2—Vegetables and Entrees—The dietetic value and best methods of cooking, demonstrated by appetizing dishes.

“No. 3—Fruits and Salads—How and when they should be used: methods of preservation of fruits; daintily prepared salads.

“No. 4—Repair Material—A study of foods which are used for repairing bodily waste, with methods of cooking; some new and appetizing recipes.

“Lectures.

“No. 1. Pawlow’s Dogs [Pavlov’s Dogs]

“No. 2. Poisons

No. 3. The Great White Plague.

“Miss Cooper and Dr. Geisel will both answer any questions that their auditors may care to ask.”


**Summary:** “The beautiful home of Dr. and Mrs. John H. Kellogg, Manchester street, was the scene Tuesday evening of One of the most charming wedding events ever enacted in Battle Creek.”

“The guests were welcomed by Mrs. Elizabeth McPherson, sister of the bride and Miss Lenna Cooper who were daintily gowned in pink and white.”

“Following the ceremony, and shower of rose leaves from the wedding bell, the guests extended their congratulations after which they were led through an avenue of palms on the side lawn to a mound in the yard, where a light wedding collation was served under the direction of Miss Cooper, supervisor of the Domestic Science work at the Sanitarium. About one hundred and seventy-five guests were present, each of whom was presented with a tiny box of the wedding cake.”

“Both the bride and groom are young people of splendid characteristics. The bride is a graduate nurse from the Sanitarium school, and for some time has had charge of the surgical ward in that institution. The groom is a most promising young physician, being a graduate of the American Medical Missionary College, and a post-graduate from several other institutions. He has charge of the dispensary work of the medical school and also the gymnastic work.”


**Summary:** “Miss Lenna F. Cooper, head of the cooking school at the Sanitarium, will give a lecture at the Sanitarium this afternoon at 5 o’clock on the subject, ‘Fruits–Dietetic
Value and Preservation. ‘If the weather permits the lecture will be given on the lawn between the ladies bath room and the gymnasium, otherwise in the domestic science rooms.’

  • Summary: ‘The Walking Party at the Sanitarium walked to the Spring Lakes and back for their weekly jaunt. There were quite a large number in the party and the distance covered by them on their hike was three and a half miles.

  “Miss Lenna Cooper, head of the domestic science school at the Sanitarium, will give a lecture and demonstration on the Sanitarium lawn just north of the outdoor gymnasium this afternoon at 5 o’clock. The subject of the lecture is ‘Proteids’’ [Proteins].

  • Summary: “Miss Lenna Cooper, head of the domestic science school at the Sanitarium, will give a lecture and demonstration on the lawn of the institution north of the outdoor gymnasium this afternoon at 5 o’clock if the weather permits, otherwise in the domestic science rooms. The subject of the lecture is ‘Carbohydrates, Their Sources and Uses.’ Miss Cooper will treat her subject in detail and will show that the two carbohydrates, sugar and starch, are derived from cereals, vegetables, some fruits, sugar cane, sap of the maple tree and beets. She will also show that their uses are to furnish heat and fuel for the body.”

  • Summary: “Miss Lenna Cooper, daughter of Mr. and Mrs. S.M. Cooper, who moved from Parsons to Iola, will come to Kansas this week for a vacation from her work at the Battle Creek sanitarium. After a visit at her home in Parsons, Miss Cooper in company with her father and mother, will go to Fort Collins, Colorado, for an extended stay with Messrs. Ward and Harry Cooper [her younger brothers] and other relatives.”

74. Parsons Daily Sun (The) (Parsons, Kansas). 1908.
  Locals: Miss Lenna Cooper, of the department of domestic science,... Sept. 8. p. 3.
  • Summary: “... of the Battle Creek college at Battle Creek, Michigan, is in the city for a visit with her parents, Mr. and Mrs. S.M. Cooper. The latter with their daughter will leave this evening for a visit with relatives in Wellington, Colorado.”

75. Parsons Daily Sun (The) (Parsons, Kansas). 1908.
  Locals. Sept. 8. p. 3.
  • Summary: “Miss Lenna Cooper, of the department of domestic science, of the Battle Creek college at Battle Creek, Michigan, is in a visit with her parents, Mr. and Mrs. S.M. Cooper. The latter with their daughter will leave this evening for a visit with relatives in Wellington, Colorado.”

  • Summary: “Miss Lenna Cooper, head of the Domestic Science school at the Sanitarium, gave a lecture this afternoon at 5 o’clock in the parlor on ‘The Sources and Uses of Starch.’ The lecture was well attended.”

  • Summary: “Lenna F. Cooper, head of the Domestic Science school at the Sanitarium, gave a lecture in the parlor of the institution this afternoon at 5 o’clock on the subject of ‘Vegetables; Their Preparation and Use.’ The lecture was followed by a demonstration.”

  • Summary: “…on Monday evening in South Hall parlor. After the opening exercises there was a pleasing duet for banjo and piano by Messrs. James Roy and Charles Knell. Then followed the rousing debate of the question ‘Resolved, That the American home would be improved if women did not enter commercial life,’ the affirmative being supported by Prof. B.E. Nicola and Curtis Johnston and the negative by Miss Ella Thompson and Miss Lenna Cooper. The speeches were all excellent, replete with argument, eloquence, wit and humor and elicited frequent and hearty applause from the large and appreciative audience. The judges rendered a decision in favor of the affirmative though it was highly probable that the audience sympathized with the negative side. It was very encouraging to all those who are interested in the promotion of the literary movement among the Sanitarium helpers that the society is steadily progressing both in numbers and in the quality of its work.”

  • Summary: “Dr. J.H. Kellogg, Dr. Chas. E. Stewart, Dr. B.N. Colver, Dr. Louie Vandervoort, Miss Lenna F. Cooper and Miss Carrie Zahn of the Sanitarium have been in Atlantic city [New Jersey] attending the annual meeting of the American Medical Association.”

  • Summary: “That most practical work is accomplished by the Sanitarium School of Health and Household Economics...
is evident from the display made by the members of the graduating class at the institution yesterday afternoon. Each exhibit was made in the room where the work was done or the studies carried on. Thus the visitors were conducted to nine different rooms containing exhibits.

“The medical dietetics were explained by Lenna F. Cooper, principal of the school. On tables were arranged six courses, three each of the Atwater and Chittenden foods. The Atwater foods are of much higher nutritive value and contain more proteids than the Chittenden standard. The Sanitarium adheres to the Chittenden standard.

“In the chemical laboratory was shown how germs are produced in culture.”

“Most appetizing and tempting was the display made in the cooking room.”

A long article.


• Summary: In the last paragraph of this long article we read: “The head nurse of the institution, Mrs. May Foy, testified to the fact that after the Sanitarium had graduated nurses, it required them to remunerate the institution by giving up half of their salary. The testimony of Miss Lenna Cooper, head of the cooking school, showed that most of the students paid for their education.”


• Summary: 1910 United States Census of Battle Creek, Precinct 2, Part of 3rd Ward, April 26 & 27, 1910 by Earl E. Tenny. (On Ancestry.com, Lenna F. Cooper was indexed as Laura F. Cooper. It is definitely Lenna F. Cooper.)

Line 46. 177 Van Buren St. 358th family visited.

Lenna F. Cooper, age 35, Single. Has not had children. Born in Kansas; her father was born in Illinois, mother born in Ohio. English is her mother tongue. Occupation: Dietitian in a hospital. She was working on April 15 and had not been out of work during the previous year. She rented her home. She was not a Confederate or Union survivor of the Army or Navy. She was not blind, deaf or dumb. Source: Original data: Thirteenth Census of the United States, 1910 (NARA microfilm publication T624, 1,178 rolls). Records of the Bureau of the Census, Record Group 29. National Archives, Washington, D.C. Via Ancestry.com.


• Summary: “The Home Department of the Woman’s League have charge of the Wednesday program, and the principal feature is a paper on Domestic Science by Miss Lenna Cooper. The federation reports will also be given at this time, and good musical numbers will aid in making the event interesting.”


• Summary: “... who is here to spend Christmas with her parents, Mr. and Mrs. S.M. Cooper, will leave for her duties Tuesday morning, by way of St. Louis [Missouri], where she will attend the American Household [sic, Home] Economics association.

“It was thought best by the club ladies to call off the lecture by Miss Lenna Cooper, owing to the busy season and Miss Cooper’s short stay.”


• Summary: “Milk, though a liquid, has a much higher nutritive value than many of our common foods. Its nutritive value exceeds that of apples, pears, peaches, berries, carrots, cabbage, spinach, turnips, beets, asparagus, cauliflower, squash, etc. It contains about 14 per cent of solid matter; in one quart there is found about one and one-half ounces of butter, and almost one and one-quarter ounces of dry curd; after separating the curd and fat from the milk we still have left some albumin, mineral matter, and the sugar in the whey. All told, there is about four and one-half ounces of dry or solid matter in one quart of milk.

“The protein of the milk consists of two kinds: casein and albumin. The casein may be coagulated either by acids or by rennet. The casein is the principal protein in cow’s milk, there being about three per cent of it. Albumin is the other protein, there being about seven-tenths of one per cent. This remains in solution unless coagulated by heat. For this reason it is much more easily digested than the casein. With many adults there is an inability to digest casein, hence curds form which decompose in the alimentary tract, producing ‘biliousness,’ auto-intoxication, etc.

“The protein is used for tissue building and tissue repair. Since it is intended as a food for the growing young, it contains a higher percentage of this constituent than would be found in a normal food for adults, since the young must build as well as keep his body in repair.

“The sugar in the milk supplies the carbohydrate or the heat and energy producer. It is essential for maintaining the
heat of the body and for supplying the energy with which to perform the bodily functions.

“Mineral matter is especially valuable for the formation of bones and the building of nerve tissue. The fat is also a source of heat and energy.

“Besides being a good food for the young, milk is also an ideal food for bacteria and other microscopic organisms, particularly the sugar of milk and the protein. Especially is this true when there is heat present, the temperature at which milk is drawn being ideal. These tiny organisms find entrance to the food through external conditions, usually accompanying particles of dust which fall into the milk during milking, or through the careless handling previous to delivery to the consumer. When we realize that almost every particle of dust is accompanied by one or more bacteria, and then observe the dust and dirt which is found in almost every barn, we can little wonder that large numbers of these organisms are found in it. That these need not be found in the milk is proved by the fact that it is possible to obtain almost a perfectly sterile fluid when extreme precautions are taken as to cleanliness; hence a number of bacteria in a given quantity of milk is a very good indication of the conditions of the surroundings during the milking.

“Many dairymen would be glad to supply a cleaner product, but do not know how to go about it to improve the conditions. The federal Department of Agriculture [USDA] is issuing a number of bulletins on the subject of milk production which give ample instructions for producing clean milk.

“The first requisite, of course, is a healthy cow. It should be known that the animal is free from tuberculosis. This can be determined by the tuberculin test, administered by a capable veterinarian. In order to keep the animals in good health they must be supplied with wholesome food and clean water, and should be housed in a barn which gives plenty of light and air. The body of the cow should be carefully groomed before milking. The cow should be at least given a thorough brushing, and the flanks and udder should be washed before milking. The dirt and dust which adheres to the hair of the animal is usually responsible for the contamination of the milk, as it easily falls from the body into the milk pail; especially is this true if the milk pail is the wide open mouth receptacle which is usually used. A covered pail is much to be preferred, as it is much more sanitary. Experiments conducted sometime ago show that milk drawn in an open pail under conditions where little care was given to cleanliness contained 3,439,200 bacteria per cubic centimeter, while that drawn in a covered pail contained on an average 103,600 bacteria, or a little less than one-thirtieth as many bacteria as that drawn in the open pail.

“The milk should be cooled as quickly as possible to about 50°F, as bacteria develop very rapidly in the warm liquid. The cooler the temperature at which it is kept, the slower the bacteria multiply. After cooling, it should be put into sterile jars or bottles, sealed and left closed until it is delivered to the consumer. Milk sold from an open container is very likely to be contaminated by particles of dust falling into it during delivery. It should be remembered that Nature never intended milk to be exposed, as the manner in which the young take milk from the parent gives no opportunity for contamination.

“Cans and utensils which contain milk should be made seamless, or at least should have the seams filled with solder so as to allow no crevices from which it is difficult to remove small particles of milk. All milk utensils should be first rinsed in cool water, as heat hardens the albumin, causing it to adhere to the utensil. They should then be sterilized, or at least carefully scalded, and placed in the direct sunshine. These precautions are not only necessary for cleanliness but may be a means of prevention of contamination.

“Many epidemics of typhoid fever, diphtheria, scarlet fever, etc., are directly traceable to the use of contaminated milk. A recent government publication is authority for the statement that during the last twenty-five years there have been published in the different medical journals the histories of 195 epidemics of typhoid fever, 99 of scarlet fever, and 36 of diphtheria, all traceable to the milk supply.

“Tuberculosis seems even more to be dreaded than other contagious diseases. It now seems very evident that milk is largely responsible for the spread of this disease. Dr. E.C. Schroder says that ‘since unimpeachable evidence proves conclusively that tubercular bacilli of the bovine type from bovine sources must be classed as highly infectious for man, since tubercular bacilli of the bovine type are certainly more virulent than those of the human type for the species of animals with which comparative tests have been made, it seems reasonable to ask, Why should they be regarded as less virulent for man?’ Summing up, the same author says, ‘It stamps a tubercular cow as one of the greatest dangers to which public health is exposed.’

“In some instances contagion comes through the use of impure water in the cleansing of the milk utensils. For this reason it is important that boiled water should be applied to the milk utensils as the last rinsing.

“No one should have anything to do with milk production who is afflicted with any contagious disease or who has any communication with another who is afflicted with a contagious disease. It is needless to say that milk produced under such conditions entails much more labor and consequently must be sold for a higher price. Any intelligent consumer would gladly pay the additional expense for obtaining a clean, wholesome article, especially when it is to be the food of young children.

“Children are particularly susceptible to gastro-intestinal disturbances. The relation of these conditions to the milk supply is set forth also in a government bulletin, which says, ‘In the country at large, one-sixth of all the children born perish before the completion of the first year; that nearly
one-half of the deaths of children under one year of age are caused by gastro-enteric diseases, chiefly infantile diarrhea, and that of the 54,047 infantile deaths which have been investigated at home and abroad with reference to feeding, 86.6 per cent had been artificially fed [not breast fed]. All of which points with more than mere suspicion to the fact that the morbific agent is introduced into the body with the food (cow’s milk).” Professor Harrington also says, ‘The public needs more education, that clean milk is a necessity, and that infants’ sickness and funerals can be reduced at least 40 per cent’ (Continued). Address: [Battle Creek, Michigan].


**Summary:** (Continued): Since, in many places it is impossible to obtain milk of this high standard, it may devolve upon the housewife to render it safe by pasteurizing it. Pasteurization will not, however, remove the dirt and filth of the barnyard, but will destroy disease-producing germs. Pasteurization is accomplished by heating the milk to a certain temperature and maintaining it for a sufficient length of time to kill the disease-producing bacteria, which fortunately are destroyed at a rather low temperature. If milk is heated beyond 165ºF. its food value and its constituents are changed. To properly pasteurize milk it should be left in the bottles, and through the cap of one of them place a dairy thermometer. Arrange the bottles in a pail on the bottom of which is an inverted pie tin punched full of holes, which allows the water to come through and yet prevents the bottles from coming in contact with too intense heat. Surround the bottles with cool water, filling the pail to within about one-half inch of the top of the bottles, bringing the milk as rapidly as possible to the temperature of 155º. When it has reached this point, remove the bottles from the pail, set away on a board covered with a towel, and over this draw another towel or cloth, and allow the milk to remain about thirty minutes. Then replace in pan of warm water and gradually replace the warm water with cold. As soon as the milk is thoroughly chilled remove to the refrigerator, where it should remain until ready for use. Milk should not be taken from the refrigerator and left out during the preparation of a meal, as the temperature of the warm room is very favorable for the development of bacteria.

“Housewives should also be careful not to permit the milk to remain upon the porch where it will be exposed to the heat of the sun, even during the early morning hours, as milk is often spoiled in this way, the fault being attributed to the producer rather than to the housewife. The mouth of the milk bottles should always be washed before opening the bottle, as dirt is likely to have accumulated there. Milk produced under cleanly conditions is often known as certified milk, which means that the dairymen has produced a milk which comes up to the standard set by some official body, either by a medical commission or by a board of health. In a United States bulletin by Clarence B. Lane, certified milk is defined as ‘clean and wholesome and is obtained from healthy cows, which are kept in sanitary quarters, fed wholesome feed and given pure water. It is drawn from clean cows, by clean, healthy attendants, into clean receptacles. It is handled in a clean manner, cooled quickly, put into sterile vessels and iced in transportation when necessary.’ Butter is quite as likely to be a carrier of tuberculosis as milk; in fact, it has been shown that a large number of the bacteria of tubercular infected milk are removed with the cream, so that an equal quantity of cream is likely to contain more tubercular bacilli than an equal quantity of skimmed milk; hence it is equally important that cream which is not above suspicion should also be pasteurized before it is used in the making of butter. It should be pasteurized in the same way as that described for the pasteurization of milk. It should then be cooled to 50º if possible, and churned at this low temperature. The making of butter from sweet cream differs in this respect from the making of butter from sour cream.

“Clean milk should not contain more than a few thousand bacteria per cubic centimeter, but milk which has been carelessly handled often contains as high as two or three million. It may be interesting to know how bacteria which are so small that it requires the aid of a powerful microscope can be counted. In the first place, a definite quantity of the milk, usually one cubic centimeter, is diluted with 99 parts of distilled water, then one cubic centimeter of this mixture, which of course contains 1-100 cubic centimeter of milk, is taken. This is then mixed with a sterilized medium, viz., food for germs, and placed in a sterilized petri dish, which is covered and then placed in a warm place with an even temperature of about 100ºF. If there are any germs present, they will grow, as they seem to have no suicidal tendencies. All they need for growth is favorable conditions. Bacteria do not possess the power of locomotion, hence each bacterium must remain where it was originally placed in the milk. As each bacterium multiplies, it forms a group or colony, which after a number of hours becomes large enough so that it is visible to the naked eye. By counting colonies, we ascertain the original number of bacteria.”

Photos show: (1) “Cows kept in a condition under which pure milk is impossible.” (2) “Conditions which make contamination unavoidable.” (3) “Scientific and cleanly dairying.”

Note: All of the articles written by Lenna F. Cooper in *Good Health* magazine are vegetarian; none calls for the use of meat, poultry, fish or shellfish. Address: [Battle Creek, Michigan].


**Summary:** Note: Today (2018) we might call this “The lunch pail.”
If ever there is a time when a housewife’s wits are put to an end it is when preparing the lunch for some member of the family who is compelled to be away from home at the meal hour. It may be irksome to think of something new and appetizing each day, but when one thinks of the irksomeness of eating a cold lunch, with perhaps no pleasant environment, one can understand the appreciation of any thoughtfulness on the part of the housewife who puts up the lunch. Certainly no pains should be spared to make the lunch both attractive in appearance and palatable to the taste. Lunch tied in a newspaper and carried under the arm to be crushed and mussed is nothing to appeal to the appetite of a working man or woman.

In the first place, care should be given as to the choice of the receptacle. The pail has some advantage over the basket, as it prevents crushing, and keeps out dust and dirt, but a basket with openings in it permits of ventilation which prevents the odor of staleness. When a basket is used it should be lined each day with fresh paper so as to prevent the contents from dust and dirt. The different articles in a dinner pail should be wrapped separately so as to prevent foods partaking of the flavor of adjacent foods, also to prevent drying. White paper napkins are very useful for such purposes. Napkins with colored designs should be rejected, as colors are likely to run when the paper becomes damp. Oiled papers are indispensable for the wrapping of sandwiches, as they prevent them from drying. The wrappings from biscuit boxes may be saved for such purposes. Tin boxes in which wafers and other delicacies are sold are also convenient for enclosing sandwiches, cakes or other articles which should be protected from drying.

Small jars and dishes should be saved for the dinner pail, since many articles can be carried safely and daintily in the receptacles which lend variety. Strongly flavored foods, such as salads containing onions, cauliflower, etc., should be sealed in a jar to prevent the odor being absorbed by other foods.

Individual drinking cups should not be forgotten as one of the necessities, especially where one works in a factory or other place where a public drinking cup is likely to be a menace to the health.

One of the greatest comforts to the carrier of the dinner pail is a thermos, or vacuum, bottle, which retains the heat of liquids therein. The initial cost of these bottles is considerable, but they are very durable and add greatly to the comfort of one who must otherwise eat cold lunches.

The contents of a dinner pail should be nourishing and digestible as well as palatable and attractive. By nourishing we do not mean that it should consist of heavy foods, but that it should meet the requirements of the body. The lunch should always contain something fresh, as fruit, celery, lettuce, or a salad composed of vegetables or fruits.

Sandwiches form an indispensable part of a lunch. There is such variety in the choice of sandwiches that they need never become monotonous. They may be varied by using different kinds of bread, such as whole wheat, white, graham or rye. The bread should be at least twenty-four hours old, for fresh bread does not cut well. It should also be cut thin. Sandwiches are made more attractive by trimming. Variety in the shape of sandwiches adds also to the attractiveness of the lunch. Favorite shapes are triangle, oblong and round. Fancy cutters add still further to the variety.

In the fillings of the sandwich one can use almost any left-over. It is usually reduced to a smooth mass by mashing or grinding. A food chopper is a convenient article for reducing most substances to a homogeneous mass. Figs, dates or raisins put through a chopper with nuts make a palatable and nutritious filling.

When fresh fruits, such as berries, peaches, etc., are in season these may be spread between buttered bread with a little sugar for dressing. When berries are used they should be placed between bread without crushing. Sliced bananas or pineapple may be used similarly.

Nut butter makes a palatable filling to those who are hearty enough to digest well. Cottage, yogurt or neufchatel cheese, nuts finely chopped and mixed with mayonnaise, baked beans or eggs make hearty sandwiches. Lettuce, cucumbers or celery with a little cooked mayonnaise dressing make a palatable and refreshing sandwich.

Pie is often resorted to as a dessert for a lunch, but pie usually becomes more or less mussy. For this reason turnovers, cream-puffs, and such desserts where the contents are sealed in are more to be preferred. Cakes, of course, are convenient desserts, but there is danger of having too much sweets in the dinner pail. Sweets pall on the appetite, and in time may interfere with the digestion. Small desserts, however, may be made in individual dishes, such as custard, vegetable gelatin [agar] desserts and fruit puddings.

When the lunch is returned half eaten for a number of days a change should be made in the food. It is probable that the appetite has been surfeited with heavy foods, and it may be wise to change to lighter ones, such as fruits, vegetables, and light sandwiches. It is also well to cut down on the quantity, but plan to make it especially attractive in appearance and palatability.

Last, but not least, it should be the aim of the housewife to supply foods which are no tax upon the digestion. The fact that a cold lunch eaten in solitude or in unpleasant surroundings is of itself a tax upon one’s digestion, but when one adds to this many things which are with difficulty digested it only adds to the burden of digestion. Fried cakes, hard fried eggs, pickles, and strong cheese are better left out of the dinner pail.

Here are a few recipes which may add variety to the dinner pail:


Photos show: (1) The full dinner pail. (2) Stuffed figs. (3) Pastry Rolls The (4) Cocomut dates. (5) Tea pretzels.

Address: [Battle Creek, Michigan].


• Summary: “Because a man is possessed of a large stock of health is no reason why he should not conserve this condition to the best of his ability and that, through an immoderate form of diet, a man cannot hope to retain his health were statements made yesterday afternoon by Miss Lenna Cooper of Battle Creek, Michigan. Miss Cooper spoke before a large audience at Library hall on ‘Mal-Nutrition [sic] and Indigestion.’ She maintained that there is no argument in the statement that some people live to reach the age of ninety or more and in doing so, show a supreme indifference to their health or mode of living.”

“The body is made of foods we consume and the old German proverb ‘As a man eateth so he is’ [Wie ein Mann isst, so ist er] is very true. The body requires the right diet at all times or something is sure to go wrong. The proportions in the menu should be 10 per cent. protein, 30 fats and 60 per cent carbohydrates. It is impossible to emphasize too strongly that our health and energies depend on our foods. Foods are tissue builders and energy producers. Formerly it was proposed that a large amount of protein was necessary but this theory has been proven fallacious.’

“Miss Cooper concluded her lecture with the following remark: ‘Watch your diet, take plenty of exercise in the cold air and get as much sleep as you need.’”

Note: Library hall was in Ft. Wayne, Indiana according to the 1911 Ft. Wayne city directory. Thanks to John Beaty, Librarian, Genealogy Center, Allen County Public Library, Indiana.


• Summary: “Miss Lenna F. Cooper has returned from Auburn and Fort Wayne, Indiana, where she has been lecturing before the Women’s League on the ‘Relation of Foods to Health. The daily papers gave very enthusiastic reports of the lectures and characterized them as being the best ever heard in Auburn on that subject. At Fort Wayne the series of meetings were held to commemorate the health week. The topic assigned to Miss Cooper was ‘Malnutrition and Indigestion.’ Large and enthusiastic audiences listened with close attention to this important subject.”


• Summary: “The Michigan Home Economics association, a branch of the American Home Economics association, was organized Saturday afternoon at M.A.C. [Michigan Agricultural College] in the Woman’s building. Thirty-five women interested in home economics, some from schools, others from hospitals and clubs from all over the state, met and organized and several of the senior girls of the college became members. Miss Grace Fuller, director of domestic science at Ypsilanti Normal was elected president, and Miss Lenna Cooper, director of domestic science and dietitian at the Battle Creek sanitarium was listed secretary-treasurer. The list of charter membership will be left open for two months and women wishing to become members can do so by communicating with Miss Cooper...”

Note 1. This is the earliest document seen (March 2016) in which the word dietitian appears in connection with Lenna F. Cooper.

Note 2. This is the earliest document seen (March 2016) in which Lenna Cooper is described as “dietitian at the Battle Creek Sanitarium.”


• Summary: Comprising the Housekeepers’ and Dietician graduating classes of the Domestic Science school of the Sanitarium. sixteen young ladies were awarded diplomas last evening in the ‘San’ chapel, 11 representing the first named school and eleven the Dietitians.

“The chapel was handsomely decorated for the occasion, shrubbery and potted plants being used in abundance. On the rostrum of the chapel. on which were seated Dr. J.H. Kellogg, Miss Lenna F. Cooper, Sanitarium Dietician [sic], and Mrs. Olaf N. Guildlin, principal speaker of the evening, a bank of ferns and potted plants was massed, while suspended over the whole was a brilliantly emblazoned pendant bearing the initials ‘B.C.S.D.S.’ handsomely entwined with greenery. The two-year students occupied the front row on the platform, while behind them were seated the first year students of the Housekeepers’ class.”


• Summary: “Miss Cooper lectures–In the main-floor parlor of the Sanitarium yesterday Miss Lenna F. Cooper, Chief Dietitian of the Sanitarium, gave an interesting lecture and exhibition on that branch of the ‘San’s’ work. A good-sized throng attended the instructive exhibition.”

Note 2. This is the earliest document seen (March 2016) in which Lenna Cooper is described as “Chief Dietitian of the Sanitarium.”
The insulating material, which may be hay, straw, sawdust, dangerous. After having padded the bottom of the box with outside of the oven must be enclosed in sheets of asbestos four inches larger in each dimension than the oven. The must also be provided. The box should be from three to ovens about 12 x 15 inches. A close-fitting box with cover should be obtained. It is now possible to obtain provided with the heating stones. For this a small sheet- close-fitting pails, one can easily construct a fireless cooker. It is not the purpose of this article to describe the method of making a fireless cooker, but if directions for construction are desired, they can be found in ‘The Fireless Cook Book,’ by Margaret J. Mitchell.

If camp life is to be extended, an insulated oven is a convenient arrangement, unless one has a fireless cooker provided with the heating stones. For this a small sheet-iron oven should be obtained. It is now possible to obtain ovens about 12 x 15 inches. A close-fitting box with cover must also be provided. The box should be from three to four inches larger in each dimension than the oven. The outside of the oven must be enclosed in sheets of asbestos [dangerous]. After having padded the bottom of the box with the insulating material, which may be hay, straw, sawdust, wool, mineral wool, excelsior, paper or some other non-conducting material, place the oven in the box upon the packing with the oven door opening at the top. The oven should come within about two inches from the top of the box. The insulating material should be packed in closely about the sides of the oven. The cover of the box should be provided with hinges and hasp, and should be padded with a cushion made of the packing material of such thickness that when the cover is closed it will fit the oven door closely. The cushion should be held in place by a sheet of asbestos nailed in numerous places, the nails being driven through small pieces of tin which prevent the asbestos from tearing out. A piece of asbestos sheeting should also be placed in the bottom of the oven. The oven should be provided with at least two radiating plates, one to be placed below the article to be baked, the other above. These plates are preferably made from soapstone, and can be procured in almost any hardware store. The small soapstone foot-warmers are very convenient for such purposes, though other stones hewed to the proper size may be used. Fire-brick may also be used. Iron plates may supply this purpose, but they are not so satisfactory as the stone. These stones may be heated in the coals of a camp fire. For baking they should be heated until the top part of the stone is about as hot as a flatiron heated for ironing. Sometimes the under portion is heated to red heat. The insulated oven is a valuable addition to the camp fire. With this the fireless cooker may be dispensed with, though both are valuable adjuncts, especially if the camping is to be continued for a considerable length of time.

“Here is a table giving the time required for cooking a number of common articles, taken from the book already referred to:”

Several days before starting out upon a camping trip one should make out a list of staple groceries to be taken along, for it is annoying to arrive at one’s destination and find that important articles of food have been forgotten. By beginning the list several days before setting out, articles may be added as they come to mind. It should be remembered that one enjoys heartier foods at such a time and more in quantity than when following the ordinary vocations of life. For this reason cornmeal or rolled oats make a substantial breakfast dish and baked beans an acceptable dinner dish. There are a number of prepared foods upon the market which are a great aid in camp life. If one is to be some distance from a base of supplies, it is best to take the bread in dextrinized or thoroughly toasted form, such as zwieback, rusks, whole-wheat wafers, crackers of various kinds, shredded wheat biscuit, etc. Below is a suggestive list of staple articles for a camping trip:

Cornmeal
Rolled oats
Cream of wheat
Flour, white and graham
Rice
“Sugar, white and brown
“Raisins
“Currants
“Prunes
“Condensed milk
“Potatoes
“Carrots
“Parsnips
“Canned peas
“Canned tomatoes
“Canned corn
“Beans
“Canned fruits
“Canned protose
“Canned nuttolene
“Canned meltose
“Zwieback
“Oatmeal crackers
“Whole-wheat wafers
“Rice biscuit
“Shredded wheat biscuit
“Malted nuts
“Flavorings: vanilla, lemon, nutmeg, cinnamon
“Seasonings: salt, onion, bay leaf, celery salt

With regard to the amount of food which the body demands on a trip of this kind, an ingenious army officer who has made a careful study of the subject of dietetics has worked out a balanced ration which he finds “suitable for soldiers or others who may be separated from their source of supply.” The ration as devised by this officer is as follows:

“Whole-wheat flour, 4 lbs.
“Figs, 5 lbs.
“Almonds, shelled, 2 lbs.
“60 egg whites

“These materials are made up into thirty cakes, which are sufficient for ten days’ rations with one cake for each meal. This ration supplies the following number of calories: Protein, 3,144; fat, 5,111; carbohydrate, 14,617; total, 22,873. He also says that three or four days’ rations can be carried in saddle-packs or haversack. No doubt many who wish to make excursions into parts remote from food supplies would find such a ration advantageous. This ration is a little high in protein. It can be made by using five pounds of whole-wheat flour instead of four pounds and five and one-half pounds of figs, and using water for wetting instead of egg whites. The dough should be thoroughly kneaded and baked in thinner cakes than described above. Bake in a slow oven.

Recipes *: Footnote: * “All measurements in these recipes are made level. The cup is the half-pint measuring cup.”


Photos show: (1) Many families seated in daylight on the grass, on both sides of a long table with tablecloth on the grass, with campfire smoke in the background. Caption: A dinner al fresco. (2) “Denatured alcohol is an economical fuel.” (3) A dish of macaroni and kidney beans. (4) A wayside dinner. (5) Corn pones. Address: [Battle Creek, Michigan].

• Summary: “The dining room was in charge of Miss Lenna Cooper who looked after the needs of the company in her usual gracious and systematic manner. Musical selections from another Victrola made the repast doubly pleasurable and a return to the Eggleston home was the signal for the renewal of sociability which continued until a reasonable hour...”

95. Cooper, Lenna F. 1911. Peach shortcake and other autumn things. Good Health (Battle Creek, Michigan) 46(9):830-33. Sept.
• Summary: “September marks the end of the fruit season in our northern climates. So it seems important to make the best use of what remains. Grapes and peaches are in their prime and it would seem that Nature were reserving for the last her best.”

Note the natural emphasis on using foods in seasonal.


Photos show: (1) Peach ice in a stemmed glass. (2) Creamed okra on toast. (3) Peach shortcake. (4) Beet salad. Address: [Battle Creek, Michigan].

• Summary: “‘San’ dietitian busy.–Miss Lenna Cooper, the dietitian of the Sanitarium and superintendent of the domestic science department, has returned from Detroit, Michigan, where she has been attending the meeting of the Michigan Home Economics Association, of which organization she is state secretary. The aim of the association is mainly the betterment of the home. The next committee meeting of the Michigan Home Economics Association will be held in the Sanitarium, when plans will be formulated for their annual meeting.”

• Summary: “May get convention–Battle Creek may get the next convention of the state association of Home economics to be held next June. The executive committee is to meet
here in April and the matter of the next meeting place for the state convention will then be decided. An attempt will be made to land it for Battle Creek. Miss Lenna F. Cooper, dietitian at the Sanitarium, is secretary and treasurer.”


- **Summary:** “A scientific knowledge of what to eat and what not to eat and an understanding of the proper care of the body is the nation’s great need, according to Miss Lenna F. Cooper, Sanitarium dietitian, and one of the food experts of the country.

  "It is a need greater than reciprocity, solution of the trust problem or satisfactory tariff revision’ she said. ‘It concerns a nation’s health, which means more than a nation’s wealth.

  "The government has a special department of information regarding the health and care of livestock and to give instruction regarding their keeping. Every stockman knows just how much food and what kind must be fed to produce certain results in his livestock. He pays attention to his horses, his cattle, his pigs even before their birth.

  "This same stockman does not know what he should eat or the proper care of his body. There has been no effort to instruct him. Even the teaching of physiology is somewhat lax in the schools. This is the nearest approach to instruction as to how to live properly.

  "There is no government department for instruction as to the proper diet for persons or for the healthful way to live. A statement, to be followed or a national one, should be started for the purpose of getting congress to institute a department of public health.”

  “In support of her statements, Miss Cooper quotes from Spencer’s ‘Education.’ An extract says:

  “‘When the country gentleman has paid a visit to the stable and personally inspected the condition of his horses; when he has glanced at his minor livestock... but what proportion know much about the qualities of the food they give their children and its fitness to the constitutional needs of growing boys and girls.”’

99. Evening News (The) (Battle Creek, Michigan). 1911. Turkey not needed for Thanksgiving: chestnut pie or savory roast makes a “just as good” substitute for the bird. Recipes are given out: anyone may prepare dishes by following directions. Famous Sanitarium dishes are recommended as equally toothsome and much more healthful. Nov. 25. p. 5.

- **Summary:** Planning on a safe and sane Thanksgiving? Something heralded ‘just as good as a nice, young turked hen, and not nearly so conducive to dyspepsia?

  “How about a chestnut pie? Or a savory roast? These two dishes will be the entrees on the Sanitarium dining room table on Thanksgiving day. Miss Lenna Cooper, dietitian, says they are quite as good as turkey and much less damaging to the stomach.

  “The recipes for the two dishes, so that one can make them at home, if she wishes, is as follows:”


- **Summary:** “Paper bag cookery is the latest idea in that art. Just how permanent a place it is destined to occupy remains to be seen, but undoubtedly it has many advantages and will find a prominent place in certain lines of cookery. The process consists of cooking foods in specially prepared airtight paper bags. The bags containing the foods are placed upon oven shelves and allowed to remain sealed until done.

  “The origin of this method of cookery is obscure. The gypsies [gypsies] have simulated it from time immemorial. It has been their practice to encase certain foods, especially their game, in clay, which forms an impervious covering, before baking it in the coals. Travelers who have eaten of foods prepared by this method claim that they are much superior to foods cooked in the ordinary way.

  “It is said that the Chinese have done some cooking in paper bags for several centuries. The French have made use of en papillote cooking for a few special articles for some time. We are indebted, however, to M. Soyer, a famous chef, for perfecting the system and adapting it to practical everyday use. Following a public demonstration in London of his method, over sixty thousand people called for bags in one day. The American Consul-General thought it of sufficient worth to make a report to this government concerning its advantages and merits.

  “The advantages claimed for this method are numerous, perhaps the most important being that by it the food values as well as all the flavors are retained. By our present-day methods of cookery, a large amount of nutritive value is lost, especially the mineral salts, sugars and acids, by the water in which the foods are cooked, being drained off. Any method which prevents this loss is welcomed by the physiologist and hygienist, as well as by the housewife.

  “Moreover, important extractives and flavors also escape, both in baking and boiling. The most tasty portion of food when baked adheres to the pan, thus depriving us of the flavors so conducive to good appetite. For only until recently has the importance of flavors been really understood. Hypocrates [Hippocrates], many centuries ago, said, ‘That which pleases the pallet nourishes.’ Within recent years the truth of this statement has been pointed out by scientists until we now realize that there is an intimate relation between flavors and digestion. When the natural flavors are retained, the foods require less seasoning, many of them in common use producing harmful effects.

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“Almost equally important with the flavors are the odors and fumes that are given off in the cooking, since the appetite is appealed to through the sense of smell as well as through the sense of sight and taste. It is also important when a number of articles are being cooked at the same time that the flavor of one food does not permeate another and thus destroy its natural flavor. This frequently happens, especially when vegetables of various kinds are cooked at the same time or with other foods. By the paper bag method, each food retains its characteristic flavor and there is no unpleasant mixture of aromas. There is also practically no loss in weight of the food, for there is almost no evaporation.

“Sanitarians approve of the method because of its cleanliness. Rarely are dishes washed so as to meet the approval of the bacteriologist. The paper bag is used once, then thrown away. Housewives approve of the method because of the labor which it saves in the care of ‘pots and pans’; then, too, foods require less care and watching than when cooked by other methods, since there is less likelihood of their burning. The paper bag also insures a very even cooking.

“Another advantage of the paper bag cookery is its economy of fuel. A whole meal may be cooked in the oven with the one fire. Less fuel is also required than is usually needed for oven cooking. For most purposes the one-oven burner is quite sufficient for cooking an ordinary meal. The time required is somewhat less than for ordinary methods.

“The essentials for paper-bag cookery are specially prepared bags and an oven. M. Soyer experimented for some time with ordinary bags, but always found that they left a burnt flavor from the charred paper. Finally he became convinced that paper bags could be prepared by a special process to render them odorless and tasteless. These bags were first made in England, but now they are obtainable at most paper houses and book stores in this country. Some cooking utensil dealers also carry them.

“The bags should carry a guarantee of their freedom from unwholesome chemicals used in manufacture. The bags must also be water-proof and air-proof.

“When food is to be cooked without the addition of a liquid, it is usually best to butter or oil the inside of the bag. This may be done with a small paint brush kept specially for the purpose. When liquid is used, it should be cold when added, and much less in quantity than when ordinarily used, as there is practically no loss from evaporation.

“To fill the bag, place it upon a table or a flat surface. Open it by raising the upper portion and insert the food. Add the seasonings and liquids if used, then press out the surplus air, fold the edges of the open bag back two or three times, and seal with paper clips—obtainable at any book store—if the bags do not possess glued strips at the end. Place the bag in the oven where the food is to remain while cooking. It should not be disturbed while cooking, for the paper becomes somewhat tender and may tear by being moved about. Do not be alarmed if the bag is somewhat burned in appearance. Bags naturally become quite brown, but if the color is very dark, the heat should be decreased. Care must be used in removing the bags from the oven. A broad pancake turner, or broad spatula, is most convenient. The dish into which the contents are to be removed should be placed an inch or more under the bag at the oven door; the bag is then carefully lifted into the dish, after which it is opened by tearing off the upper side of the bag. The paper underneath the food is removed by tearing it apart and lifting from underneath. The bag is then thrown away. If by chance the bag should be found to leak, it can be inserted into another bag without removing the contents.

“Vegetables, fruits and other foods needing to be tested, can ordinarily be tried by feeling of the outside of the bag. If further testing is needed, a slender skewer or a hatpin reserved for the purpose may be put through the bag, as the small opening at this point of the cooking will do no harm.

“Any kind of an oven will serve. It is claimed by the promoter of this method, M. Soyer, that the rack of the oven should be a very open one; that in some coal ranges where the rack consists of wide bands of metal, the bag should be placed upon a broiler in the oven. In his opinion, bags which are placed upon a flat, non-perforated surface are liable to explode. For this reason he does not approve of the method of using a pan underneath the bag. Some authorities claim that this may be done if the pans are very thin, preferably inexpensive tin pans. The oven should be lighted eight to ten minutes before placing the bags therein. Only moderate heat should be used. After the bags have been in the oven eight to ten minutes, the heat should be decreased somewhat. Foods containing large quantities of liquid may be placed in a pan of thin material and then enclosed in a paper bag. The same is also true of foods which require special molds, such as bread, pastry, etc.

“The following time table given by a popular lecturer and demonstrator of paper bags will serve as a guide to the novice in this method of cookery. Usually if the time table is followed no other tests are necessary:"


Photos show: (1) Removing the bag after cooking. (2) Folding the end of the bag. (3) Sealing the bag preparatory to cooking. (4) As they appear in the oven. (5) Removing from the oven. Address: [Battle Creek, Michigan].

101. Evening News (The) (Battle Creek, Michigan). 1911. These turkeys really were not turkeys at all: but Sanitarium guests found imitation delicious. Was served on Thanksgiving Day and diners liked the innocent holiday deceit. Dec. 2. p. 3.

• Summary: “The limit of culinary architecture has been reached. It is the individual turkey. The reason it is called
The turkey is because it isn’t one. Another is that it doesn’t taste like one. But in appearance it looks wonderfully like a vest pocket edition of the Thanksgiving bird.

“Three hundred and forty of the almost turkey were served at the Sanitarium Thursday. Orders were taken in advance. Some guests did not want anything that even looked like turkey, so great was their animosity toward meat. But those did tackle the holiday deceit, thought it fine. Some called for more. But, like Willie’s apple, there were no ‘leavings.’

Miss Lenna F. Cooper, dietitian at the Sanitarium, was the designer of the mock turkey. It was the first time that individual turkeys had been attempted. Several times before a large bird was manufactured.

“The confection—if that it may be called—was made of numerous materials. A scramble of equal parts protose and cereal roast formed the principal ingredients.

‘The innovation was a success,’ Miss Cooper said yesterday, ‘but I do not think we will repeat it. I am opposed to imitations in the food line, but this one was justifiable. The turkey seemed synonymous with the day.’”

• Summary: “Already preparations are being made for Christmas day at the Sanitarium. There will be a musical program, speaking, indoor baseball and other games. Chapel services are to be held. The Christmas day menu has not yet been made out. Miss Lenna F. Cooper, dietitian, is away for a month’s vacation.”


Footnote: * “All measurements in these recipes are made level. The cup is the half-pint measuring cup.”

Photos show: (1) Fruit cocktail. (2) Cheese salad. (3) Peanut roast with cranberry jelly. (4) Scalloped egg-plant. Address: [Battle Creek, Michigan].

104. Battle Creek, Michigan, City Directory. 1911.
• Summary: Under “Colleges and Schools” we read: “Battle Creek Sanitarium School of Health and Household Economics, B C Sanitarium Building, Lenna F. Cooper, Director.”


• Summary: “Miss Jessie Phelps of the faculty of the state normal school at Ypsilanti will arrive at the Sanitarium today to spend a couple of days as the guest of Miss Lenna Cooper, dietitian.”

• Summary: “A meeting of the executive committee of the Michigan Home Economic association for the purpose of deciding when and where the next annual meeting of the association will be held is taking place this afternoon at the Sanitarium.

“Miss Lenna Cooper, secretary and treasurer of the association and dietitian at the Sanitarium, has extended the association an invitation to come to Battle Creek. It is likely that the invitation will be accepted. About 100 delegates usually attend.

“The association is for the purpose of promoting more ideal conditions in cookery and housekeeping and is along the same lines of a domestic science school. It is really a domestic science high school, and principal among its members are teachers in cookery, although others belong and are welcomed.

“Present at today’s meeting are Miss Grace Fuller, dean of women at the state normal college at Ypsilanti, president; Miss Maude Gilchrist, dean of women at the state agricultural college, Lansing; Miss McArthur, dean of women at the central normal school, Mt. Pleasant; Miss Florence Pray, director of domestic science at the western normal school at Kalamazoo; Miss Fields and Miss Fuller, Grand Rapids, and Miss Lena Sawyer, Allegan” [Michigan].

• Summary: “Miss Lenna Cooper, Sanitarium dietitian, is getting ready for several school banquets that will take place during the latter part of June.”

• Summary: “The commencement Season—With the approach of June, activities in the way of commencement exercises at the Sanitarium are quite noticeable. It was first planned that the nurses and domestic science students should hold exercises together but this has been abandoned. Arrangements for the Domestic Science exercises, states Miss Lenna Cooper, head of the department, are not complete, but the commencement will take place in the gymnasium June 12. Though preceding the nurses by several days plans have not been perfected as yet, nor a speaker decided upon. There are 49 graduates of the Battle Creek
Sanitarium and Hospital School for Nurses, of which Mrs. M.S. Foy is superintendent. Exercises will be held June 18. Dr. R.L. Dixon, president of the Michigan State Board of Health, giving the address. Dr. Dixon’s subject will be ‘Clara Barton—The Angel of the Battlefield.’ The baccalaureate sermon will be delivered by Dr. Headlands of Ann Arbor, a former missionary to China, June 15, in the Sanitarium chapel. Class day exercises occur June 17 and the Alumni reception June 19 on the grounds of the Sanitarium annex, formerly the Sanatorium.”

• **Summary:** “The graduation exercises of the domestic science school, which is separate from the Normal School of Physical Education, is to be held June 12. Rev. Caroline Bartlett Crane, the Kalamazoo women, who, as a sanitation expert has a national reputation, and who now is in Washington in connection with the promotion of national legislation in the interest of cleanliness in meat packing, will make the principal address.

“Miss Lenna Cooper, Sanitarium dietitian, will have charge of the graduation exercises.

“Between 7 and 8 o’clock in the evening, just prior to the graduation exercises, there will be a general demonstration of cooking, showing by example the lessons taught...”

• **Summary:** The first page (after the university seal) reads: Columbia University in the City of New York. One hundred and fifty-eighth annual commencement. June 5, 1912.

Then comes the “Order of Exercises.” Music—Overture. Ruy Blas, by Mendelssohn. Tannhäuser March, by Wagner. Then a Prayer by the Chaplain of the University, followed by an Address by the President of the University. And finally the “Conferring of the degrees of bachelor of arts and bachelor of science. Columbia College. The candidates will be presented by Frederick Paul Keppel, Litt.D., Dean of Columbia College.”

Note 1. Lenna graduated on this day from Columbia Teacher’s College, although this is not clear from the text above.

Note 2. Lenna apparently was not much involved in student affairs.

• **Summary:** “Practical course in advanced cookery and dietetics. Lena [sic, Lenna] F. Cooper, Director. Dept. 15. Battle Creek, Michigan.”

112. *Battle Creek Daily Moon (Michigan).* 1912. Nichols hospital to have a dietitian: Miss Cora V. Walter, graduate of the Sanitarium school, will be the official. Aug. 5. p. 5, col. 2.
• **Summary:** “Nichols Memorial hospital is soon to have it first dietitian. Miss Cora V. Walter, a graduate of the Sanitarium cooking school, will be engaged to take charge at once of menus at the hospital. Heretofore not much attention has been paid to this phase of the work, the physicians’ orders being left to the chef.

“Much the same system will be used that is in vogue at the Sanitarium. Meals will be figured out by the dietitian in keeping with the patient’s malady, and the patient will be visited every day to see whether some of the foods are distasteful and to ascertain his likes and dislikes.

“Miss Mabel Hostetter, another graduate of last year’s Sanitarium cooking will accept a position this fall as dietitian at the Y.W.C.A. She is at present serving in a like capacity at the Sanitarium annex.

“These young women are taught under the personal guidance of Miss Lenna Cooper, Sanitarium dietitian, recognized as one of the best in the country.”

• Summary: “A starchy argument—In the Sanitarium parlor last evening Miss Lenna F. Cooper, head dietitian of the ‘San’ gave a very interesting as well as instructive demonstration and lecture on ‘The Sources and Use of Starch.’ For many years Miss Cooper has been head of the local dietary system, and she is thoroughly posted in all matters pertaining to food and dietetics. Her talk was clear, concise and conclusive, and was greatly enjoyed by all the hearers.”


• Summary: “The Sanitarium School of Health and Household Economics opens next Tuesday morning under the direction of Miss Lenna Cooper, head dietitian.

“Enrolled will be students from almost every state in the union. One from Bangor, Maine; one from New Orleans, Louisiana; one from Spokane, Washington; and another from Los Angeles, California, are included. The class this year will have more than 50 members, an increase of about 15 over last year.

“There will be a special educational department attached this year for those who would learn something of the three ‘r’s’ while designing omelets.

“Students will be fitted for all branches of cooking and household work but particular stress will be laid upon Sanitarium [vegetarian] diet as it is from this school that the dietetical force is furnished.”


• Summary: “More than one thousand young men and women have been trained in this school and sent forth for skilled and beneficent service to their fellowmen both at home and in foreign fields.

“School of Health and Home Economics: The necessity for training a large number of cooks, dietitians, and expert hygienic housekeepers for the work of the Sanitarium, to supply recruits for the constantly changing corps employed in these capacities, often numbering a hundred or more, led the management some years ago to establish a special department for this work, which has developed into an educational institution of unexpected proportions and importance.”


• Summary: “Miss Lenna Cooper, dietitian of the Sanitarium, gave a talk on the milk supply question in the parlors of the Sanitarium this afternoon. This evening the guests of the health institute will be entertained by the Sanitarium orchestra, which will give a specially prepared program in the parlors.”


• Summary: “Miss Lenna Cooper, head dietitian at the Sanitarium, leaves Friday for Chicago to spend a week. Miss Cooper is head of the domestic science school at the Sanitarium, which will have its spring vacation of one week, commencing Friday.”


• Summary: “New Vegetable Product. Dr. J.H. Kellogg has perfected a new food called ‘Savora,’ which is being sold
by the Sanitarium Food company. It tastes and smells like beef extract, but is made entirely of vegetable matter. It is a splendid addition for soups and sauces at the San. Miss Lenna Cooper, dietitian, has already arranged a number of tasty dishes in which this new food is used."

- **Summary:** The Michigan Home Economics association will meet "in the kindergarten room of the Ypsilanti Normal college at Ypsilanti [Michigan], on the 24th of this month.

  "Dr. J.H. Kellogg will deliver the address 'How Teachers of Home Economics May Co-operate with the State Board of Health,' at the afternoon session, which will be held in the faculty room of the Michigan State Normal College.

  "Dr. Kellogg, who is a member of the state board of health, is perhaps one of the best able men in the state to take on this subject. He will be the only Battle Creek speaker on the program.

  "Besides Dr. Kellogg, who appears on the program, Miss Lenna Cooper and Miss Ada Hunter of the Sanitarium, Miss Alice M. Cimmer, instructor of home economics in the public schools, Miss Cora Walters [Walter?], dietitian of the Nichols Hospital, a graduate of the San, and Miss Mabel Hostetter, also a graduate of the same institution, who has charge of the lunch room of the Y.W.C.A. here; will attend the session.

  "The program for the day has been received in this city. It promises to be of unusual interest to all who attend.

  "It is as follows: Morning session, beginning at 9:30, paper, 'Differentiation between Elementary and Secondary Instruction in Home Economics, Miss Lena M. Pope,... etc.

  "The business section and election of officers will take place after the morning session. This will be followed by a luncheon in Starkweather Hall which will be prepared by the members of the household arts department of the Normal School.

  "There will be a round table for institutional workers, after the afternoon session."

- **Summary:** "Dr. J.E. Cooper has arrived at the Sanitarium to act as a member of the staff of physicians at the institution.

  "Dr. Cooper is a graduate of the American Missionary college, the medical college formerly connected with local Sanitarium. He has since taken graduate work in Chicago, and has practiced in the Boulder Sanitarium at Boulder Colorado.

  He came here from Auburn, Indiana, where he has practiced for a number of years. He is accompanied by his wife. The new physician is a brother of Miss Lenna F. Cooper, head dietitian at the Sanitarium."

  "To show how the methods of this institution [the San] have grown in favor, it might not be amiss to say at this time that we have over 30 applications from physicians in all parts of the country, who wish to come here to act as assistants, and incidentally learn the system and methods used here.

  "This is a sign of the growing appreciation of the medical profession for the methods used at this institution."

- **Summary:** "Seniors to go to M.A.C. [Michigan Agricultural College, later renamed Michigan State College, see below]. The members of the Domestic Science Class of the school of Home Economics at the Battle Creek Sanitarium will go to Lansing Thursday to visit and inspect the various institutions there. They will go to the school for the Blind, M.A.C., the Industrial Home, the city hospital, the capitol and inspect the kitchens at the Downey House. Miss Ada Hunt and Miss Lenna F. Cooper will chaperon [sic] the party. There will be about twelve."

  Note: The “Agricultural College of the State of Michigan” was established on 12 Feb. 1855—the first agricultural college in the United States. Classes began in May 1857. On 15 March 1861 it was renamed “State Agricultural College” then on 2 June 1909 it was renamed “Michigan Agricultural College,” widely abbreviated as M.A.C. within the state of Michigan. On 13 May 1925 it was renamed “Michigan State College of Agriculture and Applied Science” (MSC). Then on 1 July 1955 it was renamed “Michigan State University of Agriculture and Applied Science” (MSU). Finally on 1 Jan. 1964 it was given its present (2018) name, “Michigan State University” (MSU).

- **Summary:** "Miss Lenna F. Cooper, head dietitian at the Battle Creek Sanitarium, was the only Battle Creek representative who was elected to an office at the annual state convention of the Home Economics Association, which was in session Friday at Ypsilanti.

  "She was elected a member of the executive board.

  "Dr. J.H. Kellogg was the only Battle Creek speaker on the program. He took as his subject, 'How Teachers of Home Economics May Co-operate with the State Board of Health.' The doctor is a member of the board.

  "The meeting place for the next annual meeting was not decided upon during the session. Battle Creek may extend an invitation.

  "The program was carried through as published in the Journal last week. Those who attended the session from
this city were: Miss Lenna F. Cooper, Miss Margaret Hall, Miss Bunford and Miss Ada Hunt from the Battle Creek Sanitarium, Miss Mabel Hostetter, who has charge of the lunch room of the Y.W.C.A. cafeteria, a graduate of the local Sanitarium school, Miss Cora Walter, dietitian at the Nichols Memorial Hospital, and Miss Alice M. Cimmer, who has charge of the domestic science department in the local high school...”


**Summary:** “One of the most successful banquets ever held by the alumni and members of the Home Economics department of the Battle Creek Sanitarium was held last night when about 40 guests sat down to beautifully decorated tables in the main dining room of the Sanitarium.

“The class colors, red and white, were carried out in every appointment of the affair. Fruit courses, cake decorations and even frappe all carried out the red and white idea.

“Miss Mabel Hostetter, a 1912 graduate of the Home Economics department, who has charge of the cafeteria of the local Y.W.C.A. acted as toastmaster, and her witty introductions and clever little personal touches used in introducing the various speakers created much amusement among the guests.

“The toasts were as follows: ‘To the class of 1913’–Mrs. Ralph De Vault; Response from the president of the graduating class; Miss Mathilda von Pein; ‘To our alma mater,’ Mrs. Ann L. Baughey, ‘13; ‘In he field,’ Miss Cora V. Walter, dietitian of the Nichols Memorial hospital; ‘Our homes,’ Mrs. Guy M. Hunt; ‘My girls–past and present,’ Miss Lenna F. Cooper, head of the department; and ‘Our director,’ Miss Fannie Perion, 1911.

“One of the features of the evening was a solo ‘Put on your dietitian’s bonnet,’ by Miss Ethel Strump.”


**Summary:** “The hundreds of people who thronged the huge gymnasium at the Battle Creek Sanitarium last evening to attend the annual commencement exercises of the Home Economics department of the local school were disappointed that Judge Ben Lindsey, the famous juvenile court judge of Denver, Colorado, who had accepted an invitation of the class to deliver the annual address was unable to speak, on account of ill health.

“The judge was obliged to keep to his bed by doctor’s orders. He underwent a second slight operation at the San last Sunday, and since then has been ordered to cancel all engagements made to speak at the numerous exercises, to which he has been invited.

“His place last night was more than ably taken by Prof. W.F. Carlton, head of the Domestic Science department at Adrian college [Adrian, Michigan], who took as his subject, “The Lure of the Far Away.” A long summary of his speech is given. He noted that “too many people do not make the most of their present opportunities, but think always of what they ‘will do some day.’ Such people are ever ready to condemn the sugar trust.

“The gymnasium of the Sanitarium was beautifully decorated for the occasion. The front of the room was banked with palms, ferns and flowers.

“The center of the color scheme of red and white was a large shield bearing the letters, B.C.S and the class numerals [year of graduation?] emblazoned in electric lights.

“One of the features of the commencement exercises of the Battle Creek Sanitarium schools is the magnificent decoration effects always shown in the gymnasium on these occasions.

“After music by the orchestra and a solo by Miss Derr Lewis [a noted soprano], the diplomas were presented by Dr. E.L. Eggleston, who preceded the presentation with a number of fitting remarks to the graduates.

“Those who received diplomas last night were:
“The Misses Grace L. Pixley, Clara B. Hess, Margaret Hall, Mathilda Von Pein, Joanna Whitston, Florence Harvey, Virginia Pringle, Abbie Thompkins, Luella K. Fauble and Mrs. Anna L. Baughty. [Note that 10 graduated, all were women, and all but one was unmarried].

“Miss Lenna F. Cooper has charge of this department of the school. It is largely due to her untiring efforts that the school has reached the high standard for which it is becoming known in all parts of the country.”

Note 2. A photo from elsewhere on the web shows Mathilda Von Pein.

• Summary: “New Book off Press. ‘The New Cookery,’ the first book of its kind with a complete list of 700 Sanitarium dishes, is just off the press. It is creating much favorable comment among the women at the Sanitarium, who have been anxious to prepare Sanitarium menus at their homes. The book is beautifully put up. A brief treatise on food precedes each chapter. The book contains over 300 pages. Some volumes are bound in brown and some in red, while another edition with gold letters is being prepared. The book is the work of Miss Lenna Cooper, head dietitian at the Sanitarium, who has been preparing it for the last year. She is unusually qualified for such a task by her long study of dietetics.”


• Summary: “Called West by Illness: Miss Lenna F. Cooper, head dietitian of the Battle Creek Sanitarium, and her brother, Doctor Cooper, of the medical staff of the institution, have been called to the bedside of their sick sister, Miss Lora Cooper, at Parsons, Kansas. Miss Cooper is seriously ill.”

• Summary: “Writes Valuable Cook Book–Miss Lenna Cooper, head dietitian of the Sanitarium has recently completed a book entitled ‘The New Cookery.’ The book is said to be one of the finest treatises of the subject ever printed and has met with a large sale, especially among those who follow the no-meat diet, there being a long list of meat substitutes and how to prepare them in the publication.”

• Summary: “Federation Delegates Return–Mrs. William Schoder, Mrs. J.F. Gould and Mrs. H.H. Burns, delegates from the Woman’s League to the Michigan Federation of Woman’s Clubs’ convention, held in Muskegon [Michigan], have returned and will submit full reports of the work of the convention at Wednesday’s meeting of the Home department. Miss Lenna Cooper and Miss Ella Thompson of the ‘San’ remained until today.”

• Summary: “Lecture on Tissue Builders–An interesting lecture was given this afternoon by Miss Lenna Cooper, dietitian of the Sanitarium, in the main parlor, the subject
being ‘Tissue Builders and Repair Material.’”

Note: This was probably a lecture about dietary protein.

• **Summary:** “A goodly number of members of the Woman’s League gathered in the league rooms of Willard Library yesterday, where reports were given of the recent state federation held in Muskegon. The delegates, Mrs. William Schoder, Mrs. J.F. Gould and Mrs. H.H. Burns, told entertainingly of various things which most impressed them in the meeting, the reports being complete and instructive. Miss Lenna Cooper of the Sanitarium, who was also present at the federation meetings, gave a fine talk at a meeting she attended in Grand Rapids [Michigan] in the interest of industrial and vocational training in schools, including in her remarks a review of a talk by Miss Ida Tarbell. Mrs. John J. Roberts, one of Battle Creek’s most pleasing vocalists, gave four exquisite solos, three of them, ‘Spring Has Come,’ an Italian song, and ‘My Love for You,’ being favorite poems, for which the vocalist composed her own music. The fourth number was one by Carrie Jacobs Bond, ‘My Papa’s All Dressed Up Today.’ Mrs. Roberts is doing considerable in a quiet way along the lines of composition, and is about to publish a booklet containing six songs of her own arrangement, the words being selected. Her kindness in favoring the ladies with such pleasing entertainment was thoroughly appreciated. The meeting was in charge of the Home department of which Mrs. William Schoder is president. The next session will be with the Music department, Miss Nettie Ballantine president, and Professor Albert A. Stanley, director of Michigan University School of Music will speak on ‘How May a Community Become Musical and is it Worth While.’”

• **Summary:** “Miss Lenna Cooper, head dietitian at the Sanitarium, who was reported to have seriously injured her ankle yesterday as a result of a fall in East Hall, was not injured as was reported. She was able to be about this morning, and this afternoon delivered a fine talk in the parlors on the preparation of foodstuffs.”

• **Summary:** “Attending a Committee Meeting—Miss Lenna Cooper, chief dietitian at the Sanitarium, and instructor in the Home Economics department, went to Lansing today to attend a meeting of the Executive Committee of the State Home Economics association. Miss Cooper will be the over-Sunday guest of Miss Agnes Hunt of the M.A.C.” [Michigan Agricultural College].

• **Summary:** “Writing a Magazine Article—Miss Lenna Cooper, dietitian of the Sanitarium, has an interesting article in the November number of the Cooking Club Magazine, published at Goshen, Indiana, on ‘Diet from Infancy to Youth.’ The article concludes with a series of dietaries for different ages, together with the recipes for the various foods suggested.”

• **Summary:** “Yesterday was Home Economics day in all the schools and colleges of the country, and quite unconsciously the Woman’s League had arranged for a program most suitable to the occasion, having as a guest Mrs. Minnie McIntosh of Allegan [Michigan], chairman of the house Economics of the State Federation. The session was in charge of the Home Department of which Mrs. William Schroder is president, who introduced the speaker of the day with a few gracious words. Mrs. McIntosh is a charming talker and proved herself fully conversant with the topic. She referred to the wide scope of the subject, its constant expansion, and complimented the Sanitarium and the public schools for what they are accomplishing along household lines. Mrs. McIntosh declared that the basis of our nation’s life is the home and the fundamentals have remained unchanged for a hundred years. Some of the lessons of the home are to learn when to be lenient, when to be strong, when to be tender. Women look too much to detail while a man who does the same detail work looks to the result. Women can no longer be ignored as the silent member of the family because of her constant spreading influence and while many of the present day women do not perform so much of the detail duties, they look more to the larger development of home life. Mrs. McIntosh urged that the League assist in having in having a department of household economics at the U. of M. [University of Michigan], and a resolution to that effect was passed.

“Miss Lenna Cooper, dietitian of the Sanitarium, and Miss Alice Cimmer, domestic science teacher of the public schools, gave short and pertinent talks, the latter urging the mothers to keep their children in school and to have them continue their domestic science education instead of going out into the world for the sake of beginning wage earners. During the session Miss Bertha Wooden played an exquisite violin solo, Fordney Clement acting as accompanist. Miss Cooper entertained Mrs. McIntosh, Mrs. Burritt Hamilton and Mrs. William Schoder at [a vegetarian] dinner last evening at the Sanitarium.”

• **Summary:** This article shows that Lenna Cooper was a
In the Sanitarium dining room this evening a banquet will be served to members of various women's clubs who are stopping there, and it is expected that at least sixty club women will be present. Mrs. Burritt Hamilton, president of the Woman’s League, and Miss Florence Mechem, who holds a similar office in the Woman’s club, are guests of honor from Battle Creek.

“Among the company will be Mrs. Felix McWhirter, ex-president of the Indiana Federation of Clubs, and she will give a short talk, as will also Miss Anna Strong of New York, here in the interest of the Better Babies contest, Miss Lenna Cooper, head of the ‘San’ dietary system, and Mrs. Hamilton. The decorations will be carried out in yellow and white.”


- **Summary:** See next 3 pages. This vegetarian cookbook (with strong Seventh-day Adventist influence), the first book by Lenna F. Cooper, advocates a “low-protein” diet based on the research of Prof. R.H. Chittenden, dean of physiology, Yale University [New Haven, Connecticut]. It uses dairy products and eggs, but no meat, poultry, fish, shellfish or stimulants (such as coffee or tea).

The Foreword states: “Many ‘food reformers’ and faddists have attempted to prepare wholesome foods but have neglected the almost equally important requirement—palatability. This combination of wholesomely prepared and palatable foods constitutes in a sense a New Cookery... which has for its object, efficiency of body and mind.”

She thanks “Dr. and Mrs. J.H. Kellogg, who first inspired her with a love for the study of foods and their scientific preparation and who have since been constant sources of help and encouragement.” She also thanks Miss Clara B. Lambert and Mrs. Estella F. Ritter.

Recipes call for the use of Minute Brew (p. 10), cereal coffee (p. 10), Kaffir tea (p. 11), Sanitas / Health Koko (p. 11), yogurt buttermilk (p. 11-13), bran (p. 18), Graham flour (p. 20), Good Health Breakfast Food (Brose, p. 20), gluten (p. 20), granola (p. 22), fermented breads (p. 23+), Graham bread (p. 26-28), unfermented breads (p. 33+), bran and Graham biscuit (p. 41), bran gems (p. 43-44), peanut butter sandwiches (p. 49), Proteose (p. 49, 71, 77, 79), cream soups made with almonds, lentils, white beans, lima beans, or split peas (p. 63-66), Savora (p. 73-74, 78-79).

CHAPTER X

MEAT SUBSTITUTE AND
ENTREES

In many homes, meat forms the chief part of the meal, hence housewives in planning a meatless dietary exclaim, "What shall we serve in place of meat?"

The answer to this question involves a knowledge of the chemistry of foods.

Lean meat is pre-eminently a protein food. It contains usually from 15% to 19% protein, a small amount of mineral matter and a large amount of water.

Many other foods are also rich in this albuminous food constituent. Nuts contain on an average from 20 to 25% protein; legumes contain about 25% protein. Eggs, milk and cheese are also high in this constituent. The above named foods are the chief sources of protein and hence form the basis of so-called "meat substitutes." However, nature has not left man to his own resources in finding this important food principle, but has scattered it broadcast. It is found to some extent in almost all natural food products. Science has discovered that we need much less of this constituent than was formerly supposed, so that the housewife need not concern herself particularly to supply sufficient protein.

One meat substitute or highly protein dish is quite sufficient for one meal, and if milk, eggs, cheese or nuts are used in the preparation of one or more dishes, a special meat substitute will not always be required. A higher dish or
entree is often to be preferred for the main dish or *piece de résistance*.

**ROAST PROTOSE WITH DRESSING**

Remove the contents of a can of Protose, cut it down through the center lengthwise and lay the two halves in a dripping pan with the flat side down. Prepare half of the Brown Sauce recipe and dilute with an equal quantity of water. Pour this over the Protose, place in the oven and bake for an hour to an hour and a half, basting frequently with the sauce surrounding the protose. Serve with the following dressing.

**Dressing for Roasts**

| 1 qt. stale bread crumbs | 1½ cups cold water |
| 1½ tablespoons grated onion | 1 egg |
| 1½ tablespoons melted butter | ½ teaspoon sage |
| ½ teaspoon salt | ¼ teaspoon celery salt |

Moisten the bread crumbs with the cold water (the amount varying with the dryness of the bread), add the grated onion, salt, sage, celery salt and the melted butter. Beat the egg until light and fold into the dressing. Bake in a moderate oven one-half hour or until nicely browned.

**BROILED PROTOSE**

Remove the end of the can of protose, so the contents will come out whole. Slice the protose in ¼-inch slices, the round way. Cut the slices in halves. Place on an oiled dripping pan, broil quickly under the flame. As soon as one side is browned, turn the other side to the flame. Serve plain, or with any desired sauce.

Note: This is the earliest English-language document seen (Oct. 2014) concerning meat alternatives that contains the term “Vegetarian ham.” Yet this recipe title (p. 93) is the only place the word “vegetarian” appears in the entire book (not including the two index entries for “Ham, Vegetarian” and “Vegetarian Ham”).


Note 1. This is the 2nd earliest English-language document seen (Nov. 2016) that contains the term “Home Economics.” How interesting (and progressive) that Dr. John H. Kellogg’s Battle Creek Sanitarium had a “School of Home Economics.”

Note 2. This book was advertised in the Dec. 1913 issue of Good Health magazine.

Note 3. Lenna Frances. Cooper (1875-1961) “was a leader and innovator in the development of dietetics as a science and profession.

“Originally trained as a nurse, Cooper was a protege of Dr. John Harvey Kellogg, director of the Seventh Day Adventist sanitarium in Battle Creek, and his wife, Ella. Under their tutelage, Cooper took up the study of nutrition and became a leading proponent of health care through diet.

“In 1908 Kellogg established a School of Home Economics at the ‘San,’ and Cooper was named its first director. A woman of determination and courage, she advanced many theories and tenets of diet and health that were radical for their time, but eventually became the bedrock of sound dietary practices. More than 500 dieticians graduated from the Battle Creek program during her tenure...” (Source: http://www.michiganwomenshalloffame.org/). Address: Director of the Battle Creek Sanitarium School of Home Economics, Head Dietitian of the Battle Creek Sanitarium.


• Summary: See next page: “so says Doctor Kellogg, Editor of Good Health and Superintendent of the Battle Creek Sanitarium—recognized as one of the world’s leading authorities on Dietetics and Hygiene. Food to the body is as Fuel to the engine. Good wholesome food hygienically prepared gives life, vigor, energy and efficiency. Therefore modern cookery has become, not merely an art, but a Science. And therefore you need a book like Miss Lenna F. Cooper’s ‘The New Cookery.’ Miss Cooper is head dietitian at the Battle Creek Sanitarium and in this, her latest work, she gives all her favorite recipes, including practically all the dainty and delectable health dishes in use at the Battle Creek Sanitarium. It is a reliable guide in the kitchen—a scientific teacher—a book to be referred to daily for just the rare, nourishing, wholesome dishes you have been longing for and never tire of. Send for a copy. Send No Money—Merely tear out and send the coupon and the book goes forward promptly to you for five days’ examination. If satisfied, send a dollar and a half; if not, return the book.

“Use This Coupon: “Good Health Publishing Company, Battle Creek, Michigan. Please send me Miss Cooper’s 300 page Cook Book. Within 5 days after receiving it I promise either to send you $1.50 in full payment or return the book to you at your expense.”

Name—City—Street—State -

Note: A different ad for this same book appeared in the Dec. 1914 issue of this magazine (p. 11 of ads at end). Address: Battle Creek, Michigan.

142. The Battle Creek Sanitarium School of Home Economics 1913. Course for dietitians (Ad). Good Health
"What You Eat TODAY Is Walking Around and Talking TOMORROW"

so says Doctor Kellogg, Editor of Good Health and Superintendent of the Battle Creek Sanitarium—recognized as one of the world’s leading authorities on Dietetics and Hygiene. FOOD to the body is as FUEL to the engine. Good wholesome food hygienically prepared gives life, vigor, energy and efficiency. Therefore modern cookery has become, not merely an art, but a Science. And therefore you need a book like Miss Lenna F. Cooper’s ‘The New Cookery.’ Miss Cooper is head dietitian at the Battle Creek Sanitarium and in this, her latest work, she gives all her favorite recipes, including practically all the dainty and delectable health dishes in use at the Battle Creek Sanitarium. It is a reliable guide in the kitchen—a scientific teacher—a book to be referred to daily for just the rare, nourishing, wholesome dishes you have been longing for and never tire of. Send for a copy. SEND NO MONEY—Merely tear out and send the coupon and the book goes forward promptly to you for five days’ examination. If satisfied, send a dollar and a half; if not, return the book.

USE THIS COUPON

Good Health Publishing Company, Battle Creek, Michigan.
Please send me Miss Cooper’s 300 page Cook Book. Within 5 days after receiving it I promise either to send you $1.50 in full payment or return the book to you at your expense.

Name: ........................................ City: ........................................
Street: ........................................ State: ........................................
Summary: “There is an ever-increasing call for trained Dietitians and Culinary Supervisors. International interest in Domestic Science and Hygiene has created this new and dignified profession.

“The Battle Creek Sanitarium School of Health and Household Economics offers a high standard of training for those desiring to fill positions as Dietitians in Hospitals, Sanitariums and other Institutions. Courses of study include advanced cookery, dietetics, hygiene and institutional methods and management.

“Nowhere are such exceptional opportunities for training in all branches of Domestic Science work to be found. The unsurpassed facilities of the Sanitarium, including the splendidly equipped laboratories, offer unusual advantages for practical experience and useful observation. Graduates are in great demand.

“Students are given a special opportunity by arrangement, to meet a large part of their expenses by employment of a character that will aid them in their training. Drop a card for illustrated prospectus on culinary courses.

“The Battle Creek Sanitarium School of Home Economics

“Lenna F. Cooper, Director. Box F-42, Battle Creek, Mich.”

A large photo (in the shape of a rhombus / diamond) at the top of the ad shows many nurses, nicely dressed with white caps and uniforms, at work in a large kitchen. Address: [Battle Creek, Michigan].


• Summary: The author, a food reformer, lived 1849-1919. He advocates both a vegetarian diet and prolonged mastication of one’s food for better health and nutrition.


In 1906 Isaac F. Marcosson wrote in “The practice of right eating and perfect nutrition”: “The first experiment in a large way of Mr. Fletcher’s plan of living was at Yale University [New Haven, Connecticut] under the direction of Professor Russell H. Chittenden. Three groups of men—a company of regular United States soldiers, a coterie of professors, and some athletes in training—lived on a simple restricted diet and ate only what their stomachs craved, for six months. During that time their working efficiency was increased from 50 to 200 per cent, and at the end of the experiment they were healthier and stronger than when they began.”

Wikipedia states (July 2015): “The more important eye-opener to doctors and laymen was his series of experiments at Yale University. It was here that he participated, at the age of fifty-eight, in vigorous tests of strength and endurance versus the college athletes. The tests included: ‘deep-knee bending’, holding out arms horizontally for a length of time, and calf raises on an intricate machine. Fletcher claimed to lift ‘three hundred pounds dead weight three hundred and fifty times with his right calf’ (1913, p. 25). The tests [conducted under the direction of Yale Professor Russell H. Chittenden] claim that Fletcher outperformed these Yale athletes in all events and that they were very impressed with his athletic ability at his old age. Fletcher attributed this to following his eating practices, and ultimately these tests, whether true or not, helped further endorse ‘Fletcherism’ publicly” (1913, p. 27-31).

The Introduction (by The Publishers) states: “Fletcherism has become a fact.

“A dozen years ago it was laughed at as the ‘chew-chew’ cult; to-day the most famous men of Science endorse it and teach its principles. Scientific leaders at the world’s foremost Universities—Cambridge, England; Turin, Italy; Berne, Switzerland; La Sorbonne, France; Berlin, Prussia; Brussels, Belgium; St. Petersburg, Russia; as well as Harvard, Yale and Johns Hopkins in America—have shown themselves in complete accord with Mr. Fletcher’s teachings. The intention of the present volume is that it shall stand as a compact statement of the Gospel of Fletcherism, whereas his other volumes treat the subject more at length and are devoted to different phases of Mr. Fletcher’s philosophy. The author here relates briefly the story of his regeneration, of how he rescued himself from the prospect of an early grave, and brought himself to his present splendid physical and mental condition. He tells of the discovery of his principles, which have helped millions of people to live better, happier, and healthier lives. Mr. Fletcher writes with all his well-known literary charm and vivacity, which have won for his works such a wide-spread popular demand. It is safe to say that no intelligent reader will peruse this work without becoming convinced that Mr. Fletcher’s principles as to eating and living are the sanest that have ever been propounded; that Fletcherism demands no heroic sacrifices of the enjoyments that go to make life worth living, but, to the contrary, that the path to Dietetic Righteousness, which Mr. Fletcher would have us tread, must be the pleasantest of all life’s pleasant ways.”

Note 1. Horace Fletcher lived 1849-1919.
Note 2. Dr. John Harvey Kellogg advocated (Battle Creek, Michigan) had a large sign permanently posted in the Sanitarium dining room; it read: “Fletcherize.” Address: M.D., Fellow, American Assoc. for the Advancement of Science.

* Summary: Page 105: The section “Faculty of the Sanitarium” states: “Miss Lenna F. Cooper–Dietitian.–Principal School of Health and Household Economics.”  
Page 201: “The Sanitarium and Hospital Training School for Nurses: The nurses employed in the institution are students or graduates of the Sanitarium and Hospital Training-school for Nurses, one of the oldest, largest and most thoroughly equipped training schools for nurses in the United States. The school has a faculty numbering thirty capable teachers and lecturers, and a curriculum which covers not only all the ground ordinarily covered in the best hospital-training schools, but in addition, the great field of hydrotherapy, electrotherapy, medical gymnastics, phototherapy, medical dietetics, and other features of the physiologic system.

“The nurses have on an average two classes a day during their three years period in training. Training is carried forward during the entire year, so that the amount of actual instruction received by the students of the school is more than double that given in most other training schools.”  
Note 1. We are not told when the training school for nurses started nor given its history.

Note 2. On the title page: “[Incorporated as a public philanthropy under Act. No. 242, as the Michigan Sanitarium and Benevolent Association. Has no branches, no traveling representatives, and no private interest.]” Address: M.D., Superintendent, Battle Creek, Michigan.

* Summary: “Chafing Dish Party. Miss Lenna Cooper gave a chafing dish party Thursday evening in her rooms on North Washington avenue for the girls of the Domestic Science school, of which she is dean, who were unable to go home for the Christmas holidays. The evening was spent in an informal manner, the cooking of a delicious chafing dish supper forming no small part of the entertainment.”

* Summary: “One of the most effective pleas for the prevention of tuberculosis is given with an electric model, which shows a beautiful young girl changed to a skeleton every 30 seconds. Below the case is the inscription: ‘Every time this happens, some one who could be well and healthy is dying from tuberculosis.’ It is a silent and potent message.”

“Miss Lenna Cooper, head dietitian of the Sanitarium, has appointed the girls in the senior class in the school of Home Economics to take entire charge of the food exhibit. It will be divided into several departments; i.e., the proper food for the child, another, the foods that are stimulants but not really ‘food’ in the true sense of the word, and still a third, which contains foods which are not foods, but are not harmful. In this class will be found coloring matter and flavorings.

“A good and bad market basket will be one of the features of this exhibit. The former will show a basket bought by a housewife, who knows the value of food and buys accordingly, while the latter will contain food bought by the housewife, who buys ‘hit or miss’ and does not know when she is getting her money’s worth.”

Note: This is the 63rd year of this newspaper which was established in 1851, and this is the “Home edition.”

* Summary: “Entertained club women. Miss Lenna Cooper, head dietitian at the Sanitarium, entertained at dinner at the Annex Sunday evening, her guests being prominent club women who are in Battle Creek attending the Race Betterment conference. The guest list included Mrs. William B. Williams, of Lapeer, treasurer of the General Federation of Woman’s Clubs; Mrs. Elmer Walter, of Marcellus, chairman of the Civic committee of the State Federation; Miss E. Hunt, of Lansing, head of the Home Economics department of M.A.C. [Michigan Agricultural College]; Miss Helen Gearing of Austin Texas, who holds the chair of Home Economics in the University of Texas.”

* Summary: “A new woman’s club is being formed at the Battle Creek Sanitarium. There has been a meeting for election of officers, and to plan the work of the organization, but so far no name has been selected.

“Tomorrow afternoon there will be another meeting at which time it is expected that the name will be selected.

“The club is divided into three departments, science, home, and literature. Dr. Case and Miss Fannie Perrin have charge of the literature department; Dr. J.H. Kellogg and Mrs. Covington, of the science department, and Miss Lenna F. Cooper and Mrs. Estes of the home department.

“The officers as elected are: President, Mrs. Luella McWirther, until she leaves for her home in Indianapolis,
when she will be succeeded by Miss Lenna F. Cooper; vice president, Mrs. Mary S. Foy; recording secretary, Mrs. S.F. Barnhardt; corresponding secretary, Mrs. George E. Judd, treasurer, Miss Caroline Zahn.

“Meetings will be held every two weeks.”


• **Summary:** “Talked on Foods—’Protein, Its Relation to the Bodily Needs.’ was the subject of a very interesting lecture delivered yesterday afternoon in the Sanitarium parlor by Miss Lenna Cooper, head of the Sanitarium domestic science school. Miss Cooper has made foods her life study and is conversant on all matters pertaining to culinary principles, the relations of different classes of foods on the body, and what foods are required to build up the constitution.”


• **Summary:** “Entertained at Luncheon. Mrs. Felix T. McWhirter, of Indianapolis, ex-president of the Federation of Women’s Clubs, entertained at luncheon yesterday at 1 o’clock at Post Tavern, members of the executive committee department heads and the name committee of the Sanitarium literary department club which she has recently organized and of which she is acting president. The private dining room was used. Pink and white were the prevailing color decorations. On the table was a large centerpiece of Kilarney roses. At each place was a lighted candle with pink shades, and a small crystal basket with sweet peas, the latter being used as favors. On the place cards were quotations from the poets. Following the table service a business meeting was held.

“The departments have been organized so far with the following officers: Science—President, Mrs. J.T. Case; vice president, Miss Perine. Educational—President, Mrs. J.H. Kellogg [Ella Eaton Kellogg]; vice president, Mrs. Covington. Home department—President, Miss Lenna Cooper.”

Covers were laid for the following guests: Miss Lenna Cooper, Mrs. J.H. Kellogg, Mrs. J.T. Case, Mrs. George E. Judd, Mrs. E.S. Barnhart [Barnhardt?], Mrs. W.F. Martin, Miss Estes, Mrs. J.C. Covington, Mrs. V. Byington, Miss Fannie Perrine, Mrs. R.H. Harris, Caroline Zahn, Mrs. Mary S. Foy, Mrs. Burrritt Hamilton, and Mrs. McWherter [McWhirter? McWirther]. Mrs. Burrritt Hamilton, recording secretary of the Michigan State Federation of Woman’s Clubs, and president of the Woman’s League of this city, was a guest of honor.

“The next meeting of the club will be held in the Sanitarium Annex parlors on Tuesday evening, and will be in charge of Miss Lenna Cooper.”


• **Summary:** This article is very similar to one published in the *Evening News* on Jan. 31, page 4.


• **Summary:** “Athenia is the name given last evening by the members of the new literary club for women patients and guests at the Sanitarium at a meeting in the Fourth Floor parlors at Main building. The meeting was held under the direction of the Home Department of which Miss Lenna Cooper is the head, and included in the interesting program of papers and talks relative to the ‘Home as a Workshop.’ The next meeting will be held two weeks from last evening at the Sanitarium. At that time the Scientific department will direct the meeting, a program to be given under the management of Dr. J.T. Case of the x-ray department of the health institution.”

153. *Evening News (The) (Battle Creek, Michigan).* 1914. If vegetarian girl weds a meat eater: the question is—should she cook meat for him because he likes it and craves it? The Sanitarium girls smile: think no love-bark was ever wrecked on meat eating. Concede much diplomacy would have to be used, but domestic science class is optimistic. Feb. 18. p. 7, col. 1.

• **Summary:** “... And along with him smile the girls who are studying domestic science at the Sanitarium.

‘We are not militants,’ declared Miss Lenna Cooper, head dietitian at the Sanitarium, ‘and we don’t believe in wanting people to do things against their will. I do not think the girls would object to cooking meat for their husbands. In fact, they are taught how to cook meat in the second year, because it is not to be expected that they can all find work to do where vegetarianism is practised.’

“The girls themselves were rather divided on the subject, yet all conceded that if it appeared necessary they would bury their scruples and roast, broil or fry meat for their husbands.

“It may be necessary to use diplomacy, they think, because many men begin married life with the firm belief that a meal is nothing but a makeshift unless the menu includes meat. It will be necessary, they think, to get him used to being a vegetarian by degrees, educating him up to the fact that there are many appetizing things to eat that haven’t even a remote relationship to meat.”

“Miss Cooper smiled in amusement at the replies.

“We are not trying to cut meat out of the diet entirely,’ she explained, ‘only to show that too much of it is harmful. The girls, you see, in learning to be vegetarians, are also learning not to force their opinions upon others too hastily. If they are expected to cook meat, they can do it and do it well.’”

Note: Here, for the first time, Lenna expresses her views...
about vegetarianism.

   • **Summary:** “Will Entertain Tonight. The Sanitarium dietitians and the senior students of the Sanitarium domestic science school will be the guests this evening of Miss Lenna Cooper, head of the Sanitarium diet system, at her residence 165 North Washington avenue. The gathering will be a Washington Birthday party, and the girls will spend the evening in various social diversions.”

   • **Summary:** “A great many Battle Creek housewives have already started making up their menus for the ‘Good Housekeeping’ contest which the *Evening News* is conducting at the Bijou every Friday afternoon. The prizes which the Bijou will award, of $5, $3 and $1 each week, will repay the slight effort spent in getting up the menus.

   “The first menu contest for which the menu must be handed in by the Wednesday matinee, March 25, and for which the prizes will be awarded Friday afternoon, March 27, is the following:

   “The Best Menu for a Sunday Dinner for Five People to Cost Not More than One Dollar and Fifty Cents.”

   “The judges of the Good Housekeeping contest will be headed by Miss Lenna Cooper, the head dietitian of the Sanitarium school of domestic science, who is an expert on the subject.

   “Each Saturday the prize winning answers will be published in the *Evening News* together with a short and illustrative interview with the women who get up the winning menus. The answers must include not only the menus but the different quantities of provisions used, the price paid and the names of the stores where they can be bought at that price.”

   • **Summary:** “Armitage-Billington Wedding. One of the most beautiful of early spring weddings took place last evening at the home of Mr. and Mrs. F.M. Tisdell in Urbandale when Miss Ida Pearl Armitage and Arnold Billington of La Mar, Colorado, were united in marriage by the Rev. W.A. Wentworth, pastor of the Tabernacle... About fifty friends witnessed the ceremony. Miss Lenna Cooper acted as mistress of ceremonies and Miss Daisy Farrow as maid of honor.”

   “Miss Cooper’s gown was a cream colored silk, and her costume was complete with a cluster bouquet of pink rose buds...”

   • **Summary:** “Because the Annex at the Sanitarium was opened several months earlier than usual the Seniors of the Home Economics department of the Battle Creek Sanitarium have no place at the Sanitarium where they can do their practical cooking for the Spring term.

   “This information was given out today. In order to help out the Seniors and Miss Lenna Cooper, head of the school, the local Y.W.C.A. has made arrangement to permit the girls to come there evenings each week, so they can cook.

   “The Y.W.C.A. kitchens are well arranged, practical in every particular and the girls have an opportunity to do their required work for the spring term. During the other two years of their courses the girls cook on the small stoves in the domestic science rooms at the Sanitarium...”

158. *Battle Creek Daily Journal (Michigan).* 1914. Battle Creek woman to take part in convention at Detroit: Miss Lenna F. Cooper will lead discussion at home economics meet. May 26. p. 3.
   • **Summary:** “Miss Lenna Cooper, head dietitian of the Battle Creek Sanitarium, has been invited to take part in the fourth annual meeting of the Michigan Home Economics Association which convenes in the Twentieth Century club building in Detroit May 29 and 30.

   “Some of the leading educationalists [a person who has a special knowledge of the principles and methods of teaching] of Michigan are on the program and Miss Cooper will have the discussion of the paper on ‘The Training of Dietitians,’ which is to be read by Miss Jane M. Pindell, the superintendent of nurses at the University of Michigan. This number will take place Saturday morning.

   “The rest of the program is as follows:” The program extends from Friday evening to Saturday afternoon.

   “Battle Creek sends invitation. An invitation to hold the 1915 conference in battle Creek has been sent to the association. The decision of the meeting place will not be made at the Detroit meeting. It will take place at an executive session of the officers later. Miss Lenna Cooper is a member of the executive committee and will act in behalf of Battle Creek to secure the 1915 meeting.”

   • **Summary:** “Miss Cooper Speaks–Miss Lenna F. Cooper, dietitian at the Sanitarium, will take prominent part in the fourth annual meeting of the Home Economics Association of Michigan, held in Lansing Friday and Saturday. Miss Cooper will take part in the discussion of ‘The Training of Dietitians’ at the Saturday morning meeting. The meetings are held in the Twentieth Century club building.”


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dietitian is here on visit June 2. p. 4, col. 7.

• **Summary:** “Miss L. Jamieson, who has charge of the cafeteria of the new $50,000 Y.W.C.A. at Jackson [Michigan], is in Battle Creek today as the guest of the local association and Miss Lenna F. Cooper, head dietitian at the Sanitarium.

“She spent the morning with Miss Helen J. Penrose,...”

“This afternoon and evening she will spend with Miss Cooper. Miss Jamieson wants a dietitian from the School of Home Economics of the Sanitarium to assist in the cafeteria of the new $50,000 Y.W.C.A. at Jackson.”


• **Summary:** “The next session of the Michigan State Home Economics Association will be held in Kalamazoo during the coming fall at the time of the State School Teachers Association. This was decided at the session in Detroit Saturday. Miss Lenna F. Cooper, head dietitian at the Sanitarium who read a paper in Detroit, was well received and was congratulated by the association members on the strength of her paper.”


• **Summary:** “Battle Creek women patients and guests at the Sanitarium will gather tomorrow afternoon between the hours of 3:00 and 4:30 in the gymnasium of the institution to witness the public demonstration of cooking, nursing, sewing, baking and brewing, given by the graduating class of the Sanitarium school of Home Economics.

“This is the first time such a demonstration has ever been given in the city. The girls have been assigned twelve booths, in which they will work as they would in their own kitchens. Those attending the demonstrations will be privileged to ask any questions they desire. The demonstrations will be under the direction of Miss Lenna Cooper, chief dietitian of the San, and head of the school.

“The booths devoted to laundry work and home nursing will be among the most interesting.

“The twelve girls who have been chosen to demonstrate tomorrow afternoon are:

- Serving–Miss Bessie Kiefer.
- Chemistry–Miss Bessie Way.
- Invalid cooking–Miss Lottie Wickenden.
- Bacteriology–Miss Ruth French.
- Sewing–Miss Esther Schweitzer.
- Salads–Miss Emma Wise.
- Cake baking and ornamental frosting–Miss Corine King and Miss Edith Marshall.
- Special and fireless cooking–Miss Mabel Baker and Miss Frances Horner.
- Home Economics–Miss Rebecca Thompson.
- Home Nursing–Miss Fate Harris.

- Laundry–Miss Grace Hyde.

“During the hours of the demonstration, refreshments will be served in the Palm Garden by Miss Frieda Blessman and Miss Dora Schlosser. The garden will be hung with Japanese lanterns,

“All women in the city are invited. There is no admission.”


• **Summary:** “Miss Lenna F. Cooper, head dietitian of the Sanitarium, who has charge of the school of home economics of the institution, has been elected councilor at large to represent the Michigan State Home Economics association at the national council in Cleveland [Ohio], July 1 to 3.

“This is a great honor for Michigan is only entitled to one representative. Miss Cooper was elected at the annual state convention in Detroit Saturday. She will go to Cleveland July 1. There are only 25 other women from all parts of the United States on the national council.

“The council will meet during the national home economics convention next month and hundreds of delegates from all over the country will attend the sessions.”


• **Summary:** “The new catalogues for the Battle Creek Sanitarium School of Home Economics have just come off the press and are being sent to all parts of the country to young women who are inquiring about the courses offered by the institution.

“The new catalogue announces the members of the faculty committee as Dr. Charles E. Stewart, Dr. M.A. Mortensen and Miss Lenna F. Cooper, with the following trustees; Dr. J.H. Kellogg, president; G.H. Murphy, treasurer; Dr. C.E. Stewart, vice-president, and George E. Judd, secretary.

“The members of the faculty for the ensuing year will be:

- J.H. Kellogg, president.
- Lenna F. Cooper, director, Dietaries, advanced cookery.
- Mrs. E.E. Kellogg, A.m. Home economics.
- Marguerite C. Endress, Theory, cookery, history of education.
- W.B. Lewis, B.S., M.D., General organic and physiological chemistry.
- B. Kazmann, E.A. Qualitative chemistry.
- Albert W. Nelson, M.D., Bacteriology.
- Mrs. Glenadine Snow, B.S. Physiology and anatomy.
- E.L. Eggleston, M.D. Diseases and medical dietetics.
- Mrs. Minnie A. Emmons. Household bacteriology, serving and laundering.
“A.J. Read., M.D. Hygiene and sanitation.
“Mrs. M.S. Foy. Home nursing.
“Mrs. Mae Sackett. Institutional cookery.
“Oscar Beuchel. Institutional laundry.
“(To be filled). Institutional housekeeping.
“O.C. Edwards. Lecturer on institutional buying.
“F.E. Miller. Physical culture.
“Mrs. A.M. Benton, preceptress. Sewing.
“The fall term of the college begins September 16. The
Thanksgiving vacation is from November 27 to 28, and
winter vacation from December 20 to January 6. The winter
term begins January 6. Spring vacation takes place from
April 1 to 6, and the spring term begins on April 6 and ends
June 10.
“The growth of the home economics department of the
Sanitarium has been nothing less than marvelous. The school
was only started in 1906, when it was a one year course. The
course was instituted because many patients wanted a place
where they could learn to cook foods as they are cooked at
the Sanitarium.
“After a short time other institutes sent to the Sanitarium
for dietitians, and it was found necessary to enlarge the scope
of the course so the young women could be prepared for the
work.”

• Summary: “Sixteen young women, graduates of this year’s
school of home economics of the Sanitarium, gave a dinner
in honor of Miss Lenna Cooper, head of the department, at
the Arbor Tea Shop last evening. Following the dinner, which
was of a very informal nature, the company returned to the
Sanitarium to attend the graduation exercises of the nurses’
training school. The girls of the home economics class will
hold their graduation exercises Wednesday evening.”
Note the apparently strong bond of friendship that exists
between Lenna and her students.

banquet after their graduation at the Sanitarium. June 12. p. 6.
• Summary: “A cleverly arranged French menu, as a toast
program, was a feature of the first annual banquet, tendered
the 1914 graduates of the Sanitarium School of Home
Economics last night on the Sanitarium roof garden by the
newly formed Alumnae association. Fully 100 were present.
“Mrs. H.A. Emmons, as toastmaster, acted as interpreter
of the menu—for in this case the menu meant, not the food
but the toasts. This unique arrangement was prepared by
Mrs. Anna L. Baughey and Miss Cora B. Walters.
“The menu went as follows:
“Salpicon—(the appetizer)—‘To the Class of 1914’—Miss
Cora B. Walter.

at Chicago meet: member of Sanitarium staff is official
delegate to convention of women’s clubs in Chicago. June
• Summary: “Dr. Carolyn Geisel of the medical staff of
the Sanitarium left yesterday for Chicago where she will be
an official state delegate to the biennial convention of the
General Federation of Women’s Clubs.
“Her headquarters are with the Michigan delegation
at the Palmer House. Miss Lenna F. Cooper, head dietitian
of the Sanitarium left this morning for Chicago where she
will be the guest of Dr. Geisel and attend the sessions of the
federation devoted to home economics. Mrs. George Peet,
president of the Woman’s Club of this city;...”
Names many other women who will attend the
convention.

women in the lead at Lake Placid meet. June 23, p. 3.
• Summary: “Cornell will be represented at the meeting of
the Institution Economics section of the American Home
Economics Association which meets this week at the Lake
Placid Club, Lake Placid, New York, opening on Wednesday.
“The program includes many well-known speakers, as
follows: Margaret Addison, dean Annesley Hall, Toronto
University;... Lenna F. Cooper, head dietitian, Battle Creek
Sanitarium;... Melvill Dewey, president Lake Placid Club...”

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*Summary:* “Two local women, Miss Lenna F. Cooper, head dietitian of the Battle Creek Sanitarium, and Dr. Carolyn Geisel, of the medical staff of the institution and the first dean of the first health department in a college in the entire world, were honored recently by being chosen as speakers on the program of the institution economics section of the American Home Economics association at Lake Placid club, in the Adirondacks [of New York].

“Miss Cooper spoke the second day of the four-day session on ‘The Unit Cost of Food in Institutions.’ William Morse Cole, professor of business administration at Harvard university presided at the session that day.

“Dr. Geisel was scheduled to speak last Saturday on ‘Food in Relation to Health of Students,’ but she was filling other speaking engagements in Dayton, Ohio, and could not get to Lake Placid. Miss Martha Van Rensine, head of the home economics department at Cornell university, presided at this session.”

*Summary:* “Returns from Convention–Miss Lenna F. Cooper, Sanitarium dietitian and head of the Household Economics department of the ‘San’ has returned from Lake Placid, New York, and Cleveland, Ohio, where she attended conventions of the National and American associations, being on the program of the Lake Placid meeting. Miss Cooper, in company with Mrs. J.E. Cooper and children, will occupy a cottage at Sherman lake [Kalamazoo County, Michigan] during the rest of July and expects to do considerable writing while there, having in preparation some specially interesting manuscript.”

Note: Mrs. J.E. Cooper is almost certainly the wife of Lenna’s younger brother, Dr. John Elbert Cooper, an obstetrician who lived much of his life in Battle Creek. Lenna and John were very close.

*Summary:* “Miss Alice Loomis, head of the Household Economics department of the University of Nebraska, is the guest of Miss Lenna F. Cooper of the Sanitarium.”

*Summary:* “Entertained Students–Miss Lenna F. Cooper, head of the Sanitarium School of Home Economics, entertained the 85 students of the school at her home at Washington avenue and Manchester street Friday afternoon. The social was informal. The girls report a most enjoyable time. Refreshments were served.”

*Summary:* “Mrs. S.M. Cooper and her daughter, Mrs. C.G. Joslin of Parsons, Kansas, are guests of Dr. and Mrs. J.E. Cooper, Greenwood avenue and Miss Lenna F. Cooper of the Sanitarium, the ladies being mother and sister of the local people.”

Note: The mother of both Lenna F. Cooper and Dr. J.E. Cooper is named Mrs. S.M. Cooper; her husband is Simeon M. Cooper. Mrs. S.M. Cooper lives in Parson, Kansas, at this time. Mrs. C.G. Joslin is the sister of both Lenna F. Cooper and Dr. J.E. Cooper.

*Summary:* “Spoke This Afternoon–Miss Lenna J. [sic, F.] Cooper, head of the Sanitarium School of Home Economics, was billed to lecture this afternoon at 5 o’clock in the Sanitarium parlors. The subject announced for the talk was ‘Antitoxic Foods.’ Miss Cooper’s lectures have proven very popular with guests and she always is met with a good sized audience of ladies who are anxious to learn all that there is to be known about food principles and the preparation of food.”

*Summary:* A half-page ad. “Nation wide interest in Domestic Science has opened a new profession to women—that of teaching economy in the home.

“Cooking Teachers are in demand by colleges, seminaries, private and public schools, Y.W.C.A.’s, clubs and other similar organizations. Trained Dietitians secure quick employment in hospitals, infirmaries, sanitariums, public institutions, factories, department stores, and industrial establishments everywhere.

“Graduates of the Battle Creek Sanitarium School of Home Economics are in especial demand because of the recognized thoroughness of their training. It is known that they are taught scientific food values, feeding ‘the balanced ration’ for efficiency, invalid diet and other special subjects.

“Pupils of this school have use of the great gymnasiums and playgrounds and other social and educational facilities connected with the greatest Sanitarium in the world.

“There is also a special course for house-keepers.

“Write today for illustrated booklet giving full outlines of all the courses, requirements of students, tuition and terms. Address -

“Miss Lenna Frances Cooper

“Principal

“112 Administration Building–Battle Creek, Michigan.”

Note: This ad also appeared in various issues of Good Health in 1915. Address: Battle Creek, Michigan.

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offending substance most often appears in meat, eggs, fish, and meat stock soups, but is not the same in all cases."

“In a double sense, the way to a man’s heart is by the food he is given, and the more elaborate the food, the more quickly does his heart succumb to the strain put upon it. So it falls upon the women to meet this condition, and without delay.”

The author thanks: (1) The patients of Dr. Bishop (see below), who have been kind enough to share the result of their successful experience. (2) Dr. C.W. Langworthy, expert in charge of Nutrition Investigation at the United States Department of Agriculture. (3) Miss Lenna Frances Cooper, Head Dietitian of the Battle Creek Sanitarium [Michigan], for recipes published in The New Cookery.

In the Introduction, Dr. Louis F. Bishop, M.D. (Prof. of Heart and Circulatory Diseases, Fordham Univ. School of Medicine, New York) begins by describing how difficult it is to bridge the gap between those of technical education and those who have not been so trained. After years of research he has found that, “under certain circumstances, the cells of the body become sensitive to the protein element of certain kinds of foods, and from that time on, as long as this sensitiveness lasts, that kind of food acts as a poison to the cells of the body. The only way to limit the damage is to exclude the offending article of food from the diet.”

Even small amounts of this kind of food can be as harmful as large amounts. Moreover, food damage can be entirely independent of any discomfort. “Food poisoning has generally existed for five or ten years before the heart is sufficiently damaged to cause distress on exertion... My own experience is that heart disease and hardening of the arteries have usually existed about five years at the time the sufferer comes under observation.”

“The things that do damage are usually found in the group including eggs, fish, meat and stock soups, but there is no definite way of determining which of these things is at fault. This has to be accomplished by the study of each individual person, by means of the absolute withdrawal of all those things until there is an improvement in the action of the heart and blood vessels. Now one article of food, and then another is added to the diet, and it is discovered by experiment which one the person can use without a return of the disorder.

“In the beginning, it may be only eggs, or fish, or meat, that is a source of irritation to the cells of the body. In persons very seriously ill with hardening of the arteries, all of these things are a source of irritation.”

There is a long chapter titled “Meat substitutes” (p. 81-127). The following recipes are of interest: Cereal coffee (p. 1). Almond milk (p. 2). Rice milk (p. 3). Peanut butter sandwiches (p. 209). Two charts near the back of the book give the nutritional composition of peanut butter, and peanuts.

Note 1. is the earliest document seen (June 2002) which states that diet (and specifically a meatless or vegetarian diet)
can reduce the risk of coronary heart disease in humans.

Note 2. This is the earliest English-language document seen (Aug. 2013) that mentions rice milk, or that contains the term “rice milk,” which it uses to refer to a recipe.

Note 2. This is the earliest English-language document seen (June 2003) that contains the word “autointoxication” (or “auto-intoxication”).

Note 3. This is not a Seventh-day Adventist cookbook and no commercial products made by SDA companies are called for in the recipes. Soy is not mentioned. Maria Gillmore was born in 1871. Address: Clinical Prof. of Heart and Circulatory Diseases, Fordham Univ., Bronx, New York.


• Summary: “On State Committee–The honor of an election to the Home Economics Committee of the Michigan State Federation of Women’s clubs has come to Miss Lenna Frances Cooper, head of the Sanitarium School of Home Economics.”


• Summary: “A diet is toxic that produces toxins, or poisons, in the body as the result of bacteria acting upon the nitrogenous part of the diet. These poisons are known as ‘ptomaines.’ When picked up by the blood stream and carried to all parts of the body they give rise to a condition known as ‘autointoxication’–or auto-poisoning–with accompanying headaches, biliousness, languor, mental depression, and susceptibility to colds and other diseases.

“In choosing an antitoxic diet–or a diet that minimizes the production of these toxins in the system, our chief attention must be devoted to the reduction of the protein, or nitrogenous element, in our food to the amount demanded by Nature. Now, a certain amount of proteins are necessary to the vital processes. It is from the proteins that the body substance is largely built up; it is upon the proteins that the system depends for the repair of the body cells as they are worn out by the day’s activities. We may use a hackneyed illustration and compare the protein of the body to the iron in the locomotive. The iron constitutes the locomotive itself, within which fuel is burned for the production of heat and power. In the same way the body structure is built up of the proteins, and within this structure is consumed the fuel—the fats, starches and sugars that go to generate heat and energy.

“But the amount of protein which the system demands is usually overestimated. Up to about ten years ago it was thought unsafe to go on a dietary that was low in protein, but experiments by Professor Chittenden, of Yale, proved that this was wrong. When Professor Chittenden suggested to his colleagues the idea of a series of experiments to determine precisely the amount of protein which the system demanded, he was met with the objection that it would be unjust to ask students to submit themselves to an experiment in which so many dangers were involved. So Professor Chittenden and three members of the faculty determined to make the experiment upon themselves, later on securing volunteers from Yale athletes–altogether thirteen people undertook the experiments.

“The subjects of these tests gradually reduced the protein in their food until it reached what they regarded as the very lowest point compatible with safety, Professor Chittenden cutting down his own protein ration to considerably less than half. The experiment lasted a year, and with such success that Professor Chittenden and some of the other members of the faculty have since continued their low protein regimen, because they find that it increases efficiency and improves the general health.

“How the Poisons Are Made

“Now, in a low-protein diet in which the starches and sugars predominate, the bacteria which are found in the colon form acids, which prevents the production of ptomaines since they can be found only in an alkaline medium. To show how this is true, there is at the Battle Creek Sanitarium a piece of beefsteak that for seven years has been kept immersed in a jar containing buttermilk made from the culture of the bacillus Bulgaricus. This steak is in a state of perfect preservation, because precautions have been taken to renew the acid buttermilk, since the sugar which it contains is constantly being consumed by the bacteria. If this sugar were allowed to become exhausted, so that the immersing solution would lose its acid reaction, the bacteria within the steak would be able to attack the meat, and would set up a process of decay in which ptomaines would be produced.

“Now precisely the same processes takes place in the colon. When proteins are eaten in excess the putrefactive bacteria attack the food and produce the same effects that except for the buttermilk would take place in the jar containing the steak. For under ordinary conditions the colon is strongly alkaline, and affords a splendid medium for the activity of the putrefactive bacteria. It was on this account that Professor Metchnikoff, of the Pasteur Institute, and his colleagues sought a few years ago to fight autointoxication by introducing into the colon an acid-producing germ that would render the colon unfavorable for the growth of putrefactive bacteria.

“On this account the use of the Bulgarian bacillus in the form of buttermilk was introduced. For all sour milk preparations contain bacteria which feed upon the sugar of milk–lactose–producing from it the lactic acid which gives the milk its characteristic sour taste, and which makes it impossible for the ptomaines, which, we have observed, demand an alkaline medium, cannot be formed. The lactic acid is itself antiseptic, but the Bulgarian bacillus, the strongest of all lactic bacilli, is particularly beneficial because it is strong enough to withstand the action of the
digestive juices.

“All sour milk preparations are antitoxic, but those coagulated by the Bulgarian bacillus are preferable. Even sweet milk, when obtained under sanitary conditions, is antitoxic, unless the individual is unable to digest the casein—and this is the case with a great many people. For this reason sour milk is more easily digested than sweet milk, because the curd once having formed cannot re-form in large masses in the stomach, and thus render it difficult of digestion.

“The Proper Proportion of Protein

“The proportion which protein should sustain to the rest of the food is as one is to ten. For instance, if one requires 2,400 food units a day, one-tenth, or 240 units, should be in the form of proteins. So far as the fats and starches are concerned, these are used by the system almost interchangeably, except in cases where the physician interdicts the use of starches or fats.

“This applies, new as the idea may seem to many of our readers, to the laboring man as well as to the sedentary worker—we might say it applies especially to the workingman, for it is fats and starches, and not the proteins, that are used by the system in producing heat and energy. And, inasmuch as it is energy which the working man requires, it is energy producing food that he should eat most of—fats and starches. And from the economic standpoint it is also well that this is true, for usually the fats and starches are less expensive than the proteins—especially in the case of meat and eggs. Also there is this further economic argument, that the fats and starches are completely assimilated by the system, whereas a considerable amount of the proteins are wasted because they are not fully absorbed by the body.

“The Nitrogenous Foods

“Now, as to the question of what are the foods rich in protein: there are five groups—(1) lean meat, because it is made up of body tissue of the animal from which it is taken. Indeed, lean meat usually runs from nineteen to twenty-one per cent of protein, the rest being mostly water; (2) eggs, which contain about ten per cent of protein—seventy-five per cent being water; (3) milk and cheese—four per cent of the fourteen per cent of dry matter in milk is protein in nature; (4) nuts, which contain usually from twenty to twenty-five per cent of protein. Nuts are a highly concentrated food, we might add, and it is safe to say if they do not agree with one the trouble is insufficient mastication. In order to insure more thorough chewing it is a good plan to eat them with a dry cracker; (5) the legumes, consisting of lentils and dried beans and peas. These also contain about twenty-five per cent of protein.

“All of these foods can be omitted entirely from the dietary without danger of depriving the system of sufficient protein, for the reason that proteins are found in sufficient quantities to meet the demands of the body in most of the other foods found in Nature. To show how true this is, it is a fact that a diet of bread, butter and potatoes contains sufficient protein for doing the hardest kind of work.

“The foods which one should use in order to fight the formation of poisons in the colon are the cereals, fruits, and vegetables. These are anti-putrefactive because they contain little protein, thus constituting bad culture medium or food for the ptomaine-forming bacteria. They also increase the flow of the gastric juice because of their effect upon the appetite. Especially is this true of the fruits and the dextrinized cereals. They require only a limited activity of the intestinal canal, as they are largely digested by the action of the saliva. The fruits require practically no digestion, for they are predigested.

“The fruit and vegetables are especially valuable for their bulk and cellulose, though they may be contraindicated in some cases.

“It is especially important that the diet be sufficiently laxative to prevent the food remaining in the alimentary canal longer than normal, otherwise poisons will be formed from any kind of a diet. Sweets, acids, fats and bulk are the essentials of a laxative diet, as also whole meal breads, bran biscuits, etc. Hence fruits of all kinds, especially apples, and the sweet fruits—prunes, figs, dates, etc.—and the more easily digested fats—cream, butter, and ripe olives, as well as coarse vegetables, such as spinach, beets, lettuce, etc., should play an important part in an antitoxic dietary.” Address: [Battle Creek, Michigan].


• Summary: On the cover of this issue of Good Health, below the title is written: “The Oldest Health Magazine in the World—Established 1866.

“Edited by John Harvey Kellogg, M.D., LL.D.” 10 cents.

This full page ad starts: “Beginning the first of next April (1915). the price of “Good Health” will be advanced to Two Dollars a year—20¢ a copy. Therefore, you have only three months more in which to subscribe for Good Health at $1.00 a year.

“This is a big opportunity.

“Because -

“Good Health has in preparation for its readers some of the most interesting, valuable and useful literature ever published.

“Dr. Kellogg—our Editor—is writing a new series of special articles which will be more interesting than anything he has previously published.

“Dr. W.H. Riley—the great Nerve Specialist—is writing for Good Health a series of articles on the care of the nerves.

“Dr. B.N. Culver—Throat Specialist at the Battle Creek Sanitarium—is preparing some special articles on the care of the throat and prevention of colds.

“Miss Lenna Frances Cooper—the noted authority on
healthful cooking—will edit a department for Good Health throughout the year.

“And these are only a few of the good things we have planned for Good Health readers…” Address: West Main St., Battle Creek, Michigan.


• Summary: “A New Department—An occupation department has been started at the Sanitarium for the benefit of patients and guests. In many cases idleness is detrimental to an invalid and something to keep the mind and body in action is the best kind of remedy. So the institution has inaugurated a department in which guests can occupy themselves in a number of interesting diversions. A continuous class in basketry and weaving has already been started and is proving very popular. Other things which will be added to the list and which guests may take up are first aid work, pottery and cement moulding, hydrotherapy, mother-craft, domestic science study, and cooking. The class in basketry and weaving is in charge of Miss Theodora Peckham. Members of the Sanitarium staff will instruct the guests in first aid work and hydrotherapy, and the cooking and domestic science work will be under the direction of Miss Lenna F. Cooper and other dietitians of the institution.”


• Summary: “Miss Lenna F. Cooper head of the Sanitarium School of Home Economics was presented with three handsome gifts this morning by the young ladies of the school, the occasion being her birthday [Feb. 25]. The seniors baked a gigantic plain layer cake for her, the juniors gave her a beautiful bouquet of flowers, and the members of the housekeepers department gave her a mahogany tray.”


• Summary: A half page ad of text only: “This school offers several scientific courses to young women. One of these courses graduates Dietitians for hospitals, infirmaries, sanitariums, public institutions, factories, department stores and other industrial establishments. The demand for such work is very large and constantly growing. In consequence, graduates of this school promptly secure positions at excellent salaries.

“Another course graduates cooking teachers for colleges, seminaries, public and private schools, Y.W.C.A.’s, women’s clubs and other similar organizations. Such teachers are in great demand and salaries depend upon the efficiency of the teacher. Opportunity for developing such efficiency is very unusual in this school because, in addition to ordinary cooking, the student is taught the scientific value of different food materials and how to cook and feed the ‘balanced ration.’ Invalid diet is also a specialty of this school.

“The third course is that for housekeepers. This graduates women capable of taking full charge of domestic establishments—large or small. This course for housekeepers is patronized by a great many women—both young and old—who wish to learn how to keep house and feed their families more scientificaly, healthfully and economically.

“Tuition and living expenses are very reasonable. Get your friends to write for an illustrated booklet, sent Free and fully postpaid, which gives full information, outlining all the courses, requirements of students, tuition and terms. For this information, a request should be addressed to Miss Lenna Frances Cooper, Principal of the School of Home Economics, 102 Administration Building, Battle Creek University of Health, Battle Creek, Michigan.” Address: 102 Administration Building, Battle Creek, Michigan.


• Summary: “It is not so difficult a matter for the housewife to furnish a family with fruits these days as it was a few years ago. Commerce brings to our tables a most delightful assortment of tropical fruits—grapes, pineapples, oranges, grape-fruit—which someone has called ‘the flavor fruits,’ because of their pleasing flavor, odor, and beauty. Not only for these qualities are they valuable, however, but also for their antiseptic qualities, which make them a very valuable cleansing agent for the intestinal canal.

“Not only are the citrous [citrus] fruits available in large quantities, but fresh apples can always be obtained, of good quality, and low in price. This fruit is equally good raw or cooked. On account of the softened cellulose, the cooked apple is a little more easily digested by very delicate stomachs, though raw apples should be eaten freely by those who are more robust, as they are conducive to a healthful activity of both the stomach and the intestinal canal.

“The pineapple is a most wholesome fruit, especially when obtained in the mature state. When fully ripe this fruit gives off a most delicious odor. It possesses a remarkable characteristic in its active principle, called bromelin [bromelain], which has the property of digesting protein. For this reason it is difficult to use it with gelatine. This applies only to the raw pineapple, as cooking destroys the ananasine [sic]. The juice is frequently used, especially by the nations of tropical countries, for sore throat, diphtheria, etc.

“The pineapple consists of a number of cones divulging toward the center. Hence it may be torn apart and served as pineapple cones, or the whole pine may be sliced across the desired thickness and peeled, removing the top of the ‘eyes,’ each eye being removed with a sharp knife. This is much more economical than to peel the whole fruit, removing the eyes with the peel.

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“The citrous fruits, including the grape-fruit or pomelo, the shaddock, lemon, lime, orange, tangerine, mandarin and other varieties, are all anti-scorbutic in their properties. They also contain large quantities of citric acid, which has antiseptic qualities, and hence are particularly beneficial as cleansing agents for the alimentary canal. They are also rich in mineral salts, which are alkaline, and hence they tend to increase the alkalinity of the blood.

“The pomelo, or grape-fruit, so-called because the fruit hangs in grape-like clusters upon the trees, is the most expensive, and considered by many the favorite, citrous fruit. Introduced into Florida by the Spaniards, it has since been cultivated and improved horticulturally. When allowed to ripen on the tree, it is certainly the most delicious of the citrous family. Like most of the semi-tropical fruits which must be gathered before fully ripe, they are never quite so delicious in the Northern markets as in their native climate. The grape-fruit contains very little sugar, hence may be used by those suffering from diabetes mellitus.

“The Food Fruits

“In contradistinction to the juicy, or ‘flavor’ fruits, are the ‘food fruits,’ or those having less water and consequently a higher nutritive value. It must be borne in mind, however, that the ‘flavor fruits’ are equally important in the dietary, on account of their anti-scorbutic properties.

“Among the ‘food fruits’ are dates, figs, bananas, raisins, etc., the date having the highest nutritive value. The date is the seed of the date palm, which grows and thrives best in desert regions. It can stand almost any degree of heat and long periods of drought. It is by far the most important plant of desert lands, since it not only supplies the chief food of the inhabitants but is used for timber, and by its long feathery leaves, extending twelve to eighteen feet in length, is a protection to other plants and vegetation.

“The date palm has been grown and cultivated for at least four thousand years, probably first along the Tigris and Euphrates rivers. The palm is considered of such importance to the inhabitants that in many places it is a criminal act to destroy it.

“When well cared for, a palm may begin bearing when six or eight years old, and continue to bear until one hundred or more years old, yielding from sixty to two hundred pounds of fruit a year, and in some instances from four hundred to six hundred pounds.

“The date palm blooms in the early spring, producing from six to twenty clusters, and ripens about six months later.

“The date is very rich in sugar, sometimes containing as high as sixty per cent. They often contain so much syrupy juice that it is necessary to allow them to hang for several days until the excess drains off before they can be packed. This syrup, caught in jars and used by the natives, is called ‘date honey.’

“The principal sugar found in dates is glucose, or grape sugar, though cane sugar predominates in some varieties.

“In the harvesting of the dates, the fruit is handled by many people—from the man who cuts the cluster of fruit from the topmost branches of the tree, to the man who finally packs it in the box or skin. When one knows how closely the fruit comes in contact with the bodies of these natives it behooves one to cleanse it very carefully before using. The dates should first be put into cold water to remove the stones, as hot water makes them soft at once. After the stones have been removed, they should then be washed by pouring boiling water over them.

“Figs are another fruit rich in sugar, a good fig containing at least fifty-five per cent of sugar. The fig is also the principal food of the people living on the Mediterranean shores. When fully ripened it is gathered, dipped in salt water and again dried, then pulled by skilled workmen into definite shapes and packed. They are most commonly used as a confection, but should be given a place in the dietary. They are especially valuable for their laxative properties.

“The banana is likewise the ‘staff of life’ in many tropical countries. With many it is considered difficult of digestion, but this is due either to its not being ripe or not having been thoroughly masticated. For this reason, it is advantageous, especially with children, to crush it or reduce it to a puree before serving.

“The dried fruits are also a valuable addition to the winter dietary. They differ little in composition from the fresh fruits except in the loss of water. In cooking these dried fruits the object is to get back the water lost by evaporation in the drying process. This is best accomplished by first soaking overnight or for several hours in cold water, then by simmering very gently until soft.

“Here are a few recipes, which involve some of the fruits already described, and which may be varied in some cases by using fruits other than those described in the menu:


• Summary: “Miss Lenna Frances Cooper, head of the Sanitarium School of Home Economics, has moved her offices to the first floor in order to be nearer the class rooms of the school, all of which are on that floor. For several weeks she has been entertaining her mother, Mrs. S.M. Cooper, of Parsons, Kansas.”

• Summary: “The fact that meat is one of the most expensive articles of diet is illustrated by a comparison of the costs of a mixed diet and of a non-meat diet. The cost of foods given here are from the non-meat dietary in use at the Battle Creek

In 1914 the total number of guest days at the Sanitarium was 115,590. The cost of vegetarian food for this same period was $67,866. Address: Head Dietitian, Battle Creek Sanitarium, Michigan.


Summary: “Over and over again comes the question from the business man and the business woman, ‘What shall we eat for our down-town lunch?’ Wide-awake men and women realize that the food they eat makes or mars their efficiency. Brain work is the business man’s capital. It is such an important asset that he cannot afford to eat any food that will detract from his mental alertness. He must think and think quickly; he must make decisions promptly. For this he must have a clear mind. This means that he must be well nourished without detracting from his store of vital energy.

“Foods that are difficult of digestion not only lie in the stomach, to the great discomfort of the one who eats them, and thereby harass and render concentration of the mind impossible, but they also require such an expenditure of energy on the part of the body to take care of them that the body is robbed of much of the vitality that should go into the day’s business.

“During digestion the blood is to some extent withdrawn from the exterior portions of the body and is found in greater quantities in the digestive organs. A stomach that is overloaded with indigestible food therefore robs the brain of needed blood, and makes great activity impossible. Hence the business man and woman must select foods that, while easily digested, are at the same time nourishing and palatable.

“Pawlow [Pavlov] has shown that relish for food causes the digestive juices to flow almost, if not quite, as soon as the appetite is appealed to. On the other hand, foods for which there is no relish remain in the stomach some time before the digestive juices are poured out. The meal should, therefore, be appetizing and palatable for digestion to proceed quickly. It is quite possible, however, to cultivate an abnormal taste and create a desire for foods that are capable of producing great bodily harm. Foods rich in hot, peppery spices may appeal to the appetite, but at the same time they do serious injury to the lining of the stomach and intestinal tract, as well as to the liver and kidneys. They are undoubtedly responsible for a great many cases of hyper acidity of the stomach, cirrhosis of the liver and nephritis.

“Foods fill several important offices in the body and this should be given consideration, even in the noon-day lunch. A dietary must contain a proper relation between the essential food constituents, proteins, fats, and carbohydrates. The great tendency is to overestimate the value of protein and to use it excessively. For this reason meats, cheese and eggs are likely to form a chief part of the down-town lunch.

“This article is written in the hope that it may offer some suggestions for the selection of better bills of fare. Fruits, both fresh and cooked, and vegetables, fresh and cooked, are most excellent. They furnish starches in an easily digested form. They also furnish bulk, which is essential for peristaltic activity of the intestinal canal, especially for sedentary people. Cereals are most excellent, in that they furnish a large amount of energy. The toasted cereal preparations are for sedentary people preferable to the soft, cooked mushes. The dry, thoroughly toasted cereal stimulates salivary activity. Concentrated sweets cloy the appetite and irritate the alimentary tract. Therefore candies, jams, jellies and rich desserts should be avoided.

“The following menus of foods are selected from restaurant and lunch rooms. While the identical articles named may not be secured in all lunch rooms and at all seasons of the year, yet they are usually obtainable. The writer has also taken into consideration that it is not always possible to obtain just the things that one would select or that are ideal, so far as bodily needs are concerned. Therefore we have included in the list some foods that would not be recommended if one were in a position always to obtain the best.

“Menus


“Sliced Bananas with Cream. Oatmeal Crackers. Popped Corn. (If popped corn is not served, you can obtain a sack of fresh corn on the street.)


“Where more elaborate lunches are desired, the following menus will be found appetizing and wholesome:

“Cream of Tomato Soup. Poached Egg on Toast.


Graham Bread and Butter. Cucumber or Fruit Salad. Grapes. Cocoa.


“We might add that lunch-room proprietors are always glad to supply a regular customer with any special articles that he may desire–such as bran bread, or cereal coffee, say. He only wants to be reminded of your wishes in the matter. There are so many varieties of foods manufactured expressly for the health seeker that with the proprietor’s help one can choose almost as easily as in his own home.”

Address: Head Dietitian, Battle Creek Sanitarium, [Battle Creek, Michigan].


• Summary: “You can eat good things without hours of regret afterwards if you know how to make them the right way. Creamy soups, crisp croquettes, Waldorf salad, delicious desserts–even mince pie–may be included in the menu if you follow the rules laid down in

“The New Cookery” by Lenna Frances Cooper, Head Dietitian of the Battle Creek Sanitarium. This book contains over 700 recipes for soups, entrees, roasts, cakes, puddings, ices, etc., all delicious, and all wholesome, because they are made in accordance with modern knowledge of diet and nutrition.

“This book enables the housekeeper to plan better and more nourishing meals for less money. The New Cookery is not only good, but good for you. Send $1.50 today for a copy of this 300 page book. If you are not entirely satisfied with it, you may return the book and have your money refunded.

“Good Health Publishing Co.

“103 West Main St., Battle Creek, Michigan.” Address: Head Dietitian, Sanitarium School of Home Economics, arrangements being made by Miss Lenna Cooper of the local school.”


• Summary: “Faculty members of the N.S.P.E. gathered Saturday evening at the home of Dr. J.H. Kellogg, 202 Manchester street, to welcome the new Normal dean, Frank J. Born, and his wife. The reception was delightful in every respect. The guests were entertained with vocal solos by Madame Carhart and talks by Dr. Kellogg, Dr. E.S. Eggleston, Dr. B.N. Colver, M.W. Wentworth, E.K. Piper, Mrs. Mary Foy, Miss Lenna Cooper, Miss Gould Powell, and T.C. O’Donnell.”

Note: The acronym N.S.P.E. might well stand for Normal School of Physical Education. There was a Battle Creek Normal School of Physical Education in 1915 and F.J. Born was its dean and director, and was also on its Board of Management.


• Summary: “A ‘Newspaper’ Dinner. A unique ‘newspaper dinner’ complimentary to the newspaper women and wives of the newspaper men in Battle Creek was given at the Sanitarium last evening by Miss Lenna Cooper, dietitian at the Sanitarium, and the senior student in her classes. The dinner was given in a private dining room connected with the domestic science rooms, which was handsomely decorated with yellow jonquils, ferns and palms. Four senior girls, Miss Edith Miller, Miss Aileen Reynolds, Miss Mabel Michaelson and Miss Emma McCormick, studied out the menu, prepared the viands, and served the whole elaborate dinner with commendable success. From beginning to end the dinner was a series of triumphs for them and their instructors.

“Those present at the dinner were...” The names of 11 women are given, including “Miss Lenna Cooper.”

“The place-cards, which were made by Mrs. Gilmore, were decorated with narcissus and held clever little verses relating to newspaper work. The [apparently vegetarian] menu, which came in envelopes marked ‘Extra’ was as follows;

“Grape fruit, ‘lead all’; salted almonds ‘pick up’; cream of green pea soup, ‘editorial filler’; bread sticks ‘preferred position’;... Each viand on the menu was followed by the number of calories in it, of protein, fat and carbohydrate, the whole card being very cleverly arranged.”


• Summary: “A Home Economics Conference–A home economics conference is promised for Battle Creek during the latter part of June and it will bring many authorities on cooking to this city. It will be held under the auspices of the Sanitarium School of Home Economics, arrangements being made by Miss Lenna F. Cooper of the local school.”


• Summary: “Milk contains all the elements essential for the maintenance of life. It is often called a perfect food–and it is a perfect food for the young of the animal which gives the milk. That is to say, the milk of a cow is a perfect food for the calf. But milk is not a perfect food for the child. At the same time, it represents in some measure all the elements that are necessary to life, and to this extent it is a wholesome food.

“Milk is made up of fats; carbohydrates; proteins, or the
nitrogenous elements; mineral salts, and water. It contains more nutritive matter than many of our other fats, in spite of the fact that it contains so high a percentage of water—about eighty-six per cent, to be exact. It contains, on an average, about fourteen per cent of nutritive matter, which is more than fruits contain.

“The protein element of milk consists chiefly of two substances—‘albumin,’ which we also find in the white of egg, and ‘casein’—the latter constituting about six-sevenths of the protein. The casein is more difficult of digestion than the albumin, and for this reason many children are unable to digest cow’s milk.

“The fat found in milk is in a finely divided state and is therefore one of the most easily digested forms of fat. Butter, indeed, which is derived from the fat of milk, is probably the most easily digested and assimilated of all the fats. Cream is easily digested by many people—though some cannot digest it because of the casein. The casein of milk, on the other hand, is difficult for many people to digest.

“The milk carbohydrate—known as milk sugar, or lactose—is practically the only source of milk sugar. The writer would speak of this in particular, because certain changes are brought about in the constituents of milk that depend upon the changes that take place in the carbohydrates. For in addition to the constituents already mentioned, milk contains a large number of bacteria, or germs. These are of two kinds. First we have the bacteria that cause scarlet fever, typhoid fever, tuberculosis and other diseases that are contracted from milk—not that typhoid fever is a milk disease, but that typhoid germs get into the milk and transmit the disease to the consumer.

“The second class of bacteria are lactic acid organisms that feed upon milk sugar. This feeding process brings about various changes in the milk, breaking it down into acids and producing lactic acid, which gives sour milk its peculiar taste.

“It should be remembered that milk is bound to contain some bacteria, since they grow and multiply almost from the time the milk is drawn. These bacteria require three things for their growth: first, moisture, which they find abundantly in milk; second, food, which they find in the lactose, and third, warmth—a temperature of about 100°F. being the normal medium, though they grow in a temperature ranging from 50° to 100°F. But the lower the temperature the less rapidly they grow and multiply, which explains why after it is drawn the milk should be cooled as quickly as possible, reduced to 50°F., and kept at this point until delivered, and if possible until consumed.

“An important factor in the keeping of milk by the consumer is the refrigerator. This, as nearly as possible, should be kept filled with ice. It is poor economy to allow the refrigerator to become almost empty before filling it with ice. It should be filled every day, so that the temperature can be kept at practically the same point—preferably at 50°F. Milk is best kept in the lower part of the ice box, although it may be placed directly on the ice if desired.

“The most desirable milk is known as ‘certified milk.’ This is milk that is obtained under as nearly ideal conditions as possible, and that consequently can be guaranteed or certified by a board of health or by a body of physicians—hence the term, ‘certified milk.’ If it is impossible to obtain certified milk—as is often the case in the smaller cities—then the next thing is to obtain the best milk possible and pasteurize it. Pasteurized milk is milk that has been brought to a temperature of 145° to 175°F.—never above 175°F., since a higher temperature has a tendency to coagulate the albumin of the milk. The casein is also changed to some extent, as is also the fat. These changes also alter the flavor. Therefore, the temperature should never exceed 175°F. Many authors claim that 145° to 155°F. held for twenty minutes is sufficient to destroy tubercular and other germs contained in the milk.

“A good method for pasteurizing milk is to heat it to 155° to 165°F. for fifteen to twenty minutes at most, then cool as rapidly as possible. If the milk bottle is placed in a container with water, the water should be ten degrees more than the milk. The best way to test the temperature is to puncture the cap at the top of the bottle, place a thermometer in the milk, and watch the temperature until the desired degree is reached.

“Cool the milk by placing the bottle and container under the water faucet and allow the cool water to run in the container—cooling gradually for a few minutes, and then cooling more rapidly by changing the water entirely. An inverted perforated pie tin in the bottom of the container serves as a rack for the bottles and prevents them from coming in contact with the intense heat at the bottom of the container. Sterilized milk is obtained by boiling, and is not entirely satisfactory from the standpoint of digestibility.

“The lactic acid bacteria, we should remember, are not disease-producing germs—but on the contrary they may be said to be ‘friendly’ germs. They are not, however, friendly to the producer of the milk, for they bring about changes that interfere with the sale of his product. So far as health is concerned, however, the change of milk from sweet to sour is not unwholesome. In fact, sour milk is more easily digested and is better food than the sweet milk. Many people can take sour milk who cannot digest sweet milk, for the sour milk and the curd of the sour milk are easily broken up. The curd, indeed, is broken up in the process of swallowing and cannot again form into a large curd, whereas the sweet milk may form in large curds in the stomach. On this account sour milk is a better food than sweet milk.

“The home care of milk is a very important consideration. No matter how much care is used at the dairy, milk becomes an improper food supply unless kept in the home under sanitary conditions.

“Milk that is obtained under the most sanitary conditions and kept cool up to the time of delivery to the consumer
may be spoiled by being left in the warm sun from an early morning delivery until the family arises at six or seven o’clock, thus exposing the milk to a temperature favorable for the growth of bacteria for a period of from two to three hours, during which time bacteria grow and multiply very rapidly. If the day happens to be in midsummer the probabilities are the milk will be sour by noon and the milkman will be blamed.

“All milk should be placed in sterile bottles at the dairy and delivered in the same bottle. Milk that is sold out of open cans or drawn from a spigot from the can is exposed to the dust, and consequently germs are found in the milk in large quantities.

“The milk, if possible, should be kept in the bottle until used, returning the paper cap to the bottle after milk is poured from it. All unnecessary exposure to the air must be avoided. Even in the refrigerator the milk should be covered.

“Exposure to flies also contaminates milk. Flies are responsible for the carrying of a great many diseases, especially typhoid.

“By placing money or paper tickets in the milk bottle you may also be providing a means for contaminating milk. Remember how many hands money passes through—hands that may be contaminated with disease.

“The use of milk as a foodstuff requires that we give particular attention to its care. It is a complete food for children and if handled properly and obtained from a good source may play a very important part in the feeding of children, since it contains mineral salts and other elements necessary for growth and easily adapted to their needs. But it must be protected at every step of its journey from the stable to the table.

“Here are a few simple recipes that involve the use of this valuable food in various kinds of dishes:


Address: Head Dietitian, Battle Creek Sanitarium, [Battle Creek, Michigan].


• Summary: “Held a Banquet. The third of a series of dinners given to the prominent women of Battle Creek by the students of the Battle Creek Domestic Science School of the Sanitarium was tendered to the women physicians of the institution last evening under the supervision of Miss Lenna F. Cooper.

“The dinner, which was a seven course affair and elaborate in every detail, was prepared and served by the senior girls of the school, namely, Misses Mildred Tabor, Florence Davis, Belle Robbins and Jacoba Slobe. The dinner was held in one of the dining rooms of the Domestic Science School which was prettily decorated in daisies, palms, maiden hair ferns and yellow and white trimmings.

“Miss Lenna Cooper, director of the school acted as hostess for the occasion while the guests of honor were Drs. Laura B. Stoner, Mary Dryden, Carrie Staines, Clara V. Radabaugh, Newlove, Gertrude Johnson, Caroline Zahn and Mrs. Margaret Hall, Mrs. D.D. Harris, Mrs. Lewis, Mrs. Riley and Mrs. Margaret Sims.”

195. Evening News (The) (Battle Creek, Michigan). 1915. Forty-seven nurses will get diplomas: and 30 girls will graduate from Sanitarium School of Home Economics.

Make commencement plans: Nurses’ graduation exercises to be held this month. The exercises for the home economics school won’t be held till the last of next month. May 15. p. 8.

• Summary: “Three of the three [sic, thirty] who will graduate from the School of Home Economics on June 24, are local girls. They are Gertrude Reynolds, Aileen Reynolds and Angie Estill. Ellen Miller of Marshall [Michigan] is also included in the list. Vancouver, B.C. [Canada]” and ten other states “are represented in this year’s list.

“Six members of the class are married. All were successful housekeepers before entering the local school, but realizing they did not ‘know it all,’ they enrolled in a school where they would receive expert instruction.

“Miss Lenna Cooper has been in charge of the school since it was founded in 1906. Under her direction the institution has grown to assume national recognition.

“The first class graduated in 1907 with four members. Last year, 16 diplomas were presented, and this year’s class is nearly double that number.

“Part of the graduation program has been arranged. While no names are ready to be given out, Miss Cooper announces that people of national prominence in Home Economics work will be among the speakers.

“‘Home Economics Week’ of three days will close the school year. During the afternoons and evenings of the 22, 23 and 24th of June there will be programs and demonstrations showing just what has been accomplished during the year. This method serves to give an interested spectator a review of the manifold duties the girls must perform before being granted a diploma.

“The graduates from the school of home economics are as follows:

“Mrs. Louise Allen, Vancouver, B.C. [Canada]; Mrs. Frances Babcock, Farina, Illinois; Mary Hertsch, Indiana; Mrs. Lela Beuchel, Ligonier, Indiana; Margaret Clouse, Raymond, Ohio; Hope Coolidge, Dayton, Ohio; Margaret Craig, Howe, Indiana; Florence Davis, Blue Earth, Minnesota; Angie Estill, Battle Creek; Myra Furbeck, New York; Mrs. Elsa Hudelson, Owensville, Indiana; Mrs. Alberta B. Jones, Illinois; Betty Jones, Oregon, Illinois; Dora Joost, Dwight, Illinois; Mrs. Ella Kohn, Owensville, Indiana;
Anna McCauley, Mancelona, Michigan; Emma McCormick, Greenburg, Pennsylvania; Lola Mace, Lexington, Indiana; Anna Madenford, Womelsdorf, Pennsylvania; Mabel Michaelson, Indiana; Ellen Miller, Marshall, Michigan; Winnifred [Winifred?] Reiniger, Chickasha, Oklahoma; Aileen Reynolds, Battle Creek; Gertrude Reynolds, Battle Creek; Belle Robbins, Waupun, Wisconsin; Glennora Romminger, Winston-Salem, North Carolina; Orian Sill, Hot Springs, Arkansas; Jacoba Slobe, Illinois; Mildred Faber. Evanston, Illinois; Clarice Williams, Raymond, Illinois.”


• Summary: “This is the season of jaded appetites. We are tired of the heavier foods that have been so long on our tables, and the system calls for something new. This call of the appetite takes the form very naturally of a craving for fresh things, a craving which ought to be satisfied with fresh vegetables and fresh fruits every day.

“The demand for fresh vegetables and fruits is not an easy one to meet. Small shipments from the South have begun to appear on the market, but the price of these is not only prohibitive, but the quality is inferior, owing to early shipment and other conditions. On this account, the housewife’s problem is to make the most of the vegetables she can obtain on the market and make as many variations as possible in the method of cooking and in the dressing.

“Our New Winter Vegetables: Cabbage and celery should be used freely, and now that large quantities of lettuce are grown under glass, it, too, becomes a winter vegetable. Hot house lettuce, by the way, is very susceptible to changes of temperature. It is best kept by sprinkling with cold water and wrapping in paper to exclude the air. It should then be placed in a cool place. Endive, chervil and chicory are obtainable in most city markets, and also afford pleasing variations.

“Vegetables which become withered and tough may be freshened by placing in cold water an hour or so before cooking.

“Fresh green vegetables should be cooked in salted water, as both the flavor and the color are better preserved, while the coarse, fibrous vegetables should have the salt added a few minutes before they have finished cooking, as salt tends to harden the cellulose.

“The cover should be removed from cooking onions, cabbage, cauliflower and other strongly flavored vegetables, as these have a much milder flavor when so cooked.

“Often a slight difference, such as a change in the shape or the garnish of a dish, will make a pleasing variation.

“How to Pare Vegetables: When paring vegetables, remember that the most nutritive portion lies next to the skin, hence they should be pared as thinly as possible. There are, of course, a few exceptions. Turnips should be pared deeply enough to remove the fibrous coat which lies about an eighth of an inch beneath the skin. Vegetables with a thin skin, like salsify, should be scraped. A pair of rubber gloves is a great convenience when preparing salsify, onions, etc. A brush is a great help in freeing vegetables from dirt. When the vegetables have been pared, throw them into cold water, to stand until time for cooking. Put all vegetables to cook in boiling water, unless they are to be used for broths or soups in which the vegetable is not to be served. In that case as much of the flavor and nutriment as possible should be extracted.

“Fruits are also valuable in varying the diet, especially if they are used in salads. Indeed, fruits, as also vegetables, can be combined into a number of pleasing salads that not only stimulate the appetite, but also contain real food value.

“The dressings may be varied by seasoning—celery salt, onion salt, or sugar, or by the addition of plain or whipped cream. Celery, lettuce and other vegetables should be as crisp as possible. To insure crispness, place in cold water a half hour or more before using. Drain and dry on clean towels, otherwise the water on the vegetables dilutes the dressing. Here is a recipe for a delightful mayonnaise dressing, that will not only appeal to the appetite, but also involves ingredients that are easily available. It forms a splendid basis for any salad, whether it be a single fruit or vegetable, or a combination of them:


• Summary: “Ministers’ Wives Banquetted. Miss Lenna F. Cooper and four students of the graduating class of the Sanitarium School of Home Economics acted in the capacity of hostesses last night when they prepared and served an excellent seven course luncheon to the wives of members of the Battle Creek Ministerial association. The Misses Myra Furbank, Orion Hill, Hope Coolidge and Betty Jones were the girls who assisted Miss Cooper in making the affair a great success. The event was staged in the Sanitarium dining hall which was decorated in a fancy design of brides’ wreath roses, intermingling with carnations, all of the flowers being from the Sanitarium’s private greenhouses. Each plate contained a beautiful rose as a favor. Those present contend that the girls have certainly acquired the art of cooking and the luncheon was just as sweet as could be.”

• **Summary:** Forty young men and women, members of the county members of Y.M.C.A. Junior Agricultural clubs, will be guests of the local Chamber of Commerce Thursday. These young people were winners in growing produce, in cooking, and in sewing last fall. Others among them were given trips to Chicago and East Lansing, over 400 having taken part in the competition.

“The following program will be given here:

*9 to 10 a.m.*...

*12 to 1–Lecture and demonstration in food values, Battle Creek Sanitarium, by Miss Lenna Cooper, head dietitian.

*1 to 2–Luncheon at the Sanitarium, guests of Dr. J.H. Kellogg.

*2:30 to 4:30–Guests of the Postum Cereal company. Trip through the factory and art gallery in the administration building.

“Automobiles will furnish means of transportation to the various places of interest.”


• **Summary:** “Prominent Women Are Guests. Mrs. H.C. Hawk, Mrs. E.C. Hinman, Mrs. H.W. Harvey, Mrs. W.J. Smith, Mrs. Elizabeth Packard, Miss Flora Sell, Miss Browning and Miss Mead were among the prominent Battle Creek women to attend the last of a series of dinners given by Miss Lenna F. Cooper, head dietitian at the Sanitarium, to acquaint the women of the city with the work of the school, given in the Sanitarium private dining rooms Tuesday evening. A nine course dinner was prepared and served by members of the senior class of the Sanitarium School of Home Economics. The dining room was beautifully decorated with American beauty roses. The series of dinners just concluded was given for the Woman’s league, the Woman’s club, the newspaper women of the city, the wives of the Battle Creek pastors, the wives of Sanitarium physicians and the lady physicians of the Sanitarium.”


• **Summary:** “Economics School Notes.–Miss Emma Gunther of the teacher’s college of Columbia University left today for Ann arbor after spending several days visiting Miss Lenna Frances Cooper, head of the Sanitarium School of Home Economics. Miss Gunther is making a tour of the United States, visiting the domestic science schools. The students of the school were the guests of Miss Cooper on Monday evening at a delightful dinner given in honor of Miss Gunther.

“Miss Lenna Frances Cooper, principal of the Battle Creek School of Home Economics, has as her guest her mother and father, Mr. and Mrs. F.M. [sic, S.M.] Cooper, of Kansas City, Missouri, and her brother Ward Cooper, who is a medical student in Chicago.

“Miss Margaret Hall, one of the teachers of the Battle Creek School of Home Economics, left today for Omaha, Nebraska, where she will join the Midland Chautauqua. She will lecture on ‘Food Values with Regard to Health.’ Miss Hall has been with the Midland circuit for the past eight summers.”

201. *Evening News (The) (Battle Creek, Michigan).* 1915. Graduation was a very pretty event: 25 young ladies received diplomas from home economics school last night. M.A.C. woman gave talk: Dean Georgia L. White discussed the home and its care. Dr. J.H. Kellogg gave out the diplomas—many of the graduates will stay at the Sanitarium. June 25. p. 6, col. 1.

• **Summary:** “Seated beneath a picturesque white arbor, with foliage, giant ferns, and beautiful flowers on every side, thirty-five young ladies were given diplomas from the Battle Creek School of Home Economics, at the Sanitarium last evening. The members of the graduating class were dressed in white, the color which is universally worn by dietitians when on duty. The diplomas were presented by Dr. J.H. Kellogg, president of the school, who wore his collegiate cap and gown, a costume rarely donned except for special occasions of this kind. Miss Lenna Frances [sic, Frances] Cooper, active head of the school, also sat on the platform.

“The graduating was the most attractive event of its kind that has ever been held at the Sanitarium. Hundreds of dollars worth of the most beautiful flowers, raised in the Sanitarium greenhouses, were used in carrying out the decoration scheme.

“The graduation address was given by Dean Georgia L. White of the Michigan Agricultural college. Speaking on ‘The Home’ she stated that the ideal home should give out a feeling of rest, leisure and repose. This does not mean that there should be no work, but that the work is done in such a systematic manner that it seems like a pleasure. The surroundings should be bright and attractive. The home today, is light, airy and most important of all sanitary.

“The graduating class was represented by Miss Claire Williams who told of the work of dietitians in institutions such as the Sanitarium and hospitals. Many of the members of the class have taken the course in order that they may be able to take up this line of work, and sixteen of the graduates will be given positions in this capacity with the Sanitarium.

“Diplomas were given by Dr. Kellogg to 29 young ladies who have completed the two year course qualifying them for positions as instructors of home economics and dietitians. Six diplomas were given to graduates of the housekeeping department, having completed the required one year course. The members of the graduating class represent all portions of the United States and a number of them are here from Canada.

“Excellent music was given during the evening by the
Sanitarium orchestra and the male quartet of the institution.

“Each member of the class was presented with a beautiful bouquet of roses grown in the Sanitarium greenhouses.”

• Summary: “East Lansing, June 22–An interesting feature of the summer work at the Michigan Agricultural college this year will be the conference of women of the state interested in home economics. Among others there will be a conference of the home economics section of the State Federation of Women’s clubs...”

“In the evenings there will be addresses by speakers of national reputation in the field of home economics. Among those to give the addresses and take part in the discussions will be Mrs. Mary Schenck Woolman of Simmons college, Boston;... Miss Lena [sic, Lena] F. Cooper, dietitian of the Battle Creek sanitarium;...”

• Summary: “The desire for dessert seems to be perfectly natural—we like to finish the meal with a sweet of some kind. At the same time, this desire may be perverted and unnatural. When, for instance, we have already partaken of a heavy meal, the addition of a dessert means additional work that ought not to be placed upon the digestive organs. In other words a dessert tempts us to eat when we have already had enough, and the dish used in this way may be injurious. This, however, is not the case if the meal is well planned, so that a place is left for it—so that the dessert becomes a part of the regular meal.

“When we come to study desserts adapted particularly to summer purposes, we find they ought to be neither excessively sweet nor excessively rich in fats. For fats are conspicuous as heat-producers and their free use will add too many calories to our meal. To show how this is possible, we need only remember that one ounce of fat produces two and a quarter times as much nutritive value as either the sugars or the nitrogen-containing foods. For this reason it is plain that a small amount of cream or butter in a dessert adds a great many calories to our dietary. So small an amount of butter as the little pat of butter served on the tables—an inch square and less than a half inch thick—produces one hundred calories, or heat units of food, whereas a comparatively large dish of lettuce gives us less than ten heat units. Thus there is a great difference between fats and other foods as to their food value.

“Fats have this further disadvantage, that an excessive quantity of fat will interfere with the digestion of the meal.

“Famous Producers of Heat: Sugars are also famous heat-producers. Fats and sugars, indeed, play much the same part in the body, but they affect the digestion differently. In the body fats are intended for more immediate use, that is, to be used immediately as fuel; whereas the sugars are more generally used for production of muscular energy, or are stored as adipose tissue, though the two are used almost interchangeably.

“At the same time, remember that sweets, used excessively, become an irritant. On this account we should bear in mind that our dessert should not be too sweet.

“We speak now of cane sugar, which is obtained from the sap of the sugar cane, of the sugar beet and of the maple tree. Sugars are always found in solution, in the form of sap, except in rare cases, as on the outside of raisins, where sugar has resulted from the evaporation of the juice or sap. Cane sugar, as produced for the market, however, is the result of the sap of the sugar cane which, being allowed to evaporate to the point of crystallization, yields one hundred per cent sugar, as against fifteen to eighteen per cent as found in sap.

“How injurious this one hundred per cent sugar may be has been proved by Hutchinson, an English authority, who cites experiments made upon dogs with a six-per-cent solution of sugar. This solution was introduced into a dog’s stomach, but produced only a slight irritation of the mucous lining.

“A ten-per-cent solution was then tried, and produced quite a decided irritation. Again a twenty-per-cent solution was used, with more marked and decided results—among other things bringing on an inflammation that we might term ‘temporary gastritis.’

“For this reason physicians are becoming more averse to the exclusive use of cane sugar, attributing to it many digestive disturbances, such as too much acid in the stomach, colitis, etc. Often the effect is so marked that one is aware of the injury it is doing him. In other cases, however, the effects are not so marked and people go on using it, unaware of the fact that it is sugar that causes their trouble until a physician points it out to them.

“Too Much Sugar: It is not necessary that sugar should be eliminated entirely from the diet, except in extreme cases, but the amount used by the majority of people should be greatly diminished.

“For purposes of dessert a much better plan is to use sugars in their natural state in fruits rather than in the concentrated form as in candies and jams and jellies, unless it is used very moderately and mixed with other foods so that we do not get the excessive degree of concentration.

“Especially advantageous, if the meal has been a heavy one, is a simple dessert, such as a simple fruit, a cooked fruit, a baked apple with or without whipped cream, or a fruit sandwich—these are far more appropriate in these circumstances than a hearty dish.

“For one who has difficulty with digestion, or who wishes to prevent stomach troubles, these simple sugars are, of course, especially to be preferred.
“The following recipes will be found free, we think, from any of the objections which we have raised—they are not heavy, nor are they excessively sweet:


Note: On page 271 of this issue is a recipe for making Cooked mayonnaise without vinegar, “furnished by Miss Lenna F. Cooper, head of the Sanitarium School of Health and Home Economics.” Address: [Head Dietitian, Battle Creek Sanitarium, Battle Creek, Michigan].


**Summary:** “Will Enter University of Michigan [sic, of Columbia].—Miss Flora Sell and Miss Lenna Cooper, of the Sanitarium School of Home Economics, will enter the University of Columbia, New York City, in a few day to attend the summer session of that school and also acquire new ideas and instructions which will be brought back to the local institution.”


**Summary:** “Several requests have recently been made for the names of books of vegetarian recipes.”

“I give first place to ‘The New Cookery.’ by Lenna Frances Cooper, because Miss Cooper has not only had a more thorough training but also a far wider practical experience than any others who have made vegetarian cook books, in all probability, and has done a great deal of work in connection with the school of which she is head.”


**Summary:** “Is Studying Dietetics—Miss Lenna F. Cooper, head of the Sanitarium School of Home Economics and dietitian of the same institution, is spending her vacation at Columbia University, New York City, taking a special course in domestic science and dietetics. Miss Cooper will be thus engaged until the middle of August.”


**Summary:** “The actual needs of the body for food are almost the same in summer as they are in winter, but strong, robust people are very prone to eat more heartily than is necessary. Overeating, indeed, is probably one of the greatest causes of discomfort during the summer months.

“It must be remembered that a large portion of our food is used for the production of heat and energy in the body. A certain amount of heat is essential for the maintenance of health and the bodily activities. During the summer months, however, one is inclined to be much less active and therefore expends less energy. Work, which always necessitates the expenditure of energy, is the chief cause for variance in the diet.

“Heat that is produced in the body as the result of combustion and bodily activity is lost to the body through the skin, which is a radiating surface. The loss is regulated not so much through the intake of foods as through the physical regulation by means of clothing. Between each layer of clothing there is an air space which is a non-conductor of heat; therefore, the more layers of clothing we wear, the less heat is radiated from the body. When warm weather comes on, we need to remove from one to several layers of clothing and choose materials which do not favor the conservation of heat.

“It is important that the diet should be regulated during the summer months if one wishes to pass through the season with comfort. The diet should not be excessive in any way. It should supply the daily needs of the body, but should not be too rich, particularly in fats, which are generally used for the immediate fuel needs of the body. A small quantity of fat adds to the fuel value of the diet. Fats which are difficult of digestion, such as rich pastry, cakes and fried foods, require an unnecessary expenditure of energy for their digestion, hence the diet should be simple, easily prepared and should consist chiefly of foods that are not very high in nutritive value.

“For this reason vegetables are an admirable food. They are characterized by a low nutritive value, though a few are comparatively high. With the exception of the legumes, which are sometimes given a special classification on account of their very high nutritive value and high protein content, potatoes are the most nutritive.

“Vegetables are also characterized by a large amount of cellulose and by their richness in alkaline mineral salts. The cellulose is desirable because it gives the necessary bulk. Mineral matter is necessary for maintaining the alkalinity of the blood and for the repair of the bony structures.

“It is important that vegetables should be prepared and cooked in such a way as to conserve all the available food material and their mineral salts. The portion of the vegetable next to the skin contains the greater quantity of mineral matter, protein and fat, hence all thin-skinned vegetables, such as new potatoes, carrots and vegetable oysters, should be scraped. Other vegetables should be pared as thinly as possible.

“When the liquid in which the vegetables are cooked is drained off, it carries with it much that is valuable. As far as possible this should be saved and used as the foundation for soups and sauces.

“Vegetables should be cooked only until tender. Many vegetables develop a strong and an unpleasant flavor and are rendered less easily digested by overcooking. This is especially true of cabbage, cauliflower, etc. When
overcooked, they also take on a reddish hue.

“Strong-flavored vegetables, such as onions, cabbage and turnips, should be cooked uncovered.

“All vegetables should go over the fire in boiling water.

“Fresh, succulent vegetables should always be put to cook in salted water. Old vegetables that have become somewhat tough should have the salt added a few minutes before the cooking is finished.

“Fruits of various kinds cannot be eaten too freely. Their nutriment consists chiefly of the natural fruit sugars which are ready for absorption, hence are at once refreshing and cooling. Their acids are cleansing. Their mineral salts are alkaline and are valuable for improving the condition of the blood.

“Fruits are especially valuable as an appetizer, as they appeal through the three senses–sight, smell and taste. They appeal through the sense of sight because of their charm of color and beauty of contour; they appeal to the sense of smell because of the pleasant aroma; they appeal to the sense of taste through the ethereal substances producing the flavors.

“Desserts for the summer meals should be confined almost entirely to dishes in which fruits predominate. Ordinary pastries are not only too heavy, but their digestion calls upon the system for energy that the body is loath to make in hot weather. Where pastry of some form is necessary to the proper balance of the menu, simple cakes, like those presented in the following recipes, can be used, without adding particularly to the supply of energy taken into the body. Delightful desserts, low in nutritive value, can be made from vegetable gelatine, for which recipes are also given below. The soup recipes which follow have been chosen because, without cream and with a small amount of butter, they are low in heat-producing qualities:


• Summary: See next page. A round portrait photo shows Lenna Frances Cooper.

“Now is the time to be careful what you eat. Avoid ‘spring fever’ and ‘summer complaint’ by eating lighter foods.

“Eat fresh vegetables and fruits–light soups–salads–dainty sandwiches and harmless desserts.

“You learn many new ways of preparing delicious, appetizing dishes which are good for you, by reading Miss Lenna Frances Cooper’s book–The New Cookery. Miss Cooper is Chief Dietitian at the Battle Creek Sanitarium where hundreds of guests with finicky appetites enjoy every meal. She keeps people well by serving right foods.

“Get ‘The New Cookery’ and gain the benefit of her knowledge and experience. In cloth binding, only $1.50 postpaid. Miss Cooper has permitted us to sell a library paper

“Special Edition at Only $1.

“It will please you or your money back. Send your order today. Add seasonableness and variety to your cuisine.

Address -

“Good Health Publishing Co.

“106 West Main Street Battle Creek, Mich.” Address: 106 West Main St., Battle Creek, Michigan.


• Summary: “Back from New York. Miss Lenna F. Cooper, head of The Sanitarium School of Home Economics, has returned from New York where she has been taking post-graduate work in household administration at the Columbia University summer school. She states that her stay in New York was most pleasant and profitable. Miss Flora Sell of the Sanitarium staff, who also attended the Columbia summer school, is spending a few days at her home in Akron, Ohio, before returning to the Sanitarium.”


• Summary: See next page. A round portrait photo shows Lenna Frances Cooper.

“Scientific knowledge of food preparation and food values enables you to obtain profitable employment in sanitariums, hospitals, infirmaries, schools, colleges, universities, seminaries, women’s clubs, Y.W.C.A.’s, Y.M.C.A.’s, factories, department stores and other big industrial establishments.

“We give the most complete training known for this work. Consequently, our graduates are always in demand. There is no age limit for pupils. Any intelligent woman may qualify as a Dietitian.

“Our students are drawn from the best families. This means a delightful social atmosphere. You also have free access to the great libraries, laboratories, gymnasiums, playgrounds, assembly halls, swimming pools and the unique social life of the great Battle Creek Sanitarium.

“Tuition reasonable–living expenses low–and students have opportunity to earn money while taking the necessary training.–Large illustrated book Free on request. Write for it today. We also have courses for -

“Cooking School Teachers and Housekeepers.

“Lenna Frances Cooper, Principal, School of Home Economics.” Address: 109 Administration Bldg., Battle
Spring Diet

Now is the time to be careful what you eat. Avoid "spring fever" and "summer complaint" by eating lighter foods. Eat fresh vegetables and fruits—light soups—salads—dainty sandwiches and harmless desserts.

You learn many new ways of preparing delicious, appetizing dishes which are good for you, by reading Miss Lenna Frances Cooper's book—

The New Cookery

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Special Edition at Only $1.

It will please you or—your money back. Send your order today. Add seasonableness and variety to your cuisine. Address—

GOOD HEALTH PUBLISHING CO.
106 West Main Street
Battle Creek, Mich.

Be a Dietitian

Scientific knowledge of food preparation and food values enables you to obtain profitable employment in sanitariums, hospitals, infirmaries, schools, colleges, universities, seminaries, women's clubs, Y. W. C. A.'s, Y. M. C. A.'s, factories, department stores and other big industrial establishments.

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Tuition reasonable—living expenses low—and students have opportunity to earn money while taking the necessary training. Large illustrated book FREE on request. Write for it today. We also have courses for—

Cooking School Teachers and Housekeepers

Lenna Frances Cooper, Principal

School of Home Economics

109 Administration Bldg., Battle Creek, Mich.

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• Summary: “To Take Advanced Course–Miss Lenna F. Cooper, Sanitarium dietitian and head of the Home Economics school conducted by that institution, leaves Sunday for New York to continue advanced study at Columbia University. Miss Cooper is working for a B.S. degree and will be away from Battle Creek until February. Hosts of friends will extend best wishes to this entertaining lady during her educational mission to the metropolis.”

• Summary: “In response to a request from several readers of Good Health, we present this month a menu, with food values, of a typical autumn dinner as served at the Battle Creek Sanitarium, together with recipes for the more unusual dishes. With the assistance of the table of food values, one can easily choose a meal that will be ‘balanced’—that is, a meal totaling, say, 1,200 calories, of which approximately one-tenth, or 120 calories, will be proteins. Two thousand to two thousand five hundred calories, we might explain, is the ration approved by the best authorities for the ordinary adult doing sedentary work. Of this amount, one-quarter should be devoted to breakfast, one-half to dinner, and one-quarter to the evening meal. The one-tenth cannot always be attained with absolute precision, but the proportion can be approximately determined.

   “Menu
   “Entrée: Macaroni au Gratin

   Next comes a “Table of food values” showing for each recipe: (1) Calories in total ordinary serving. (2) Calories of protein.

   This is followed by a page of recipes. Address: Head Dietitian, Battle Creek Sanitarium, [Battle Creek, Michigan].

• Summary: “Good Health Grows–Good Health appears in a new dress this month and, too, it has grown perceptibly, approaching more nearly its old-time size. Dr. J.H. Kellogg’s editorial, titled ‘Be of Good Cheer,’ is full of the optimistic spirit which he always radiates and embodies the idea that hope, good cheer and health go hand in hand. Articles from his pen treat of ‘Hardening of the Arteries,’ ‘How You Can Prevent Bright’s Disease,’ and ‘Getting Restful Sleep.’ Dr. Lydia Allen Devilbiss, chief of the Child Hygiene Division of Kansas State Board of Health, contributes an article on ‘Exercising the Diaphragm,’ one of a series. Dr Maude Kent has her second of a series of articles treating of ‘Health and Appearance.’ Lenna F. Cooper writes on nutritious, tasteful meat substitutes, Mrs. E.E. Kellogg a treatise on ‘Keeping the Baby From Cold,’ Dr. W.H. Riley on ‘The Headache of Monotony,’ Dr. C.C. Hubly speaks of ‘Simply First Aid Remedies’ and there are other articles from well-known writers, all of which go to make up one of the best numbers issued in many moons. One that is deserving of more than passing mention is ‘My Lake,’ a delightful bit of practical prose written by T.C. O’Donnell but it is to be regretted under the nom de plume of Alfred Russell. For some time the series of which this is one, articles on outdoor life, have caught the attention of the many readers and caused a great deal of favorable comment.”

• Summary: “Can you think of any reason why people should cling to the turkey dinner if a better dinner can be prepared without fowl and its fixings? We look for better ways of doing many other things, and we can well afford to experiment a little with a meatless meal—indeed, it is not an experiment, for it is being done in thousands of American homes, and always with success. Each dish on the following menu, for example, has been tried and tested very thoroughly, and has been found to be nutritious and also tasteful. Try it this Thanksgiving, and write me if it was not pronounced a success by those who sat at your board:


   A recipe is then given for each dish. Address: Head Dietitian, Battle Creek Sanitarium, [Battle Creek, Michigan].

• Summary: “The Christmas dinner will be healthful if one keeps in mind constantly the after effects which are felt the next day. After the ordinary Christmas dinner come headaches, drowsiness, sour stomach, indigestion, and other things that make us vow to be more temperate in our eating next time—a vow which, however, we never keep, says Lena [sic, Lenna] F. Cooper in Good Health.

   “The reason, probably, that in planning the dinner we wish to astonish our guests with the sumptuousness of
our board, but succeed only in throwing them into a state bordering temporarily on physical collapse..."


* Summary: “It is both interesting and encouraging to look back over a half century’s progress in cookery and dietetics. One of the most striking features is the taking away from the home, and commercializing, much of the cooking. The market is flooded with breakfast foods, excellently well cooked, which save the housewife hours of early rising to properly prepare the breakfast cereal. Most of the bread and crackers, and to some extent cakes and pastry, now come from the bake-shop. Much of our winter’s supply of fruits and vegetables comes from the canning factory.

“The present-day commercial methods of preparing these foodstuffs are usually equal to, or even excel, the home methods, because of better facilities and specialized processes, which are usually the result of years of study and experimentation.

“Another indication of progress are the improved methods of preservation and transportation of foods. Fifty years ago, almost the only methods of preserving were drying, salting, or preservation by the use of large quantities of sugar, the latter method being less commonly used on account of the high price of sugar.

“Now, cold storage makes possible the utilization of many foodstuffs weeks and sometimes months after they would have perished otherwise.

“The canning industry has come to be one of the chief means by which food is preserved. Foods were first thus preserved for the French navy, but it was many years before the method was in common use, because of the fact that glass was the only container used and glass at that time was prohibitive in price. In 1823, the tin container was invented. Since then the method has grown in popularity.

“The tin container undoubtedly is not the ideal container, though much of the prejudice against it is unwarranted. Very little, if any, tin salts are found in the more common vegetables–peas, beans, corn and tomatoes–when preserved in tin containers, but some of the less commonly used vegetables, such as pumpkin and squash, sometimes contain objectionable amounts. We are again reverting to the use of the glass jar, however, since its lowered price permits of its use.

“As the canning industry increased and competition became strong, the temptation to add preservatives that diminished work and losses from spoiling, and coloring matter to improve appearance, became too strong to resist until public opinion crystallized into laws which now forbid their use. The fight against adulterated foods has been one of the triumphs in the field of dietetics.

“A half century ago it was almost impossible to obtain fresh fruits (except apples) or green vegetables during the winter months. Now, thanks to improved facilities for rapid transportation, we have oranges, grapefruit, lemons, and bananas through the winter months, with pineapples and grapes of various kinds for a considerable portion of the winter, to say nothing of the rarer tropical and semi-tropical fruits which infrequently appear upon our markets.

“Hothouses now supply us with lettuce, radishes, cucumbers, spinach and other green vegetables. The demand for these fresh foods has undoubtedly come about as a result of a natural craving, not only for important mineral constituents but also for other essential compounds which we now know as ‘vitamines,’ and which are especially abundant in this class of foods.

“Still another indication of progress is the better care of foodstuffs. Since the germ theory has come to be more fully comprehended, we realize that dirt and filth are almost synonymous with germs, and we are demanding that the places where foodstuffs are prepared, stored, or dispensed shall be as free from them as possible. Hence our food stores, bake shops, markets, etc., are being inspected, and the result is cleaner methods of handling such commodities. The sealed package, the enclosed show case, the removal of bakeries from basements to well-ventilated and well-lighted apartments, are results of the war waged against germs.

“Certified and pasteurized milk, which have been the means of reducing the death rate of infants by thousands, are also results of the campaign against germs and dirt.

“Almost from time immemorial there have been sages who have advocated a simple diet, but it is only within comparatively recent-years that people generally have come to realize that the choice of foods is one of the great factors in producing health or ill health, efficiency or inefficiency. The great advances made in physiology, chemistry and bacteriology are chiefly responsible for the change in public opinion.

“Sylvester Graham, who gave his name to unbolted or graham flour, was probably the first man in America to create any public sentiment in favor of proper food selection. He not only believed that wheat, when ground into flour, should be used entire, but also advocated a meatless dietary. He wrote numerous articles and books, and gained many followers among whom were a goodly number at Brook Farm. His ideas appealed to many thinking people, but it is only within recent years that scientific evidence has come to verify his belief.

“Professor Sherman, of Columbia University, has shown that graham flour is much preferable to fine white flour, as is also all whole cereal preparations over those in which the bran is excluded.

“Chittenden’s experiments, conducted at Yale University for a long period of time and on a number of men, demonstrated conclusively for the first time, that less meat–or no meat–is much more conducive to health and efficiency than the ordinary ‘high protein’ diet in which meat plays an
important part. Since these experiments, many others have also been made which also throw light upon the ‘low protein’ idea.

“Indeed, the trend of science and public opinion is toward simple, natural, well-selected foodstuffs, clean and unadulterated. And this constitutes the New Dietetics.”

On the cover we read in large letters: “With this number Good Health completes its fiftieth year.” Address: Director, School of Home Economics [Battle Creek Sanitarium, Battle Creek, Michigan].

217. Evening News (The) (Battle Creek, Michigan). 1916. School of Home Economics spreads Sanitarium ideas concerning eating: was organized in 1906, and helps fill the demand in the country for trained dietitians among these lines–Curriculum is divided into two courses. Jan. 1. Sec. 4, p. 6, col. 7.

• Summary: “A competent faculty: In the absence of Lenna Frances Cooper, director, who is now in New York City, the School of Home Economics is under the direction of Miss Margaret Hall and Miss Flora Sell. Other members of the faculty include: Dr. J.H. Kellogg, president, Mrs. E.E. Kellogg [Ella Eaton Kellogg], Dr. W.B. Lewis....”

As a sort of sidebar is: “Competent head of home economics school.” It starts with a large (but dark) photo of Lenna Cooper. The caption: “Miss Lenna F. Cooper. To Miss Cooper is largely due the remarkable success and growth of the School of Home Economics. She is one of the authorities on diet in the country.”

Lenna is also listed in the “Strong Medical Staff” section at the bottom.

The headline extending across the top of the entire first page of section four reads: “More than 6,000 guests at the Battle Creek Sanitarium during past year.”


• Summary: “Miss Lenna Cooper, head of the School of Home Economics at the Sanitarium will return to this city Saturday from Columbia university in New York city, where she has spent the last several months. During her absence the local school has been under the direction of Miss Margaret Hall and Miss Flora G. Sell.

“Miss Cooper will resume charge of the school next week although it is not known whether she will remain in this city for the present or return to the New York school next term.”

Note: Does Lenna have a press agent who reports her every move to local Battle Street newspapers. How does she get a story like this on page one? How does she get so much extensive, detailed newspaper coverage throughout the year? Or perhaps she has personal friends in each newspaper. Such extensive coverage could not take place today (2018) without some money changing hands–unless perhaps one were the mayor or a celebrity. Actually this extensive newspaper coverage makes Lenna into a sort of local celebrity!


• Summary: The New Cookery, by Lena Francis Cooper [sic, Lenna Frances Cooper] (Good Health Pub. Co., Battle Creek, Michigan).

“This is a different sort of cook book to what we are used to having flashed up before us. Instead of being a book of receipts, and nothing more, it is a book of rare information, and possibly the very information that you need. One of the attractive features is showing the values of foods so that you know exactly what you are getting when you eat certain things. The ration is portioned out so that you see how much you ought to eat, and to each separate thing entering that portion is noted its calories, or energy producing elements. With this book at hand anyone may determine precisely what they need to make them healthy and strong, or to round up the thin, or trim down the stout.”


• Summary: “New Year’s Day, as a holiday, is of very ancient origin. It has usually been celebrated with joy and mirth, though in a few countries it has been made the occasion of a religious festival. The Chinese, among whom New Year’s Day is still the greatest day of the year, observe it with religious services. When Julius Caesar, about 45 B.C., made January first the beginning of the year instead of December twenty-first, it was celebrated with appropriate rites to the god Janus. The ancient Saxons celebrated the day with feasting and jollity and by the exchange of gifts. A number of customs and traditions have been handed down from these ancient New Year celebrations. Chambers, in his ‘Book of Days,’ describes the festivities of the New Year’s ‘Wassail bowl’ in early English history as follows:

“`The head of the family assembled his family around a bowl of spiced ale, from which he drank their healths; then passed it to the rest, that they might drink, too. The word that passed among them, was the ancient Saxon phrase, `wass hail`; that is, `to your health’. Hence this came to be recognized as the Wassail or Wassel Bowl...’”

“For the benefit of those who wish to live healthier and happier, we offer the following New Year’s suggestions, and then a menu, with recipes, for the New Year’s dinners.

“1. Cultivate happiness and thus good digestion.

“2. Walk in the open two miles each day, or sufficient to earn an appetite.
“3. Eat sufficient food to maintain normal weight, but no more.
“4. Drink six to ten glasses of liquids per day.
“5. Eat simply prepared but appetizing foods.
“6. Eat some uncooked food each day.
“7. Eat some coarse food each day.
“8. Use sparingly of high protein foods.
“10. Avoid stimulants.” Address: Director, School of Home Economics.

• Summary: “Called Home by Business–Miss Lenna F. Cooper, chief dietitian at the Sanitarium School of Household Economics, who is taking a special course at Columbia University, New York, is in the city for a few days, having been called home by business affairs. Miss Cooper returns to New York the last of the week to remain until June when she will receive her B.S. degree.”

• Summary: “There are two kinds of appetites in winter, the voracious and the finicky. In cold weather the body demands far more fuel for heat production than it does in summer. One who is engaged in hard muscular labor will not suffer from lack of appetite; his problem will be to choose just those foods which will supply the amount of heat which the system craves at this time.

“On the other hand, people who are confined to sedentary work are likely to shut themselves in more during the winter time than in summer. The days are blustery and cold, and one ventures out as little as possible; there are few recreations to get one out doors, with a result that the body consumes even less heat probably than it does in summer. The natural result is, not strange to say, lack of appetite. For this, the first of all remedies is exercise and especially walking.

“But a careful selection of food will also help. Heavy dishes such as beans, meat preparations of any kind, dishes involving the use of a great deal of milk, cheese, or nuts, will not serve the purpose. In their stead should be used those foods which are appetizing, and not too rich. Fruit and vegetable salads are useful for this purpose. The following Fruit Macedoine will be found appetizing, while also the juices of the fruits which are employed have a decided physiological value:”


• Summary: “The flavor and fragrance of the pineapple make it one of the most desirable of fruits, and it combines well with other fruits in the making of desserts and salads. So rapidly has this fruit grown in favor that the United States imported over one hundred thousand dollars’ worth of fresh pineapples last year, and the shipments of the canned ripe Hawaiian pineapples alone were valued at $6,000,000.

“As to food value, the canned pineapple exceeds the fresh fruit. There are 200 calories of food value to the pound of fresh pineapple and 715 calories in a pound of the canned fruit. The flavor of the canned Hawaiian pineapple is preferred by many to the fresh fruit in our market. The ripe fruit is canned on the islands, and is thoroughly tender, and free from any fibrous center.

“Water (as in all fruits) and carbohydrates are the chief ingredients of pineapple. It contains a ferment that acts on protein and so it is an aid in the digestion of other foods. It also has antiseptic qualities and is a very soothing fruit in cases of inflamed sore throat. To be sure, there is only about a spoonful of the ferment in a gallon of pineapple juice, so the hygienic value is not great.

“At this season, the housekeeper will find the wholesome pineapple an appetizing, acceptable fruit to serve in many of the following ways:”


Note: After each recipe by Lenna Cooper in this volume is given the number of calories in the form of protein, fat, carbohydrate and total in the recipe and in each serving. Address: Director, School of Home Economics.

• Summary: “Good Health is Out–The May issue of Good Health has made its appearance and as usual is replete with health hints. Dr. John H. Kellogg has a delightful editorial on garden life as well as two articles on health topics... Mrs. E.E. Kellogg treats of “The Nervous Child,”... Lenna F. Cooper treats of “Comfortable Cooking.”

Note 1. Lenna is so efficient and productive that she was able to write an article for Good Health during finals week at Columbia University’s Teachers College.
Note 2. In this long article, basically all of the titles and authors of articles in the May issue of Good Health are listed–for free? Apparently.

**Summary:** “There is no doubt that the fireless cooker is an aid to economy and adds to the comfort of the housekeeper who does her own cooking. A cooker and a thermos bottle are almost indispensable in an up-to-date home.

“Ay woman may own a cooker; she may make one for twenty-five cents—the U. S. Government will send her printed and illustrated instructions how to make it—or she can purchase one of any size. The fireless cookers are made in one compartment boxes, and up to range size and style.

“Fireless cooking is simplest of all, and once the cooking has begun, it continues. Food is more delicious cooked by the slow, continuous process, and all the valuable food properties are retained. And besides, the saving in fuel soon pays for the cooker.

“The most attractive feature of fireless cooking is the freedom it gives the housewife. It saves her hours of time from kitchen labor, and, especially in hot weather, it enables her to keep both kitchen and herself cool. Food that takes but a few minutes of watching and heat to prepare, may be put into the cooker and left for hours; when taken out, it is ready to eat—and not a scorch or a burned bit anywhere. It is just right. Good Health readers who own one of these ideal cookers will heartily endorse our suggestion that now is the time to try one, and learn why it is not a misnomer to speak of a fireless cooker as an ‘economical luxury.’

“The following recipes are selected for recent purchasers of fireless cookers—for those to whom the process is new, that they may see how satisfactory it is:”


226. Evening News (The) (Battle Creek, Michigan). 1916. Commencement plans are well under way. Sanitarium School of Home Economics to hold annual exercises Monday, June 12. Miss Cooper returns soon: head of school has been attending school at Columbia University the past year, and gets her bachelor of science degree there. June 2. p. 11, col. 1.

**Summary:** “Plans for commencement are going forward rapidly at the School of Home Economics at the Sanitarium. Commencement exercises will be held Monday, June 12, and the address will be given by Secretary Upton of the teachers’ college of Columbia university. The baccalaureate sermon will be preached the Saturday morning preceding.

“Miss Lenna Cooper, head of the Sanitarium School of Home Economics, who has been taking work at Columbia University this year expects to return to Battle Creek next Thursday, with her degree of bachelor of science, and resume her work at the school. During her absence Miss Flora Sell and Miss Hall” have been in charge of the school work.


**Summary:** See next 2 pages. The first page (after the university seal) reads: “Columbia University in the City of New York. One hundred and sixty-second annual commencement. June 7, 1916.”

Then comes the “Order of Exercises.” Music—Overture. Jubel, by Weber. March—Coronation, by Svendsen. Then a Prayer by the Chaplain of the University, followed by an Address by the President of the University. And finally the “Conferring of the degrees of bachelor of arts and bachelor of science. Columbia College. The candidates will be presented by Frederick Paul Keppel, Litt.D. Dean of Columbia College.”

Lenna Frances Cooper is mentioned on pages 14 and 22 (where she is one of 4 women in the category “Dietitian”).

Note: She apparently was not much involved in student affairs.


**Summary:** Some “of the festivities accompanying the 162d commencement of Columbia University were prevented by the steady rain....”

“Bachelor of Science in Education and Bachelor of Science in Practical Arts–Grace Melloney Anderson, Marion Jennifer Barber, Mary Berry, Margaret Byrnes, Lenna Frances Cooper, Lucy Frances Cooper, Dorothy Dickinson, Genevieve d’Auvergne, Yvonne Howell, Louise Marie Moller, Marion Webster Powell, Caroline Johanna Wortmann.” Address: Battle Creek, Michigan.

229. Evening News (The) (Battle Creek, Michigan). 1916. Graduates are guests of Dr. John H. Kellogg: twenty students of Sanitarium school are at Goguac [lake]. Post-graduate lectures are provided to those who have completed home economics course. June 15. p. 1, col. 4.

**Summary:** “Twenty graduates of the School of Home Economics at the Sanitarium are now at the Sanitarium villa at Goguac lake [a 352-acre lake in the city of Battle Creek], remaining here for a two weeks’ post graduate course as the guests of Dr. J.H. Kellogg. The remaining members of the class have left either for their homes or to take positions in various parts of the country.

“During the two weeks which the graduates will be at the lake, lectures are to be delivered by Miss Lenna F. Cooper, dean of the school, and by Dr. Kellogg. Miss Cooper’s lectures will deal with institutional work, while Dr. Kellogg’s talks will deal principally with diet and various food values.

“Those students who are taking advantage of the course are...” The names of the 20 students are listed.
Columbia University
in the City of New York

ONE HUNDRED AND SIXTY-SECOND

ANNUAL COMMENCEMENT

JUNE 7, 1916
BIOGRAPHY OF LENNA F. COOPER (1875-1961)

Elvin Holt Fishback
Elizabeth Van Arsdell Woodward
(Mrs.)

Teacher in Elementary Schools
Katherine Scott

Supervisor of Kindergartens
Lucy Singleton Coleman
Eleanor Anne Field
Donna Irene Hill
Jessie Scott Himes
Frances Rebecca Kern
Fuji Takamori

Teacher in Kindergartens
Sara Emma Cortada
Lucy Williamson Duke
Mary Elizabeth Gaul
Elizabeth May Keys
Radhabai Pawar
Dorothea Louise Shupp
Florence Mary Welch

Supervisor of Primary Schools
Rebecca Cook
Elizabeth Lindsay de Haven
Eleanor Anne Field
Edith R. Haffele
Ethel Lenore Kilts
Harriet Ophelia Taylor
Grace Elizabeth West

Superintendent of Schools
Edgar Fenn Bunce

Teacher of Biology
Anna Washburn Clark

Dietitian
Lenna Frances Cooper
Lena Beatrice Herrick

Ruth Strobridge Miller
Nola Treat

Teacher of English
Flora Emeline Billings
Julia E. Booth
Sara Elizabeth Carpenter
Margaret Veronica Kiely
Margaret Lobesenz
Katherine M. Morse
Lucy Lee Powell
Regina Randall
Mary Lucetta Sisk
Mary Josephine Sloan
Anna Bernedetta Towse
Jessie Chase Wagner

Supervisor of Fine Arts
Elizabeth Vanderpoel Colburn
Ida Teed

Teacher of Fine Arts
Martha Sybil Browne
Anna Ellen Buckley
Hazel Lorraine Clark
Mary Margaret Collins
Elinor Dore Dougherty
Adelaide Everson
Clara Louise Garrett
Virginia Hilton
Harriet Elizabeth Knapp
Elizabeth Cassard Miller
M. Virginia Murphy
Ruth Peters
Anita Lillie Pollitzer
Fleurette Alexandre Recio
Christine Mary Rowell
Helen F. Cranford Smith
Sallie Belle Tannahill
Irma Nicholson Williams
Blanche Shelton Wilhite
• Summary: “To Attend Convention. Miss Lenna F. Cooper, head of the School of Home Economics at the Sanitarium, will leave Tuesday for Ithaca, New York, where she will attend the annual convention of the American Home Economics association. It is probable that Miss Cooper will also visit New York city before returning to Battle Creek, after an absence of about two weeks.”

• Summary: “The annual meeting of the American Home Economics Association will open at the New York State College of Agriculture at Cornell tomorrow. Over 200 delegates from all parts of the United States will attend.”

• Summary: “A Good Number–The July issue of Good Health, the monthly magazine of the Sanitarium, is out... The issue contains a large number of recipes for summer salads by Miss Lenna F. Cooper, head of the dietetics department of the institution.”

• Summary: “Without sandwiches it couldn’t be a picnic! The cakes, fruits, beverages–all the eatables and drinkables are important, but it is the sandwich that makes or mars the luncheon.

But first let us plan the beverages. It was always possible to provide fruit juices and syrups in jars, bottles or tins, but a new era in picnic preparation came in when the vacuum bottles replaced the clumsy-to-carry, home-made outfits. Now, it is easy to keep iced drinks cold, and hot things really hot.

“However, on a picnic there is always the fun of the outdoor fire in the woods, or on the beach, where one can heat liquids or cook.

“It is the cold fruit drinks that are most wonderfully refreshing on an outing. You may take them ready to drink, or dilute the syrups with water when needed. In this last way, the individual taste is more easily pleased; some prefer a decidedly acid beverage.

“Lemonade is undoubtedly the most popular fruit drink and lemon is the chief ingredient of all compound fruit beverages. In the three following recipes note the proportions of water and fruit juices in calculating the quantity needed for the picnic party.”


• Summary: “Conferences at M.A.C. [Michigan Agricultural College]. Rural leaders of Michigan will gather at the M.A.C. July 10 for a conference of noted men, to continue during that week. The conference will be in charge of Prof. E.H. Ryder, who will appoint the speakers and direct the classes. The purpose of the meeting will be largely to study rural problems. Three home economics conferences open to the public will be held at the M.A.C. next week. Talks and demonstrations on ‘Home Care of the Sick,’ under the direction of Miss Lenna F. Cooper of the Sanitarium School of Home Economics, and Mrs. Elizabeth Parker, R.N., of Lansing, will constitute one of the conferences. This will come Tuesday morning. There will be an exhibit showing diets for different diseases.”

• Summary: “Miss Lenna F. Cooper has just returned from attending the Teachers’ College at Columbia University, to take up her duties as director of the Sanitarium School of Home Economics.”

• Summary: “Salads are valuable because they introduce into the dietary fresh or raw material in an attractive form. Some raw food, such as fruits and tender vegetables, should form a part of each day’s dietary.

“A salad is usually named from the materials forming the body, such as potato salad or fruit salad. By varying the combinations of fruits or vegetables, and the dressings, a great variety may be had.

“Especially in hot weather, a salad may properly form the main dish at luncheon or dinner, when the heavier, hot vegetables may be dispensed with.

“The dressings may be varied by seasoning–celery salt, onion salt, sugar, or by the addition of plain or whipped cream.

“We are giving two recipes for salad dressings which will make a pleasing variety in addition to the usual cooked dressings and mayonnaise.

“Celery, lettuce and other vegetables should be as crisp as possible. To insure crispness, place in cold water a half hour or more before using. Drain, and dry with clean towels,
otherwise the water on the vegetables dilutes the dressing.”

Recipes are given for: Fruit salad. Pineapple and strawberry salad. Golden dressing. Combination green salad. String bean salad. French salad. Thousand island dressing, Summer salad. Address: Director, School of Home Economics.

237. Evening News (The) (Battle Creek, Michigan). 1916. Cooper family to meet here: reunion of original Parsons, Kansas, family will be held this week at the Sanitarium. Aug. 3. p. 1, col. 7.

• Summary: “A reunion of the Cooper family, originally from Parsons, Kansas, will take place at the Sanitarium in a few days. The gathering will include all but two or three connected with the immediate family.

“Miss Lenna Cooper, head of the school of Home Economics, and her brothers, Dr. J.E. Cooper and Dr. Ward Cooper, are connected with the local Sanitarium. Their sister, Mrs. Lena Joslyn, is a patient at the institution. On Saturday the parents, Mr. and Mrs. S.M. Cooper of Parsons, Kansas, are expected to arrive nearly completing the family circle.”

Note: There were 7 children in this family. The two girls were named Lenna and Lora. We think Lora married a Mr. Joslin / Joslyn (first name unknown) in about 1919.


• Summary: “Many Students Enroll–The 1916-17 term of the Sanitarium School of Home Economics will open September 12 and Miss Lenna F. Cooper, dean, is very busy at the present time registering students who are to start and those who are to finish their courses this year. Forty students were graduated from the department last June and Miss Cooper expects to have at least 100 enrolled in both courses this fall. As in the past, there will be offered both the one and two-year courses. Two new instructors have been secured this year by the Sanitarium. They are Miss Minna K. Stoner, who is a graduate of the Sanitarium school and has been professor of home economics in the North Dakota Agricultural College during the past summer, and who will be instructor of psychology, physiology and the principles of education, and Miss Bertha N. Baldwin, who is a graduate of Teachers’ College of Columbia University, also a recent student of Mechanics Institute at Rochester, New York. Miss Baldwin will be instructor of dietetics, English and will aid in the teaching of chemistry. There will be about eighteen other teachers at the School of Home Economics. A new course will be offered this year, being a post graduate dietitians’ course. Miss Lenna Cooper and Miss Baldwin will be the teachers.”


• Summary: “After the long period of canned and stored vegetables, one’s appetite has a keener edge for the fresh, green things, and just to name the new vegetables makes the mouth water.

“The succulent, green vegetables are low in nutritive value but have a large amount of cellulose and are rich in alkaline mineral salts. It is important to prepare vegetables so as to conserve all available food material and salts.

“Asparagus, lettuce, celery, etc., may be refreshed by standing in cold water.

“All vegetables should go over the fire in boiling water, and the fresh, succulent vegetables should be put in salted water. They should be cooked only until tender and those strongly flavored should be cooked uncovered.

“The liquid in which vegetables are cooked makes excellent foundation for soups or sauces.”


• Summary: “Dr. J.H. Kellogg of the Sanitarium, accompanied by Miss Carrie Zahn of the women’s medical office, and Miss Lenna Cooper, head of the School of Home Economics, motored to Kalamazoo this afternoon.

“The trip was made to attend the meeting of the state anti-tuberculosis committee, of which the doctor is a member. This meeting was to have been held in Detroit last week but was postponed.”


• Summary: “Magazine Contents Announced–The contents of the ‘Good Health’ have been announced for the next three months, October, November, and December. In the October issue there will be articles on the following subjects by the authors whose names are included. ‘Diet in Sciatica,’ by Dr. J.H. Kellogg... ‘Some October Luncheons,” by Miss Lenna Cooper,...

“For November, the contents are: ‘Give Thanks,’ by Dr. J.H. Kellogg.

“In the December number will appear ‘Christmas Cheer,’ by Dr. J.H. Kellogg;... ‘Cold Weather Menus,’ by Miss Lenna F. Cooper.”


• Summary: “Keeping fruit from one season to another has been for many centuries an important duty of the housewife. Within recent years, however, the housewife has been
relieved somewhat from this duty by the canning factories, which supply this food for the home in a very attractive way.

“Many a housewife still finds it more economical to put up her own fruit. By so doing, she is also able to add some features to meet the fancy of her own taste and that of her family.

“Most fruits should be put up with a small amount of sugar, as excessive sweets are irritating to the alimentary tract and tend at the same time to cloy the appetite.

“Preserves and jellies should be used very sparingly.

“The canning method most commonly used is that of sterilizing the jars and fruit separately, which is accomplished by boiling the jars and covers for ten to fifteen minutes. They should be put over the fire in cold water and allowed to come gradually to the boiling point. Measuring cups, spoons, knives and funnel, if used, should also be boiled with the jars.

“Canned peaches: 8 quarts peaches. 3 quarts water. 1 quart sugar.

“Put the sugar and water together and stir over the fire until the sugar is dissolved. When this syrup boils, skim, and draw the kettle back where it will keep hot, but not boil.

“Pare the peaches, cut in halves, and remove the stones, unless the fruit is to be canned whole. Put a layer of the prepared fruit into the preserving kettle and cover with some of the hot syrup. When the fruit begins to boil, skim carefully. Boil gently for ten minutes. Then put in the jars and seal. If the fruit is not fully ripe, it may require a little longer time to cook. It should be so tender that it may be pierced easily with a silver fork. It is best to put only one layer of fruit in the preserving kettle at one time. While this is cooking the fruit for the next layer may be prepared.”


• Summary: “Miss Lenna Cooper who has charge of the School of Home Economics, has been one of the ‘Sanitarium Family’ for 18 years [i.e., since about 1898] and for many years was the dietitian. She is now consulting dietitian, devoting most of her time to the school which was established under her direct supervision. Miss Cooper is a writer of authority along these lines and has also given to the world a thoroughly good, exhaustive and reliable cook book containing no meat recipes whatsoever.”


• Summary: “The presentation of tokens of esteem to three well known Sanitarium workers was the climax of the morality masque [a miracle play] given Saturday night. Dr. J.H. Kellogg was presented with a large sized loving cup, the souvenir being given after a speech by Dr. A.J. Read. Mrs. Mary Foy, superintendent of nurses, was given a wrist watch and Miss Lenna Cooper, dean of the School of Household Economics, a complete desk set.”


• Summary: “Home Department Meeting. An excellent program has been arranged for the initial meeting of the home department of the Woman’s League to be held Wednesday afternoon at 2:30 in the rooms at Willard library when Mrs. Ruth Price, the president, will greet the ladies for the first time in her official capacity... The league is to have as special guests on that occasion Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, with her pupils,...”


• Summary: “Previous to the league meeting Miss Lenna Cooper, head of the home economics of the Sanitarium, entertained at luncheon in the beautiful Sanitarium dining room, in complement to Miss Johnson, covers being laid for Mrs. J.C. Bird, Mrs. Ruth Price,...” and many others.


• Summary: “This is the month when the housekeeper finds it comparatively easy to arrange savory and nourishing luncheons with the early fall varieties of fruit in the market or the home garden, and the vegetables from the beginning harvest.

“The supplies of the different seasons linger longer each year, and soon will be merged so that we have all the vegetables and fruits all the year, thanks to the parcel post and refrigerator trains. it is often difficult to tell whether one is eating native or shipped-in foods.

“Speaking of the vegetables, in October we serve the winter squash, onions, carrots, shell beans, turnips, cabbage, cauliflower and Brussels sprouts—all these last being bulky with cellulose. Vegetables are also rich in alkaline mineral salts, which are necessary for maintaining the alkalinity of the blood and for the repair of the bony structures.

“Peas, beans and lentils should always be cooked in unsalted water, as the salt combines with the legumin—a form of protein—and forms an insoluble compound. This makes the

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vegetables difficult to cook. Soft water, if possible, should be used for cooking these vegetables. All vegetables except the legumes should be put to cook in boiling water. A little salt should be added to the water in which green vegetables are cooked to preserve their color.

“For fruit in October, we especially make use of the apples, which are now plentiful. Baked, stewed, uncooked in salads, and made into desserts, apples go to the right spot.


• Summary: “Miss Lenna F. Cooper of the Sanitarium Home Economics school gave an address Friday afternoon before the home economics department of the Michigan State Teachers’ association, convening in Grand Rapids.

“As a rule women are ignorant of home economics,” Miss Cooper said. ‘Teach the untrained to know the scientific facts about food; encourage the housewife to be more economical. From my point of view it is a reflection of our modern writers that the instructions in our periodicals and magazines cannot be more reliable so that the women can put them to practical use, and it is our duty as teachers to use our influence in our respective communities to improve these conditions.’”

• Summary: “In planning menus of which cheese forms a part, the housekeeper must bear in mind that cheese is rich in protein and fat, and logically replaces such foods as meat, fish and eggs, rather than cereal foods characterized by a large amount of starch, or such foods as vegetables and fruits.

The cottage cheese is easily made in the home, and combined in various ways with chopped parsley, olives, pimento, or nuts, many varieties of appetizing sandwiches may be made. They are very nourishing and ‘staying’ lunches for school children, made with graham bread.

“In the following recipes, when cottage or yogurt cheese is not available, the Neufchatel or cream cheese of the market may be substituted.

“Cottage Cheese: Heat sour milk very slowly until the whey rises to the top; pour it off, Put the curd into a bag and let drip for six hours without squeezing. Put into a bowl and break it fine with a wooden spoon. Season with salt and mix into a paste with a little cream, using one cup of cream to one quart of cottage cheese. Mold into balls and keep in a cold place.”

Recipes are also given for: Creamed cheese on wafers. Russian toast. Cheese salad. Cheese straws. Yogurt cheese rarebit. Address: Director, School of Home Economics.

• Summary: “The high cost of living is in part at least the high cost of ignorance. Perhaps not more than one housewife in a hundred does her marketing with a clear understanding of the nutritional value of the foods she buys. Miss Lenna Francis [sic, Frances] Cooper, director of the Sanitarium school of Home Economics, has been conducting a diet squad in north cottage at Washington avenue and Manchester street, to study the cost of feeding people in Battle Creek. She recently served on the special committee appointed by the health commissioner in Chicago to get light on the cost of living.

“The cost of feeding the Chicago diet squad was 33.6 cents per day per person for the first week and 28.5 cents per day for the second week. On the basis of food units or calories the cost in Chicago was 89 calories for one cent, while in the Sanitarium experiment, it was 96 calories for one cent. Miss Cooper declares that prices are higher in Battle Creek than in Chicago.”

“Miss Cooper gives the following advice on how to fight that national calamity, the high cost of living.

1. Study food values (a table is given in this article).
2. Do your shopping personally at the stores and study food prices carefully.
3. An economy in butter can be effected by cutting the butter into one ounce cubes.
4. Gravies and white sauces serve as an economical substitute for butter as an accompaniment to vegetables.
5. Slow eating tends to satisfy the appetite more easily and to prevent over-eating.”

“Herewith is a table prepared by Miss Cooper to show exactly how much value [in calories] is received for each cent spent on food.

“This table is worth studying and should be posted up in every kitchen in Battle Creek where economical marketing is desired. It will be seen that eggs are the most expensive foods. Raisins give a larger return for the money than any other fruit.

“About 2,500 calories a day are sufficient for a man who is not doing hard physical work. For a woman, the amount is about 2,000 calories.

“Miss Cooper furnishes the following table showing the food values in calories of the various articles used on the table:”
251. Evening News (The) (Battle Creek, Michigan). 1916. New campaign may be waged in schools; Dr. J.H. Kellogg entertained principals at luncheon at Sanitarium to talk matters. Better health is its aim: has offered the cooperation of the Sanitarium in furthering movement in city–luncheon was held today, with leaders present. Dec. 9. p. 2.

**Summary:** “Principals of the public schools, the school nurses, Superintendent W.G. Coburn and Assistant Superintendent Miss Dessalee Ryan, were entertained by Dr. J.H. Kellogg at a luncheon at the Sanitarium today.

“The object of the gathering was to outline, if possible, a definite plan for a systematic educational campaign for familiarizing the public, and especially mothers, on matters pertaining to the children’s health, placing special emphasis on the newer discoveries in this field. The campaign would be waged principally through the medium of the different mothers’ clubs of the Battle Creek schools.

“Dr. Kellogg, Miss Lenna Cooper and the Battle Creek Sanitarium, and Miss Dana Wetzel of the state board of health, met with the principals Thursday afternoon in Willard library...”

252. Battle Creek Moon-Journal (Michigan). 1916. Diet squad has a great record; Battle Creek test is made on a more economical basis than that of Chicago. Miss Lenna Cooper, Sanitarium expert, gives a list of hints to B.C. housewives. Dec. 11. p. 13, col. 1.

**Summary:** “Battle Creek has a diet squad which is under the supervision of Miss Lenna Francis [sic, Frances] Cooper, director of the Sanitarium School of Home Economics. She recently served on the special committee appointed by the health commissioner of Chicago to find a solution to the high cost of living. The cost of feeding the Chicago diet squad was 33.3 cents a day per person for the first week and 28.5 cents a day per person for the second week. Figured on a basis of food units or calories the cost in Chicago was 89 calories for 1 cent, while the Sanitarium squad was fed at a cost of 96 calories for 1 cent and Miss Cooper claims that higher prices prevailed in Battle Creek than in Chicago."

“Miss Cooper gives the following advice to Battle Creek housekeepers who wish to fight the high cost of living.

1. Study food values (a table of values follows this article).
2. Do your shopping personally at the stores and study food prices carefully.
3. An economy in butter can be effected by cutting the butter into one ounce cubes.
4. Gravies and white sauces serve as an economical substitute for butter as an accompaniment to vegetables.
5. Slow eating tends to satisfy the appetite more easily and to prevent over-eating.”
IRMA JANE COOPER
History
80 Addison Avenue, Rutherford, N. J.
"Thou art marvellous wise."

LENNIE FRANCES COOPER
Practical Science
Battle Creek, Michigan.
"He kept his counsel and went his way."

LUCY FRANCES COOPER
"Chish," Household Arts Education
243 74th Street, Brooklyn, N. Y.
"Unto the ground she cast her modest eye."
Class President (1); Student's Executive Council (1); Class Play (1), (2), (3); Vice-president Class (2); Chairman Freshman Rules Committee (2); Executive Committee (3); Corresponding Editor "Spectator" (3), (4); Dramatic Association; Senior Week Committee.
BROILED PROTOSE

Remove the end of the can of Protose, so the contents will come out whole. Slice the Protose in one-half inch slices, the round way. Cut the slices into halves. Place on an oiled dripping pan, broil quickly under the flame. As soon as one side is browned, turn the other side to the flame. Serve plain, or with any desired sauce.

<table>
<thead>
<tr>
<th></th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories in recipe</td>
<td>365</td>
<td>256</td>
<td>163</td>
<td>784</td>
</tr>
<tr>
<td>Calories in a serving (2 oz.)</td>
<td>46</td>
<td>32</td>
<td>20</td>
<td>98</td>
</tr>
</tbody>
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PROTOSE FILLET

\( \frac{1}{2} \) cup chopped cabbage  \( \frac{1}{2} \) cup diced turnips
\( \frac{1}{2} \) cup diced carrots  1 teaspoon salt
\( \frac{1}{4} \) cup cut celery  1 pound Protose
1 tablespoon chopped parsley  1 cup Brown Sauce
\( \frac{1}{4} \) cup chopped onion  1\( \frac{1}{4} \) cups water

Mix the prepared vegetables with the seasonings; spread thinly over the bottom of a baking dish. Remove the contents of a pound can of Protose, cut in halves, lengthwise, and each half in eight slices. Cover the vegetables with the sliced Protose. Dilute the Brown Sauce with the water and pour over the Protose. Place in the oven and bake an hour to an hour and a half, or, until the sauce becomes quite thick. Serve some of the vegetables and the gravy with each slice of Protose.

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<thead>
<tr>
<th></th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories in recipe</td>
<td>376</td>
<td>269</td>
<td>227</td>
<td>872</td>
</tr>
<tr>
<td>Calories in a serving (4( \frac{1}{2} ) oz.)</td>
<td>47</td>
<td>34</td>
<td>28</td>
<td>109</td>
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</tbody>
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Poem facing the table of contents: “No flocks that roam the valley free,
   “To slaughter I condemn;
   “Taught by that Power that pities me,
   “I learn to pity them;
   “But from the mountain’s grassy side,
   “A guiltless feast I bring;
   “A scrip [small bag] with herbs and fruits supplied,
   “And water from the spring!”
   - Oliver Goldsmith [1728-1774, Ireland]


In the Foreword, the author states: “We are indebted to Professor Ivan Pawlow [Pavlov], of Russia, for demonstrating the relation between appetite and digestion.”

“Many food reformers and faddists have attempted to prepare wholesome foods but have neglected the almost equally important requirement–palatability.” “The author wishes to express her indebtedness to Dr. and Mrs. John Harvey Kellogg, of the Battle Creek Sanitarium, who first inspired her with a love for the study of foods and their scientific preparation and who have since been constant sources of help and encouragement. She would also acknowledge her indebtedness to Miss Clara B. Lambert, who for several years was associated with the author and has contributed to this volume both by helpful suggestions and by numerous recipes.”


Note 2. This is the first edition of this vegetarian cookbook with a summary of the number of calories in each recipe (a unique feature), and the relative percentage of protein, fat and carbohydrates contained. There is also a new chapter on food values.

Note 2. This cookbook calls for abundant use of dairy products (milk, cream, butter), eggs, and sugar (up to 2 cups in some recipes).

Note 3. Consider the poem expression compassion by Oliver Goldsmith at the front of this book. This is the first edition of this vegetarian cookbook in which it appears. If Lenna Cooper put it there of her own free will and volition, it seems likely that she was deeply committed to vegetarianism at this time. Address: Director of the Battle Creek Sanitarium School of Home Economics, Head Dietitian of the Battle Creek Sanitarium [Battle Creek, Michigan].

257. Evening News (The) [Battle Creek, Michigan]. 1917. Here is a school that teaches young women to be good cooks: School of Home Economics had has had a most prosperous year teaching practical things for girls–forty graduated during year. Jan. 1. Sec. 3. p. 9.

• Summary: An overview of changes during the past year. The school teaches practical work and is now planning a social club.

“One year ago there were 98 students in the School of Home Economics at the Sanitarium. At the present time that list has increased to 140 and is still growing. In fact, so rapidly has been growing the popularity of this branch of education that the facilities are fast being outgrown, and Miss Lenna Cooper, head dietitian, believes it only a short time before the door will have to be closed to students and a waiting list formed.”


• Summary: Miss Lenna F. Cooper, head of the School of Home Economics at the Sanitarium, will speak in Ceresco [a small town near Battle Creek, Michigan] Thursday evening in the C.B.A. hall on the subject, ‘Feeding the family.’ There will be music and entertaining moving pictures. This will be the third lecture given in Ceresco in connection with the movement to make Calhoun the healthiest county in the state. The attendance has indicated a great interest in the campaign. Dr. M.J. Capron will speak at the Stanley Grange Hall in Newton... In the Methodist Episcopal church at Marengo, a committee of five was appointed to promote health culture and sanitation.”

Note: Lenna gave this lecture several times over a
number of weeks, and an article appeared in the newspaper each time.

**Summary:** “Want Summer Course—It is expected that a special course of training for students at the Indiana Winona Assembly this summer will be supplied by the School of Home Economics and the Normal School of Physical Education this year. Dr. Saul C. Dickey, president of the Winona Chautauqua and Dean Lawrence, who have been guests at the Sanitarium, are greatly interested in the plan. It is probable that Miss Lenna Cooper and Dr. Frank J. Born will both have classes at the Indiana institution.”

**Summary:** “Almost no part of home economy is more sadly neglected than the feeding of the junior members of our households. The fault is not that the feeding and eating habits of children are deliberately mismanaged, but that we have not sufficiently appreciated their importance.

“The key to the whole problem lies in the word ‘growth.’ During the years of childhood all activity is especially pronounced. The boy and girl (especially the former) are playing much in the open air and so combustion of food is especially rapid—more so, even, than in the case of the adult doing sedentary work.

“But a fact of still more vital importance is that the process of growth involves the continual production of new cells—millions of them. This is made possible by sufficient food of the right kind.

“The demand for cell-forming food is greater in the case of the child than in the adult, because he is constantly growing whereas the only need of the adult body so far as tissue cells are concerned is to replace those cells that are destroyed in the course of ordinary activities.

“For cell building purposes, proteins, or the nitrogenous elements, are necessary—such as are found in large quantities in eggs, milk or nuts and in the legumes—beans, peas, and lentils.

“To maintain its vital fires the body depends upon fats, found in butter, cream, and egg yolks.

“The child is a bundle of energy, constantly on the move. For this reason he requires a liberal supply of starchy foods, or the carbohydrates, as found in vegetables, fruits and cereal foods.

“The child’s body must also have plenty of water and mineral salts, particularly lime salts, since it is lime that enters most largely into bone-building.

“In planning the child’s menu, avoid an excess of fatty foods, as well as foods difficult of mastication.

“Children usually ‘take to’ vegetables better if served with a milk gravy. Boiled spinach, for example, should be creamed.

“Milk should be freely given to children—provided, of course, it is clean and wholesome. About a quart a day, including that used in the preparation of food, will usually supply the needs of the child.

“A child of three or four years of age will require from 1,200 to 1,500 calories per day according to his activity—boys usually require more than girls do, because they are more active. Usually four meals a day is the best plan—one of them a light lunch of bread and milk either in the forenoon or afternoon.

“Remembering that the calory is merely a unit used for measuring the value of food, and knowing the number of calories that various foods contain, it is a simple matter to plan a balanced ration for the child. A breakfast for a five-year-old child, for instance, can consist of rolled oats, orange juice or prune pulp, with top milk, buttered toast, and a cup of milk. The rolled oats with cream contain 125 calories, buttered toast approximately 125 calories. One glass of milk contains 50 calories. This makes a total of 300 calories.

“Dinner may be planned in the same manner. Cream of rice soup is very nourishing and contains 67 calories for the ordinary serving. A slice of bread and butter will add approximately 125 calories, and baked potatoes will give 50 calories with 50 more added for butter and sauce. Another vegetable may be added, such as spinach or mashed parsnips. Cake or other desserts will add another 100 calories. The total of a dinner of this kind will be 392 calories.

“Supper should be simple and consist of easily digested foods. An orange is an excellent appetizer for the evening meal and contains 19 calories. Milk toast will give 100 calories; rice pudding 112 calories; and a cupful of cereal coffee with cream and sugar, approximately 50 calories. This gives a total of 331 calories.

“These menus indicate the general nature of the day’s diet for children of any age. They are simple, nourishing, easily digested, and furnish in proper proportion all the various food elements that the child’s body needs for growth and symmetrical development. To aid the mother in preparing the menus given above, we produce the following recipes, and shall give others in succeeding issues of Good Health:


“We wish to caution the mother against permitting the older children to ‘piece’ between meals. The appetite should be disciplined and trained to expect three meals a day and the child should be given these regularly. Also, encourage the free drinking of water between meals. Some fresh fruit should be eaten every day—an orange, an apple or a grapefruit.

“Serve whole-wheat bread rather than the finely milled white bread, since the latter lacks entirely the salts so
necessary to the child’s health.

“Encourage thorough chewing. Explain to the children how much sweeter and better any food is when it is chewed thoroughly than when it is swallowed in large pieces. A child who chews his food carefully is not as likely to overeat as the child who bolts his food.” Address: B.S.

• Summary: “The most important business in which women engage is that of home-making.

“And–a woman cannot be a good home maker unless she is also a good house keeper.

“She may not do all her own work but she must know how all such work should be done. Otherwise, servants will take advantage of her ignorance. She will not have a well-kept house and, unless a house is well kept, it will not be an effective home.

“Scientific housekeeping is taught at the Battle Creek School of Home Economics, which gives a thorough training in the business of home management, including housekeeping, marketing, cooking, planning “balanced” meals and economical handling of the kitchen.

“This school is under the direction of Miss Lenna Frances Cooper, B.S., Columbia University, author of ‘The New Cookery’ and Chief Dietitian of the Battle Creek Sanitarium.

“Be a Dietitian: In addition to the housekeepers’ course, this school offers a complete course in scientific dietetics.

“From this course are graduated dietitians who find employment in sanitariums, hospitals, infirmaries, Y.W.C.A.’s, women’s clubs, schools, colleges, universities and other big public institutions and industrial establishments.

“Pupils of this school have access to the extensive library and laboratory facilities of the Battle Creek Sanitarium. Beautiful surroundings–agreeable social life–low cost living and reasonable tuition.

“Write for large illustrated booklet with terms and full particulars. Sent free on request. Address -

“School of Home Economics
“103 Administration Building
“Battle Creek Sanitarium
“Battle Creek, Michigan.”

In the middle of this tall vertical ad is a round portrait photo of “Lenna Frances Cooper, B.S., Principal.”

Note: This ad appears in Good Health almost every month of this year. Address: B.S.

262. Battle Creek Moon-Journal (Michigan). 1917. Lunch room is real success: other schools want system that has been introduced at number four. Young women from the Sanitarium school working out a novel plan for youngsters.

Feb. 5. p. 10, col. 2.
• Summary: “An effort is now being made to have the students’ lunch room plan installed at No. 4 school by the School of Home Economics, extended to other schools in the city. Though Miss Lenna Cooper, head of the school hopes to introduce the plan in other buildings this year, indications are that other business will prevent this extension.

“Nourishing and appetizing meals are now being served at No. 4 to children for five cents. The menu includes hot soup, potatoes, bread and butter or sandwiches, a vegetable, milk and a dessert. Largely because of its high price, meat is not included in the meals.”

“The custom of saying grace before eating has been adopted,...”

• Summary: “Miss Cooper Gives Good Talk. Miss Lenna F. Cooper, director of the Sanitarium School of Health and Home Economics, was the speaker at the meeting of the No. 3 Mothers’ club Tuesday afternoon at 3 o’clock and her subject, ‘Cereals and Breads,’ proved at once interesting and helpful. Miss Cooper has long been considered an authority on diet and the preparation of food and her ideas were not only practical but authentic. Miss Cooper spoke of the importance of cereals and breads in the daily menu. Cereals are eaten at each and every meal in some form. A much different idea of the cereals in cartons was gleaned and the part they play in present-day food supplies. As cereals are made up largely of starches Miss Cooper paid special attention to the value of starch, giving directions for the making of laundry starch properly along with the rest.”

• Summary: “Annual Banquet at Sanitarium. The fourteenth annual banquet of the Y.W.C.A. held last evening at the Sanitarium with some 300 people in attendance, was without a doubt the most auspicious of the 14 banquets, inasmuch as those who have been working with the association for some time had the pleasure on looking backward to many years of worthy construction work and forward to an unlimited field of work which they will be able to do with their new building and equipment. The banquet tables were placed in the chapel and the menu was prepared and served by the students of the School of Home Economics under the direction of Miss Lenna Cooper. The chapel was beautifully decorated with ferns, lilies and azalea plants, the platform being centered with a fountain and around this was massed palms, ferns, small blossoming plants and tall standards of Easter lilies. Mrs. George E. Barnes, president of the association, acted as toastmistress and very graciously introduced the speakers. Greetings was extended by Dr. J.H. Kellogg on behalf of the Sanitarium and one minute talks were given by the following
on the work being done by the clubs which they represented: Onaway, Miss Gladdie Baltz; NoMa, Miss Marcella Huffer;...”


• **Summary:** “In last month’s *Good Health* we studied the food needs of the small child—the child between three and five years.

“We found that the child, because it is growing rapidly must have plenty of cell-forming foods—that demand for cell forming food is greater in the case of the child than in the adult, because he is constantly growing whereas the only need of the adult body so far as tissue cells are concerned, is to replace those cells that are destroyed in the course of ordinary activities.

“Building the Cells: For cell-building purposes, proteins, or the nitrogenous elements, are necessary—such as are found in large quantities in eggs, milk, nuts, and in the legumes—beans, peas and lentils.

“To maintain its vital fires the body depends upon fats, found in butter, cream and egg yolks.

“The child is a bundle of energy, constantly on the move. For this reason he requires a liberal supply of starchy foods, or the carbohydrates, as found in vegetables, fruits, and cereal foods.

“Lime and Other Salts: The child’s body must also have plenty of water and mineral salts particularly lime salts, since it is lime that enters most largely into bone building.

“These statements apply for the greater part to the child in the next few years of growth—between five and seven years. He is constantly becoming more active.

“He plays out of doors more and more, especially if he has started going to school. On this account he must be given more of those foods that yield heat and energy, without at the same time lessening the proportion of protein, or cell-forming-material which he takes into his system. The boy requires more food than the girl—for this same reason, that he is more active than the little girl of the same age, and likewise is slightly larger. The following table will give the difference in this respect:”

Two tables, one each for boys and girls, show: (1) Age is years, 5, 6, and 7. (2) Height in inches (boys are slightly taller). (3) Weight in pounds (boys weigh about 2 pounds more at each age), and (4) Daily calories or food units (boys need more food calories).

“The season also plays a part in the feeding of the child to this extent, that during the cold months the fires of the body burn more briskly than they do in summer, and consequently fuel must be given them.

“At this period of his development, too, the number of meals can be cut down to three a day, the evening meal being the lightest meal of the day, to insure sound, refreshing sleep.

“In this month’s article we wish especially to talk of the protein of the child’s diet, upon which growth must be based. The principal sources of protein are as follows: Eggs, milk and cheese; flesh foods; legumes, peas, beans, and lentils and nuts and nut foods.

“Grains also contain a small amount of protein, although for that matter nearly every food contains some protein. (Continued on page 10, Advertising Section.)

“The egg is one of the best and, if properly cooked, the most easily digested of the sources of protein. The digestibility depends very largely upon the cooking. Egg white hardens and toughens when cooked at a high temperature; hence that which is to be eaten should never be boiled.

“How to Cook the Egg: It is possible with a high degree of heat to make a cement for marble from egg white. If the whole egg is to be eaten, it should be cooked below the boiling point. If only the yolk is desired, then the egg may be boiled, as the high temperature does not lessen the digestibility of the yolk, but makes it quite mealy, which is one of the most easily digestible forms. But, the whole egg may be cooked in such a way that the white will be soft and jelly-like and the yolk dry and mealy.

“This is done by pouring boiling water into the saucepan, then carefully dropping the eggs into it, and letting them stand covered twenty to thirty minutes at one side of the stove where only a moderate degree of heat reaches them. If hard-boiled egg white is shredded by putting through a fine colander, it is not so difficult of digestion.

“The yolk and white are of very different composition. The yolk is more concentrated, containing only fifty per cent water, but about thirty per cent fat. Two very pleasing egg recipes are as follows:”


266. *Battle Creek Moon-Journal* (Michigan). 1917. Committee of 100 is named: campaign to bring Red Cross up to 2,000 members will be started at once. Several classes of members are included, the lowest of which is one dollar. March 6. p. 10.

• **Summary:** “In preparation for a campaign to boost the present membership of the Battle Creek branch of the Red Cross society to 2,000 members, Rev. George E. Barnes has appointed a committee of 100...”

“The members of the society who have been appointed on the committee are as follows:... Miss Lenna Cooper,...”


• **Summary:** “An interesting program. Tuesday afternoon in the kindergarten of No. 3 school about 50 ladies enjoyed a
very interesting program. Miss Lenna F. Cooper gave the last of her health lectures on ‘Laxative Diet,’ and her points were made very profitable by their household applications...”

• Summary: This is another article on Lenna’s “Feeding the Family” lecture, but indicates that it was part of a series run by the Calhoun County Health Extension League.

• Summary: “No. 5 Mothers’ Meeting. At No. 5 school Tuesday afternoon at 2:30 the fifth meeting of the Mothers’ club of the district was held.”

“The speaker will be Miss Lenna F. Cooper, of the Sanitarium School of Home Economics. This will be her second talk on diet and the subject will be ‘The Fundamental Value of Foods and their Relation to the Body.’”

• Summary: “Diet squads have been very much the fashion the past few months. A Chicago squad found it possible the first week to live on 33.3 cents a day for each person, and 28.5 cents a day for the second week. On the basis of calorie costs, the price was one cent for every eighty-nine calories. Experiments conducted in other places have approximated the Chicago results.

“At the Battle Creek Sanitarium a diet squad was also formed a few weeks ago under observation. Here it was found that by eliminating meat from the dietary and choosing freely from the cereals and other nutritious foods, it is possible to obtain ninety-six calories for one cent.

“Difference in Food Costs: This in spite of the fact that food prices in Battle Creek are higher than in Chicago. For example, the squad in Chicago paid nine cents a pound for prunes. The cheapest prunes in the Battle Creek market were fifteen cents a pound. Turnips, carrots, parsnips, and rutabagas were one cent a pound higher in Battle Creek than in Chicago.

“Squad Composed of Workers: Another point of comparison is that the Chicago Diet Squad was composed almost entirely of sedentary workers, while the Battle Creek squad consisted of masons, janitors and household workers.

“The following tables give the results of the Battle Creek experiments with regard to the number of calories in each case that can be purchased for one cent.” Address: B.S.

• Summary: “The growing child must have two kinds of food, I told you last month–first, foods that make it grow, and second, foods that supply it with material for heat and energy.

“Since the child is growing rapidly it needs a great deal of the first kind of food, but we must not forget that the active child also must have a good supply of foods that energy and heat are made out of–especially during the winter and spring months.

“The boy of eight years, for instance, requires, for a normal boy–47.76 inches of height and 53.92 pounds of weight–a total of from 1400 to 1800 calories of food a day.

“Of this amount one hundred calories should be protein, or the growth making foods; one-third of the rest should be fats eaten in the form of cream, butter, egg yolks and similar foods–fats you know are great heat producers. It is the fats, remember, from which heat is produced.

“The remainder of the calories are made up of the starches, or energy-making foods.

“Starch forms the largest portion of our foods, and its practical use in the body is to furnish us with heat and strength, which we sometimes call energy. In other words, the starches keep us warm and enable us to do work.

“Have you ever felt your face or your body and then a piece of stone or marble and compared the difference in temperature or warmth? The stone, we say, is cold, but our bodies are always warm. Now, just because this is so we sometimes forget the wonderful processes that are constantly going on inside our bodies.

“Heat is always the result of a fire, although it may be so small that we can not see it. We are not able to see this fire that keeps our bodies warm, I know, but just the same it takes place in every part of our bodies. In order to have the fire, we must have fuel, and the fuel for our body fire is the food that we eat, and the larger the proportion of starch, the more intense the heat and consequent energy.

“Before our food can be burned to produce heat, it must go through a process which changes and reduces it all to a liquid so that it can be taken up by the body. This process is digestion.

“Certain juices in the body bring about these changes. The first of these juices is ‘saliva,’ or the fluid given off by the glands of the mouth.

“The purpose of the saliva is to digest starch, but there is one thing strange about it, and that is that it will not digest raw starch, and so when boys and girls eat green apples or raw potatoes, they cannot digest them until they have gone through the stomach and into the intestines.

“And because the starch should be partly digested in the mouth, these raw substances very often cause a great deal of trouble and annoyance before they reach the intestines.

“The digestion of starch is not so easy a thing as one might think for. Starchy foods like breakfast cereals, for
instance, are so moist that the boy or girl does not chew them enough to thoroughly mix the saliva with them.

“For this reason one cannot insist often enough upon one’s children chewing every particle of food until it is reduced to a fluid consistency.

“Dried foods take up the saliva very much like a dry sponge when it is dipped in water, but foods that are already filled with water cannot take up very much saliva, and are that much harder to digest. On this account it is a good idea to give children something hard to chew upon at an early period of their lives—for instance, a piece of thin, crisp toast, or a hard cracker.

“Macaroni is most helpful food for the growing child. It contains a large amount of starch as it is made from a very nutritious kind of wheat.

“In preparing macaroni, do not wash it. If it is dusty, wipe with a dry, clean cloth. Break into pieces about one inch in length and drop into boiling, salted water, using about eight cups of water to one cup of macaroni.

“Let this boil rapidly from twenty minutes to one hour, or until it is perfectly tender. The length of time will depend upon its age and quality. When tender, turn into a colander and pour over it a dash of cold water. Drain, and it is ready to be used with any kind of sauce desired.

“Rice forms a very important food for boys and girls for a large part of the world. The Chinese, Japanese and people of India depend almost entirely upon it, using it with some other form of food, such as peas, beans, milk, eggs or other substances that contain protein.

“For they know that they cannot live upon starch alone, although it is a very important part of our food, but must balance it with the cell-building elements, or protein.

“Other carbohydrate foods are the following:


“Sweets and sugar should be used in great moderation and only at the close of a meal. They should serve to add a dash of flavor to the meal.

“It is not advisable to give peas and beans to children in the form of a soup or thick purée. The hulls should be excluded as they frequently cause indigestion.

“The child should always be given a considerable quantity of milk, if he can easily assimilate it. Milk is a much better source of protein for the growing child than is meat.

“(Continued on page 18, Advertising Section.)

“Here are some recipes for preparing some of the best foods for children:”  Steamed or creamed rice. Fruit toasts. Hominy grits. Address: B.S.

• Summary: “Something must be done, you know, to stimulate the appetite during the closing weeks of winter. One grows impatient of beans and potatoes and eggs and roasts—impatient, not of these things of themselves so much as of their use to the practical exclusion of the delightful vegetable salads and fresh fruits that we revel in during the summer months.

“The trouble is that the diet during the winter has been rather one-sided, and by way of entering a protest and demanding a change, the appetite goes on a strike, as it were.

“The thing to do is to do the sensible thing: do not try to force the recalcitrant appetite, forcing yourself to eat heavy dishes, whether you like them or not, but rather lure it into activity by giving it some of the delicious things that you can easily prepare from the fresh vegetables and acid and subacid fruits that are available just now.

“Humor the appetite in this way and it will not be long before you find yourself eating with a decided relish. Here are recipes for a few things that every member of your family will be sure to like.


• Summary: On April 6, 1917, the U.S. joined its allies—Britain, France, and Russia—to fight in World War I. Under the command of Major General John J. Pershing, more than 2 million U.S. soldiers fought on battlefields in France. Many Americans were not in favor of the U.S. entering the war and wanted to remain neutral.

American losses in World War I were modest compared to those of other belligerents, with 116,516 deaths and approximately 320,000 sick and wounded of the 4.7 million men who served.

All belligerent countries: The total number of military and civilian casualties in World War I was more than 41 million: there were over 18 million deaths and 23 million wounded, ranking it among the deadliest conflicts in human history.

274. Cooper, Lenna F. 1917. Feeding the growing child: (Fourth of a series of studies of what, when and how to feed the child at various stages of his development). Good Health (Battle Creek, Michigan) 52(4):183-84+. April.

• Summary: “If, during the next few weeks, your growing child is not as enthusiastic about his food as you think he ought to be, do not be alarmed, and send at once for the doctor. First make sure whether he is getting just the kind of food that his system needs.

“Because the chances are, he needs a change in diet quite as much as the adult members of the family. And as the chances also are that the child is a great deal more active physically, particular pains should be taken to see that, if
his diet is at fault, it is corrected at once. For no boy or girl can be a real boy and girl unless he has food that will make energy, and no child wants food unless he has an appetite.

"On this account, it is important that the mother cut out from the child’s diet all heavy foods, especially meat foods, since it is more than likely that it is against these things that his system is rebelling.

"How Much Food?: Let us see just how much food the boy and girl needs—we will use the ages of nine and ten this month as our standard. The boy at nine years of age should be approximately 50 inches high. If he is normal in this respect, he will weigh about 60 pounds. A year later, when he is ten years of age, he will be 52 inches high, and weigh 65 pounds. The amount of food which they will require will be from one thousand six hundred to two thousand calories.

"In a former article, I told you how important a factor is protein, or the nitrogenous-element in the food of children.

"Milk: In the child’s diet, protein is furnished chiefly in the form of milk, the composition of which is as follows:

- Water 86%
- Protein 4%
- Fats 4%
- Carbohydrates 5%

"But we must not overestimate the value of protein in the child’s diet. It is important as a cell builder, but the child must also have a good supply of energy-forming foods, since if he is normal, he will be far more active than the average adult. The dietary should consist of about ten per cent protein and the rest should be nitrogenous or energy-producing food.

"Nitrogenous matter is of two kinds: albumen, a substance very similar to that of egg albumin, which coagulates when heated; and casein, which may be coagulated by acids.

"The child’s body also needs mineral salts—especially iron. A milk diet does not supply this. The wise mother will begin early in her child’s second year to give him iron-containing foods in the shape of egg-yolk and nutritious vegetables. The latter are especially rich in the alkaline salts.

"And do not forget to include a supply of fats in your child’s dietary. Fat is composed of tiny globules which are supposed to be surrounded by albumin or casein; at any rate, the globules remain intact instead of floating as a mass of fat upon the top.

"Fats can be supplied in the form of butter, cream and salad oils.

"The sugar of milk (it is known scientifically as ‘lactose’) is the only carbohydrate. It is not a very sweet sugar, but it forms the most delicious food for the numerous little organisms which infest the milk. These bacteria, or germs, which are so prevalent in milk, are very minute plants, and grow and multiply very rapidly under favorable conditions. The conditions for the growth of these organisms are warmth, moisture and food.

"Milk is an ideal substance for these little plants, and when drawn, is the right temperature for them. Since it also contains eighty-six per cent of water, it has sufficient moisture, and the food which they like best is the sugar found in some protein foods.

"We have in milk five per cent of sugar, with four per cent of protein; hence we find again that milk forms an ideal food for these bacteria. While these germs are very small—so small that we cannot see them except by the aid of a microscope—yet they are capable of producing very decided effects.

"When they feed upon the milk sugar or lactose, they change it into an acid known as lactic acid. As this lactic acid forms, it coagulates the casein.

"There are two kinds of these bacteria: namely, those that produce disease and those which do not, but that tend to bring about certain changes in the milk. Fortunately, the kind that produce disease are much fewer in number than those which do not, but where one will grow, the other is likely to also.

"Clean milk in large cities can be obtained under the name of certified milk, which is much more expensive than ordinary milk because of the extra care which it entails.

"Directions for Pasteurizing: If clean milk is not obtainable, then it is best to pasteurize the other milk. This can be done as follows: place the milk in bottles, filling to within an inch of the top. Sterilize some cotton by placing it in a moderate oven and baking until a golden color. Cork the bottle with this cotton. Place in the bottom of the cooking utensil some cotton or something to keep the bottles from coming in contact with the intense heat at the bottom of the utensil. Place over the fire and heat quickly. Keep the water at a temperature of from 150º to 155°F. for fifteen minutes.

"The milk may also be pasteurized by using a double boiler instead of the bottles. In that case the temperature should be kept from 160º to 165°F., which is ten degrees below that of the water surrounding the milk, as the milk does not get so hot as the water in the double boiler. The milk should then be cooled as quickly as possible by gradually displacing the hot water with the cold.

"Children like milk in other ways besides drinking. They like custards and other dishes.

"Custards: Here are a few general directions for the making of custards. Heat the milk in the double boiler, beat the eggs lightly, add the sugar, and pour on the hot milk slowly, stirring meanwhile. Strain and put into the dishes in which it is to be cooked. If it is a soft custard, cook in a double boiler, stirring until done. If it is to be a set custard, place in the cups in which it is to be served and bake or steam. As soon as the custard is done, it must be removed from the heat. To determine whether it is done or not, the following tests are of service: If a soft custard, the silver spoon used for stirring will be masked so that (Continued on Page 20, Advertising Section.) you cannot see the back of it clearly. If a set custard, put the point of a silver knife
into the center of the custard. When the knife comes out clear and water like, it should be removed at once from the fire. The soft custard should be stirred while cooking, but the set custard should not be disturbed. Always serve the custard cold. In warm weather the custard should be served the same day in which it is made, as it does not keep well, and poisonous substances may form in it. Custards should be kept in a cool place.”


• Summary: “The great mistake made by brain workers is in following a diet suitable for the development of muscular efficiency rather than mental efficiency.

“The body makes no great demand for heat and energy when one follows a sedentary occupation and the long line of business and professional people, men and women students, teachers and others who use their brains for giving service and getting a living often eat in one day, food sufficient for three days.

“A Day’s Ration: An adult doing muscular work requires about three thousand food calories a day. One-tenth of this amount should consist of the proteins or the body-building and repairing element; one-third of the remainder should be fats and the rest carbohydrates. The fats and carbohydrates are both heat and energy producing groups.

“Now one following a sedentary occupation—and nearly all brain workers are sedentary in their habits—does not require more than two-thirds of the amount needed for those engaged in muscular work.

“The size and weight of the individual of course have a bearing on the daily ration. The larger and heavier the person (with the exception of the obese), the more food he requires.

“Age is also a factor. A person beyond middle life should be especially careful not to overeat.

“These are the considerations which should determine the amount and kind of food; but the average person gives no thought to these but eats what he wants, when he wants it, and as much as he wants.

“What Becomes of the Surplus: When one takes into his stomach more food, especially the foods rich in protein, than is required to supply the needs of the body, the surplus must be eliminated by the excretory organs. In a perfectly healthy body these organs are already doing sufficient work in casting off the poisons which result from the chemical changes that take place in the digestion and assimilation of food.

“If, in addition, the stomach is filled with food which cannot be utilized as energy and heat, the surplus is thrown upon the various organs for elimination with the result that they weaken, sometimes, under the additional load.

“The Brain Worker’s Bane: Added to the overeating and poorly balanced diet of the brain worker is his lack of exercise. A sufficient amount of exercise each day would take care of the surplus food. The bane of the sedentary man is constipation and the resulting auto-intoxication, with its long train of disordered functions and finally organic disease.

“The diet that is suitable for the brain worker is also laxative and antitoxic so that a correct diet will not only develop mental efficiency, but later prevent disorders of the body. A suitable diet will be about the same at all seasons of the year; in the winter, when some of the fresh vegetables and fruits are lacking, properly canned varieties are wholesome and may be liberally used.

“Fruits, vegetables and the dextrinized cereals should form the bulk of the diet.

“The beverages should include fruit juices and fresh buttermilk. One should drink about eight glasses of water daily, taken at bed time, in the early morning and between meals. A half glass of water with meals is quite sufficient. Cereal drinks are harmless but tea and coffee are especial enemies of the man who does brain work.

“One should be careful each day not to take too much of foods that are rich in protein. Bulky vegetables are especially advised, and also the uncooked vegetables as well as the fruits should be liberally eaten in order to get the necessary vitamins.

“Celery, lettuce, spinach, turnips, onions, cauliflower, cabbage, sprouts, cucumbers and tomatoes are most desirable foods for one following a sedentary life. When nuts are eaten, they should be chewed until they are a cream in the mouth before swallowing. Some fresh and cooked fruits (not much sweetened) should be taken at each meal. Bran in some form, either in bread or cereal, should be taken daily.

“The daily number of meals is largely a matter of habit; but two meals a day is undoubtedly the best rule for the majority of brain workers. A fruit breakfast with some dextrinized cereal with cream or milk about nine o’clock, and an afternoon meal about five, has been found to be a most satisfactory arrangement.

“It is absolutely impossible to concentrate the thoughts, to think clearly and do efficient mental work if one has a full stomach, and especially if the food is the kind required by a trench digger.” Address: B.S.


• Summary: “In feeding the growing child we must not cater too much to his fancies, nor should we force him to eat foods that he rebels against. We can steer a middle course by cultivating his appetite for plain, simple foods.

“We can buy the boy a suit of clothes, and he will accept it without question as to its quality or pattern. Later on his
taste in these things will assert itself, and he will insist on having his say in the matter.

“School Life: This time comes earlier in the matter of foods. More and more his taste will develop and his appetite will demand a wider variety, while he will acquire a liking for foods that he once disliked, and vice versa.

“...and at a minimum price! How much nourishment is needed by a man or a woman at my age, of my weight and doing the kind of work I am engaged in? Then when you have asked yourself these and similar questions let Miss Cooper help you answer them. Miss Cooper is anxious that her department in Good Health shall give you definite, personal aid and will be glad to write you a personal letter in answer to any questions that perplex you in selecting your diet to serve your individual needs. Address, Miss Lenna F. Cooper, Good Health, Battle Creek, Michigan.

“The Mouth Waters: This is literally true—the mouth does ‘water,’ that is, the digestive juices begin to flow.

“The food that is placed in the stomach without having been seen, smelled, or tasted, as has been proved by experiments, remains in the stomach some time before the gastric juice begins to flow. On this account anything that will cause our food to be more attractive is not of minor importance. Clean table linen, dainty china, and bright silver may be a luxury, but they are certainly not an extravagance.

“Flowers: Have fresh flowers or at least a growing plant upon the table each day. Anything which will make the room, the table, or the food more attractive, should be encouraged. Remember that the aroma from food is also appetizing. Hot foods, as a rule, give off (Continued on page 24, Advertising Section)” more aroma than cold foods. The kind of foods that will answer the child’s needs are represented in many ways by the following recipes:


• Summary: “Commencement activities of the School of Home Economics at the Sanitarium will start on Tuesday, June 5, and continue for a week. Because of the present war, it has been decided to curtail some of the gaiety originally planned for commencement week and a festival which was to be held at Gull Lake [13 miles northwest of Battle Creek] has been cancelled.

“Instead the celebration will be known as Thrift Week and particular emphasis will be placed upon the duties of the graduates to teach economic living to the housewives of the country. Special courses along this line have been introduced in the school under the direction of Miss Lenna F. Cooper. These classes include cooking, sewing and nursing developed along the lines of war and war-time needs.

“On the evening of Tuesday, June 5, The Treble Clef Glee Club of the school will give a concert in the Sanitarium gymnasium. This concert will be accompanied by a moving picture entitled ‘The Efficient Kitchen.’ This picture was produced under the direction of Mrs. Christine Fredericks, the author of many articles on housekeeping and home economics and who was a recent visitor at the Sanitarium.

“The Delphian Oracle will be held on the afternoon of Thursday, June 7, and in the evening of the same day ‘The last Days of Pompeii’ will be presented in the Spring Lakes woods.

“On Saturday, June 9, the Seniors will be the guests of the Junior class at a party to be given on the lawn of North cottage. The baccalaureate sermon will be delivered in the Sanitarium chapel on Sunday evening, June 10.

“The Senior class will give a reception, ‘Au Revoir,’ to the Juniors on Monday June 11, at 2 p.m. at 3 o’clock of the same day the alumni and faculty banquet and reception will be given in the Sanitarium Annex.

“Campus tea will be held at 2 o’clock on the afternoon of Tuesday.”

278. Evening News (The) (Battle Creek, Michigan). 1917. Movies show class how to keep house right: Efficiency in

**Summary:** “Some of the teachers in the school will do special work this summer. Miss Lenna Cooper, the superintendent, will spend five weeks with a Chautauqua at Winona Lake, Indiana. Miss Margaret Hill will tour with the Lincoln Chautauqua. Miss Clara Williams and Miss Esther Schweitzer will do canning club work. Miss Baldwin will spend the summer in the east.”


**Summary:** “Graduates, alumni and faculty of the School of Home Economics at the Sanitarium attended the annual banquet of that school held last evening in the Annex. The dinner was preceded by a reception held in the elaborately decorated lobby of the same building.

“Graduation exercises will be held tonight in the gymnasium of the main building when 42 will receive their diplomas.”

“Classes will be presented tonight by Miss Lenna Frances Cooper, head of the school and diplomas will be presented by Dr. J.H. Kellogg.

“Dr. M.A. Mortensen was toastmaster for the program which followed the dinner last evening. Toasts, which were mostly of a humorous nature, were responded to as follows: ‘Fattening Diet,’ Miss Corrine King;... ‘Blood-Building Diet,’ Miss Lenna F. Cooper;... ‘Diabetic Diet,’ Dr. J.H. Kellogg. Mrs. J.E. Cooper rendered an excellent solo as the third number on the program.”


**Summary:** “Dr. J.H. Kellogg will go to Winona lake, the first of next week, where he is scheduled to deliver an address. Miss Lenna Cooper is still at Winona lake, lecturing and giving demonstrations.”


**Summary:** “A most delightful family gathering is being held at the home of Mr. and Mrs. S.M. Cooper, one mile southwest of Ottawa. For the second time in fifteen years all of the children, four sons and two daughters, of Mr. and Mrs. Cooper are together. The only immediate member of these families not present is the wife of a son, Mr. Walter Cooper, who is ill in a hospital in Wichita [Kansas].

“The reunion is in celebration of the sixty-seventh birthday anniversary of Mr. Cooper and in honor of a son and his bride. The wedding ceremony of Miss Elise Wood and Mr. Harry Cooper was celebrated at Redfield, South Dakota, Wednesday, June 20 and they arrived here last Friday on their wedding trip. The marriage is the culmination of college romance begun while the young couple were attending school in Lincoln, Nebraska. They will make their home in Wichita where Mr. Cooper is secretary of the Home Missionary Society of the Adventist church.

“The other children here are Dr. Ward Cooper, an interne [sic] in the Cook County Hospital at Chicago, Miss Lenna S. [sic, F.] Cooper, consulting dietitian and director of the home economics department of the Battle Creek Sanitarium, Dr. J.E. Cooper, a physician in this sanitarium, his wife and children, Mary, Lynn, Hugh and John Elbert, Jr.; Mr. Walter Cooper of Durant, Oklahoma, Mrs. Lora Joslin who makes her home with her parents and Mr. J.M. Jones of Fredonia, father of Mrs. J.E. Cooper. Dr. J.E. Cooper and his family motored here taking five days for the trip.

“Yesterday a big birthday cake, decorated with sixty-seven red and white candles centered the dining table. It was also adorned with cupcakes in compliment to the bride and groom. Nearly all the members of the family are musical and the musical numbers are enjoyable features of the reunion. Mr. and Mrs. Cooper moved to the farm formerly owned by Mr. J.S. Balyeat, last April.”

Note: Wm. Shurtleff wrote (e-mailed) Wayne Dawson asking about a missing daughter of Mr. and Mrs. S.M. Cooper. In Battle Creek newspapers she was called Miss Lora Cooper (in 1913), Mrs. C.G. Joslin (in 1914), and Mrs. Lena Joslyn (in 1916). They didn’t pay much attention to spelling in those days.

Wayne wrote back: “It will take me some time to find the two articles that I think solve your problem. There were only TWO daughters, Lenna and Lora. Lora changes her last names a few times and occasionally her first name spelling. The article that specifies TWO daughters and 4 sons is attached. Hence–two daughters present and the only member missing was a daughter in law.

“Further to that are two articles I spent some time on regarding this specific topic. I came to the conclusion that the proper name for Lenna’s sister was Lora and she was married at least once but only for a short time. When I find these articles, I’ll send them. In the meantime, the article I quoted from I am re-sending with this note. More later. Wayne.”


**Summary:** “There is a prevailing idea that a man needs more substantial food, and more of it, than a woman. As a matter of fact, sex has little to do with determining the diet. To be sure, a man and woman of the same height differ in weight and extent of body surface. A man is slightly heavier and has more square inches of surface.

“According to standard tables the difference is as follows, when the height is 68 inches:”
Man 157 pounds weight. 17.76 square feet. 2360 calories. Woman 151 pounds weight. 17.34 square feet. 2270 calories.

“This shows the very slight foundation for the common custom of serving so much larger portions of food to men, even when the occupations of men and women are the same.

“It is occupation and physique that should largely control the kind and amount of food eaten. Age is also a factor, as a person beyond middle life requires less food.

“Weight and Diet: The height and weight of the individual are important considerations in planning a suitable diet. The taller and heavier the body is, the more food it can utilize.

“A woman nearly six feet tall and weighing one hundred and seventy pounds needs more food than a man several inches shorter whose weight is one hundred and fifty pounds, both engaged in the same kind of work. But if the man did heavy muscular work and the woman worked at a desk, then their food requirements would be about the same.

“A man or woman at the desk does not need the same food that the muscular worker requires. Less of the fat and carbohydrate elements are required, and the total number of food calories needed is not so great. That is, the desk worker does not require so much of the energy producing foods, and the protein, or body building tissue repair foods are also not so much needed.

“When to Eat: It is better for the desk worker to have his most substantial meal after work hours, and it should be at least four hours before retiring so that the digestive process will not interfere with restful sleep.

“The noon meal should be light, as it is impossible to do good brain work after a full meal.

“What to Eat: Tea and coffee are not wholesome beverages at any time, but are especially bad for sedentary workers, as they quickly attack and poison the tissues most used by the desk worker—the brain and nervous system.

“An abundance of pure water during business hours, and fruit juices at the table are the healthful beverages for desk workers.

“Milk is a poison for some people, but if it is well borne it may be taken at any meal. However, milk is not a beverage—it is a food of the body building, bone making class; it is rich in protein, and when taken, other protein foods should not be taken at the same meal, such as cheese, eggs, nuts, beans, peas, etc. Fresh raw milk is also very rich in vitamins. Buttermilk and yogurt milk are among the best of foods for sedentary workers who can take milk.

“Fruits of all kinds, fresh and cooked, should form a large part of the desk worker’s diet. They should be eaten at every meal. Fruit juices instead of milk or cream may be eaten with any of the flaked or dry cereals.

“All the fresh green vegetables are needed by the desk worker; he needs bulky foods to stimulate bowel activity. Bran bread and bran with cereals will furnish bulk and also the highly prized vitamins at the same time.

“Nuts should be chewed until they are a cream in the mouth, before being swallowed.

“A Day’s Menu: A breakfast for a desk worker may consist of orange juice, Scotch bran brose with cream and stewed prunes, or some flaked cereal with a tablespoonful of bran instead of the brose, and grapefruit.

“Luncheon may include lettuce, thin graham bread sandwich with peanut butter, and some juicy fruits, or a luncheon may consist of fruits with zwieback.

“The dinner menu may consist of a soup, salad, several vegetables including potato, and a fruit dessert or simple pudding.

“The desk man must make a daily practice of exercising and walking, because the most carefully planned diet will not keep him in health unless he does get sufficient outdoor life to compensate for the hours he sits at work.” Address: B.S.


• Summary: Page 294: The menu for Thursday dinner [lunch] includes “Cream of Soy Beans.” No recipe is given.

The article starts: “Last March there were conducted under the direction of the writer some experiments for the purpose of ascertaining whether an adequate diet could not be planned at a cost lower than that prevailing at the present time.

“In one of these experiments six women were fed at a cost of twenty-three and one-fourth cents a day for each person.

“The meals afforded such an interesting variety, and the experiment was so successful as a study in economy, that I want to pass on a week’s menus with recipes for some of the dishes that may be new to you.

“The chief meal of the day was taken at noon—if the six o’clock dinner is desired, the dinner and supper menus can be transposed.” Address: B.S.


• Summary: “The Sanitarium School of Home Economics prepares young women for professional positions as dietitians in hospitals, sanitariums, municipal and industrial institutions.

“The two-year course of study for dietitians and teachers includes dietetics, hygiene, food chemistry and institutional housekeeping and administration and other related subjects.

“In addition, the school offers a practical one-year course for housekeepers.

“Illustrated prospectus upon request.

“Lenna Frances Cooper, Director School of Home Economics, Battle Creek, Michigan. Box 6.

“Fall Term Begins

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“September 19, 1917.”


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“Fall Term Begins Sept. 19, 1917.”

Note: This ad also appeared on July 15 (p. 22), July 29 (p. 12), Aug. 12 (p. 19) and Aug. 26 (p. 38). Address: Director.

286. Cooper, Lenna Frances. 1917. How to cut food costs. Battle Creek, Michigan: The Good Health Publishing Co. 128 p. Illust. 20 cm,

• Summary: This is a vegetarian cookbook. Chapter 6 titled “meats” explains that they are too expensive and are not health-giving foods. No recipes calling for meat, fish or poultry appear in this book. Likewise, the words “vegetarian,” “meatless,” and “flesh” do not appear.


The Foreword states (p. 4): “The author’s qualifications for addressing the public on these subjects are her long connection with the Dietetic Department of The Battle Creek Sanitarium, where food values and food in its relation to health has been a subject of scientific investigation for fifty years; also her many years’ principalship of the Battle Creek Sanitarium School of Home Economics, that she is a graduate of Teachers’ College, Columbia University, and finally that her whole heart and sympathy are in the work of spreading far and wide the messages contained in this little volume, namely, lower cost of living with better health and less work and worry.”

Chapter 1 explains that foods can be classified into 3 groups: Body builders (muscle formers {protein}, bone formers, blood formers), fuels (fats, starches, and sugars), and body regulators (bulk / cellulose). “At least one from each of these outline groups should appear on each menu.”

“As a bone former, milk stands at the head of the list. For those who digest it well, it should enter quite largely into the dietary, particularly into the preparation of recipes. Where there are children in the family, it is all the more important that milk should be supplied abundantly.”

Soy is mentioned 10 times in this book. Page 26: “The housewife who is accustomed to buying soup bones for flavoring will find a very economical substitute in the Japanese or Chinese soy, which may be obtained at most grocers or at any chop suey restaurant. A tablespoonful of it will season a quart of liquid in most recipes. Added to the liquid in which peas, beans or vegetables are cooked, it makes a very nice soup. It may be used in the same way in which a meat extract is used.”

Pages 28-29: Chapter 5 is titled “Meat Substitutes,” indicating that the book is vegetarian. Since we have learned that the majority of people eat altogether too much meat, it is not necessary to supply as large an amount of meat substitutes as was formerly thought necessary. The class of food-stuffs which may be used as meat substitutes are the legumes, nuts, cheese, milk and eggs.” “The soy bean is one of the newest additions to American food-stuffs. When cooked until tender the beans make a very palatable dish, but they require long soaking and long cooking to make them edible. This is most easily accomplished by a steam pressure cooker. At present prices the soy bean can be obtained for about half the price of the other legumes. It is easily digested and is much milder in flavor than any of the other varieties.”


Page 54-55: “The following supplies were used in the above ten day dietary at the following costs:” Includes: Rice 10 oz. 10 cents. Soy beans 1 7/8 lb. 15 cents. Lima beans ½ lb. 8 cents. Milk 17 quarts $1.53. Peanut butter 1 lb. 17 cents. Japanese Soy [as needed] 4 cents.

Page 56: The recipe for Turkish Pilaf calls for a Brown Stock which includes “1½ teaspoon Soy” [sauce].

Page 66: A recipe for Noodle Soup calls for 2 eggs, 3 tablespoons Soy, etc.


Note 1. Price of the book: 75 cents; by mail 80 cents.

Note 2. Wheat gluten is not mentioned in this book; perhaps it is too expensive. Address: B.S., Director of the Battle Creek Sanitarium School of Home Economics, formerly Head Dietitian of the Battle Creek Sanitarium.


• Summary: “The salesman is always on the alert, in a field
where competition is keen, and he expends much mental as well as physical energy.

“The commercial traveler is frequently a woman and her life on the business road is not unlike her brother’s.

“The great part of the world’s business is carried on by these sales people and it is highly important that they should keep their health at par, with a reserve to draw upon in emergencies.

“We think of outside salesmen as hurrying from place to place, at the mercy of railroad schedules and with irregular and limited times for eating and sleeping.

“Traveling suggests activity, and in so far as he takes advantage of opportunities for exercise—such as walking, for example, than which there is no better exercise—the traveling salesman requires the diet of the active, muscle using man.

“But traveling does not always mean personal activity. When a man sits hours in trains, trolleys and automobiles, and also spends more hours sitting in offices and at counters selling goods, he is leading a sedentary life and his diet is properly that of an indoor man, a desk-worker.

“The more active a man is, the more food he requires, and especially the foods rich in carbohydrates, as they are converted into energy.”

“The Drinking Water: The drinking water is one of the problems. Often the water supply is questionable, and ice used for cooling the water is sometimes filthy. Many times it is possible to have the water boiled. To save risk, one would prefer to sip hot water when thirsty than to drink cold impure water. It is an advantage to use the bottled table waters if there is any doubt about the public water supply.” Address: B.S.

• Summary: “The successful buyer of food for the family must know all about the functions that food fills within the body. For food does more than simply give pleasure to the palate. Literally our bodies are made from day to day out of the material we put into them through the medium of food. We should be as careful in the choice of our food material as in the choice of material that we put into the house that we build.

“For this reason the housewife who does the buying should remember that foods play three distinct roles in the body: namely, the building and repairing of the body, the furnishing of fuel or energy, and the regulation of the bodily activities, the formation of the muscles of the body, of the bone and hard tissues, and of the blood. These three functions should be kept in mind in planning the dietary.

“For the convenience of the reader, an outline is given below showing the uses of foods and the various foods that supply these. At least one from each of these three main groups should appear on each menu.” Address: B.S.

• Summary: “Miss Lenna Cooper, superintendent of the Sanitarium School of Home Economics has returned from Lake Winona, where she has been spending the last six weeks, lecturing, in connection with the health campaign at that place.”

• Summary: “Miss Lenna Cooper, head of the Sanitarium School of Home Economics, is one of the twelve women in the United States to be appointed by the government to comprise the National Committee of Dietitians of the Red Cross.

“Miss Cooper’s duties will consist of looking over the credentials of dietitians applications for base hospital service, also home service such as in teaching in Red Cross schools and canteen work. She is the only member of the committee residing in Michigan and will have charge of the rating of most of the applicants in the middlewest. The work will not take her from the Sanitarium.

“Miss Cooper is a member of the food conservation committee of the Woman’s Council of National Defense in Michigan. She has only recently returned from Winona Lake, Wisconsin, where she has been lecturing and giving demonstrations for the past five weeks.”

A portrait photo shows “Miss Lenna Cooper: Appointed by government to examine to examine applications for dietitians for base hospital service.”

For each menu item is given the number of calories of protein, fat, carbohydrate, and total. The total calories is 528.

“Economy should also be sought during these times of war, and for this reason the following menus will be found serviceable as examples of what can be easily planned for in any household.” Seven “specimen menus” are given.

“Recipes for the unfamiliar foods named above are as follows:” Graham gems. Breakfast rolls. Address: B.S.

• Summary: “Miss Lenna Cooper, superintendent of the Sanitarium Domestic Science School, and Miss Jones, a member of the school faculty, have gone to Cleveland to attend the convention of the hospital associations.”

• Summary: “September Number Out—The September number of Good Health has made its appearance and is most attractive. The magazine, which is the oldest health magazine in the world, has resumed its former size, a fact gratifying to the general reader, and its new cover designs, too, make special appeal.”

“Mrs. E.E. Kellogg deals with the ‘Ailments of Infants,’ as well as their proper diet and the like. Miss Lenna Frances Cooper writes on ‘Physical Labor–Its Nourishment Requirements.’”

• Summary: “Miss Lenna Cooper, director of the School of Health and Home Economics at the Sanitarium, was named chairman of the Calhoun county committee for the conservation of food campaign by the state board yesterday. She will have charge of the campaign in this county which will be conducted during the week of October 21.

“The other chairmen [mostly women] appointed yesterday are named as follows:...”

“These chairmen, with others whose appointments are not yet announced, will meet in the senate chamber at Lansing tomorrow morning to receive instructions. They will be addressed by Mrs. Sleeper, Dean Georgia White, of the M.A.C., former Governor Ferris, A.C. Stebbins, of Lansing, John W. Stanley, Charles S. Mott, William I. Clements, Governor Sleeper and Food Administrator Prescott.”


• Summary: “Battle Creek will be well represented at the National Conference of Dietitians to be held in Cleveland October 18 to 20 inclusive. Miss Lenna F. Cooper, head of the Sanitarium School of Home Economics, who was instrumental in calling the conference, will go. Among the others to attend will be Miss Mary M. Jones of the Institutional Service Bureau, Miss Corrine King, head dietitian of the Sanitarium, and Miss Bertha M. Baldwin, instructor in dietetics at the Sanitarium School of Home Economics.”

Note: This is the earliest document seen (April 2018) that mentions this new conference for dietitians. Later in 1917 the name was changed to the “American Dietetic association.”

• Summary: Dr. Andrew W. Warner, superintendent of Lakeside Hospital, Cleveland, and president of the American Hospital Association, made a strong statement just before he opened the convention of the association in Cleveland.

“Sessions of the American Dietetic Association and the American hospital conference will be held simultaneously with the American Hospital Association.”

Note: The Cleveland Plain Dealer does not have any articles discussing the Oct. 1917 meeting in Cleveland that established the American Dietetic Association. Nor can we find any such article in any other newspaper. We find this surprising since Lenna Cooper was such a good publicist of all her important activities, and this was perhaps the most important of all.

• Summary: “A better understanding of the sources from which democracy spring will be given members of the Woman’s Club who hear the course of lectures on ‘The Historical Background of the United States Government’ which Dr. Elbert J. Benton, history professor of Western Reserve university, will open Sunday afternoon... Knitters are asked to bring their work to these lectures.

“Guests may be invited to the luncheon at the club at 12:30 Wednesday when Miss Lenna Cooper, director of the school of home economics at Battle Creek, Michigan, will speak on ‘Essentials of Balanced Diet.’”

• Summary: “The survey in the interest of the Hoover food conservation movement, which was scheduled for October 28, has been postponed till November 4, according to Miss Lenna Frances Cooper, Michigan Representative.”
299. The American Dietetic Association is established in Cleveland, Ohio (Important event). 1917. October 18-20.

• Summary: Lulu Graves and Lenna Cooper were the main (among many) organizers of the first meeting. The group met in Cleveland because it was centrally located and Lulu Graves worked at a hospital there. Lulu Graves was elected the first president and Lenna F. Cooper the first vice president.


• Summary: “Miss Bessie Dillingham went to Norwalk for a short visit Wednesday, and from there to Cleveland to attend a conference of dietitians.”

Note: This is the earliest document seen (April 2018) that mentions the conference at which the American Dietetic Association was established.

301. Evening News (The) (Battle Creek, Michigan). 1917. Made vice-president at dietetic convention: Miss Lenna Cooper home from the conference at Cleveland—Other Battle Creek people there. Oct. 23. p. 8, col. 3.

• Summary: “Miss Lenna Cooper, superintendent of The Sanitarium School of Domestic Science, was made first vice-president of the American Dietetic association, at the organization meeting just closed in Cleveland [Ohio]. Miss Lulu Graves of the Lakewood Hospital of Cleveland was made president.

“Miss Cooper was temporarily chairman of the convention which was attended by about 100 dietitians from different parts of the United States twelve of whom were graduated from the Sanitarium school.

“Dr. W.B. Lewis of the Sanitarium was one of the speakers. Those to go from Battle Creek were Miss Cooper, Dr. Lewis, Bertha Baldwin, Emma Francis, Mary M. Jones and Corine King.

“The address given by Miss Riley, who has charge of all military hospitals in Canada, was one of the interesting features of the meeting. Next year a joint meeting will be held at Washington, D.C., with the American Hospital Association.”

Note 1. This is the earliest document seen (April 2018), published in a Battle Creek newspaper, that mentions the “American Dietetic association” (regardless of capitalization).

Note 2. This is the earliest document seen (April 2018) that mentions “Lulu Graves” and “Lenna Cooper” in the same article.

Note 3. Notice that Mrs. Ella Eaton Kellogg is not mentioned. The Michigan Women’s Hall of Fame claims she was a “charter member of the American Dietetic Association.” However they cite no sources and did not answer our e-mail asking for their source of this fact.


• Summary: “Had Parliamentary Drill. The meeting of the Women’s club yesterday was featured by a comprehensive parliamentary drill, led by Mrs. C.M. Ranger, an able parliamentarian. The other members of the program consisted of a piano selection,... and an address delivered by Miss Lenna Cooper, of the Battle Creek Sanitarium, presenting the second Hoover campaign. Miss Cooper stated that one of the mistakes of the first campaign lay in the fact that cards had been distributed to the housewives with the request that they sign and mail them in to Washington. Washington received comparatively few of these cards. This mistake is to be corrected in the present campaign since the children will be responsible for returning signed cards to the schools, from whence they will be sent to the proper authorities. Miss Cooper emphasized the fact that the campaign is substitution, not merely conservation. She urged that the conservation be in no way allowed to impoverish the diet of children since the war is being largely waged for future generations, and any injury to the health of the child would be a defeat of the purpose of the campaign.”


• Summary: “Food campaign interests members. At the regular meeting of the Woman’s club Friday afternoon Miss Lenna F. Cooper of the Sanitarium, who has been honored with selection to serve on the special committee for the government in the second big food conservation drive, presented the matter very concisely and interestingly. One of the first points made clear was that the first drive had been a failure because Washington never received the major number of the pledge cards, this for various reasons. The present campaign is to be properly safeguarded and all starting out with cards will be held responsible for them until they are sent to government headquarters. Miss Cooper urged that mothers pay special attention to the diet that it in no way permits the children to become less healthy because food conservation does not mean the diminution of nutritious foods but merely substitution. It is up to the housewives to find substitutes within their reach for the foods that are to be conserved.”


• Summary: “October this year will regain its old-time importance. In the good old days, when we were a pioneering nation, when agriculture was the chief industry, this was the crowning month of the year. It was the ingathering time. Field crops and garden produce alike were harvested and put in cellars and storehouses. Vegetables and fruits that would not keep over the winter were dried (they
did not know the art of canning them)—great quantities of green corn, and enormous strings of apples and other fruits.

“Our harvests, of course, yield us thousands of bushels where seventy-five and a hundred years ago they yielded us one. But harvest time means nothing to us. We are not ‘aware,’ as the psychologists would say of harvest time. Autumn is a most delightful time of year; a time to put on heavier clothing, a time for business folks to begin putting into operation giant sales and advertising campaigns planned during the previous months—that is about as far as we go in our contemplation of the season. If we think of crops at all, it is with a relish for the delicious peaches and melons in the market, and not with a thought of what they mean in the business of feeding the world.

“This year it is different—or should be different. The food problems created by the war have come more to every one of us—the absolute necessity of thinking this autumn in terms of food supplies, of doing our bit toward carrying the 1917 crop just as far along into 1918 as possible. Consequently we should enter with the zest of the early years of our country into this year’s harvest.

“Those of us who do not ourselves have crops to harvest can be very enthusiastic about other folks crops and do our bit toward conserving them. This means that we should can everything that is cannable—and also means that you should back up your canning by drying. The August and September issues of Good Health contain articles that give complete instructions for both of these preserving methods.

“Roadside Nuts: Then there is an enormous wastage of ‘wild’ foods that we should take an interest in harvesting. I have in mind foods like chestnuts, butternuts, walnuts, beechnuts, and hazelnuts, which abound, one of them at least, within reach of everybody, and vast quantities of which are left on the ground.

“People who make up nutting parties to gather these in—not just a few—for occasional dessert, but bushels of them, for the purpose of making them a part of the regular diet—will be doing a patriotic service.

“Then there are a number of fruits that ordinarily are permitted to go to waste. Elderberries are an example. These grow in prodigal quantities in fence corners and along lanes, and yet few people know how delicious they are canned and made up into pies or into jelly.

“A large quantity of apples and peaches that in other years go into jelly could, indeed, be saved by a free use of the elderberry.”

• Summary: “Thriftty and patriotic housekeepers are not satisfied with doing their ‘bit’—they are eagerly asking how they may do their best to save waste and make every ounce of food count these days.

“One way is to more frequently use paraffin paper to protect and preserve food and keep it from spoiling. Every bit of such paper that comes into the house about bread and cereals or in the shape of biscuit carton linings should be carefully saved and utilized. A supply of fresh paraffin paper should also be kept on hand because it is not expensive, when one considers its various uses, and that one sheet can be made to do duty several times.

“Food wrapped in paraffin paper is thus protected from contact with unclean hands, dust, germs, flies, other insects and dirt.

“We are familiar with the wrappings of bakers’ bread and other flour foods, and with the packages of biscuits, sandwiches, etc., that are wrapped as ‘individual portions’ in restaurants. In preparation of lunch baskets and, in sanitary drinking cups, we find paraffin paper indispensable.

“Years ago, when manufacturers were experimenting with waxed paper, bread so wrapped was shipped across the ocean and, when returned to this country two weeks or more later was found to be fresh and unaffected by the salt water atmosphere.

“Labor, time and fuel may be saved, if housekeepers will make sufficient bread, cake, cookies and pies at one baking to last a week or more, and then—wrap the surplus in waxed paper to keep it fresh. The last loaf of bread will thus be as tasty as the first.

“Ices and desserts may be kept cold, either in or out of the ice box, if wrapped in paraffin paper-covered receptacles.

“Many times it is convenient to put ‘leftovers’ from the table on pantry shelves, instead of in the ice box. For these, use paraffin paper in place of the usual tin and china covers. This saves the washing of cover dishes, releases them for other purposes, entirely excludes dust and flies and keeps the food remnants fresh.

“When planning to give an afternoon tea with sandwiches, cakes, nuts and candies on the table, it is convenient to arrange everything some time before and cover carefully with paraffin paper. This may even be done hours before, if necessary, and the viands will still keep fresh. Removing the paper is only a moment’s work and the hostess who prepares and serves her own table is saved many steps and care, after the guests assemble.

“Hot liquids and foods retain heat, if a paraffin wrapper encloses the receptacle. It makes a very good home-made thermos bottle, useful for an hour or two.

“Baked potatoes taken from the oven will retain heat if wrapped in waxed paper. It may also be used with boiled corn on the cob. Each housekeeper will find many ways in which she can save food and labor by cultivating the paraffin paper habit.”

306. Evening News (The) (Battle Creek, Michigan). 1917. Well, let’s nail this story: this is the one about “You know the terrible waste of food at Camp Custer.” Nov. 1. p. 1.  
• Summary: “Every once in a while a fake is so persistent
that it has to be grabbed by the neck and choked to death; it won’t go away by merely being left alone.” Like hundreds of other such stories it was of the “I-was just-told” variety or “I-was just-told-on the best of authority.”

“The story is a fake.

“Miss Lenna Cooper, dietitian at the Sanitarium, an expert on food economics, county chairman of the national food conservation organization, visited Camp Custer last Saturday and made an inspection. No one knew she was coming. She says:

“’The system and economy practiced are most remarkable. There is practically no waste. We arrived at one mess hall as supper was being served to 135 men. We watched the processes closely. After supper we inspected the garbage can and found less than a quart of waste from the meal. We visited several mess halls and found conditions equally as good. No one knew we were coming. There was no preparation for us.

“’Men are given all they want to eat, but they must eat all they take. Any meat left from the meal is made into hash, not even the smallest potato is thrown away. Bread is cut into half-slices to avoid waste. Soup is made from left-over vegetables.

“’Camp Custer not only is not wasting food, it is scientifically conserving it, down to the last scrap.’

“’There is no one, perhaps, in the state of Michigan who knows more about food handling and food economy than Miss Cooper. Above is what she says after investigating.

“Now, what are YOU going to do the next time this ‘they say’ story comes to you?—pass it on or kill it?”


● Summary: “Some root vegetables that are not in popular favor are most nourishing, delicate in flavor, and of use in furnishing necessary diet bulk. These vegetables also have the advantage that they can be stored for winter use, and when bought in quantity are cheaper than many articles of food that are of less value but much more appreciated.

“Beets, carrots, parsnips, salsify and turnips belong to the so-called succulent root group. They differ from the starch-yielding vegetables, like potatoes, because they contain a larger proportion of water, eighty-five to ninety per cent on an average. In place of the starch, these roots contain sugars of different sorts and also a large percentage of crude fibre. The sugars are readily and well assimilated. In addition, the mineral salts which they contain serve an important purpose in helping to maintain the alkalinity of the blood. Their bulkiness stimulates normal intestinal activity.

“Turnips: That variety of turnip known as rutabaga, usually considered only fit for feeding stock, rivals the white turnip.

“Turnips are generally spoiled by over-cooking. The rutabaga requires forty-five minutes of steady boiling to make it tender, and the white turnip about thirty minutes. If cooked too long, they grow dark in color and strong in flavor.

Sidebar in middle of page: “To Our Readers: Good Health desires this new Department of Diet to be more than just a convenient grouping of articles pertaining to food. We want it to be your department. The articles which you read here we want to be but part of the service which it is designed to provide. The editor will be glad to have you write her about food problems that you do not see discussed in her Department, and to receive suggestions for making these pages practical and of use to every reader of Good Health.

“Have the turnips peeled and sliced. Drop the slices into a stewpan with boiling water enough to cover generously. Cook until tender, then drain well. They are now ready to mash or chop. If they are to be served mashed, put them back in the stewpan; mash with a wooden vegetable masher, as metal is apt to impart an unpleasant taste. Season with salt and butter.

“Hashed turnips are excellent and easily prepared: Chop the boiled, drained turnips into rather large pieces. Return to the stewpan, and for a pint and a half of turnips add a teaspoonful of salt, a tablespoonful of butter, and four tablespoonsfuls of water. Then the stewpan may be placed over the hot fire and shaken frequently to toss up the turnips. When the turnips have been cooking five minutes in this manner add half a pint of milk and cook ten minutes.

“Carrots: ’The carrot is valuable as a vegetable and as a flavorer. As the carrot grows old, the flavor grows stronger and usually the heart grows hard and woody. When it has reached this stage, only the outer layers are desirable for food. Carrots should be cooked in salted boiling water. The young carrots will cook in twenty minutes and old ones in forty. Carrots may be creamed, or used cold for a salad. Served with peas they make a very nourishing dish, and they are indispensable in vegetable hash and soups.

“Parsnips: Parsnips have so pronounced a flavor that they are not so generally liked as are most of the other roots. They are at their best in the early spring when they have been kept in the ground all winter. Parsnips may be prepared in the same way as turnips and they may also be creamed and par broiled in butter or oil.

“Salsify or Vegetable Oyster: This is another root that may be left in the ground over winter to be used as a spring vegetable. It is sometimes called the oyster plant because of its peculiar flavor.

“Select rather large firm roots and scrape. Put at once into cold water to which has been added a spoonful of flour to prevent discoloration. Slice and cook in boiling salted water. They will cook tender in about thirty minutes. Serve with a white sauce or simply buttered.

“Beets: Beets are among our most useful vegetables
since they may be had all through the summer as well as in the winter. After boiling, they may be served with white sauce, buttered, or used in hash or salads. This is a favorite beet salad:

- 1 cup diced, boiled beets.
- 1 cup cooked string beans
- ¼ cup boiled dressing
- 1 tablespoon cream
- ½ teaspoon grated onion

“Cut the cold, boiled beets into three-fourths inch cubes. Cut cold, cooked beans into one-half inch lengths. Add the onion juice and the cream to a boiled dressing. Mix the beets and the beans with the dressing and garnish with lettuce.

“Onions: The onion is a much used flavorer. As a vegetable it may be prepared in a variety of ways. The white onions are the most delicate. The large Spanish or Bermuda onions are also delicate and suitable for a table vegetable.

When baked, onions are more delicious than if boiled, fried or raw. After the onions have been boiled until tender, without being broken, they should be drained, placed on a buttered pan and brushed with melted butter. They may then be baked until nicely browned. Another way of baking onions is to bake them without peeling until tender, and then removing the hearts, serve.” Address: B.S.


• Summary: “This term in its present connection designates society women or those who do not engage in housewifely duties or do any regular remunerative work.

“Such women are anything but idle, in fact they probably work hard at their self-imposed tasks more hours out of the twenty-four than business women do. Social, civic, charitable and at the present time, Red Cross activities, keep the woman of leisure going from morning until midnight, and it is a serious problem to keep her physical powers at par, with sufficient reserve strength to meet all the demands upon her, season in, and year out. She must needs look rested, smiling, and serene, whenever she appears in public in order not to lose caste because she is ‘dull, faded, and worn out.”

“Because sleep is what she most requires and does not get, the woman of leisure lives at high nervous tension and it is to keep at constant pitch that she falls into one of the worst habits—the use of such narcotics as tea, coffee and other injurious beverages. Strong coffee morning and after dinner, with many cups of afternoon tea will tear down any nervous system and weaken the heart’s action besides causing disorders of other organs.

“The theobromin [theobromine] in ordinary cocoas and chocolate is also a poison alkaloid, and chocolate used either as confectionary or beverage is a very bad thing for digestion. The purest of water and an abundance of it—eight or ten glasses daily—and fruit juices of all kinds are wholesome and most truly refreshing for the hard worked woman of ‘leisure.’ The juice of grapes, oranges, lemons, grapefruit, pineapples, the loganberries and other berries, are all delicious. Some juices can be combined or diluted with carbonated waters by way of variety.

“The soda fountain habit should not be encouraged as many of the sirups [syrups] and fruit drinks are compounded in the chemical laboratories and never saw a fruit tree or berry bush. The heavy corn and cane sugar sirup spoil the natural flavor of the berry and are also very irritating and cloying.

“When it comes to food, a woman’s diet will vary somewhat according to the amount of energy she expends. If she sits many hours daily and spends the greater part of her time indoors or sitting in an automobile when she takes the fresh air, her diet is that of a sedentary person. If she follows any of the athletic sports, or dances a great deal, or is accustomed to walking much, either indoors or out, she will require more calories daily and more of the carbohydrate foods.

“The most important thing is to keep the digestive apparatus working in a normal way with regular and sufficient bowel movements to remove all waste products on schedule time so that poisons may not be reabsorbed from the colon.

“Two or three bowel movements daily are really necessary to health. Normally, the bowels should move after every meal. The putrefaction of undigested food remnants in the colon is the cause of many chronic diseases.

“In nine cases out of ten constipation is due to deficient bulk in the food. Various foods are possessed of laxative qualities, and one which is especially favorable is wheat bran. The woman of leisure will do well to make bran a feature of every meal in her own home. She may use it with cereals, in bread or muffins, or she may stir the bran in water and drink it before meals. Bran is really delicious eaten as a porridge with cream or with fruit and fruit juice.

“A generous fruit diet is recommended and fruits should be eaten several times daily, either fresh or cooked, preferably fresh. When dinner is eaten at night, as is usually the case, it should be lighter than in customary, and it is a great mistake to partake of a late night lunch.

“One of the most active of society women describes the diet to which she attributes her good health, endurance, and freedom from pain of all kinds: ‘A glass of water on rising, with a breakfast consisting of a glass of fruit juice, some ready-to-eat cereal with cream, some fruit and two slices of crisp bran toast. For luncheon, fruit, some coarse grain bread, two or three vegetables including a moderate sized baked potato. Bran is eaten in spinach, squash, or some other vegetable. The evening meal includes soup, vegetables, fruit and some simple dessert.’ The woman avoids rich dishes of all kinds and never eats meat. She volunteered the remark that it takes very much less tact in these days to follow her
diet than some years ago when it was more customary to eat heavily of meat and rich foods than it is now. She also finds no trouble in avoiding tea drinking at afternoon functions and makes a mere pretense of eating at very late suppers.

“A general dietetic rule for women of leisure is to eat only fruits, vegetables and cereals, and to be as regular in their meals as is possible.

“The two great sins against health committed by women of leisure are irregularity in eating and too few hours devoted to sleep.” Address: B.S.

• Summary: “Will Attend Meeting–Miss Lenna F. Cooper, director of the Battle Creek School of Health and Household Economics, will leave this afternoon for Lansing [Michigan]. Miss Cooper has been asked by Mr. Prescott of Lansing, to help in the follow-up work of the food conservation campaign. This evening Dr. L.R. Wilbur will address the meeting in Lansing.”

• Summary: “1000 men to give one dollar each for the protection of their children and homes from the scourge of mankind–Tuberculosis. Tuberculosis kills more people than any other disease. The ladies have done well but they need $1,000 more to maintain the free anti-tuberculosis clinic, where Anyone can be examined free of charge and get free treatment when needed. Pay your dollar or buy one dollar’s worth of stamps.

“Pay your dollar to any member of the committee.
“Mrs. Ruth Price.
“Mrs. F.C. Stillson.
“Mrs. Joseph Stewart.
“Mrs. Mary Anderson.
“Miss Lenna Cooper.”

• Summary: “Miss Lenna Cooper Is Ill. Miss Lenna Cooper, dean of the School of Home Economics, is ill with a severe cold.”

312. Cooper, Lenna F. 1917. For meatless days–and wheatless days. Good Health (Battle Creek, Michigan) 52(12):644-47, Dec.
• Summary: “The phrase, ‘meatless days,’ is likely to frighten the housewife who has not been used to preparing a non-meat menu. It sounds hard and mysterious, when as a matter of fact, a meatless day is just what the phrase implies—a day when meat foods are dropped from the regular bill-of-fare.

“That is about all there is to it. Elaborate substitutes are not necessary. The only care necessary is to serve at each meal a dish—one is enough—of a food in which protein plays the leading part. An egg or a side dish of beans (any kind), dried peas, or lentils, will answer the purpose. Also a serving of cheese is good, a glass of milk, or a dish of nuts.

“Plan Simple Menus: By all means, the housewife for her meatless days—and why should not every day be a meatless day—should seek to avoid complicated menus. Have each bill-of-fare as simple as possible—a precaution that is especially valuable in these days when we need to be economical of all kinds of foodstuffs.

“Breakfast
“Orange
“Hominy (Granulated)
“Eggs in cream
“Toasted whole-wheat bread
“Cereal coffee, with milk
“Butter
“Dinner
“Tomato soup
“Boston baked beans
“Mashed potato
“Asparagus
“Banana and walnut salad
“Apple pie
“Bread
“Butter
“Luncheon
“Creamed toast
“Baked potato
“Yogurt cheese
“Oaten gems
“Butter
“Here is another combination:
“Breakfast:
“Grape fruit
“Toasted rice flakes
“Potato cakes
“Rye puffs
“Buttermilk
“Dinner:
“Macaroni with eggs
“Mashed sweet potatoes
“Spinach
“Fruit salad
“Rice pudding
“Corn puffs
“Luncheon:
“Green lima bean toast
“Breaded tomatoes
“Banana dessert
“Hominy gems
“— and Wheatless Days.
“American people should not regard the war as an
unmixed evil if it makes them acquainted with corn meal, rice, rye, oats, and barley.

“Bread is the staff of life, but this does not mean bread made out of finely milled flours. When it refers to wheat bread, it refers to bread from the whole grain, with the bran, to promote intestinal action and the mineral salts to build up vital structures of the body.”


• Summary: In the chapter titled “The feeding of diabetics,” the section on “Legumes” (p. 64-65) states: “The soy bean is a remarkable legume which is two-fifths fat and one-third protein, giving a food content closely resembling fat meat with the addition of a small amount of carbohydrate—about one-fourth the total food value. The soy bean is a highly valuable food for diabetics.”

A table titled the “Food value of legumes” compares the nutritional composition of “peas, beans, lentils, and soy bean.” The latter contains 38% “protein calories” (32% of total calories come from protein), 48.0 fats calories (40%), 34.0 carbohydrate calories (28%), and 120.0 calories per oz. A table titled “Foods containing a moderate amount of carbohydrates” (p. 81-82) includes soy bean, peanuts, nuts of all sorts, Protose, and Nuttolene. A table titled “Caloric value of diabetic foods” (p. 164) includes “Beans, Soja,” and “Gluten mush.”

Note: This is the earliest document seen (March 2018) in which Dr. John Harvey Kellogg writes in some detail about soybeans; he praises them. He also thanks Miss Lenna F. Cooper (Director of the Battle Creek Sanitarium School of Home Economics) and Miss Corinne King (Head Dietitian of the Sanitarium) for their excellent recipes and standard bills-of-faire. Under each recipe is given per-serving nutritional information: Weight of one serving, and calories from protein, fats, carbohydrate, and total.

The book contains many recipes which use wheat gluten: Gluten egg toast (p. 129-30), Gluten bran bread (p. 143), Gluten griddle cakes (p. 143-44), 40% gluten puffs, Gluten bread, 80% gluten puffs (p. 144-45), 40% gluten mush, Cream gluten mush (p. 158).

Also discusses: Agar-agar (p. 107), Cream of almond soup (with almond butter, p. 119), almonds (p. 63, 145), chronic intestinal toxemia as a cause of diabetes (p. 17, 27, 106-07), constipation (p. 106-07), essential features of the new method (p. 19-27, 165-67), peanuts (p. 63), bran (p. 56, 106-07, 144), fasting (p. 24-26), lentils (p. 65), nut butter (p. 121-22), vegetable proteins (p. 61-63), vegetarian diet (p. 61, 166). Address: M.D., LL.D., Chief Medical Director, Battle Creek Sanitarium, Battle Creek, Michigan.


• Summary: “Seal Campaign Finished–The Red Cross Christmas seal campaign is finished and the results are very satisfactory. The Sanitarium did its full share, contributing $204.60 to the sum total, with an additional $25, the personal donation of Dr. J.H. Kellogg. The Postum Cereal company gave $100 and George Rich of the Rich Steel Products company contributed $50. The Woman’s league had the campaign in charge, Mrs. Ruth Price being delegated chairman of the committee directing the work, with Mrs. Fred C. Stillson, Mrs. Joseph Stewart, Miss Mary Anderson and Miss Lenna F. Cooper her assisting members.”

Note: In 1918 the Daily Moon and the Daily Journal in Battle Creek merged to become the Battle Creek Moon-Journal.


• Summary: “Mrs WiWilliam [sic, William] Joslyn of Chicago is at the Sanitarium taking treatment. Her sister, Miss Lenna F. Cooper, went to Chicago and accompanied her sister here.”


• Summary: “Upon his return from Washington Wednesday Food Administrator Prescott directed his assistants to speed up the preparations for the follow-up food pledge card campaign which will be made within the next month, probably the first week in February. Dean Georgia L. White of the M.A.C. who will be in direct charge has nearly completed her organization for handling this important work. Some of the best known women in Michigan have accepted county chairmanships for this drive, which is expected to clean up all territory overlooked during the initial canvas made last October. Miss Lenna Cooper of the Sanitarium will be chairman for Calhoun county.”


• Summary: “Discussed Civic Duty. ‘They shoot through the eye and lodge in the brain.’ This is what Miss Lenna Cooper quoted regarding moving pictures when she addressed the Woman’s League on Wednesday, and explained why she considers it a civic duty that this form of entertainment should be regulated for the sake of the children who attend. The possible malnutrition of children, Miss Cooper considers one of the mistakes which may follow upon conservation
should this contingency not be guarded against. Milk was described to the audience as the ‘greatest factor of safety’ in the diet of a child. Under the present conditions, when the cream is so often skimmed from the milk for use in the adults’ coffee, and oleomargarine is substituted for butter, Miss Cooper believes the proper development of the child to be endangered. The provision of a warm noon-day lunch, composed of nutritious food and served at cost in the schools, was suggested by the speaker as an effective means of guarding against malnutrition. ‘The most humanizing and socializing influence which has been introduced into the school’ is what Miss Errington of No. 4 school was quoted as saying with regard to the lunches now served in that school. ‘The knowledge of marketing conditions,’ Miss Cooper believes is a civic duty which devolves upon women. The fact that the consumer has to pay extra in behalf of the careless housewife, who, not planning her menus in advance, adds to the expense of the merchant resultant upon many deliveries, was cited by the speaker. With the reminder that we can help our city to conserve food and thus aid the allies to win the war. Miss Cooper closed her able consideration of woman’s civic duties. ‘Dost Thou Know that Fair Land,’ from the opera ‘Mignon,’ sung by Miss Maude Russel, was Wednesday’s musical feature at the league.”


*Summary:* “Topics of more than usual interest were set forth and discussed in a well written paper by Miss Lenna Cooper, of the Sanitarium, at the meeting of the civics department of the Woman’s League at Willard library, Wednesday afternoon, her subject being ‘Some Civic Problems for Battle Creek Women.’

“She spoke of the sacred obligation resting upon women in the care of children. Parents alone are not responsible for the morals of their children but every influence which touches a child’s life is one of the building stones of its character. The school, the street, the library and the movie, all come in for their share of responsibility.

“We are proud of our schools, there are none better, and also of the fact that women have a recognized place and responsibility in school affairs. Our splendid children’s department in the public library is also influencing many children’s lives but another factor, the moving picture show, is not as well supervised. The majority of movie films are made for adults who form 80 percent of the patronage and children make up the other 20 percent. Good films should be had for the asking and proper means taken to secure children’s patronage.

“Miss Cooper suggested children’s matinees, the films to be previously censored by a local board of women, chosen by some representative organization. That such a plan would meet with hearty co-operation on the part of the theater managers, one has good reason to believe.

“‘The delinquent children of our city, made so by unfortunate home conditions or civic conditions came in for a goodly share of discussion. Girls are better protected than boys and the Girls’ Protective League, under the War Recreation Board, should have a counter part in the Boys’ Protective League. Battle Creek should have a juvenile court of its own. As it can only be brought about by legislative enactment, why should not Battle Creek women start an agitation favoring it?

“The physical influences should interest us as well as the mental and moral. A poorly nourished child can not properly develop either morally or mentally. Lack of knowledge and not poverty is often responsible for this condition. We should emphasize the importance of milk in a child’s diet. He should have three or four glasses of milk per day and with cereals and vegetables, his dietetic needs are thus met.

“With the problem of high cost of living before us the first thing that is curtailed is milk.

“Miss Cooper stated that from reports given her by milk dealers, families were buying one quart of milk per day, pouring off the cream for the adults’ use in coffee and giving the children the skimmed milk which does not contain the fats so necessary to their development. Substitution ‘Oleo’ for butter, too, is depriving the children of much nourishment. She cited the plan of the warm noon-day school lunch at No. 4 school in our city, with Miss Georgia Errington as its instigator together with the co-operation of the Parent-Teacher association.

“This winter it costs eight cents, the Sanitarium Dietetics School furnishing the food and doing the work, and charging only for bare cost of materials. Teachers and children go to the table together, where close attention is given to manners and sociability. Instances were told where children had been able to make grades and had improved physically as well as the result of this experiment.

“Miss Cooper spoke at length of the evils of the delivery system and made many helpful suggestions as to how many of them could be overcome. The cash and carry plan has worked out beautifully in many cities and is becoming popular in Battle Creek. By this means the cost of six cents to ten cents per delivering [sic] is saved the consumer. Thoughtful housewives should plan their menus ahead, ordering staples a week ahead and groceries only once a day, instead of obliging the delivery wagon to stop five times a day. Grocery men say some homes have required this service.

“The public market may not be a success in a city of this size, unless properly and economically run by a person who understands the business. We must help our city conserve its food supply in order to win this war. Statistics say that hotels and restaurants are conserving more than twice as much wheat and meat as the housewives.

“Mrs. L.B. Anderson presided over the meeting. The recommendations regarding the changing of the amendments

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to the amendment of the by-laws of the Woman’s League were unanimously carried.

“Miss Maud Russell contributed to the program two solos, ‘Dost Thou Know That Sweet Land?’ by Thomas and ‘A Bowl of Roses’ by Clark, in a very delightful manner.”

• Summary: “Art in Digestion. Miss Lenna Cooper of the Sanitarium believes that there is art in digestion, this is why Wednesday’s program was planned by the art department of the Women’s league she consented to address the club giving her views on this subject. In proof of her theme that there is art in digestion Miss Cooper cited two experiments made upon dogs by a Russian scientist. The first experiment consisted in the making of an opening in the aesophagus of a dog in order that the food, after it had been masticated, would pass out into a receptacle instead of into the dog’s stomach. The second experiment consisted of the making of an opening in the stomach of the dog through which the digestive processes could be observed. The dog was then allowed to taste food which it was known to relish. Although this food passed into the receptacle, after mastication the gastric juice at once began to flow as a result of the pleasant psychic influence. Previous to this experiment it was believed that friction against the wall of the stomach excited the flow of the gastric juice. When food was placed in the dog’s stomach, without the knowledge of the dog, a half hour was necessary before the juice began to flow. Miss Cooper believed that there is a practical lesson which all should observe to be derived from these experiments. The manner in which a pleasant odor, taste or sight will serve to excite the digestive juice was mentioned. The beautiful contour of a cake, according to Miss Cooper, may stimulate the gastric juice, and that which appeals to our aesthetic sense often appeals to our appetite. Miss Cooper believes that art and the digestion have an intimate connection which we cannot afford to overlook. She drew a very practical lesson from her discussion with regard to the feeding of children. An interesting and comprehensive talk on food conservation was given by Mrs. Hall, instructor at the school of [home] economics of the Sanitarium. Mrs. Hall illustrated her work by daintily prepared food consisting of various kinds of bread, pies, cake, salads, tarts, cookies, all demonstrating the conservation of wheat, sugar and fats. After the talk she invited the ladies to partake of her samples. Miss Joyce Syler read an excellent paper on rugs...”

• Summary: “Miss Lenna F. Cooper, head of the School of Home Economics of the Sanitarium, has returned from a ten days’ trip to the east during which she attended a convention of the National Home Economics Association in Atlantic City [New Jersey]. On her return, she stopped in New York City for a short visit.”

• Summary: “Post Theatre. Wed. Night. Only May 29th. “Belgium’s great story told by one of her survivors.” “We have heard this wonderful story told by Mrs. Clark and recommend that every one should hear her.” “Miss Lenna F. Cooper (Sanitarium) “Rev. George E. Barnes “Roy E. Brownell “Prices 25¢, 35¢, 50¢. All reserved.”

• Summary: “Plans for another big food conservation campaign are being formed by Miss Lenna Cooper of the Sanitarium, head of the Calhoun Food Conservation committee and County Food Administrator Fred Barnhard. The message of food conservation and what it means to the country, and the cause, during the war will be carried to the people through the churches and the fraternal organizations [e.g., Order of Elks, Lions Club, Odd Fellows, Moose, Rotary, etc.]. “May 26 has been set aside as Food Conservation Sunday in the churches. Speakers will be furnished to some while in others the pastors will discuss the food situation and urge the members of their congregations to greater efforts in the saving of foodstuffs, and the substituting of non-essentials for the foods that are vitally needed by the soldiers at the front. Plans for the campaign in the lodges will be announced later.”

• Summary: “Tuesday, two important conservation meetings are scheduled for Battle Creek. Officials in charge of national food administration work will present facts and outline plans that will aid much in future activities.

“Miss Lenna Frances Cooper, of the Sanitarium school of home economics, who is the federal committee appointee for this section of Michigan, has called the first meeting for Tuesday afternoon at 2:30 in the Y.W.C.A. gymnasium...”

324. Evening News (The) (Battle Creek, Michigan). 1918. Will show women use of wheat substitutes: students of cookery to give public demonstration Thursday and Friday. Canning institute is next: Latter will take place at high school
next week Thursday and Friday—Both should be attended by housewives of city. June 3. p. 8.

**Summary:** "Two important food demonstrations will be given for the benefit of Battle Creek housewives within the next two weeks, and as both have a direct bearing on the wartime duties of the general public during the present national crisis, they should be well attended.

"The girls of the Sanitarium School of Home Economics, under the direction of Miss Lenna Frances Cooper, head of the school and chairman of the county conservation committee, will give a practical demonstration of the use of wheat substitutes Thursday and Friday of this week. It will be given in a central location, possibly the building on East Main street, until recently occupied by the American cafe. The housewives will be shown how to mix wheat-flour substitutes, how to bake, and then will be given samples of the foods made from the substitutes. The plan is to make the two-day demonstration an educational institute for the women of Battle Creek.

"Many housewives have met with poor success in the use of wheat flour substitutes. 'I know that excellent products can be turned out with substitutes, for our girls have been making them,' Miss Cooper declared this morning. The students will give to the women of Battle Creek not only the results of exhaustive experiments made at the school, but will work out before their eyes foods made in accordance with United States food administration receipts" [recipes].


**Summary:** "Food Conservation Exhibit—The first food conservation exhibit in Battle Creek is to be held Thursday afternoon from 2 o’clock to 4:30 in the new McCrea building on East Main street, formerly occupied by the American cafe. It is to be the first of a series planned by Miss Lenna F. Cooper, of the Sanitarium, who is chairman of the food conservation movement in this section of Michigan, and will be repeated on Friday afternoon. The exhibit will be made by the Sanitarium School of Home Economics and the following exhibits are to be featured: rice, oat, potato, corn and fat. The articles will be cooked and served and the ladies attending are requested to bring their note books and pencils, that they may be able to secure the recipes used..."


**Summary:** "The second and final day of the food demonstration held by the Sanitarium School of Home Economics in the McRae building on East Main street occurred today. Miss Lenna Cooper, head of the school, explaining in a short talk the imperative need of wheat conservation and the use of substitutes for wheat.

“It is Miss Cooper’s opinion that the restriction in the use of wheat will not be without benefit from a health standpoint, as people of the United States have not been eating enough coarse breadstuffs to keep them in good physical condition. It will also help from a dietary standpoint, as it will introduce to the public many palatable foodstuffs that heretofore have been greatly neglected.

“In telling of the use of wheat substitutes, Miss Cooper advised her hearers to use their old recipes, using either more or less of the substitute than they had of wheat flour, according to whether it was lighter or heavier than wheat flour. She gave a table of proportions of substitutes to use.” Her students showed that “cake made out of rice flour and waffles made out of barley and rice flour are not only eatable [edible] but actually delicious...”


**Summary:** "Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, and faculty and students are to participate in a lawn party Monday evening at North Lodge. The hours are 8 to 10 and the affair promises to be delightful in each and every feature.”


**Summary:** “The exhibit held in the new McCrea building on East Main street by the senior students of the Sanitarium School of Home Economics, under the direction of Miss Lenna F. Cooper, dean of the school, Thursday and Friday afternoons proved a splendid success. There was a good attendance the first day and that of Friday was still larger.

“There was absolutely no wheat flour used in the entire demonstration of cookery, a fact which aroused no little comment. Among the articles made and served were muffins, loaf bread, waffles, southern spoon bread, cakes and pastry.

“Various wheat substitutes were employed, among them being barley, rye and rice flour, also corn meal. Many of the recipes were arranged by Miss Cooper, who had given them a previous trial, and others are included in a lot of conservation recipes that appear in a cook book which it had been hoped would arrive in time for distribution among the attendants.

“The books are to be sent to the grocers of the city that they may in turn give them to their customers. The recipes cover every department of cookery and will surely prove a valuable aid to housewives in the present crisis.”

“Miss Cooper is the food conservation representative for this section of the state and she is most enthusiastic over the possibilities as they present themselves now, this line being one of the many she intends to feature."
“The Moon-Journal is to co-operate with Miss Cooper and devote space to a food conservation corner in which from time to time valuable conservation recipes and little helpful ideas will appear.”

• Summary: “Saturday afternoon the Woman’s Council of Defense met at the home of Mrs. William Hall. Mrs. Craig Miller of Marshall, Miss Metta Ross and Miss Lenna Cooper of Battle Creek, were present at the meeting, which was very well attended, including a chairman from each school district. Food conservation, cooking and canning were subjects discussed. Miss Cooper suggested the plan to Miss Blake, of organizing a club of girls and boys, that she could take to the various farms, during the harvest so that night assist with the work, at that time. The subject of exercises to be held on flag day in all the schools was discussed, and owing to the fact that the Morgan Park school will not close until that time, flag day exercises will be held there. The meeting was an exceptionally interesting one, and some of the most important topics of the day were discussed.”

• Summary: “Miss Cooper Gave Talk. Miss Lenna Cooper of the Sanitarium gave a very interesting talk at the Parent-Teachers meeting of No. 1 school, Thursday afternoon. Miss Cooper spoke on the feeding of children, and there was also a question box, where the mothers put slips of paper inquiring about the food, and making suggestions. The meeting was unusually instructive, and much assistance was given to the mothers, in what to feed a child at breakfast, etc. The fourth grade received the prize picture this month for the second time, having the most number of mothers present at the meeting... This was the last meeting of the association of the semester.”

• Summary: “Conservation Chairman. Mrs. E.H. Coller has consented to act as chairman of the committee for the prevention of the waste of food during the summer season. This effort will come under the general head of food conservation and has been introduced by food conservation interests of the county. Mrs. Coller’s committee has not yet been chosen. Miss Lenna Cooper, chairman of food conservation in the county, called together a group of people interested on Thursday to consult on the subject. Those who met were Fred Bernard, county food administrator; Mrs. E.H. Coller, A.L. Miller and Mrs. [sic, Miss] Cooper. It was on this occasion that Miss Cooper chose Mrs. Coller to head her committee against the waste of food. It will be the duty of Mrs. Coller to know of berries or any article of food which is going to waste because of the lack of pickers. In case she knows of such a situation she will be responsible for getting citizens to volunteer machines in which they will take workers to and from the places where the waste is in progress. To donate machines in such a cause is considered by Mrs. Coller as a war work and she hopes that women, especially those who drive for pleasure, will respond to her call when such a call comes. Similar committees ranged against food waste, have been organized by Miss Cooper in every school district of the county.”

• Summary: “New department added—Beginning today the Moon-Journal adds another department to better serve the needs of the readers in the stress of war times. This is to be known as the Food Conservation Corner, and over it Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics and county chairman of food conservation, will preside. She is in every way fitted to give information on the important question of dietetics, and each and every recipe found in her columns may be relied upon.”

• Summary: “Miss Lenna F. Cooper, county chairman, food conservation.

“The following bulletin has just been received from the food administration. at Washington, containing instruction to housekeepers regarding the storage of flours and meals in warm weather:

“Hot weather frequently produces spoilage in certain and meals if they are not properly cared for, especially those which contain a high percentage fats, moisture or the outer coatings of the grain. To prevent such losses...”

Gives detailed instructions.

“Some more wheatless recipes:”

Gives 4 more.

“Reports from the country indicate there are a large number of green onions available for use just now. This is because the farmers are thinning their beds, and unless the townspeople increase the use of this article for a few days, these onions will go to waste. Therefore, use green onions either in salads or as a cooked vegetable.”

Gives a recipe for “Young onions in cream.”

Note: This type of article was run at least four times.

• Summary: “Miss Lenna F. Cooper, county chairman of the Food Conservation organization, will furnish the Evening News with practical advice for the housewife on food conservation. This feature will appear twice a week. Because of Miss Cooper’s position with the Sanitarium she is peculiarly fitted for this work. Miss Cooper will also answer...”
any questions. Mail Questions to Food and War Column, Care of Evening News.”


*Summary:* “Miss Lenna F. Cooper, county chairman of the Food Conservation organization, will furnish the Evening News with practical advice for the housewife on food conservation. This feature will appear twice a week. Because of Miss Cooper’s position with the Sanitarium she is peculiarly fitted for this work. Miss Cooper will also answer any questions. Mail Questions to Food and War Column, Care of Evening News.”

Contents: 1. Sugar conservation [and substitutes such as corn syrup]. 2. Bread for Patriots. 3. 50% substitute breads: Barley and wheat; Oats and wheat; Rice and wheat. Wheat, corn and barley.

Note: This type of article was run at least 3 times.


*Summary:* “Mrs. George Burch and Miss Lenna Cooper are in Marshall [Michigan] today to attend a committee meeting to plan child welfare work in the county. Mrs. Burch has recently been appointed county chairman of child welfare work, and is also city chairman of the work in Battle Creek. Mrs. Perkins, state chairman of child welfare work, is expected at the meeting in Marshall today. One of the things to be taken up is the establishment of a child welfare booth at the county fair this fall.”


*Summary:* “The American Red Cross Text book on Home Dietics’ by Ada Z. Fish aims to give in a simple way the underlying principles of cookery. ‘The New Cookery,’ by Lenna Frances Cooper of the home economics department of the Sanitarium in our own city is in its third edition, which speaks well for its value. This book says the preface is not for invalids but rather to suggest to the average normal individual those foods which will build for health, strength, and endurance and efficiency. The library has still more books on this absorbing subject of food preparation which will soon be ready for circulation.”


*Summary:* “Mrs. George Burch, city and county chairman of child welfare, has appointed Miss Lenna Cooper of the Sanitarium and Mrs. Oliver Barney of the D.A.R. [Daughters of the American Revolution] as members of her committee. The committee is just now making preparations for their child welfare booth at the county fair, and are receiving cooperation from the Sanitarium in this. After the exhibition at the county fair, weighing and measuring tests of children of pre-school age throughout the county will be taken up. Representatives from the child welfare committee here will attend the district war conference which has been called in Ann Arbor September 4 and 5 by Governor Sleeper.”


*Summary:* “Will Have Thrift Luncheon. Miss Lenna Cooper is chairman of the Thrift luncheon which will be given at the Sanitarium during the Michigan State Federation of Woman’s Clubs in the city in October, in the place of the elaborate banquet which is usually given. Mrs. Ruth Price is now chairman of the new registration of the delegates, taking the place of Mrs. Henry Bidwell, who was unable to retain it.”


*Summary:* “Miss Lenna Cooper, director of the School of Home Economics, has received a telegram from Washington [DC] asking if she will go to that city to accept the position of supervising dietitian with an office in Washington. Miss Cooper thinks it probable that she will accept.”

Note: World War I officially ended on Nov. 11, 1918 which was Armistice Day.


*Summary:* “Miss Lenna Cooper, head of the School of Home Economics of the Sanitarium, has been asked by the war department to take the important position of supervising dietitian of the United States army. She has accepted and will have her office in the surgeon general’s office in Washington [DC]. Miss Cooper’s duties in her new office will be the selecting and instructing of dietitians for the army. Her appointment is a very honorable recognition of the School of Home Economics and of Miss Cooper herself, whose work in recent years has become well and favourably known throughout the country.” Address: Battle Creek, Michigan.


*Summary:* “Is Named County Chairman—Mrs. Frank H, Boos has just been named county chairman of the food conservation department of the Woman’s Committee of the Council of National Defense, to succeed Miss Lenna F. Cooper, of the Sanitarium, who has been called to Washington, D.C., to train and appoint all army and navy dietitians. Mrs. Boos is already taking up the duties devolving upon her, foremost among them being to call attention to the special need of continuing the saving of food in the home that Calhoun county may do its full share in contributing to the supply promised to the allied nations by
the United States Food Administration.”

  • **Summary:** “A special paper on the qualities and proper quantities of foods was read by Miss Elva George, director of dietitian service, American Red Cross. Other speakers were... Miss Lena [sic, Lenna] F. Cooper, supervising dietitian of the army hospitals,...”

  • **Summary:** “A very enjoyable family reunion was held at the home of Mr. and Mrs. S.M. Cooper and daughter Mrs. Laura Cooper Joslin one mile south of town yesterday when they entertained in honor of Mr. and Mrs. Cooper’s son, Mr. Harry Cooper and Mrs. Cooper and Charles Fieneon Cooper who will leave tomorrow for a visit in South Dakota, Seattle, Washington, Sacramento and San Francisco, California. They will sail February 20 for Shanghai, China, where they will be engaged in missionary work. Mr. Cooper has been in charge of the work among the Adventist boys at Camp Funston.”

  Note: Camp Funston was a U.S. Army training camp located on Fort Riley, southwest of Manhattan, Kansas.

  “The other guests present were another son and his wife, Dr. and Mrs. J.E. Cooper and a son John Elbert, Jr., of Battle Creek, Michigan, a son Mr. Walter Cooper of Oklahoma City, a daughter Miss Lenna S. [sic, F.] Cooper of Washington, D.C., and a niece, Miss Jessie Carothers of Wichita. Miss [Lenna] Cooper is supervising dietitian in the hospital for returned soldiers who are ill.”

  • **Summary:** “Next Saturday night there is to be a ‘Mother Goose’ party, given by the faculty of the School of Home Economics for the students at Dr. Kellogg’s residence. They are expecting to have great fun as all will be dressed in Mother Goose costumes.”

  “In letters received from Miss Lenna Cooper, supervising dietitian of the School of Home Economics, who is now doing war work in Washington, D.C., she says she has had a leave of absence and is attending a family reunion in Ottawa, Kansas. This reunion is in honor of a brother, Harold Cooper and family, of Manhattan, Kansas, who are leaving soon to do missionary work in China. Dr. Elbert Cooper of the Sanitarium medical staff and wife are also attending this reunion. Miss Cooper states that she expects to leave Ottawa on Jan. 23, going to St. Louis, Missouri, to visit Jefferson barracks of that place; then on to Camp Sherman at Cincinnati. Then she goes to Fort Benjamin Harrison, Indiana, before returning to Washington, where she will remain a short time and then start on a tour of the Florida camps.”

  • **Summary:** “Thrift Luncheon: Miss Lenna F. Cooper, Chairman; Miss Margaret Hall, Assistant-Chairman.”

  • **Summary:** “Thursday Morning.

  “Sanitarium Chapel, 9 to 11:30 o’clock.

  “Singing, ‘Battle Hymn of the Republic’

  “12 o’clock–Thrift Luncheon, Battle Creek Sanitarium Annex, under direction of Miss Lenna F. Cooper, Dean of Sanitarium School of Home Economics and Chairman Department of Home Economics, M.S.F.W.C.” [Michigan State Federation of Women’s Clubs].

  • **Summary:** “Senior Play Saturday Evening–The seniors of the School of Home Economics are making great arrangements for the presentation of their play Saturday evening in the Sanitarium gymnasium. There are about 18 in the cast and the play to be presented is ‘Green Stockings.’ The class numbers thirty. It is hoped that the dean of the school, Miss Lenna F. Cooper, would be home from Washington, D.C., in time to witness the production but she is not as yet able to tell just when she can be released from her war service. She has been looking after the selection of army dietitians for the war department and superintending dietetic activities.”

  • **Summary:** “Miss Cooper Here Soon–Latest word from Washington, D.C., brings the glad news that Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, is to return to Battle Creek in time for the commencement exercises, June 4, the date for her coming being the week of May 25. Miss Cooper was called to Washington last November to become supervising dietitian of the medical department, United States Army, her offices being in the surgeon-general’s department. She has not been back in the interim and her return is awaited with eager expectancy.”

  • **Summary:** “Not Home for Awhile.–Miss Lenna F. Cooper dean of the Sanitarium School of Home Economics, is not to return to Battle Creek for the graduation exercises as had been hoped by the students and officials of the institution...”
itself. A letter from her states that it will be impossible for her to leave he post of duty in Washington, D.C., where she was called by the government to serve as supervisor of dietetics for the United States Army."


*Summary:* “Class of 1919 of the School of Home Economics will take place Wednesday evening, June 4, in the Sanitarium gymnasium, when diplomas will be awarded to a class of thirty. Both Dr. J.H. Kellogg and Dean Lenna Frances Cooper, both of whom have been away for some time, will be present for the presentation.

The 1919 graduates are.” The name of each graduate, all women, is given.

“Impossible is UnAmerican,” the class motto is said to have been well lived up to in the work of the class. The colors are green and white, which should lend themselves unusually well to decorative purposes at the exercises and in connection with the various events of the occasion.

“The program for the graduation is as follows:

“Overture, ‘La Burlesque’. Suppe, Sanitarium orchestra, William T. Drever, director; Presentation of class. Lenna Frances Cooper; Presentation of diplomas, John Harvey Kellogg, M.D.; Benediction.

“The class day exercises were scheduled for this afternoon on the college grounds. This evening Miss Cooper will entertain the students, alumni, faculty and a number of invited guests, relatives and friends of the graduates, at a lawn party at North lodge. Following the graduation exercises tomorrow evening the annual reception to the class by the Alumni association will be given.” Address: Battle Creek, Michigan.


*Summary:* “Graduation exercises for the Sanitarium School of Home Economics, are to be held in the gymnasium of the Sanitarium Wednesday evening beginning promptly at 8 o’clock. at that time 30 students are to receive their diplomas. Both Dr. J.H. Kellogg and Miss Lenna F. Cooper will be in attendance, arriving in due time for the occasion, Miss Cooper from Washington, D.C., where she was called by the Federal government to direct the selection and training of dietitians for the United States Army.

“The address is to be delivered by Dr. Wishard, of Grand Rapids, and the Sanitarium orchestra, directed by William T. Drever, will play suitable selections...”

“There are many enjoyable parties featured for the pleasure of the graduates and students of the other classes but the one listed last and one which promises to be exceptionally charming is the lawn party with Miss. Cooper as hostess. This will be given tonight on north Lodge grounds and music and refreshments are to be special features.”


*Summary:* “To lecture in New England–Miss Margaret Hall, who was acting dean of the School of Home Economics during the greater part of the school year, in the absence of Miss Lenna Cooper, left on Sunday, following the close of school...

“Returning to Washington.–Miss Lenna Cooper, dean of the School of Home Economics, left on Sunday for Madison, Wisconsin, after a short stay here to attend the annual convention of the American Home Economics association. Miss Cooper is chairman of the institution section at the convention, and gives an address on Tuesday on ‘The Supervising Dietitian.’ The meeting continues throughout the week. Miss Cooper expects to be back in Washington by June 15, to resume her duties as head of the dietetic section of the surgeon’s general office. She expects to return to Battle Creek and to her work as head of the School of Home Economics late in August” [1919].


*Summary:* “Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, but who has been in Washington, D.C. as head of the new dietetic department of the U.S. Army the past seven months, has been enjoying a furlough visit here which permitted her to be present at the graduation of the 1919 class.

“She has now departed for Madison, Wisconsin, where she is to address the American Home Economics Convention at the university. Her top is announced as ‘The Supervising Dietitian.’ She is chairman of the institutional section.

“Miss Margaret Hall, acting dean of the Sanitarium School of Home Economics, accompanied Miss Cooper on the journey, bound for her home city, Superior, Wisconsin, where she is to spend her two weeks’ vacation, then proceed to take up her duties as chautauqua lecturer, going this summer through the New England states.

“Miss Cooper is looking unusually well following her stay in the capitol city, and she was given a glad greeting from her many friends in Battle Creek.

“It is not known just when she will be able to return to Battle Creek for permanent residence. She was called to administer the duties devolving upon her as head of the dietetic section of the personnel division of the United States Army, with offices in the surgeon general’s department. Her activities involved the inspection of most of the larger..."
army hospitals as well as the selection and placing of many dietitians engaged for the service and the general supervision and keeping of records. Approximately 350 dietitians have been added to the staff since the branch was established by Miss Cooper.

“When speaking of the work in which she is now engaged, Miss Cooper said: ‘There were no dietitians in the army hospitals prior to the war, but as an evidence that their work is appreciated since it was established, I have but to cite the fact that there is an ever increasing demand for specialists able to handle the work. As many as 10 dietitians have been placed in a single hospital. It is their mission to work out the entire plan for the feeding, with the exception of the buying, their domain included the selection and preparation of food and the working out of menus.

‘‘Doctors freely admit that the matter of diet is one of the chief considerations in the treatment of chronic cases of many kinds. In the army camps and in most of the camp hospitals, I believe, while there were no dietitians, something of the desired result was secured by having scientific specialists co-operate with the practical men in charge of the cooks’ and bakers’ schools, Colonel Merlin of Cornell Medical college, and Major Haskins of the Northwestern Medical college, which is connected with Columbia university.

‘‘It can be said in truth that the United States Army had the best food of any. It would compare in quality with that served in the average American home.’’


‘‘More calls come in from our graduates than we can supply. School affiliated with Sanitarium affords comprehensive practical training in connection with the theoretic work. Located in a beautiful part of the state, presents exceptional surroundings for studying with advantages for most healthful recreation.

‘‘Tuition and living expenses moderate. Opportunities to defray part of expenses Illustrated prospectus on request.

‘‘Lena [sic, Lenna] Frances Cooper, Dean, Box 10, Battle Creek, Michigan.’’ Address: Director.

356. New York Times. 1919. Horace Fletcher dies in Copenhagen: dietetics expert was originator of a system for proper mastication of food. His experiments at Yale. Official food economist taught “Fletcherism” to 8,000,000 starving Belgians during the war. July 14. • Summary: “Copenhagen, Jan. 13.—Dr. Horace Fletcher, widely known as an expert on dietetics, died here today from bronchitis after a long illness. Dr. Fletcher was the originator of ‘Fletcherism,’ or ‘Fletcherizing,’ as it was better known—a system for the proper mastication of food. He became known the world over as the proclaimer of the theory that the more you chew the less you eat, and for years he directed experiments along these lines.

“He was nearly as well known in England and Northern Europe, where he spent much of his time for several years, as in America. He was reputed to be a millionaire, but never attracted wide public attention until, on retiring, he devoted himself to globe-trotting and to hobbies. His first hobby, which he called ‘mental culture,’ which expounded the theory of mind over matter, never gained many followers, but his exploitation of the art of chewing, which began about fourteen years ago, attracted worldwide attention, gained the endorsement of many scientists, and has probably been adopted by thousands of persons.

“The theory is, in brief, that everybody eats too much and that the cure is to be found in thorough mastication of food. Some years ago Dr. Fletcher gave up his residence at the Waldorf to take a model flat on Thirty-first Street, near First Avenue, in order, he said, to make an attempt to spread his ideas where they would do the most good.

“Horace Fletcher was born in Lawrence, Massachusetts, in 1849 and was educated in Dartmouth College, Since 1865 he had been a traveler, author, and lecturer. He carried out experiments in the University of Cambridge and Yale University, and was a member of many health, sociological, and geographical societies and the author of many books.

“During the war Dr. Fletcher was a food economist for the Commission for Relief in Belgium. He was given the full opportunity there to demonstrate the worth of ‘Fletcherism’ through which he taught the 8,000,000 starving Belgians to get the full nourishment from their food. Early in 1912 he had himself subsisted on a diet of potatoes for fifty-eight days.

“Dr. Fletcher was a member of the Committee of One Hundred on National Health, President of the National Mouth Hygiene Association, a member of the National Commission of Mental Hygiene, Vice President of the Food Reform Society of England, a member of the Japan Society of London and the Japan Society of New York. He was a member of the Lotos Club of this city, the Royal Societies, Authors’, Arts, (London,) and the Tavern of Boston.

“Some of his books were: ‘A.B.C. of Snap Shooting,’ ‘Menticulture,’ ‘Nature’s Food Filter,’ and ‘Fletcherism: What It Is.’ This and other works were translated into Italian, Hungarian, Polish, and Russian.”

Note: Horace Fletcher never earned an M.D. degree and was therefore not a physician or medical doctor, according to two authoritative sources: (1) Directory of Deceased American Physicians, 1804-1929 (2 vols.), (2) American Medical Directory, editions 1-6 (1906-1918).

In both books there were listings for “Horace Fletcher” but no “Horace Fletcher.” Thanks to James Liu of Lane Medical Library, Stanford University, for
doing this research.


• **Summary:** “offers three—distinct and separate—courses in
  Home Economics to qualify you as
  “Dietitian–Teacher–Home Maker
  “More calls come in for our graduates than we can
  supply. School affiliated with great Battle Creek Sanitarium
  affords comprehensive practical training in connection with
  the theoretical work. School located in a beautiful part of the
  state, students enjoy exceptional surroundings for studying,
  with unusual advantages of healthful recreation.
  “Tuition and living expenses moderate. Opportunities to
defray part of expense. Illustrated prospectus upon request.

Address:
  “Lenna Frances Cooper, B.S., Dean, Box 10, Battle
  Creek, Michigan.”

  Sept. 3. p. 9, cols. 6-7.

• **Summary:** “Miss Lenna F. Cooper, dean of the Sanitarium
  School of Home Economics, has returned to her duties after
  a vacation trip. During the war Miss Cooper spent some time
  in France doing dietetic work.”


• **Summary:** “The School of Home Economics of the
  Sanitarium will open its fourteenth year September 16.
  An unusually large enrollment is expected. Miss Lenna F.
  Cooper, dean of the school is now attending a convention of
  dietitians in Cincinnati [Ohio], but will return the latter part
  of this week. During the war Miss Cooper was supervising
  Dietitian of the United States Army, with headquarters in
  Washington, D.C.”

360. *Cincinnati Enquirer (Ohio).* 1919. Women’s war work

• **Summary:** “I think it is probably due to a lack of publicity
  that in the home-coming celebrations of the return of soldiers
  little attention has been paid to the women of the army,”
said Miss Lenna F. Cooper, former Supervising Dietitian of
  the United States Army, now Dean of the School of Home
  Economics, Battle Creek, Michigan, yesterday. Miss Cooper
  is Vice President of the American Dietetic Association, now
  meeting at the Hotel Gibson [in Cincinnati].
  “There are 22,000 nurses in the army,” continued Miss
  Cooper. “There were 350 dietitians. There was at first one of
  each hospital, and then the need and demand became so great
  that the number was increased to ten for each hospital.”
  “This is the first war where women have had an
  opportunity to serve in any other capacity than as nurse.”

361. *Cleveland Plain Dealer (Ohio).* 1919. Better hospitals
  asked: Cleveland man speaks at convention in Cincinnati.
  Sept. 9. p. 13, col. 5.

• **Summary:** Dr. Andrew W. Warner, superintendent of
  Lakeside Hospital, Cleveland, and president of the American
  Hospital Association, made a strong statement just before he
  opened the convention of the association in Cleveland.
  “Sessions of the American Dietetic Association and the
  American hospital conference will be held simultaneously
  with the American Hospital Association.”

362. *Cincinnati Enquirer (Ohio).* 1919. Labor problem faced

• **Summary:** “The need of competent dietitians and the
  lack of requisite training were emphasized during the war,
  Miss Geraghty said, General discussions of the two papers
  were led by Miss Lena [sic, Lenna] F. Cooper, formerly
  supervising dietitian, United States army...”

  Moonbeams. Sept. 11. p. 5, col. 3.

• **Summary:** “San Delegation in Cincinnati–A delegation
  from the Sanitarium has gone to Cincinnati to attend a
  national hospital convention held in that city this week and
  in which they will take an important part. The group includes
  Miss Lenna F. Cooper, dean of the Sanitarium School of
  Home Economics, Miss Van Dorn, chief dietitian of the
  Sanitarium, Dr. Charles E. Stewart and M.W. Wentworth.”

364. *Battle Creek Moon-Journal (Michigan).* 1919. Infant
  welfare work resumes: committee prepares to establish
  station in city for holding of clinics. Nurse to look after
  activities there and also visit homes to secure results. Sept.
  13. p. 12, col. 3.

• **Summary:** “To keep well babies well and insure proper
  treatment for the babies not well will be the work taken up
  by the committee appointed by Mrs. George D. Burch under
  the Woman’s Committee of the Counsel of National Defense,
  activities to start just as soon as a place can be secured to
  serve as a suitable station, it being the hope of Mrs. Burch
  that this may be accomplished within a week or so.
  “Mrs. Burch is chairman of this committee and Miss
  Margaret K. Stannard, secretary-treasurer, the other members
  being Miss Lenna F. Cooper, Mrs. Oliver Barney and Mrs.
  F.E. Shaw.
  “Babies will be brought to this station from time to time
  for examination which includes weighing and the records
  of every one will be kept and the care and diet of each one
  prescribed for keeping the little ones well...”

  woman heads dietetics association. Sept. 13. p. 3.

• **Summary:** “Miss Lulu Graves, professor of home
economics in Cornell University, was elected president of the American Dietetics Association [sic, American Dietetic Association] at the annual convention held yesterday in Cincinnati, Ohio.”


- **Summary:** “Cincinnati, Sept. 13.—The American Hospital Association closed its twenty-first annual convention in Cincinnati yesterday...”

“Miss Lulu Graves, professor of home economics, Cornell University, was elected president of the American Dietetics Association [sic, American Dietetic Association]. Other officers elected were; Vice-president, Miss Ruth Wheeler, Baltimore; Margaret Deovers, Mount Sinai Hospital, Cleveland; secretary, Miss E. Geraghty, New Haven, and treasurer, Miss Margaret Sawyer, American Red Cross, Washington.

“Next year’s convention will go to Montreal [Ontario, Canada].”


- **Summary:** “Cincinnati, Sept. 13.—The American Hospital Association closed its annual 21st convention here yesterday. Dr. Joseph H. Howland, assistant administrator, Massachusetts General Hospital, was elected president of the association.

“Miss Lula Graves, president of home economics, Cornell University, was elected president of the American Dietetics Association.

Next year’s convention will go to Montreal [Quebec, Canada].

Note: Miss Graves’ first name is also widely written “Lulu.”


- **Summary:** “Work began Wednesday at North Lodge on the space which will be devoted to Laboratory No. 3 of the Sanitarium School of Home Economics. Three large rooms are to be thrown together that it may better [serve] the needs of the students. It will not only be utilized as one of the cookery laboratories but will serve as biological and bacteriological laboratories.

“The cookery taught there will be confined to meats that it may be away from the main building where the scent will not summon up visions of meat before the minds of the patients and guests who are confined to a strictly vegetarian diet, meat cookery having of necessity to be taught as part of the school course.

“The other two laboratories are located in the Sanitarium proper. No. 1 which adjoins the offices of the dean, Miss Lenna F. Cooper, is devoted to the patients’, nurses’ and some students’ classes. It is fitted up with the latest approved equipment and, like the others, is immaculately clean and attractive.

“No. 2 is for the use of first year students. Here one finds long tables fitted with glass plates, these in one long row, at the head of which sits the instructor.”

“The laundry laboratory joins No. 2 cookery laboratory. Here are found a row of ironing boards, that conveniently fold up against the wall when not in use, this following the idea of Dean Cooper, and one that commends itself to all housewives. Everything is white in this room...”


- **Summary:** “Heads Dietetic Meeting–Miss Lulu Graves, president of the American Dietetic Association, who has been spending the summer in Chicago, completed the program for the second annual convention of the American Dietetic Association, which opened at Cincinnati recently in conjunction with the convention of the American Hospital Association. She served for nearly four years and [sic, at] Michael Reese hospital, and is now professor of home economics at Cornell university and editor of the department of dietetics of the *Modern Hospital* magazine, Chicago.”

Address: PhD.


- **Summary:** “The Michigan State Federation of Women’s Clubs is to celebrate its twenty-fifth anniversary this week at Kalamazoo, the opening day of the convention being tomorrow, Tuesday. Battle Creek is especially interested in the meeting this year because of the fact that a Battle Creek woman, Mrs. Burritt Hamilton, is the president, while the vice-president at-large, Mrs. W.R. Alvord, is claimed as a Battle Creek woman inasmuch as she was born and educated here in the Battle Creek Public schools, also married a Battle Creek boy, Dr. W. Roy Alvord, son of the late A.W. Alvord. For the past few years they have resided in Detroit, where her rise in club circles has been marked. Miss Lenna F. Cooper, another Battle Creek woman, also holds an important position in the federation. She is chairman of the Home Economics department.”


- **Summary:** “An Excellent Showing–That the milk depot
established at No. 4 school through the efforts of the Woman’s League as a special feature of its civic department has been a splendid success may be seen from the fact that it has given away to needy Battle Creek children and families more than 600 quarts of milk from May 1 to October 1. During September, 125 quarts were distributed free and 288 quarts were sold at 10 to 12 cents a quart, the families with the largest number of children being given the better rates. Teachers are noting an improved condition of the children since the change has been made from the customary coffee potion to the healthful glass of milk each and every day.

Miss Lenna F. Cooper, of the Sanitarium, who is chairman of the Home Economics department of the Michigan State Federation of Women’s Clubs, is to include the report of this activity in her general report at the annual convention of the state federation in Kalamazoo this week. She has been greatly interested in the project.”

• **Summary:** “A Fine Number–**Good Health** for October appears in its usual neat dress and contains some excellent articles along the lines of securing and maintaining health. Dr. J.H. Kellogg, in his editorial on ‘High Living,’ says: ‘To live high is to dine off the top shelf of the biologic pantry and, in consequence, to have clean blood, a clean tongue, a sweet breath, a clear skin, a lucid brain–in other words, to be as clean inside as decent people want to be on the outside.’

“Daniel Sullivan, the well known physical trainer, has a most interesting article titled ‘How [Theodore] Roosevelt Made His Body,’ developing through careful and assiduous training what was in the beginning a weak, asthma-racked little body into the strong fine physique which enabled him to perform a prodigious amount of work in the later years of his life. Miss Lenna F. Cooper has an interesting installment in her series on ‘The Women in the Army,’ this one dealing with the dietitian, which is a close-up study of the actual activities of the staff of army dietitians, over which she was in charge. Mrs. E.E. Kellogg writes entertainingly on ‘Nature Study for Children’ in her corner of the magazine...”

• **Summary:** “Miss Lenna Cooper of the Sanitarium School of Home Economics, is in Detroit attending the teachers’ convention. Miss Cooper has recently purchased a pretty home on Burnham Court.”

• **Summary:** “Home Economics Teachers Back–The group of teachers that represented the Sanitarium School of Home Economics at the annual convention of the Michigan State Teachers’ Association, has returned to Battle Creek, enthused over the many excellent ideas advanced during the session. The personnel of the party included Miss Lenna F. Cooper, dean of the school, Miss Margaret Hall, Miss Cornelia Simpson, Miss Margaret Ritchie, Miss Ruth French and Miss Irene Thoren.”

• **Summary:** “Purchases a Home–Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, has just purchased a home at 10 Burnam court, of which she took immediate possession. It is one of the several pretty new houses erected on the court that opens off of West Van Buren street, opposite Nichols hospital. Miss Phyllis Grundtisch is residing with Miss Cooper.”

• **Summary:** “Are Visiting Children Here–Mr. and Mrs. S.M. Cooper have arrived in the city from their home in Ottawa, Kansas, for an extended visit with their daughter, Miss Lenna Frances Cooper, dean of the Sanitarium School of Home Economics, who is now domiciled in her new home at 10 Burnham Court, also their son, Dr. J.E. Cooper, of the Sanitarium staff, and family, who reside on North avenue. Dr. Ward Cooper, a physician from Spokane, Washington, another son, is also here with his wife, making the family reunion complete. He is on his way to New York City where he is to take post-graduate work.”

• **Summary:** “Both Schools Closed–Both the Sanitarium School of Home Economics and the Normal School of Physical Education were closed today by the respective deans, Miss Lenna F. Cooper and Dr. C. Ward Crampton, who centered all efforts today on the big Christmas seal drive in the downtown districts. The Sanitarium was the starting point and the entrance, despite the weather, buzzed like the proverbial beehive when the young women appeared ready to take the automobiles for the scene of their activities. They all wore arm bands carrying the Red Cross emblem, and the other red cross to double it, which is the emblem of the Anti Tuberculosis organization the country over, this appearing this season on the Red Cross Christmas seals. Mrs. W.R. Wooden, wife of the president of the Calhoun County Anti Tuberculosis society, and Mrs. Fred C. Stilson, were on hand with their cars to lead every possible assistance. Before the start was made an enthusiastic meeting was held in the Sanitarium chapel.”

• **Summary:** “Has Informal at Home. Miss Lenna F. Cooper,
• **Summary:** “To Give Theater Party.–Miss Lenna F. Cooper, of the Sanitarium, is to be hostess at a theater party Christmas night at the Post, the affair honoring her parents, Mr. and Mrs. S.M. Cooper, who have been visiting here from Ottawa, Kansas, but are leaving at the week-end for the West. The other relatives in the company will be Miss Laura Cooper, a sister, who just arrived from Ottawa; a brother and wife, Dr. and Mrs. Ward Cooper, from Spokane, Washington; and the brother residing in Battle Creek, Dr. J.E. Cooper and family. Joining the family will be Miss Beulah Kilmer, Miss Margaret Hall and Miss Louise McIntyre.”

• **Summary:** The page titled “Lecturers and Instructors” includes:
  - Lenna Frances Cooper, B.S. Special Dietetics
  - J. Elbert Cooper, M.D. Obstetrics, Dispensary and Out-Patients

• **Summary:** “School opened today–The Sanitarium School of Home Economics opened with chapel exercises at which Rev. W.H. Phelps, pastor of the First Presbyterian church and chaplain of the school, gave a most interesting address. The students were all back from jolly vacation visits and the instructors as well. New Year’s night Miss Lenna F. Cooper, dean of the school, welcomed the students to her home, 10 Burnham court, where they were delightfully entertained. Among the guests were Miss Cooper’s sister, Miss Laura Cooper, who returned to her home in Oklahoma City today. Miss Beulah Kilmer, registrar, was the charming hostess Sunday evening to the students. Her party was a strictly informal one and very much enjoyed. It was featured at Miss Kilmer’s apartments at 268 North Washington avenue. The second semester of the School of Home Economics opens February 3.”

• **Summary:** “Entertain at Lunch. Miss Lenna Cooper of the School of Home Economics, entertained Mrs. Ruth Price, Woman’s league president, and Mrs. Frank Minges at luncheon today at the Sanitarium, preceding the regular league meeting in the chapel.”

• **Summary:** “Preceding the lecture by Prof. Balch, Mrs. Frank Minges, chairman of the League Milk Bureau, gave a detailed account of that worthy enterprise
  “Mrs. Minges told the ladies that the idea originated in the mind of Miss Lenna Cooper of the Sanitarium, who in seeing the increased cost of milk knew that the poor children would suffer, and asked the league to launch a milk depot in a good locality.
  “It was decided to establish the first depot at No. 4 school and to sell the milk to children at 3 cents a quart and to others at twelve. Thirty gallons were disposed of in this way daily, the children carrying the milk home in well sterilised pails, The milk sold here is either that morning’s or the night before and is not 18 to 36 hours old as sold by the local schoolmen.”

• **Summary:** “Miss Laura [Lora] Cooper has returned to her home in Oklahoma City, following a holiday visit to her sister, Miss Lenna F. Cooper, 10 Burnham Court, dean of the Sanitarium School of Home Economics.”

• **Summary:** The 1920 United States of Oklahoma City, Precinct 2, County of Oklahoma, State of Oklahoma, taken on January 10, 1920 by Lena M. Smith, Supervisor’s District 8, Enumeration District 128, Sheet #9B, handwritten page 1769: Line 71 recorded Lora Cooper, age 41, daughter of S.M. and Nancy Cooper, Divorced, born in Kansas, music teacher.
  Source Citation Year: 1920; Census Place: Oklahoma City Ward 2, Oklahoma, Oklahoma; Roll: T625_1474; Page: 9B; Enumeration District: 128. Via Ancestry.com.
  Note: This shows that the correct spelling of Lenna F. Cooper’s sister’s first name was “Lora.”

• **Summary:** “Woman’s League Program. The Wednesday afternoon meeting of the Woman’s League will be in charge of the home department with Mrs. M.F. Martin in charge, who has secured to speak to the ladies, Miss Mary E. Edmonds, Dean of the Home Economics department of
the Michigan Agricultural College in Lansing. Miss Lenna Cooper, who is head of the School of Home Economics of the Sanitarium, will also speak and a group of students of that school will give a number of their class songs. Miss Susan Ferguson will also add to the program with solo instrumentalists.”


**Summary:** “Miss Lenna Cooper, chairman of the home economics department of the Michigan state federation of woman’s clubs, and dean of the Sanitarium school of [home] economics, was present and gave a brief talk on the effect war has had on woman’s activities.

“Miss Cooper told the ladies that at the time of the armistice signing [Nov. 11, 1918] there were 21,000 nurses with the army and only 400 dietitians, the latter as well as the former having been found to be invaluable in hospital work.”

“American nurses were the first to cross the Atlantic,” continued the speaker ‘and this is only the second war, the first being the Spanish-American, when women nurses played a prominent part.’

‘Home making is nation making,’ said Miss Cooper, in speaking of the broad views of domestic science before the league.

“Miss Cooper closed her talk with a plea for the women to use their ballot to get the Fess bill [H.R. 25, to create a national university at the seat of the Federal Government, and to provide for the higher instruction and training of national university at the seat of the Federal Government, and to provide for the higher instruction and training of men and women for posts of importance], No. 408, through Congress.”


**Summary:** “Is Attending Convention–Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, is out of the city attending conventions. The past week she was in Chicago to follow the proceedings of the National Vocational Education association’s convention, and this week she is in Cleveland to attend the conference of another association in which she is interested.”


**Summary:** “Noted Woman Visits Here–Mrs. Henrietta C. Calvin, accompanied Lenna F. Cooper, dean of the Sanitarium School of Home Economics, home from Cleveland where they have been attending the National Education association. This is made up of heads of educational activities, these along all lines, and a number of other organizations are affiliated therewith, among them the Congress of Mothers and Home Economics, and, too, deans of women. Mrs. Calvin is honored with being the home economics specialist of the Federal Bureau of Education. A little informal gathering was held last evening in her honor that the students of the Sanitarium Home Economics School might meet her. The party was featured in North Lodge club rooms. This morning Mrs. Calvin left for Grand Rapids where she spoke today before the City Federation of Teachers.”


**Summary:** “Miss Theodate Wilson, general secretary of the Y.W.C.A. has been appointed as chairman of the committee for the Woman’s Division of Battle Creek. Those assisting her include Mrs. F.W. Sullivan, Mrs. Sherman Schroder, Mrs. F.E. Strong, Mrs. J.H. Brown, Mrs. Charles Wheelock, Miss Lenna Cooper, and Miss Alice Cimmer.”

“Special session for women, 10:00 a.m.—Program in charge of Miss Zella Winget, teacher of Home Economics, from the International Harvester company, assisted by Miss Theodate Wilson, Battle Creek Y.W.C.A. secretary; Miss A.M. Cimmer, teacher of Home Economics at the Battle Creek high school; and Miss L.F. Cooper, instructor in Home Economics at the Battle Creek Sanitarium.

“The following subjects will be discussed and demonstrated: The Farm Home; Canning Meat and Vegetables; Preserving Eggs; question box.”


**Summary:** “Is in Lansing–Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, is in Lansing today attending a meeting of the executive board of the Michigan State Federation of Women’s Clubs. Miss Cooper is chairman of the Home Economics department of the federation. Yesterday she was in Detroit on a business trip.”


**Summary:** “Miss Lenna Frances Cooper writes on Home Economics as a Community Interest. ‘One of the principal lessons brought home to us by the war is that no man can live unto himself alone,’ says Miss Cooper. ‘Our horizon has been considerably broadened and we are now realizing that there must be co-operation on the part of the individuals of the community for the attainment of the greatest efficiency of that community.’

“Mrs. E.E. Kellogg handles her department material on child welfare with special care and other departments are most helpful and interesting.”

Meeting they had ever had.”

“Dean Lenna F. Cooper of the school gave a short talk in which she outlined the work of the school, its purpose, history and results. Dr. Kellogg talked upon health. His talk dealt, for the most part, with public health. He said that a clean city was cheaper than hospitals and nurses. He advocated proper inspection of health conditions and of food. The program and luncheon was much enjoyed by the Kiwanians who pronounced it quite the most enjoyable meeting they had ever had.”


Summary: “Busy Day At San–Tuesday was a busy day at the Sanitarium for the patients and guests. At 5 o’clock in the parlors Miss Lenna F. Cooper gave a lecture on ‘The Use of Vegetables in the Dietary.’ At the same hour in the School of Home Economics, Miss Margaret Hall tutored a group of patients in cookery. In the evening the Sanitarium orchestra gave a concert in the lobby and at a later hour Dr. William H. Riley, the nerve specialist, delighted an audience in the parlors with one of his lectures.”


Summary: “Speaking to Federation Meets–Miss Margaret Hall went to St. Johns today and tomorrow will visit Grand Rapids, speaking to two of the district meetings of the Michigan State Federation of Women’s clubs. She goes as a representative of Miss Lenna Cooper, dean of the Sanitarium School of Home Economics, who is chairman of the department of home economics of the federation. Miss Hall will outline the work to be carried on by the home economics departments in the clubs. All districts are holding their meetings now, some featuring two or three. Miss Cooper is to leave early in May to speak before federated club groups in Niles, Traverse City and Petoskey.”


Summary: “Dinner Party at Sanitarium. Complimentary to Mrs. Helen Statler and Prof. and Mrs. Henshaw of Kalamazoo, who will appear on the Thursday evening program at the Sanitarium gymnasium, a dinner party will precede in the main dining room at 5:30 o’clock. The guests will number twenty and include besides Mrs. Statler and Prof. and Mrs. Renshaw, Mrs. George Peet, Dr. Paul Roth, Dr. Linda Roth, Miss Lenna F. Cooper, Henry M. Stegman, Dr. Louis Stegman,” and many more. “Special floral decorations will mark the function and the gymnasium will also be decorated for the occasion.”


Summary: “Has visited Niles–Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, has just returned from Niles, where she was called to address a women’s club federation on home economic activities so far as they concern clubs. Miss Cooper is chairman of the domestic science section of the Michigan State Federation of Women’s Clubs and as such is going much about the state addressing federation district meetings.”


Economics have commencement: “San” School of Home Economics plans fine program of activities. Rev. W.H. Phelps to deliver baccalaureate sermon Sunday; reception follows. June 2. p. 12, col. 2.

Summary: “The commencement program at the Sanitarium School of Home Economics promises to be of unusual interest. Rev. William H. Phelps, pastor of the First Presbyterian church, is to deliver the baccalaureate sermon next, he having been serving as chaplain of the school for the past two years.

“Monday evening a reception is to be featured, the faculty, trustees, graduates and other students participating in the pleasures of the occasion. Wednesday night is the graduating night, when Mrs. Henriette W. Colvin, of the Federal Bureau of Education, gives the address.

“Tuesday afternoon an informal reception is to be held for Mrs. Colvin, the faculty and school students, also their relatives and friends who have come on for commencement, many of them from other states in the Union. Tuesday evening Miss Lenna F. Cooper, dean of the school, is to entertain a company of students and alumnae at a lawn party, North lodge being the scene of the affair.

“Aside from these festivities there are class day exercises to be featured during the week by the class of 1915 and the class of 1917.

“Thursday of this week at the Sanitarium gymnasium, and Friday from 2 to 9 o’clock in the basement of the First Presbyterian church, the students are exhibiting their work, this including cookery, physiology, dietetics, millinery [women’s apparel for the head], basketry, sewing, child feeding and marketing.

Note: The word “marketing” is used here to mean “the act or process of selling or purchasing in a market” as “she did most of her marketing in local stores.”


Summary: “Yesterday the graduates and the school alumni held a picnic at St. Mary’s lake. Tomorrow afternoon an ‘at home’ will be featured by Dean Lenna F. Cooper at her...
Mrs. J.H. Kellogg, wife of Dr. J.H. Kellogg, died this afternoon about 2 o’clock at the family home on Manchester street, death following a long illness. Mrs. Kellogg has resided in Battle Creek about 45 years coming here from [Alfred Center in] New York state.

Funeral services will be held from the home at 2:30 o’clock Wednesday afternoon in charge of Pastor M.B. Kelly of the Seventh Day Baptist church, assisted by Elder G.C. Tenney and Lycurgus McCoy. Further details will be announced later.

Note: Ella died at age 68. This article also appeared in The Herald-Palladium (St. Joseph, Michigan), June 15, p. 6.

Mrs. Kellogg leaves record: Mrs. Ella Eaton Kellogg tells how she came to Battle Creek. Prepared statement before her demise; funeral services held tomorrow. June 15. 9.

Summary: Pallbearers for the funeral of the late Mrs. Ella Eaton Kellogg, wife of Dr. John Harvey Kellogg, head of the Sanitarium, have been selected from the staff of workers at the institution, the list including Mrs. W.H. Riley, C.E. Stewart, M.L. Eggleston, W.F. Martin and Paul Roth, of the physicians’ staff, and Merton W. Wentworth.

The funeral is to be held at the residence, 202 Manchester street, tomorrow, Wednesday, afternoon, at 2:30, with Rev. M.B. Kelly of the Seventh Day Baptist church, officiating, assisted by Elders L. McCoy and G.C. Tenney.

Mrs. Kellogg, whose death was chronicled in last evening’s issue of the Moon-Journal, was far more than the wife of a famous man. She had a notable career in her own individuality and was one of the most helpful of that group of workers who aided Dr. Kellogg in building up the world-famous institution which the Sanitarium has become. She was especially valuable in the department of dietetics. Indeed she chiefly developed that wonderful system of health cookery which made possible the discarding of harmful foods at the Sanitarium. It was not enough to show what edibles were harmful; there had to be built up a thoroughly palatable menu of dishes which met the requirements of health. She experimented for years and now the Sanitarium diet is famous the world over.

For forty-three years Mrs. Kellogg was on the editorial staff of Good Health magazine, and was a regular contributor to its pages, beginning her work thereon even before her marriage. In the last year of her life, while on her deathbed, she continued her articles about the care of children and health in the home, and the July number of the magazine will contain a contribution from her pen.

Mrs. Kellogg was a teacher at the age of sixteen, before she was graduated from Alfred university. Some of her pupils were older than she. When only a few months over nineteen she received her degree of A.B., being the youngest person ever to gain a diploma at Alfred. Then she continued teaching for several years.

“A few years ago she wrote some memoirs about her childhood and youth. In these she told of the combination of circumstances which led her to make her home in Battle Creek. These are her words.

With the salary I earned I planned to make a Western trip and visit my Aunt Susan, who at that time lived in Battle Creek, Michigan. She was connected as proof reader with the ‘Review and Herald’ Publishing company and suggested to me that if I could come I might perhaps get some profitable employment myself in connection with the establishment. My sister Jennie had been ailing for a time and desired to accompany me. We left home in July.

‘Upon arriving we found our cousins, Julie and Eddie, were camping with some other young people at Goguac lake [in Battle Creek], and were insistent that we should join their party. This we did during the next two weeks. Toward the close of that period, Jennie became ill and returned to my aunt’s home. When at the end of two or three more days we broke camp and came back to town we found her very ill with typhoid fever.

‘My aunt, who lived under the shadow of the Sanitarium, was a true disciple of its system of cure and had already engaged Dr. Kate Lindsay to attend my sister. I was at first very much opposed to the notion of water treatment and at my wit’s end to know how to proceed. However I concluded to make the best of it and set about caring for my sister in a thorough-going manner which quite captivated Dr. Lindsay and made her my lifelong friend. In three weeks Jennie was so well on the road to recovery that she was taking carriage rides. Dr. Lindsay looked with much favor on my efforts at nursing.

‘It so happened that an epidemic of typhoid was prevailing among the students attending the college and others of the West End. Nurses were exceedingly scarce and Dr. Lindsay urged me to lend a hand in the emergency. I had intended returning home September the first, but agreed to stay for a time since the need appeared so great. My first case was that of a child, a niece of Dr. Sprague’s. Afterwards I assisted in the care of several of the young lady students and later was called to the day care of Jennie Losey, a student, who was very ill in the home of Mr. Ammidon on Hill street. The case was a serious one but, after three weeks of intensive nursing, she was convalescent. Her mother coming from a nearby city to care for her, I was relieved and returned to my uncle’s home to rest for a time.
“It was while nursing Miss Losey that I met Dr. Kellogg who often accompanied Dr. Lindsay on her visits. I had been resting just a week and was packing my trunk Saturday evening ready to start on my home journey, when I received a call from Miss Losey’s brother telling me of her relapse and begging me most urgently to go and care for her. He said Dr. had told him ‘the only hope of saving her life is to get Miss Eaton back on the case,’ And so it came about that I was again on duty for three weeks fighting the grim monster with all the energy I possessed. The poor girl hated the cold water compress I was obliged to keep on her body, and each time it was changed began to say the Lord’s prayer. Whether with the purpose to get me to desist or whether she thought it would help her to bear the cold, I was never able to decide.

‘After three weeks more of this strenuous nursing, she was again on the road to health and I at liberty to return to Alfred to spend Christmas.

‘There was just beginning at the Sanitarium a school of hygiene, the very first effort made by the institution to train its workers. I was urged to return and take up this study. After considerable consideration I decided to do this and enlisted an old-time classmate, Miss Jennie Saunders, to likewise undertake it. We traveled back to Battle Creek together and were roommates for the winter. I served as bath attendant and electric treatment girl; also as nurse, first to an old lady who had a tumor, later to a society belle from the Capitol who thought herself too feeble to wait on herself, and liked me because I made her so comfortable. Through exposure unavoidable in going from hot to cold rooms, I took a severe influenza and was obliged to go over to my uncle’s to recuperate. When I returned to the Sanitarium Dr. Kellogg, who had learned of my experience, arranged that I should do nursing thereafter where I would not be subjected to so much exposure. A few weeks later, having need of help on the magazine Good Health, of which he was editor, he urged me to take up that line of work. This I did and thus began a new era of my life’s career.”

402. Battle Creek Moon-Journal (Michigan). 1920. Cancels her engagement: Miss Lenna F. Cooper is unable to teach this summer at Colombia. Her mother’s health calls her to Oklahoma City, Instead; will spend vacation there. June 17. p. 16, col. 3.

• Summary: Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, finds herself unable to accept the honor that came to her unsought in the call to join the teaching staff of Columbia university for the summer. Her mother, Mrs. S.M. Cooper, who recently paid her a visit here, is in declining health, and she feels that her place is in the home with her parents through the vacation period.

“On her way to her parents’ home in Oklahoma City, Oklahoma, Miss Cooper will stop to attend conventions in which she is directly interested. She left Battle Creek Monday en route to Des Moines, Iowa, where she attends, as delegate from the Michigan State Federation of Women’s Clubs the biennial of the National Federation of Women’s Clubs. The convention closes June 23 and then she goes to Colorado Springs, where the convention of the American Economics association is to be held June 24-29.

“Miss Elsa Leonard, of the University of Wisconsin, was selected to prepare the convention program, but was unable to give the matter her attention, and to Miss Cooper came to call to look after it. Despite the fact that she was burdened with work pertaining to her own school and public demands, she kindly consented and brought forth that which is a program of special interest. Miss Cooper is also chairman of the institution section of the American Home Economics association, so presides over that body during a certain part of the convention interval.”


• Summary: “The death of Mrs. Ella Eaton Kellogg, wife of Dr. John Harvey Kellogg, occurred at her home in Battle Creek on June 14, 1920. Thus was ended a service of forty-three years to the readers of Good Health. Thus also was ended a life whose energies were unstintingly poured out that humanity be bettered through knowledge.

“Those who have regularly attended the school which she taught in the pages of this periodical, will have a clear conception of one side of her life. They will know that her endeavor was to lessen suffering, disease, and unhappiness through the spreading of enlightenment. She felt that great burdens could he lifted from the race if only ignorance could be banished. With education, too, she coupled character.

“The early bent of her mind is shown by the address which she gave at her graduation from Alfred University at the age of nineteen. Its subject was ‘Whither?’ In the weekly newspaper of the place was recently printed this account of what she said

“‘After showing something of the failure and disorder of empty lives, Miss Eaton beautifully pictured the shining path and the increasing glory of ‘consecrated living and the noble impulse that every true person gives to a natural life.

“‘These ideals were part of her own self. Empty her life never was. Always it overflowed. Consecrated living and noble impulse were the order of her days.’

“Through her writings in Good Health and in other magazines and in her books, she reached larger audiences. Here in itself were justification for calling hers a very fruitful life. But in her oral teaching and in her part in the upbuilding of the great Battle Creek Sanitarium, she had another career which has been broadly helpful. In her public activities, such as the Women’s Christian Temperance Union, the Young Women’s Christian Association, the American Home Economics Association, she likewise accomplished a work
with far-reaching effects. But those who knew her personally will always place ahead of everything else the sympathy, the kindliness, the Christian helpfulness, of her own private life, the forgetfulness of self in her efforts to replace the wrinkles of care with the smiles of contentment.

“Mrs. Kellogg’s work lay along the lines that come closest to woman’s life—the care and education of children, the cleanly and orderly management of the home, the providing of a wholesome yet palatable dietary, the inculcation of health habits in all the activities of life, and above and beyond all this, the vital need of character and virtue. Perhaps her greatest single achievement was the present diet system of the Battle Creek Sanitarium, in the development of which she was the most important individual factor. Destructive criticism of bad foods had to come first, but was by itself of little effect. It was not enough to convince people that many of their customary dishes were harmful; you must replace these with others which absolutely had to be palatable. Here was the essence of the situation. The repast must suggest not the handing out of food medicine or medicinal foods, but those pleasures of taste which give to all of us a good share of life’s joys.

“For years, Mrs. Kellogg studied this problem and experimented with it. Day after day she cooked new dishes, varying the ingredients slightly until at last she came on the supreme combination which was fit to set before a king. Just how successfully she accomplished this endeavor is shown by the tens of thousands who are following the Battle Creek Sanitarium dietary daily in this and foreign countries.

“The productiveness of her life may be measured from another angle—the enumeration of a few conspicuous biographical facts. As an outgrowth of her teaching of dietetics to nurses in the Sanitarium, she founded the School of Home Economics, which has grown into an institution of wide renown. She was also graduated from the American School of Household Economics. Her philanthropy took practical form in her part in the founding of the Haskell Home for Orphan Children in Battle Creek. Of this she was managing chairman for many years. Her connection with the Woman’s Christian Temperance Union was conspicuous for a long time. First she was superintendent of hygiene and later was the associate of Miss Frances Willard in the social purity department. Subsequently she became national superintendent of Mothers’ Meetings and then superintendent of Child Culture Circles in the purity department.

“Of the Young Women’s Christian Association she was a life member; belonged to the household economics department of the Federation of Women’s Clubs; was an associate member of the National Congress of Mothers; member of the American Home Economics Association and the Woman’s League; charter member and honorary president of the Michigan Woman’s Press Association.

“The books she wrote were: ‘Talks with Girls,’ ‘Science in the Kitchen’ and ‘Studies in Character Building.’

“Mrs. Kellogg was born at Alfred, in Western New York, on April 7, 1853, the daughter of Joseph Clarke and Hannah Sophia (Coon) Eaton. Her parents were Seventh Day Baptists and to this church she loyally adhered throughout her life. She attended the local school and academy until she was sixteen, intending to enter Alfred University in the fall. While her mother was in Wisconsin visiting relatives, her two younger sisters fell ill with whooping cough. There was a family council as to whether mother should be recalled, but the decision was that she should enjoy her holiday. The sixteen year old daughter had her hands more than full with the ordinary and extraordinary household cares, but the mother’s pleasure in her vacation amply repaid all this. However, the whooping cough finally overcame the young housewife too, and in consequence she could not go to college that fall.

“This disappointment, however, gave an opportunity for a display of character. Miss Eaton promptly secured the post of teacher at Five Corners, a hamlet five miles from her home. As there were sixty pupils, some of them older than herself and some of them rough and unruly boys, her task was no sinecure. One feature of her life was far from monotonous. She had to board with the parents of all her pupils in succession, spending three days for each child in her classes. For the season’s labor she received $75 in cash.

“Her university course she described as one long joy. She was fond of her teachers, interested in her studies and delighted with the association with her classmates. Some of her fellow-students achieved fame. Vandelia Varnum won renown on the Chautauqua platform. ‘Dan’ Lewis was later New York State’s Commissioner of Health. ‘Pete’ McClellan became a judge of the Supreme Court of New York and George Utter was twice governor of Rhode Island.

“Even at this time was evident that love for flowers, trees and the beauties of Nature which in later years was one of her strongest traits. As a freshman, she knew more botany than most of the seniors. ‘When you like a study, you can learn it easily,’ she explained.

“When she was just three months beyond nineteen, she received the degree of A.B. for completion of the classical course. The president spoke of her as ‘the youngest Daughter of the University,’ since no one before had gained her diploma at so early an age, notwithstanding the year lost. In 1885, her Alma Mater conferred on her the degree of A.M.”

[Master of Arts] (Continued). Address: Editor, Good Health, Battle Creek, Michigan.


• Summary: (Continued): “The bent of her mind was toward teaching, and when her A.B. was attained, she took charge of a community school at Harmony, New Jersey. She had sixty-five pupils in her room, but she enjoyed her work.
Three years more she taught, and then came a providential happening which utterly changed the course of her life. It was one of those instances, happily not uncommon in human experience, in which an apparent misfortune was turned into a great blessing.

“She made a summer visit to an aunt who lived in Battle Creek. A sister came with her. A fortnight after their arrival, the sister fell ill with typhoid fever. The aunt lived near the Sanitarium and was a firm believer in its system of treatment. So she summoned a physician from the institution, Dr. Kate Lindsay, to attend the patient. The sister promptly installed herself as nurse. At first she was opposed to the water treatment, but she loyally carried out instructions. Under this joint care of doctor and nurse, the young girl was soon convalescent [recovering]. At this time there was an epidemic of typhoid fever in Battle Creek. Nurses were exceedingly scarce, and Dr. Lindsay urged Miss Eaton to help in the emergency. She had intended to return home September first, but obeyed what she felt to be the call of duty. Several sick persons were under her care in succession, the last of them a young woman student. It was while in attendance on this patient that Miss Eaton first met Dr. Kellogg.

“The patient was desperately ill, but finally was well on the road to recovery. Her nurse, tired out with her labors, went to her aunt’s home for a rest. On Saturday evening she was packing her trunk preparatory to returning to Alfred, when she received a call from the patient’s brother. He told her that his sister had had a serious relapse and that Dr. Kellogg had said that the only hope of saving her life was to get Miss Eaton back on the case. The trunk was unpacked and three weeks of strenuous nursing were put in at the bedside of the young woman. She was then out of danger.

“Dr. Kellogg was at this time just starting a school of hygiene. Miss Eaton was urged to enter this school, and decided to do so, and after a visit home, returned to take up that connection with the Sanitarium which ended only with her death. Shortly after her arrival, Dr. Kellogg, aware of her education and recognizing her gifts, asked her to help him in conducting Good Health, of which he had been for several years the editor. She took up the work with her usual enthusiasm and continued it the rest of her life. Even on her death bed, she kept up her labors. The article by her in the last of them a young woman student. It was while in attendance on this patient that Miss Eaton first met Dr. Kellogg.

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“For some months after the beginning of the grave illness which terminated her life, she conducted the Mother’s Department in Good Health, which had been her special charge. On February 22, 1879, she was married to Dr. Kellogg. The clergyman who officiated then, Elder L. McCoy, also took part in the services at her funeral. The activities of the next four decades of her life have already been indicated. At intervals for thirty years, she taught cookery and domestic science in the Sanitarium. She wrote a good deal and was occupied with various philanthropic movements. The conduct of a large household took up a considerable share of her time and thought. Even if her horizon was wide, she treasured the opportunities and obligations of her home life. The lawn, the garden, the flowers and the park at her house were a continual source of occupation and pleasure. Through the open months, she gave personal care to these growing things. Even in winter she would plan improvements and the trial of new varieties. This delight in Nature gave a keen interest to her travels, in this country and abroad. Journeys were not monotonous to her. There was always something to see, animate or inanimate.

“The malady which terminated her life had its beginnings when she was quite young, scarcely more than twenty years of age, and has been a constant handicap throughout her whole life, although combated by every means known to medical science, and by constant and special effort held in check until a little more than a year ago, when a pronounced failure of the vital forces marked the beginning of the final struggle.

“Fortunately, her last hours were peaceful and not attended by great physical suffering, and her mind was clear almost to the last hour of her life.”

On the first page is a portrait photo of “Ella Eaton Kellogg” in her later years. Address: Editor, Good Health, Battle Creek, Michigan.


• Summary: “The Battle Creek Sanitarium School of Home Economics is to be the mecca of scores of girls from all over the country September 15, that being the date of registration, Committees are being appointed to meet all trains to direct the incoming students to the Sanitarium, and already the officers are radiating an atmosphere of hustle and bustle, “September 16 the classes will be arranged, and, until the full recovery of Lenna F. Cooper, who is reported as improving, Miss Margaret Hall will preside as acting dean. Miss Hall has just returned from a chautauqua lecture tour through the states of Ohio and Kentucky.

“The junior class will number about 300 and the senior class 45 to 50. Students are listed from all over the United States and some of the foreign countries, the school’s fame having spread everywhere through the splendid attainments of its graduates.

“Some changes have been made in the faculty this year, the list of instructors, as announced today, being as follows:

“Dr. J.H. Kellogg, president, medical dietetics.

“Lenna Frances Cooper, dean, administration.

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“Dr. Welcome B. Lewis, chemistry.
“Cornelia L. Simpson, critic teacher [?], also domestic arts.
“Lillian Babcock, Psychology [?] and pedagogy.
“Margaret Ritchie, Cooking [?]”
“Dr. Wilhelmke E. Key, biology.
“Dr. C.E. Roderick, bacteriology.
“Dr. Manley J. Capron, physiology.
“Mary Staines Foy, home nursing.
“Dr. W.F. Martin, child feeding.
“Dr. C.C. Hubly, dietetics.
“Frances Winifred Harvey, economics and sociology.
“Miss Margaret Hall, critic teacher, cookery and education.
“Ruth French, chemistry and dietetics.
“Anna McCauley, institutional cookery.
“Lydia Sprunger, institutional cookery.
“Lorena Van Dorn, institutional cookery and field work.
“Irene Thoren, assistant in chemistry.
“Oscar Beuchel, institutional laundering.
“Henrietta Riddell, physical training.
“Drs. E.L. Eggleston, M.A. Mortensen, Paul Roth and James T. Case, lecturers.
“Dr. Estelle Norman, school physician.
“Beulah Kilmer, registrar.
“Rosabelle Seely Tenney, librarian.”
Note: This article is in the Sept. 7th issue of this newspaper, but the scanning metadata says it is Sept. 8th.

• Summary: “Miss Cooper Improving—Miss Lenna F. Cooper, dean of the School of Home Economics, is still at the Sanitarium hospital suffering from a serious eye infection following her illness while in the west on her vacation, but her condition is declared today to be improving. Miss Margaret Hall, her assistant, is looking after her duties at the school.”

• Summary: “Mechanical and electrical devices to replace servants will be discussed by the housewife delegates to the convention of the American Dietetic Convention [sic], which will be held in the Hotel McAlpin this week. Afternoon and evening sessions are to be held throughout the week and lecturers will tell new ways of saving money on food and cooking.”
Note: This is the earliest article seen (May 2018) in a national U.S. periodical that contains the string “American Dietetic.” Apparently this new association received very little local or national coverage during its early years, despite the fact that Lenna F. Cooper was a highly skilled and effective publicist.

• Summary: “Professor Lulu Graves of the School of Home Economics at Cornell is in New York this week attending the annual meeting of the American Dietetics’ Association [sic, American Dietetic Association] of which she is president. The association, which was organized three years ago [in Oct. 1917], has, under Professor Graves’ direction, accomplished much in defining the function of the dietitian and proving her worth in hospitals, camps and other institutions.
“Among those who will address the conference are Dr. Alonzo E. Taylor of the University of Pennsylvania, Dr. E.A. Peterson of the American Red Cross, and Dr. W.I. Gires of The College of Physicians and Surgeons…”
Many other presenters are also discussed.
“Many home economics seniors annually enter the field of dietetic work in hotels, hospitals or cafeterias.”

• Summary: “In an attempt to formulate plans on the ‘better milk and better babies’ drive which will be started soon by Fred G. Barnard, city milk inspector, a meeting of city physicians, particularly interested in children, has been called for Tuesday afternoon in the city hall. Dean Lenna F. Cooper, of the Sanitarium School of Home Economics, who is state chairman of the Home Economics committee of the Michigan Federation of Women’s clubs, will also be present at the meeting.
“Mr. Barnard said he had received many calls recently, requesting that a higher grade milk be produced and sold as baby food only. He said that one or two physicians had expressed a desire for such a product and it is for that reason that dairymen will be interested in the new plan.
“Milk, such as is necessary, must come from thoroughbred cows, tuberculin tested. They will be fed only certain kinds of feed and stables and barns will be thoroughly inspected by the milk inspector weekly, giving assurance that they are in the most sanitary condition. Bottles containing the milk will be sealed with a different kind of cover and will bear the date of the day the milk is received.
“The milk inspector said that already two or three farmers had expressed a desire to put their barns and stables in a sanitary condition, and after the meeting more farmers will be seen in an attempt to get the best possible milk for children.”

410. Battle Creek Moon-Journal (Michigan). 1920. Milk ordinance is commended: Sanitarium thankful to see
day when matter receives attention. Dr. C.E, Stewart, of Lakewood Dairy, heartily in sympathy with action; Miss Cooper rejoices. Dec. 30. p. 10, cols. 3-4.
• Summary: “The passing of the milk ordinance, that becomes effective January 1, 1921, and which makes it impossible for any milk but that from tuberculin tested herds to be sold in Battle Creek, is causing most favorable comment from those quarters wherein the importance of the action is well understood.

“I think the action of our present city commission along this line is highly commendable,” declared Dr. C.E. Stewart, Sanitarium official, this morning, ‘and it should have the hearty support of the public.

“I think that all who thoroughly understand the matter will rejoice at the progressiveness of our city in this respect. For years the Sanitarium has been seeking just such action and I well recall a meeting attended by Dr. Kellogg and myself held not so long ago that was held for the purpose of securing this legislation but it failed.

“The Sanitarium has long demanded that all of the milk used here should come from tuberculin tested herds and has paid more to get it, too. Why just the simple fact that so many cows are found to be tubercular ought to be evidence enough that, as a protection to children alone remedial action should be taken. I realize the fact that people have to be educated up to certain standards before they will fully recognize that grave dangers lurk in the milk but I am pleased to think that the general public has practically arrived at such a point.”

“Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, another who has labored and lectured to bring about the tuberculin test in her home community, said this morning: ‘I have always believed in it and I have always believed that Battle Creek would see the light some day. How grateful we all should be to the commission that passed it and back of that to the commissioner who introduced it.’ That commissioner was R.H. Kernen.”

A government bulletin says: Adults may have the right to remain ignorant of dangers that threaten their lives; “‘but we have absolutely no right to neglect the conditions that cause suffering and death among children.”

411. *Battle Creek Moon-Journal (Michigan).* 1921. Milk improves with TB. test: farmers convinced now that ordinance was a blessing in disguise. Twenty-one milch cows killed in Battle Creek Tuesday; all showed open lesions save one. Jan. 19. p. 7. cols. 1-2.
• Summary: “That the milk ordinance framed and worked for by Commissioner R.H. Kernen and passed by the city commission to take effect the first of the month, was a blessing in disguise is being proved in more ways than one, not the least of which is the convincing of the [dairy] farmers themselves that elimination of cows tubercularly diseased benefits them as well as the city purchasing their milk.

“As rapidly as these cows are found through the test they are killed in Battle Creek and Tuesday 21 out of nine herds from the country roundabout were thus disposed of, slaughtering being done in two different places. Out of the entire number all but one showed open lesions and in the liver of one was found suspicious looking spots that are to be thoroughly tested in the state laboratories at Lansing. All were tanked and will go into the making of land fertilizer. A score of farmers witnessed the procedure.”

“With the elimination of tubercular cows from the herds there is a marked increase in butter fat, some herd tests showing 3.9, 4.2 and even 4.4 [per cent.], while the bacteria count is decreasing to an astonish degree.

“We have right now milk coming into Battle Creek that is good enough to meet all requirements for baby milk, and that is an excellent showing. Think of a bacteria count as low as 5,000, 4,100, 6,000, 8,000. We are finding it in our tests right along.”

“Miss Lenna F. Cooper, dean of the School of Home Economics, who recently conferred with Mr. Barnard and the city health officer, Dr. A.A. Hoyt, relative to the matter, is now able to take up her work to a considerable degree and hopes to assist the milk committee soon in getting a program ready for the resuming of the serving of milk to the school children, as well as establish centers where baby milk may be secured by mothers.

“In some of the schools milk has already been served, a way having been provided but it is hoped that in the near future each and every school will be thus prepared to care for the health of the pupils.”

• Summary: “The clinic activities at the city hall are becoming more and more pronounced. Just this week another feature thereof came to light in the presentation of the question of tubercular beef.

“Many called to see the specimens taken from the 21 tubercular cattle killed at the week-end, among them two classes from the Sanitarium School of Home Economics, Dean Lenna F. Cooper losing no time in making arrangements with Milk Inspector Fred G. Barnard for their coming, also asking him to give a talk to the students regarding the finding of the diseased cattle, the length of time the animals were thought to have been affected and each and every detail of which they could be apprised.

“The lung of one of the animals was shown first, this being hard and completely filled with tubercules, ranging in size from that of a small pea to a large headed pin. The animal had looked sleek and glossy and was in splendid flesh.

“The liver of another was included in the collection... The entire collection of specimens has been preserved in a...
powerful disinfectant so that” anyone can view it.

• *Summary:* “M.A.C. Students Here–The class in institutional management at the Michigan Agricultural college arrived in the city last evening for a visit to the Sanitarium being the guests today of Dean Lenna F. Cooper and the School of Home Economics. They spent the night at Post Tavern, as part of their study program, and this morning were addressed by H.C. Parshall, purchasing agent for the Sanitarium, his topic being ‘Institutional Buying.’ There were 18 students in the group and they were accompanied by three instructors. They were guests at dinner today of Dean Cooper and the staff of Home Economics school instructors at the Sanitarium, leaving at a late hour this afternoon for Lansing.”

• *Summary:* Visits Lansing—“Dean Lenna F. Cooper of the Sanitarium School of Home Economics, has paid a recent visit to Lansing, where she held a conference with Fred L. Woodworth, head of the state food and drug department and H.H. Halliday, head of the state bureau of animal industry. Miss Cooper is chairman of the home economics department of the Michigan Federation of Woman’s clubs and the conference dealt with matters of interest in which hearty cooperation is necessary in order to secure the best working results. Both promised to do all in their power to assist with the activities in question. The tuberculin testing of cattle, that is under Mr. Halliday’s supervision, was thoroughly gone into and Miss Cooper is of the opinion that women of the state should acquaint themselves with the splendid progress being made in that direction. Every cent of the appropriation for the tuberculin test of herds is used and applications continue to come in... to further the work of the department the name of each club president in Michigan is being listed so that in the event that immediate cooperation is deemed necessary any or all may be called upon.”

• *Summary:* Dr. J.H. Kellogg said that there had recently “been two deaths at the Sanitarium which were diagnosed as sleeping sickness. He said that the symptoms in botulinus poisoning and sleeping sickness are similar but denied that the deaths were due to food poisoning. He said that there are no cases of food poisoning in the Sanitarium.”

“Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, in which Miss Winifred May Beatty, of Pontiac, Michigan, who died January 22, was a student, is just home from Chicago and this morning started a thorough investigation respecting the cause of the death.

“Miss Cooper is a home economics expert, having been interested in this line of work for years, and prior to assuming the position of dean of the school she was graduated from Columbia university. She deems it quite impossible for the girl to have been a victim of botulinus and says that the symptoms were not at all in accord with those of food poisoning. However she is summoning the roommate of Miss Beatty to the offices today and will traverse every avenue of investigation in an attempt to satisfy not only herself but all interested.”

• *Summary:* “Miss Lenna F. Cooper has returned from Chicago where she went to meet her mother, Mrs. S.M. Cooper, of Oklahoma City, who has come to spend several months with her. Miss Cooper has been occupying apartments at the Sanitarium during her convalescence but is now so fully recovered as to be able to open her own home at 10 Burnham court.”

• *Summary:* “Dean Lenna F. Cooper, of the Sanitarium School of Home Economics, has returned from a trip East that took her to Washington, D.C.”

• *Summary:* “Meeting of Collegiate Alumnae. The teachers of the School of Home Economics combined Thursday afternoon and delightfully entertained the members of the local Collegiate Alumnae, of which they are also members, at North Lodge on Manchester street. Miss Simpson was in charge of the program... Miss Lenna Cooper, a member of the National Educators association, was also among the guests and gave a short and interesting talk. The meeting closed with a social hour and the serving of light refreshments.”

419. *Battle Creek Enquirer (Michigan).* 1921. The news used to be. One year ago. March 25. p. 4.
• *Summary:* “Miss Lena [sic, Lenna] Cooper, dean of the Sanitarium School of Home Economics. left this morning for Washington, D.C., in response to a telegram from the Red Cross headquarters at the national capital.”

• *Summary:* “Were in Ann Arbor–Dean Lenna F. Cooper, Miss Cornelia Simpson, Miss Margaret Ritchie and
Miss Irene Thoren, of the Sanitarium School of Home Economics, were in Ann Arbor to attend the meeting of the Schoolmasters’ Club of Michigan. Dean Cooper gave a talk there on ‘The Aims of the Michigan State Federation of Women’s Clubs in Home Economics,’ kindly appearing in place of Mrs. W.R. Alvord of Detroit, state federation president.”

**Summary:** “Makes Important Announcement–Dean Lenna F. Cooper made an important announcement to the students of the Sanitarium School of Home Economics this morning at chapel. It came as a great surprise and was greeted with a big ovation. Dean Cooper has been at work for some time endeavoring to get life certificates for the graduates of the school in the teachers’ course and the announcement dealt with the fact that her recent visit to the offices of the state superintendent of public instruction in Lansing had brought about the desired action and from this year on these certificates will be awarded. The school is to graduate a class of 45.”

**Summary:** “Dean Cooper in Cleveland–Dean Lenna F. Cooper, of the Sanitarium School of Home Economics, is in Cleveland this week where she will attend a home economics conference. She will give a talk respecting home economics activities in Michigan, appearing in the enforced absence of Miss Mary Sweeney, dean of the home economics department of the Michigan Agricultural college. Dean Cooper is chairman of this work in the Michigan State Federation of Women’s Clubs, also holds an official position in the national furtherance of home economics activities. She will return the latter part of the week.”

**Summary:** “Pleased with Line-up–Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, attended the Cleveland convention of the National League of Women Voters and she is loud in her praise of the event, declaring it to have been such a worth-while meeting. ‘The organization has the right idea of going about activities that count,’ said Miss Cooper, ‘and those activities are just what the world is needing most at this particular time, Americanization, women in industry, child welfare, election laws and methods, social hygiene, food supply and demand, and uniform laws for men and women, being some of the subjects delved into. And when one takes into consideration that the League of Women Voters is so well organized that it will handle matters not alone nationally but in each and every region, state, Congressional district and city, the results seem now assured. A number of national women’s organization representatives were present to give addresses and Miss Cooper represented the American Home Economics association.”

**Summary:** “The chapel exercises of the Sanitarium School of Home Economics were unusually interesting Thursday because of the fact that two visitors of note were present to give talks to the student body.” Mrs. Calvin talked about school lunches  
“Both of the visitors are friends of and the opportunity awaiting home economics works in that branch of work. Dean Lenna F. Cooper and are making a survey of the work of her school while here, also addressing the several classes.”

**Summary:** “Celebrate Flag Raising–As a special celebration of Mother’s Day, residents of Burnham Court yesterday raised their new flag, with appropriate ceremonies, Mrs. Gertrude Daily, whose work made the event possible, giving a talk in which she thanked those who had assisted and Mrs. Charles W. Bradley raising the flag. Miss Lenna Cooper read several selections bearing upon the celebration of Mother’s Day and upon the reverence and respect for the flag. The flag was given by Renny Ricdie [?] and the pole was donated by William Daily/Dally.”

**Summary:** See next page. Begins with a portrait photo of Ella (the wife of Dr. John Harvey Kellogg) in her later years. Born: April 7, 1854. Died: June 14, 1920.  
On the next page is this poem:  
“Death reaches not a spirit such as thine,  
It can but steal the robe that hid thy wings;  
Though thy warm breathing presence we resign,  
Still in our hearts its loving semblance clings.  
–Oliver Wendell Holmes.”

Below a full-page photo showing the Kellogg home is written: “Where she is missed.” On page 30 is a photo of Ella Kellogg writing at her desk in her later years. Another photo (p. 38) shows four squirrels playing at the base of a large conifer. 

The first half of this brochure, titled “Mrs. Ella Eaton Kellogg, by H.M.S. [Henry M. Stegman, editor of Good Health magazine], first appeared in the July 1920 issue of that magazine (which see).

It is followed (starting on p. 23) by a special tribute to her by her husband, titled “My Helpmeet,” which tells how
and when they met and many anecdotes. This section begins:

“I first met my wife, then Miss Ella Eaton, in the late fall of 1876, forty-four years ago. The circumstances of my meeting her I always regarded as Providential. We were having an epidemic of typhoid fever in the West End, chiefly among the students of the Battle Creek College, which at that time had a large attendance. So many people were sick it was exceedingly difficult to find persons to care for them. We had no trained nurses, and I had but one physician, Dr. Lindsay, to assist me in caring for some sixty cases in the town, besides the regular patients at the Sanitarium. In consultation with Dr. Lindsay one morning concerning the cases she was looking after, she remarked: ‘I have two patients who are very sick. One of them I feel sure would die but for the fact that she has such a remarkable nurse. She is getting such intelligent and faithful care that I believe she will recover in spite of the dreadful hemorrhages she has had and her very high temperature.’

“It occurred to me that I should see that young woman and endeavor to enlist her in our work. We had no trained nurses, and I had but one physician, Dr. Lindsay, to assist me in caring for some sixty cases in the town, besides the regular patients at the Sanitarium. In consultation with Dr. Lindsay one morning concerning the cases she was looking after, she remarked: ‘I have two patients who are very sick. One of them I feel sure would die but for the fact that she has such a remarkable nurse. She is getting such intelligent and faithful care that I believe she will recover in spite of the dreadful hemorrhages she has had and her very high temperature.’

“She returned to the school the following fall, and took so deep an interest in the work that she was soon a most efficient assistant in caring for the multitude of sick people who were then demanding attention.

“I was struggling with the multitudinous duties devolving upon me as superintendent, physician, surgeon, business manager, lecturer in the school of health—almost the entire faculty, in fact—and editor of Good Health, in addition to the task of planning the first large main building, supervising the construction and raising the money to pay the large weekly bills. A fine essay read before the School of Hygiene showed me that Miss Eaton possessed unusual literary ability. Another circumstance later acquainted me with another trait of her character—absolute reliability and responsibility for any trust reposed in her hands and unswerving devotion to duty. The lack of trained nurses—this was before the days of schools of nursing—compelled us to press into service everybody available or to call for volunteers to care for the grave cases constantly applying for help. A poor woman suffering from cancer of the stomach arrived one day in a condition of such great feebleness that she could not be sent back to her home. In a few days everyone who undertook to care for her was worn out. A new nurse was needed. Miss Eaton volunteered to accept the charge. She remained with the patient day and night without relief for an entire week, and the patient finally expired in her arms, suffering the most terrible agony. The last forty-eight hours the attendant had not a moment’s sleep, and by a strange oversight the man who carried trays of food to the room (in a cottage) neglected to call, so she was also without food; but she remained heroically at her post to the last, as the patient was liable to die any moment from gastric hemorrhage. The great mental and nervous strain necessitated a few days’ rest. A less vigorous personality would have collapsed completely.

“Greatly needing help in my literary work for Good Health, I invited Miss Eaton to assist me, and she took up a task which she never laid down until her failing health, a few months before her death, compelled her to relinquish the work.

“Miss Eaton’s aid in the editorial work of Good Health soon became indispensable, and I considered myself the most fortunate of mortals when she consented to become my life partner in a work which I loved better than my life, and in which, during all the years since, more than forty, she was a constant inspiration, as well as a most efficient and congenial helper and companion. For long periods when I was buried in the development of new features of our expanding work, she carried the principal burden of the magazine, and almost to the last moment of her life gave to it the benefit of her long experience and broad research.

“When the writer became superintendent of the Battle Creek Sanitarium, October 1, 1876, one of the first problems which presented itself was the creation of a new and more
satisfactory dietary. The bill of fare in those days consisted of what was left after meats of all sorts, butter, cane sugar, all condiments except salt, pies, cakes, gravies and most other likable and tasty things were excluded. The result was a rather uninviting residue. New arrivals were usually very much dissatisfied, especially for the first few days, and in many cases symptoms of indigestion appeared which had not existed before, much to the discouragement of the patient and to the perplexity of the doctor. ‘Sour stomach,’ or acid dyspepsia, was the almost universal complaint of the new arrival after the first week or two, and was an exceedingly common trouble with ‘helpers.’ The cause for this embarrassing situation we could not fathom. It was evident, however, that the diet lacked flavor and gustatory appeal. The problem was to create a dietary which would be appetizing and satisfying, as well as wholesome. I struggled with the difficulty five or six years, and then, just after our return from a trip to Europe in the spring of 1883, I laid the problem before Mrs. Kellogg, and earnestly besought her to take up the subject of food and feeding and try to find a solution of our difficulties. She hesitated, saying that her training had been in different lines and she feared she might not succeed, but finally entered into the matter with the usual energy and enthusiasm which always characterized her work. She first of all visited the best Eastern schools of cookery, taking courses under the best teachers. The next step was the equipment of an experimental kitchen in which was begun a research in methods of preparing food with reference to wholesomeness and digestibility, which was carried on almost continually for nearly twenty years. During all this time Mrs. Kellogg was busy devising new methods of food preparation, new dietetic combinations, recipes, etc., for the creation and perfection of the new dietary which we recognized as the most pressing need for the advancement of the cause of diet reform and the welfare of the patients of the Sanitarium. We took our dinner daily at about 5:00 P.M. at the experimental kitchen and discussed the results of the day’s work.” (Continued):


*Summary:* (Continued): Around his time, in 1885 Alfred College, her alma mater, bestowed a Master of Arts degree on Ella Kellogg.

“Whenever I had a suggestion to make, it was given a thorough trial and subjected to the most rigorous tests. Out of many thousands of experiments a few dozen good ideas would be developed, and thus a new regimen was gradually built up.

“To this work of Mrs. Kellogg’s, more than to anything else, the Sanitarium and the world are indebted for the advancement in dietetics which, started in those early days, has in later years been carried on by other capable persons who received their first inspiration and instruction from Mrs. Kellogg.

“Without the help derived from this fertile incubator of ideas, the great food industries of Battle Creek would never have existed. They are all direct or indirect outgrowths of Mrs. Kellogg’s experimental kitchen, established in the fall of 1883.

“Another outgrowth of the little kitchen, in a cottage across the road from West Hall, is the Battle Creek Sanitarium School of Home Economics, which is a lineal successor to Mrs. Kellogg’s Cooking School, an early addition to the experimental kitchen.

“Both Mrs. Kellogg and myself began teaching school when young, and were much interested in children and child culture. We felt that it would be a privilege to share our home with others and to open opportunities to those who might thereby be prepared to enter fields of usefulness in their later lives. As children came into our home, one by one, in Providential ways, Mrs. Kellogg entered most heartily into the work of mothering, training and educating the little ones in harmony with the highest and most progressive educational ideals. Margaret Fuller, Froebel, Jean Paul, Herbert Spencer, Rousseau and other pioneers in educational reform were authorities in our home. A home school was established; first a kindergarten, then sloyd and manual training. Competent teachers were employed to carry out our plans, and the whole home and home life became a training-school. No domestics were employed. The entire work of the home was divided up into small tasks, each of which was allowed to a child, who was made responsible for it.

“In all this work, Mrs. Kellogg was the directing head. She read and studied everything of value written on the subject of child culture, from the revolutionary teachings of Rousseau and his followers to the latest results of biologic and physiologic studies of childhood and adolescence. With a master hand she planned, directed, and supervised every detail of the home life and the activities of each child. When all [page 31 bottom] the little ones were asleep at night, we discussed principles, theories and plans, often till a late hour, and whatever decision was reached, was promptly put into execution. In the midst of all the busy hours of household and school activities, she carried on her department in Good Health, directed the Sanitarium School of Cookery and lectured to patients and helpers, besides carrying on for years an extended correspondence in the direction of field work in the Health and Social Purity Departments of the National W.C.T.U., in close association with Miss Frances Willard, whose intimate friendship she enjoyed.

“During all this time, and for more than twenty years, she prepared the bills of fare for breakfast, dinner and supper for the tables of both patients and helpers at the Sanitarium,—a family aggregating from a thousand to fifteen hundred persons,—six separate menus every day in the year, besides doing the same for her own family and directing the culinary department which served as a training-school of
cookery for the girls of the home as fast as they became old enough to take turns in carrying the larger responsibilities of the home.

“Those days were busy and troublesome times at the Sanitarium. The great improvements made had all been paid for with borrowed money, which was obtained in small sums from many different persons, and the financial problems were pressing and perplexing. The attempt to build up a great, self-supporting, philanthropic enterprise without endowment was a new and an untried experiment, and many expected the effort to fail.

“But financial troubles were by no means the chief of our problems. The Battle Creek Sanitarium Method was not a well-rounded and developed system, as now, with able experts in charge of every department. It was a new, and, in the early days, a more or less crude attempt to systematize and co-ordinate a large group of therapeutic agents known as natural or physiologic measures. There was much prejudice to be overcome, as well as scientific problems to be solved.

“And there were other and far more subtle and difficult problems growing out of the sectarian affiliations of the work, to say nothing of the ordinary routine work of caring for several hundred sick people and supervising to some degree the activities of some hundreds of helpers. Mrs. Kellogg was in close touch with all this medley of work and worry, and lent a sympathetic and judicious mind and dexterous hand to the task of solving the perplexities which every day presented themselves for settlement.

“How she did it all is indeed more than a wonder; it was truly a miracle of efficiency and endurance. And it is not surprising that by the time the first group of little ones began to reach years of maturity and responsibility she broke under the strain which was too much for human nature to bear. This breakdown occurred twenty-three years before her death. Complete rest for a year or two secured improvement, but not complete recovery, and during the last twenty years of her life, her labors, though versatile and wonderfully efficient, were handicapped by continuous invalidism. Indeed, during all these years the seeds of the malady which finally ended her life were slowly developing. Not one day during all these long years was she wholly free from suffering. Not a day passed without some hours devoted to treatment, by the aid of which alone was she able to enjoy even partial comfort. But she still carried as much as possible of her old responsibilities and did much literary work”

(Continued).


• Summary: (Continued): “The loss of hearing, which began with an attack of scarlet fever in early life and was later increased by diseased tonsils, and finally aggravated and rendered incurable by injudicious treatment by a renowned specialist, was a trial hard for her to bear; for she greatly enjoyed vocal and instrumental music, and especially the singing of the birds and the chatter of a wonderful gray parrot from West Africa which was for many years her special pet. The final, almost total, loss of hearing was also a handicap in dealing with the children, although by no means to the degree which would be naturally expected. Without special study and with no instruction, she very quickly acquired the art of lip reading. People who enunciated clearly she could usually understand without difficulty, although not hearing a word uttered. Every new invention to aid hearing was tried, but found valueless because of the unusual nature of her difficulty, which wholly baffled the best specialists in this country and Europe. Although for many years she had been unable to hear her own voice, she retained to the last to a remarkable degree the ability to modulate her voice so well that anyone not familiar with the fact of her deafness would not suspect it from her ordinary speech. Her readiness in the acquisition of the art of lip reading affords an illustration of the remarkable intellectual acumen and keenness, which was a very marked characteristic.

“Mrs. Kellogg was a great lover of Nature and a great reader of books, and possessed a remarkable memory of places, things and events. In traveling she was always on the alert and observed everything of interest. Apparently nothing escaped her. Before going upon a journey, she posted herself as thoroughly as possible about the new things and places to be visited. I always carried with me so much work that I was often glad to come home to get a rest, and so I was glad to be able to get travel information second-hand, as she called my attention to matters of interest in passing which otherwise I should never have seen, for my absences from home have been work vacations rather than recreation periods.

“Mrs. Kellogg was passionately fond of flowers and showed consummate taste and skill in arranging flowers for color effect. She knew most of the wild flowers which grow in this region, and was fond of transplanting them from the woods to our grove, where many species are growing and spreading beneath the trees.

“A notable trait of character familiar to everyone acquainted with Mrs. Kellogg was her great solicitude for the welfare of everyone within her circle. Every animal about the place, as well as each one of the children and other members of the family, even the wild birds and the squirrels, were the objects of her motherly care. Supplies of food and water for each and every one were never forgotten. Every birthday of every child and grandchild and remoter kin was always suitably recognized. Always she was planning for the comfort, instruction or pleasure, not of a few favorites, but of all who could have the slightest claim upon her solicitude.

“Profoundly religious from her childhood, Mrs. Kellogg carefully trained her household in the fear and admonition of the Lord. Nothing she knew to be her duty was left undone. She spared no effort to accomplish all expected of her and
chose the tasks which were likely to be left undone by others.

“Until the last few months of her life, Mrs. Kellogg continued her contributions to her department in Good Health, which she had conducted for forty years. She was a great lover of books, and during the last months of her life occupied nearly all her waking moments in reading.

“She had a keen sense of the beautiful in nature and art. Her skill in the arrangement of flowers was unequaled. She gave much thought and attention to the planting and grouping of flowers and shrubs about the home grounds, as well as to the comfort and pleasure of the wild creatures that made themselves at home in the grove. Almost to the very last she was able to enjoy the view of trees and grounds from the broad, open windows of her sick-room, and was entertained by the visits of her loved birds and squirrels, which often entered and played about the sick-room. Even a few moments before her death she partook of strawberries from the garden with some relish.

“A little more than a year before her death, Mrs. Kellogg recognized some aggravation of a lifelong ailment, and on this account returned home from Florida, where she was then with her husband, and became a patient at the Sanitarium, where she received every possible expert attention. She apparently made marked improvement, but soon after Dr. Kellogg returned, late in May, he noted symptoms of a grave condition, no indication of which had previously existed. Nothing but a surgical operation could save her life. The operation was performed by the eminent Dr. Wm. J. Mayo, of Rochester, Minnesota. The operation gave relief from suffering and undoubtedly prolonged her life, but could not eradicate the disease, for the reason that it involved structures which could not be removed, being located in a part of the body where its insidious development gave no sign of its presence until far advanced.

“Under careful nursing, receiving the benefit of every resource known to medical science, she lingered for a year, during most of which time she was fairly comfortable; then, after many years of patient suffering, she at last entered into rest, leaving behind a record of fidelity to principle, devotion to truth, and willingness to give freely of her best service to others that will ever remain an inspiring example to all who knew her.

“In these brief paragraphs I have presented but a very feeble and incomplete picture of the great part my wife played and the essential assistance she rendered in all the activities of my life, and of the great contribution she made, especially in the earlier years, to the work of the Battle Creek Sanitarium and its allied enterprises.”

She died 14 June, 1920 at home (“The Residence”) in Battle Creek, Michigan.

On the last page is this poem, “Submission”

“(Written by Mrs. Kellogg shortly after she became convinced that her deafness was incurable.)

“How changed seems life! How drear the days,

“Since I no longer hear
“The songs of birds, the voice of friends,
“And sounds I held so dear.
“‘Full-well I know God’s plans for us
“‘Like lily buds unfolded,
“‘And in His own good time we’ll see
“‘Their calyces of gold.’
“I know another eye than mine
“Can guide my steps aright;
“I know behind the darkest cloud
“The sun still sheds its light.
“I’ll humbly bow to His sweet will
“And trust Him for the rest;
“I’ll patiently my burden bear;
“I know His way is best.”

• Summary: “Sanitarium Activities–The program of activities at the Sanitarium for the remainder of the week is to include an illustrated talk on the Orient tonight by Rev. J.A. Saunders, a Baptist missionary from Canton, China, who is present a guest at the institution... At 2:30 in the parlors Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, is to give a talk on ‘Food and Drink Converted into Body Builders Make Us What We Are.’”

• Summary: “Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, left Wednesday for an extended eastern trip. Miss Cooper is to attend the American Home Economics association convention in Swampscott, Massachusetts, and from there will take the St. Lawrence river trip.”

• Summary: “Program at San–An interesting program this week is announced at the Sanitarium. This evening the get-acquainted social in the parlors will be featured guests from Kentucky, West Virginia, Arkansas, Kansas and Pennsylvania receiving the new arrivals... Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, talked on ‘Feeding Children Tuesday afternoon while in the evening Dr. J.H. Kellogg conducted the question box.”

• Summary: “Sanitarium Program–The program for the week at the Sanitarium is one of interest... Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, is to lecture Thursday afternoon at 5 o’clock in the home
BIOGRAPHY OF LENNA F. COOPER (1875-1961)

- **Summary:** “Pageant at Federation. One of the big events at the annual meeting of the Michigan State Federation of Women’s Clubs in Grand Rapids, October 11-14 inclusive, will be the pageant presented Thursday afternoon showing the activities of the Federation... In ‘The Clubwoman,’ the paper published by the Detroit Federation of Clubs and edited by Mrs. William R. Alvord, of Detroit, state president, a large space is devoted this month to the coming Federation meeting. Photographs are also included of Mrs. Burritt Hamilton, past state president and now active in General Federation work, and Miss Lenna Cooper, both of Battle Creek.”

- **Summary:** “Program at San—The program for the remainder of the week at the Sanitarium is as follows: Thursday—5 to 6 p.m. cooking demonstration by the Home Economics department, ‘Simple Desserts’ by Miss Lenna Cooper,...”

- **Summary:** “By Lenna Frances Cooper, B.S. Columbia University; Dean, Battle Creek Sanitarium School of Home Economics.

“500 Appetizing, Wholesome Recipes
Contains just what you need to know about calories, balancing the diet, and healthful eating.

“This book is not a mere collection of recipes, but presents a new system of cooking which has been worked out by many years of research and experimentation in the food laboratories and experiment kitchens of the Battle Creek Sanitarium, and each new product of the labors of many experts has been tested on the tables of that great institution and approved by thousands of fastidious critics before being offered to the general public.

“Recipe Taken from ‘The New Cookery’

**Vegetable Soup with Noodles**

1 cup diced carrots
1 cup diced turnips
1 cup chopped cabbage
A cup chopped onion
¼ cup rice
4 tablespoons butter
3 cups diced potatoes
Noodles
Water to make 4 quarts soup

“Cook the carrots, turnips, cabbage, and onion until tender. Then add the rice, diced potatoes, noodles, butter and salt, and cook until all are tender.

“Protein Fat Carbohydrate Total
Calories in recipe 95 517 609 121
Calories in a serving (4.75 oz.) 3 19 22 44

**Noodles**

1 egg-yolk
¼ cup flour
½ teaspoon salt

“Beat the egg-yolk and add flour to make a stiff dough. Roll very thin, fold one-half over the other side, and roll like a Jelly Roll. Cut in very thin slices crosswise and shake to unfold. Add to the boiling soup.

“Protein Fat Carbohydrate Total
Calories in recipe 25 67 87 179
8vo. 448 pages, illustrated, indexed. Price, $3.00, net

The Modern Medicine Publishing Company
65 North Washington Ave., Battle Creek, Michigan

Address: Battle Creek, Michigan.

- **Summary:** “Miss Lenna Cooper, of the Sanitarium,
entertained at luncheon preceding the opening League session, her guests including Mrs. E.M. Brigham, Mrs. Burritt Hamilton and Mrs. Dorian Russell.”


- **Summary:** “School Heads Absent–Heads of two of the Sanitarium schools have been absent from their work this week. Dr. Linda M. Roth, dean of the Normal School of Physical Education, is attending the Kiwanis convention in Grand Rapids. Miss Lenna F. Cooper, head of the School of Home Economics, is attending the national Red Cross meeting in Columbus, Ohio.”


- **Summary:** “To Attend Convention–Miss Lenna Cooper, head of the School of Home Economics at the Sanitarium, left today for Grand Rapids, Michigan, where she will attend a convention of the State Federation of Women’s clubs, Miss Cooper is chairman of the Home Economics department of the federation. Her department will give a program during the convention. She expects to be gone about a week.”


- **Summary:** “Home from R.C. [Red Cross] Meeting—... Miss Lenna F. Cooper, head of the School of Home Economics at the Sanitarium, and Miss Helen Ross, night superintendent at the Nichols hospital, who also attended the convention, returned at the same time.”


- **Summary:** “Mrs. Burritt Hamilton, of this city, past president of the Michigan State Federation of Women’s Clubs, was elected delegate to the General Federation at the 27th annual meeting of the federation in Grand Rapids, Thursday.”

  “This morning officers were installed and Miss Lenna Cooper, dean of the Sanitarium School of Home Economics, talked. Miss Cooper’s subject was ‘Progress in Home Demonstration Work.’ This afternoon the visiting delegates will be taken on auto rides around Grand Rapids, and many of the ladies will take early trains to their homes.”


- **Summary:** “Reports from the recent meeting of the Michigan State Federation of Women’s Clubs in Grand Rapids were made by Mrs. Stringham and Miss Lenna Cooper...

  “Miss Cooper stressed the importance of nutrition and told the ladies of the progress being made in helping undernourished children.”


- **Summary:** “Great improvement in school work done by children who have benefited by the warm lunch project in the public schools is reported by public school teachers here, Miss Lenna F. Cooper, director of the Sanitarium School of Home Economics, whose students are in charge of the lunches, announced this morning.

  “Girls of the Home Economics school are conducting these lunches this year at two of Battle Creek’s schools—No. 4 and 8. Two girls at a time are assigned to the work, buying the food, planning the menus, preparing the lunches and serving them to the children. About ninety children are served with warm school lunches by this system. The ages of most of them range from six to twelve years.

  “The girls give their services solely for the experience it gives them, Miss Cooper said, the children paying enough to cover the cost of the food—twelve to thirteen cents per lunch. The warm lunch project has been conducted here for several years by the girls of the school, the school board having furnished the equipment at the time of its beginning. The equipment, which is very simple, consists of a four burner oil stove, cupboards, tables, dishes and chairs.

  “The purpose of the warm lunch system, Miss Cooper said, is twofold: First, to furnish warm lunches in school districts where there are children of working mothers who are unable to provide warm food for their children at noon; second, to see that these children get as much milk, fruit and vegetables, known to be growth producing foods, as possible, in order to remedy any deficiency in these foods which may occur at the child’s other meals, also acquainting the child with a variety of foods, preventing idiosyncrasies in diet which might develop.

  “In many cases children who formerly even failed to pass their grade have done excellent school work later as result of the balanced diet which the warm lunches supply, say public school teachers. Miss Margaret Hall, instructor at the Home Economics school, supervises the work of the girls.”


- **Summary:** “To Attend Teachers’ Meet–Miss Lenna F. Cooper, head of the Sanitarium School of Home Economics, Miss Margaret Ritchie, Miss Cornelia Simpson and Miss Irene Thoren, teachers in the school, will leave Friday
for Detroit to attend the Home Economics section of the Michigan State Teachers' Association convention there. They are expected to return Saturday.”

• Summary: “Return from Convention—Miss Lenna F. Cooper, head of the Sanitarium School of Home Economics, Miss Margaret Ritchie, Miss Cornelia Simpson, Miss Margaret Hall, teachers in the schools, Miss Helen Maveety and Miss Alice Cimmer, instructors of domestic science in the high school, attended the meeting of the State Home Economics association, which is a branch of the State Teachers’ association, in Detroit, Saturday. About four hundred persons were present at the meeting. Miss Maveety gave a talk on ‘What Shall We Teach in High School Courses.’

“Visits Home Economics School–Miss Daisy Treen, of Boston, Massachusetts, was here Saturday and Sunday as the guest of Miss Lenna F. Cooper, head of the Sanitarium School of Home Economics, and spent the time visiting the various departments of the institution...”

• Summary: “Employment of students from the point of view of the students themselves formed the basis of discussion at the first student council meeting of the year at the Sanitarium School of Home Economics on Thursday.

“The discussion brought out the fact that there is an unusually large number of students at the school who want employment, while there is enough demand for the work which the Home Economics girls do to supply those who really need it, financially. The plan evolved is for girls who want the work only for experience to give way for those who need it, and the council voted to do all in its power to create such a feeling of responsibility for their classmates among the girls.”

“Miss Lenna F. Cooper, dean of the school; Miss Margaret Ritchie, junior class advisor, and Miss Margaret Hall, senior class advisor, were present at the meeting of the students’ ruling body.”

• Summary: “Holiday Dates Announced—Students of the Sanitarium School of Home Economics are beginning to make not only Thanksgiving holidays but Christmas holidays as well, a subject of campus discussion, following the announcement of dates for both vacations by Miss Lenna F. Cooper, dean. Thanksgiving holidays at the school begin Wednesday noon, November 23, and end Monday noon, November 28. The Christmas vacation begins Wednesday noon, December 21, and classes will be resumed Wednesday noon, January 4. The announcement to this effect has been posted on all school bulletin boards. Friday, Armistice day [Nov. 11], was declared a holiday at the school, and classes were dismissed during the entire day.”

• Summary: “That a most important part was taken by a Battle Creek woman at the recent Red Cross national convention in Columbus, Ohio, is disclosed by the last issue of the Red Cross Bulletin, official American Red Cross Publication with a national circulation. The issue tells of the important contribution made by Miss Lenna F. Cooper, dean of the Battle Creek Sanitarium School of Home Economics, to the discussion of nutrition and in particular of dietitians in relation to military forces. Miss Cooper was superintendent of dietitians of the United States army during the war.

“The Battle Creek woman, who is recognized as a national authority on the subject of dietetics, in discussing the evolution of dietetics in relation to military forces, pointed out that when Red Cross dietitians were taken into the United States army in the World war it was absolutely the first time dietitians had been officially connected with the army. It was a pioneer work, she declared, and the problems and difficulties were many, the article goes on to say. Inspired by Miss Cooper’s talk, several of the dietitians related their initial experience in dietary work with army hospitals overseas.

“Miss Cooper also started a discussion on the military status of dietitians which proved to be one of the most absorbing matters to be brought up among the dietitians and was followed by a long discussion. Miss Cooper paved the way by stating that she understood a bill was being introduced in Congress which would confer military status upon a limited number of women of various groups who served in the war. The discussion which followed was to the effect that discrimination was probably unintentional since dietitians have never organized to support their causes.

“The meeting voted that the American Home Economics association, of which Miss Cooper has been president for some time, be asked to call attention to the service that can be rendered through the American Red Cross Nutrition Service and its registered dietitians, and that the enrollment of dietitians be maintained.”

• Summary: “Returns from Meeting—Miss Lenna Cooper, dean of the Sanitarium School of Home Economics, returned home Tuesday from New Orleans, Louisiana, where she...”
attended a committee meeting held in connection with a convention of representatives of Land-Grant colleges from all over the country. Miss Cooper was gone about ten days.


• **Summary:** “Sorority Dance at Tavern. Saturday evening a prettily appointed formal dance was given on the bridge of the Post Tavern by members of the Alpha Theta Pi sorority, of the Sanitarium School [of Home Economics]. Edward’s orchestra, of Ann Arbor, provided the dance program, which included several features, ‘Harvest Moon,’ and ‘Snow Ball’ dances. Refreshments were served during the evening by the committee in charge. Miss Lorna Barbara was chairman...
The reception committee included Miss Lenna F. Cooper, dean of the School of Home Economics, Miss Margaret Hall, Miss Ruth French, Miss Dorothy Canfield, Miss Danson and Miss Marion Kirt.”


• **Summary:** “One of the gayest centers for Thanksgiving festivities in Battle Creek will be the Post Tavern, where dinners, dances and other social events are now being dated up...

“The first of these was an elaborate dance given by the Alpha Theta Pi sorority at the Sanitarium School of Home Economics in the bridge room at the Tavern Saturday night. All students of the entire school were the sorority’s guests at this time, as well as the faculty, the board of directors of the school, and the patrons and patronesses of the sorority, Dr. and Mrs. J.T. Chase, Mr. and Mrs. M.W. Wentworth, and Dr. and Mrs. M.A. Martin. In the receiving line were Miss Lenna F. Cooper, dean of the school; Miss Margaret Hall, assistant dean; Miss Ruth French, instructor; Miss Marian King and Miss Anna McCauley, head dietitians, and Miss Anne Davidson, president of the student body and of the senior class.

“Decorations at the dance were in the sorority’s colors, yellow, white and green. Chrysanthemums, great feathery, fringy chrysanthemums, in wonderful shades and tints, carried out the color effect...”

“One of the prettiest features of the entire evening came near the end of the dance program, when a ‘mock snowball fight’ was staged. All lights were turned off as a moonlight dance was in progress at the same time, while ‘snow balls’ of cotton and artificial snow enlivened the scene.

“A six piece orchestra from Ann Arbor furnished the music for the event...” Edward’s orchestra, of Ann Arbor, provided the dance program, which included several features, “Harvest Moon,” and “Snow Ball” dances. Refreshments were served during the evening by the committee in charge. Miss Lorna Barbara was chairman...


• **Summary:** “The Jackson Business and Professional Women’s club welcomed a delegation of ten business and professional from Battle Creek late this afternoon, with delegations from Marshall and Lansing, at a banquet to meet Miss Grace L. Bishop, of Saginaw, who is state president of the Michigan Federation of Business and Professional Women’s clubs.

“Those making up the Battle Creek group were Mrs. May McCamly, city treasurer;... Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics;...”


• **Summary:** A class of about twenty girls from the Michigan Agricultural college in East Lansing is in Battle Creek visiting the Sanitarium School of Home Economics. The class is studying institutional economics and instructors expect the students to benefit much by their visit here.

“The delegation arrived last night to stay at the Post Tavern. They were guests of the Sanitarium at noon dinner today.

“The students are: Miss Judith Tremain,...”

“Arrangements were made some time ago by the faculty at East Lansing with Miss Lenna F. Cooper, dean of the Sanitarium school, for the class to inspect the work here. Members of the School of Home Economics faculty are conducting the students through the institution.”


• **Summary:** “To a Battle Creek resident has been given the privilege of living to reach her 100th year. She is Mrs. Susanna Bashore Rannells and she lives at 100 Manchester street with her daughter, Mrs. C.E. Owens. The celebration of her 99th birthday anniversary is being quietly conducted, children, grandchildren, and great-grandchildren paying their respects, also friends of the family.

“Cards and greetings are coming to her and a charming feature of the day was the presentation by Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, of a beautiful birthday cake, made by the girls in her department. This is attractively decorated with a horseshoe for luck and the numerals 99. It is greatly treasured by the...”

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• Summary: “Business and Professional Women Meet–The group of business and professional women who are seeking organization in this city met last evening at a dinner session at the Y.W.C.A. building. Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, presided and the secretary present, Mrs Thelma Stillson Fisher, read the report of the meeting held last week. Miss May Davis of Indianapolis, national organizer of Altrusia clubs,...”


• Summary: “Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, supervising dietitian of the United States Army during the recent war, and one of the six members of the Red Cross committee on dietitians, has been invited to a meeting of the National Committee on Red Cross Nursing Service in Washington January 6. Miss Cooper expects to leave here Wednesday to attend the meeting which is to be held at National Headquarters.

“Among the other important personages to whom invitations to attend the meeting have been sent out are: Surgeon General M.W. Ireland; Surgeon General E.R. Stitt,...”


• Summary: “Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, has returned home now after attending a conference called in Washington by the American Red Cross for the purpose of discussing the relation of nutrition service to the other departments. The conference was held on Friday, January 6, at National headquarters of the Red Cross and Miss Cooper went from Washington to Philadelphia and New York attending other conferences and visiting number of large hospitals.

“Those who attended the Red Cross conference were; Surgeon General M.W. Ireland; Surgeon General E.R. Stitt,...”

“Following the Red Cross conference, Miss Cooper attended a meeting of the executive committee of the American Home Economics Association, together with the director of the extension work in the Department of Agriculture. At that conference, the relation of home economics work to the reorganization of the department of agriculture, which is now in progress, was discussed.

“Miss Cooper was supervising dietitian of the Red Cross during the war, and one of the six members of the Red Cross committee.”


• Summary: “Thirty-five of the business and professional women of Battle Creek gathered at the Y.W.C.A. building last evening, with Mrs. F. Winifred Harvey as chairman, to consider the organization of a club.

“E.R. Merton of the City National bank, spoke to them about the aims and ideals of the Rotary club, while Dr. Harry B. Knapp, Sanitarian physician, told of Kiwanis, each being thoroughly conversant with the organization of which he talked.

“Three women presented what they knew of as many clubs for business and professional women...”

“Dr. Linda Gage Roth also spoke of the Altrusa club movement.

“While nothing definite was accomplished it was decided to go on with the plan to organize, the consensus of opinion being that it would be best to start here something quite different from what has been presented previously, this to suit the particular needs of Battle Creek, as they appear just now.

“The chairman, Mrs. Harvey, named a committee to look after the drafting of a constitution, the personnel being as follows: Mrs. May McCamly, Miss Lenna F. Cooper, Dr. Louie V. Stegman, Mrs. Dessalee Ryan Dudley and Miss Grace Preston.”


• Summary: “Home furnishing on a practical basis rather than mere text book knowledge of the subject is the objective of girls at the Sanitarium School of Home Economics, who are getting their information first hand at a local furniture store. Miss Cordelia Simpson, instructor in the class of home furnishing, takes a different group of girls to Farley’s furniture store, 37 East Main street, each day and they see for themselves the current prices and various styles of furniture as it appears in a retail store.

“Part of the class work of the students consists in planning homes for which various expenditures are allotted. When they visit the furniture store they decide upon the quality of the goods they can afford to plan upon, using a certain amount of the sun allotted for the house for each room.

“‘This is a yearly occurrence at the school,’ said Miss
Lenna F. Cooper, dean, speaking of the home furnishing work this morning. ‘Each year the class visits some furniture store in Battle Creek to get a practical knowledge of furniture styles and values.’

• Summary: “Speaks at Greenville–Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, went to Greenville Sunday, where she spoke yesterday before the Greenville Women’s club on the subject of home economics. Miss Cooper returned to Battle Creek today.”

• Summary: “Make Health Experiment–Dr. B.N. Colver, of the Sanitarium, and Dean Lenna F. Cooper of the School of Home Economics, were last evening granted permission by the board of education to make a study of health conditions in two local schools, considering especially the problem of nutrition. A large percentage of school children are undernourished through the use of wrong foods, studies have shown, and the two people want to study local conditions and find if any remedy can be effectively provided. Details have been left to be worked out through Superintendent W.G. Coburn’s office.”

• Summary: “As a result of a conference attended by Surgeon General Stitt, Miss Lena Higbee, superintendent of the Navy Nurse Corps, and Miss Lenna F. Cooper, supervising dietitian of the United States army during the war and now dean of the Sanitarium School of Home Economics, during Miss Cooper’s recent attendance at the Red Cross convention in Washington, special classes were opened today at the school here for four United States navy nurses. The young women who will receive this special schooling all came here direct from the Navy Hospital at Great Lakes. They are: Miss Ella B. Elwell, Miss Anne Gemkow, Miss Grace A. Fisher and Miss Vivant Mary Stewart.

This special schooling, it is thought, may result in an important widespread movement for such classes. Surgeon General Stitt, who is much interested in dietetics and has for some time wished the Navy nurses to know more about the subject, is really the instigator of the idea, Miss Cooper said this morning. He has written both Miss Cooper and Dr. J.H. Kellogg of the Sanitarium expressing the hope that this will be merely the forerunner of many such classes.

“In outlining her plans for the nurses’ training here, which will be continued until June 22, Miss Cooper said today that they will go into some of the regular classes of the school, although for the most part, special classes will be formed for their benefit. These classes include special work in foods and cookery, institutional cooking, medical dietetics and nutrition. The nutrition work, she said, will include some research work in the laboratory. Each of the new students will also probably have an elective subject, to be arranged later.

“Officials at the Sanitarium feel that an honor has been conferred on Battle Creek and on the school here in the selection as the best place in the country for the training of Navy nurses in the subject of dietetics.

“We feel, of course, quite complimented that the Navy has selected our school for this special training of nurses,” said Miss Cooper.”

• Summary: “Home from the Convention–Dr. Linda M. Roth, dean of the Sanitarium Normal School of Physical Education, returned home last night from Chicago, where she attended the National Education Association convention, especially those sessions which had to do with physical education. Miss Lenna F. Cooper, who went with Dr. Roth to the convention, was forced to leave on account of the illness of her mother, for Oklahoma City, Oklahoma. Dr. J.E. Cooper accompanied Miss Cooper to their mother’s home. They will probably return to Battle Creek next week.”

463. Burial and death record (findagrave) for Nancy Ellen Carrothers Cooper; died on 9 March 1922. 1922. Maple Grove Cemetery, Wichita, Sedgwick Co., Kansas.
• Summary: Findagrave says she is buried in Maple Grove Cemetery, Wichita, Kansas. Plot: Section AZ, Lot 11, Grave C. She was born in Dec. 1850 in Ohio. She died on 9 March 1922.

But there is disagreement as to her death date. An announcement in The Parsons Daily Sun (Parsons, Kansas) says she died on Friday, March 10, 1922.


464. Death of Nancy E. Cooper in the Oklahoma State Vital Records Index; died on 9 March 1922. 1922.
• Summary: This Index states: Name: Nancy E. Cooper. Age: 71 years. Birth place: Ohio. Death date: 9 March 1922. Source info: Death Register Volume 1, p. 296 #14766.

Note: She is buried in Wichita. Kansas.


**Summary:** "Dean Lenna F. Cooper, of the Sanitarium School of Home Economics, has returned from Oklahoma City, Oklahoma, where she was called by the illness of her mother."


**Summary:** "At the April meeting of the Parent-Teachers’ Council at Willard library, Monday afternoon, a large number of mothers were in attendance."

“The Council meeting concluded, Mrs. Kirk announcing that next month Miss Lenna Cooper, of the Sanitarium, will address the society. The Council has a membership of over sixty, having three or four delegates from every local Parent-Teachers’ association. Delegates to the state meeting at Port Huron, in May, will be elected at the next session of the organization.”


**Summary:** "Sanitarium Program—The program for this week at the Sanitarium opened with a parlor lecture by Dean Lenna F. Cooper, of the School ofHome Economics, her topic being ‘Home Economics as a Community Interest.’ Tuesday Prof. Irving Fisher addressed a large audience in the parlor. Tonight..."


**Summary:** "Wed in Ohio. Miss Phyllis Grundtisch was honored at a pre-nuptial party Tuesday at the home of Miss Lenna Cooper on Burnham Court, as Miss Grundtisch becomes the bride tonight [Thursday] of Rollin L. Caldwell, at the home of the bride’s parents in Sandusky, Ohio. A wedding cake adorned with a miniature May pole, from which [?] ribbons radiated to each place card centered the table. The evening was spent informally with music and visiting. Miss Grundtisch has been connected with the Sanitarium offices for the past two years and is well known here."


**Summary:** "Dietitians at the Battle Creek Sanitarium will be hostesses tomorrow to the State Dietitians’ association, Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, announced this morning. About twenty-five out-of-town members are expected to be here."

“Miss Cooper will be toastmistress at a luncheon shortly after noon, and is expected to make a short address of welcome to members of the association which is a comparatively new one. She announced this morning that the principal speaker has not yet been decided upon. Miss Edna White, of Detroit, will, however, give a short talk. Students of the School of Home Economics will furnish vocal and instrumental music.

“The luncheon and speeches will be followed by a tour through the Sanitarium. The guests will arrive at about noon and will leave in the late afternoon. They come, for the most part, from Detroit and Ann Arbor. It is expected that many Battle Creek members of the organization will also attend the meeting.”


**Summary:** "With the initial celebration of an occasion which will become an annual graduation event at the Sanitarium School of Home Economics, students there this morning observed ‘Moving Up Day.’ ‘Moving Up Day,’ in the narrower sense, is to indicate the giving up of their chapel seats by seniors to juniors, but it also symbolizes in a broader sense progression of students and the school.

“Giving a farewell address, directed to members of the graduation class, Miss Lenna F. Cooper, dean of the school, was the principal speaker."

“‘The reputation of your Alma Mater,’ she said in part, ‘is in the hands of the alumnae. The recognition which has
come to us as a school is due to the untiring and successful efforts of our former students—in other words, they have "made good."

"As soon as a girl registers here, she becomes an integral part of the school, and she helps make it what it is—determines its character as well as its reputation.'

"Miss Cooper spoke of friendship as a vital factor in idea school life, and outlined the future policy of the institution, pointing out that its very existence depends upon the loyal support of its alumnae, and stressing the fact that all such trusts should be held sacred. She closed with a wish for the success of the 1922 graduates, but said she did not hope for them any unearned rewards.

"Other parts of the program were a hymn by the school; invocation by the Rev. W.H. Phelps, chaplain of the school; song 'Alma Mater,' by the school; presentation of trust to juniors, together with a cap symbolizing all the school stands for. Miss Ann Davison, president of the senior class; reply, Miss Katharine Diehl, junior moving up, seniors; moving up juniors; song 'Loyalty,' seniors.'"


**Summary:** "With the announcement this morning by Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, of the graduation activities of her school, plans for the annual events of the three San schools became known. Dr. Linda M. Roth, dean of the Normal School of Physical Education, has previously announced dates of her students’ activities.

"The School of Home Economics schedule is as follows: Wednesday night, Senior dance at the Country club; Thursday night, reception for seniors of three schools, given by Dr. J.H. Kellogg, at his home; Friday night, informal party by the Alpha Theta Phi sorority at the home of Miss Louise Sprague, a member, and entertainment of the S.K.K. club, at the home of Dr. H.B. Knapp, of Urbandale; Saturday night, senior class play, and Sunday, the Baccalaureate sermon for seniors of the three schools. The Rev. Samuel S. Marquis, of Detroit, will deliver the Baccalaureate sermon, at the First Congregational church. Mr. Marquis was formerly dean of the Episcopal cathedral of Detroit, and later assumed the chairmanship of welfare work of the Ford factory. He is now pastor of the Episcopal church at Detroit."


**Summary:** "Definite formation of a Student League at one of the Sanitarium schools, with every probability of a tri-school league of the Sanitarium institutions, was this morning announced by Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics.

"Students of that school effected the organization of the body Saturday afternoon, and this morning elected their president, Miss Hazel Boyd, and their vice-president, Miss Carolyn Miller. Other officers, as well as a board, will be elected at a meeting soon after the re-opening of school in the fall. The officers yet to be elected will be chosen from incoming students. All girls in the school are members of the league, which is a form of student government association, with the purpose of co-operating with school authorities and looking after school activities.

"'While this is a new organization, it is much similar to the one we have previously had,' stated Miss cooper today. 'We formerly attained our student government through class organizations and our student council. The Student League is really a re-organization of the student council.'

"Miss Cooper said plans to have a tri-school council composed of representatives from the School of Home Economics, the Normal School of Physical Education and the Nurses‘ Training School, had been passed on by the students and approved by the faculty. It is probable such a league will be organized soon after the opening of the three schools, in the fall. Presidents of each of the school councils would automatically become members.’"
**Summary:** “Miss Lenna F. Cooper, dean of the Sanitarium School of Home Economics, has left for Chicago where she will join the delegation which is to attend the convention of the American Home Economics society at Corvallis, Oregon. Miss Cooper is secretary of the national society.”


**Summary:** “Miss Lena [sic, Lenna] Cooper, dean of the Sanitarium School of Home Economics, writes from Corvallis, Oregon, of the splendid sightseeing trip which she with three carloads of others, had on the way west from Chicago. Also of the interesting meetings being conducted at the convention of the American Home Economics association which they are attending.”


**Summary:** “School Opens Sept. 5.–The Sanitarium school of home economics opens Tuesday, Sept. 5, it was announced this morning. There will probably be 100 new students enrolled, bringing the total enrollment in the two-year course up to 175. The acting dean of the school states that the school this year will be the most cosmopolitan ever, students coming from all over the United States as well as Canada. Miss Lenna Cooper, dean of the school, making an extensive trip through the West, is expected to return August 25.”


**Summary:** “Miss Lenna Cooper, dean of the Sanitarium school of home economics has arrived home following a month’s trip throughout the Western states. Miss Cooper, accompanied by Miss Alice Cimmer, of the high school domestic science department, attended the National Home Economics association’s convention held in Oregon, August 1-6. On her trip Miss Cooper visited Glacier Park and was in San Francisco and Los Angeles, California. She returned through Colorado, Oklahoma and Kansas. ‘The crops in Oklahoma and Kansas are practically destroyed by the heat and dryness of the weather, During the trip through the two states the temperature ranged from 102 to 106 degrees,’ [F.] says Miss Cooper.”

481. *Battle Creek Moon-Journal (Michigan).* 1922. Two more prize babies chosen: Edward Collins, Jr. awarded honors in ‘largest youngster’ class. Little Miss Dorothy Robbins takes second place; other successful babies selected. Sept. 25. p. 12, col. 5.

**Summary:** “Two more babies won prizes as a result of the recent contest at the Calhoun County Fair. This was made known today when it was announced by Miss Lenna Cooper of the Sanitarium that Edward Collins, Jr., of Marshall and that Dorothy Robbins, daughter of Mrs. Earl Robbins, of near Marshall, were winners for the ‘largest youngster’ class in the show. This last decision, which was determined by baby’s weight and height completed all announcements for the contest.”

The standard for a tot who was one year old was considered to be 29 inches, and 20.5 pounds.

Each of the winning babies received pairs of fancy baby socks.

“Miss Cooper announced prizes for the most perfect baby which was another return recently decided upon.

“The judges for the perfect baby contest included Miss Cooper, A.J. Martin, illustrator of the Battle Creek Sanitarium, and Mrs. C.C. Smith of Marshal.”

Note: In the very interesting column just to the right of this article is titled: “Kellogg gives new Decalogue. San superintendent talks at the first M.E. church Sunday School rally. Ten Commandments for health laid down by Dr. Kellogg in unique talk.”


**Summary:** “Altrusa Head Coming–Mrs. Anna Settle, of Louisville, Kentucky, national president of the Altrusa club, will arrive in Battle Creek next Sunday, where she will address members of the local organization in a special dinner at the Battle Creek Sanitarium at 1:30 p.m. Members from the clubs in Grand Rapids and Kalamazoo have been invited to attend. Mrs. Settle, who will speak on ‘What Altrusa Means,’ is making a state tour of the various clubs of which in the nation there about twenty-two in the larger cities. Last night Mrs. Settle addressed the club at the Pantlind hotel, Grand Rapids, and spoke on the same subject. Battle Creek guests were Miss Lenna Cooper and Mrs. Winola Cooper.”


**Summary:** “Miss Lenna Cooper, dean of the Sanitarium School of Home Economics, will speak before members of the No. 6 Parent-Teachers’ association Thursday afternoon on ‘Foods for Growing Children.’ Miss Cooper is an authority on this subject and all mothers in the district have been urged to attend.”


**Summary:** “Over 100 mothers heard Miss Lenna Cooper, dean of the Sanitarium School of Home Economics, speak at No. 6 school on Thursday. The gymnasium was decorated with a profusion of pretty autumn flowers and foliage. Mrs. Alex McCay, club president, presided, and the opening number was a piano solo by Miss Beulah Caldwell. Miss Cooper spoke on ‘Food for the Growing Child,’ telling the mothers what kinds were more nutritious and the importance...
of preparation.

“This talk was given in connection with the health campaign being held... A social hour with refreshments closed the enthusiastic meeting...”

• Summary: “A Dinner Party. A delightful dinner party was given in the main dining room at the Sanitarium last evening, preceding the lecture held in connection with the Emmerson Institute. The guests included, Dr. J.L. Kellogg,... Miss Lenna F. Cooper,... also Miss Mable Skilton, of the institute. Following dinner, Miss Skilton gave a brief resume of the Institute’s work.”

• Summary: “Miss Lenna Cooper, dean of the Sanitarium School of Home Economics, spoke at the Thursday evening meeting of No. 2 Parent-Teachers’ club at the school. A splendid talk on proper nutrition and clinical work was given by Miss Cooper, who is one of the best known authorities along this line. She also displayed charts showing the effect of right nutrition. Music was furnished by the Presbyterian church Sunday school orchestra... Light refreshments and a social hour concluded the program.”

• Summary: “Club Names Committees. Important committee have been named by the Altrusa club officials to work in connection with the establishing of the new city nursery on North McCamly street. The committees named include, decoration, Miss Edna Taylor, Miss Lenna Cooper, Mrs. Grace Preston, Mrs. Adelaide Decker and Mrs. Winola Cooper; publicity, Mrs. Gertrude Walker,...”

• Summary: “Greetings to Alumnae–Four hundred letters expressing a Christmas greeting and giving a summary of the year’s work of the School of Home Economics are being sent out from the office of Dean Lenna Cooper to the graduate alumnae of the school.”

Note: This article was incorrectly labeled in the database as December 19, 1922, whereas it was actually published on Dec. 18.


Soy is not mentioned in this Seventh-day Adventist vegetarian cookbook; soy flour was mentioned in 9th edition (1924).

This book is dedicated to the author’s mother. Page 13 states: “The author wishes to express her indebtedness to Dr. and Mrs. John Harvey Kellogg, of the Battle Creek Sanitarium, who have inspired her with a love for the study of foods and their scientific preparation and who have since been constant sources of help and encouragement.”


490. Nucleus School of Home Economics. comp. 1922.
Nucleus yearbook. Battle Creek, Michigan.

**Summary:** See next 4 pages. Page 32 is about the “Student Council,” including Purpose, Officers, Administrative and Faculty Members (the first name being “Miss Lenna Frances Cooper, Dean of School”), Student Members, Reorganization Committee, and Articles I to IV.

Page 89, beneath a nondescript symbol shows the names of five groups of people: (1) Patrons and patronesses. Officers. Active members (including Lenna Cooper). Members Taken in April 1922. Junior Members.

Page 91 shows, beneath the letters S.K.K., the names of six groups of people: (1) Patrons and patronesses. (2) Honorary members (the first name of which is Lenna Frances Cooper). (3) Alumni members. (4) Officers. (5) Active senior members (including Frances Cooper) and (6) Active Junior Members.

A nice portrait photo later in the book shows: “Lenna Frances Cooper, Dean, Institution Administration.

“Diploma, Drexel University.
B.S., Teachers College, Columbia University;
“Supervising Dietitian, Medical Department, U.S. Army, 1918-1919.


**Summary:** “At the closing assembly of the school year today, Dr. Kellogg presented the Sanitarium School of Home Economics with a large portrait of his wife, Mrs. Ella Eaton Kellogg. Mrs. Kellogg began the classes in cookery and diet which later developed into the founding of the present school in 1906. At the same time, Miss Lenna Frances Cooper, dean, presented on behalf of the Sanitarium board, portraits of Mrs. Ellen Sparrows Richards, first president of the American Home Economics association, and Miss Isabel Bevier, until recently head of the home economics department at the University of Illinois, both of whom were pioneers in the field of home economics. These pictures will be hung in the social rooms of the school in North Lodge.” Address: Battle Creek, Michigan.


**Summary:** “That there is a goodly number of housewives who are interested in studying food chemistry is shown daily, but the fact remains that the rank and tile are glad to have food values interpreted for them.

“Ever since the study of dietetics became popular one of the chief problems has been to decide a terminology that should be accurately scientific and understandably popular at the same time.”

“Suppose a housekeeper is confronted with her daily task of meal planning and that she has an uneasy feeling that she has not been giving her family a well-rounded feeling, let her ask the artistic member of the family group to make a wall chart for the kitchen. The arrangement of the foods in this manner has been suggested and tested by Lenna Frances Cooper, a food specialist.

“At least one food from each of the main outline groups should be included in each meal plan.


“Body Builders


“b. Bone formers, milk, cereals and vegetables

“c. Blood formers, water and beverages, fruit, vegetables and eggs

“Fuels

“a. Fats and Oils, butter, cream, olive oil and other oils and nuts

“b. Starches, cereals and potatoes.

“c. Sugars, cane, beet and maple sugars, fruits and sweets.

“d. Muscle formers (same as above.)”

“Body Regulators

“a. Bulk, bran and whole grains and coarse vegetables.

“b. Vitamins, cream and butter, fresh vegetables, fruits and whole grains.”


**Summary:** “That there are a goodly number of housewives who are interested in studying food chemistry is shown daily, but the fact remains that the rank and file are glad to have food values interpreted for them.

“Ever since the study of dietetics became popular one of the chief problems has been to decide a terminology that should be accurately scientific and understandably popular at the same time. During one period the earnest seeker after dietetic information was forced to struggle with such terms as ‘protein,’ ‘carbohydrates,’ ‘calories’ and others equally abstruse. One recalls the distracted lady who, when asked if she had enjoyed her lecture in dietetics replied despondently, ‘Oh, I suppose so, but if only I could find out what sort of insect a “protein” is I’d be a lot happier!’ And the lecturer had been from a well known college!

“Then came the time when it was the fashion to teach these terms even to little children, on the ground that it was desirable to accustom them to the use of proper methods of designating foods.

“Today, as our fund of dietary knowledge becomes increasingly complex, the tendency is to simplify for old and young alike the important story of ‘what to eat and why,’

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Student Council

Purpose.—To act as a medium between the Faculty and Student Body in presentation of matters pertaining to any phase of school life.

OFFICERS

ANNE DAVISON
LILLIAN WHITE
Chairman
Secretary

ADMINISTRATIVE AND FACULTY MEMBERS

MISS LENNA FRANCES COOPER
Dean of School
MISS MARGARET RITCHIE
Faculty Class Advisor
MISS MARGARET HALL
Faculty Class Advisor

STUDENT MEMBERS

Anne Davison
Lorna Barber
Ruth Martin
Madeline Mower
Kathryn Andrews
Lillian White
Lucille Martin
Evelyn Carmen
Hands Boyd

REORGANIZATION COMMITTEE

RUTH MARTIN
MARIE LUCILE MOWER
JOSEPHINE SUTHER
Emma Cope
Chairman
Senior Representative
Senior Representative
Junior Representative
Advisor

Purpose.—To make plans for the organization of the Student Body into a Student League and to draw up a Constitution accordingly. We present the first four Articles of this Constitution:

Whereas, We, the Students of the Battle Creek Sanitarium School of Home Economics desire to co-operate with the faculty in the interest of creating a spirit of closer association and understanding between the two bodies in the upholding of standards of the school, we do hereby, in accordance with the “Agreement between the Faculty and the Students,” organize ourselves into a Student League.

Article I.

Name.

This association shall be called the Student League of the Battle Creek Sanitarium School of Home Economics.

Article II.

Purpose.

The purpose of this League shall involve the advancement of school activities.

Article III.

Members.

All enrolled students are members of this League.

Article IV.

Organization.

Section 1. Officers. The officers of this League shall be a President and Vice-President, a Secretary, and a Treasurer. The President and Vice-President shall be elected from the incoming Senior Class and the Secretary and Treasurer from the incoming Junior Class.

Section 2. Student League Board. The executive work of the Student League shall be centralized in a Student League Board, which shall act as a source of responsible advice.
PATRONS AND PATRONESSES

DOCTOR JAMES T. CASE
MRS. JAMES T. CASE
DOCTOR M. A. MORTENSEN
MRS. M. A. MORTENSEN

Mr. M. W. Wentworth
MRS. M. W. WENTWORTH
MRS. ROLAND HARRIS

OFFICERS

ELIZABETH CANTFIELD ..........President
CLARA McKINSTRY ..........Vice-President
ELLA MAE KUSTERER ..........Secretary
JOSEPHINE SUFFIN ..........Treasurer

LENNA Francis Cooper..........Sponsor

ANNE DAVIDSON ..........Cor. Secretary
LOUISE SPRAGUE ..........Guard
CARMEN ZETTLER ..........Chaplain
HELEN HENNING ..........Musician

ACTIVE MEMBERS

Lorna Barber
Almira Brosius
Elizabeth Canfield
Marie Casey
Lenna Cooper
Marguerite Clark
Anne Davidson
Rietta Dillon
Angie Estill
Doris Polhemus
Ruth French
Mildred Frye
Helen Hall
Margaret Hall
Helen Henning
Olivia Hollowell
Dorothy Johnson
Ruth Kelly
Mrs. Kendrick
Marion King
Ella Mae Kusterer
Mabel Larsen
Anna McCauley
Clara McKinsty
Merna Monroe

Catherine Noel
Alice Rheinheimer
Alice Ryder
Lois P. Simmons
Louise Sprague
Josephine Sufin
Celia Urban
Agnes Vinson
Gladys Waite
Gertrude Wehrer
Una Wood
Carmen Zetler

MEMBERS TAKEN IN APRIL, 1922

Honorary Members
Helen S. Mitchell, Ph. D.
Sarah Harris

Senior Members
Annie Mae Glenn
Catherine Rourke, B. S.

Junior Members
Nele Cisna
Hazel Boyd
Phoebe Bradshaw
Hannah Halperin
Ruby Keith
Martha Ann King

Al Kiuchi, B. A.
Katherine Knickerbocker
Lucille Martin
Florence Otterstrom
Rietha Shirley
Roma Standach
PATRONS AND PATRONESSES
DRS. HARRY AND NETTIE KNAPE
DR. AND MRS. WALTER F. MARTEN
DR. AND MRS. GORDON DUKES

HONORARY MEMBERS
Miss Lenna Frances Cooper
Miss Cornelia Simson
Miss Irene Thoren
Miss Lorena Van Doren
Miss Margaret Ritchie
Mrs. Lilian Davis
Miss Blanch Andrews
Absent Member

ALUMNI MEMBERS
Ruth Williams
Mildred Surt
Ruth Roehman
Lillian Hack
Mary Hardina
Madge Jewell
Mary Jones
Clara Vanaveringen
Margie Roberts
Priscilla Elfer
Cecilia Orlin
Violet Hughes
Katherine Jones
Thelma Pfeiffer

OFFICERS
Helen Shannon........................Chairman
Mary McKittrick.....................Secretary
Ruth Martin.........................Treasurer

ACTIVE SENIOR MEMBERS
Helen Shannon
Mary McKittrick
Ruth Martin
Pauline Bailey
Dorothy Boree
Frances Wood
Miriam Haennicker
Mildred Jones
Kathryn Andrews
Lola Brandt
Winifred Cowell
Roberta Wilson
Isabella Cooper
Madeline Mowrer
Doris Kobine
Dorothy Snell
Gertrude Walters
Isabel Schilbach
Elizabeth Collins
Jeanette Martin
Frances Cooper
Genevieve
Emma Baughman

ACTIVE JUNIOR MEMBERS
Lillian White
Carolyn Miller
Doris Crossman
Lucille Davenport
Kathryn Diehl
Florence Minor
Dorothy Ashley
Sylvia Hart
Katherine Jensen
Dorothy Martin
LENNIE FRANCES COOPER, Dean, Institution Administration
Diploma, Drexel Institute
B.S., Teachers College, Columbia University;
Supervising Dietitian, Medical Department, U.S. Army, 1918-19.
“Suppose the housekeeper is confronting her daily task of meal planning, and that she has an uneasy feeling that she has not been given [sic, giving] her family a well-rounded diet; let her ask the artistic member of the family group to make a wall chart for the kitchen. The arrangement of the foods in this manner has been suggested and tested by Lena [sic, Lenna] Frances Cooper, a food specialist.

“Every Day Classification of Foods
“Body Builders:
“b. Bone formers–Milk, cereals, and vegetables.
“Fuels
“a. Fats and oils–Butter, cream, olive oil and other oils and nuts.
“b. Starches–Cereals and potatoes.
“c. Sugars–Cane, beet and maple sugars, fruits, sweets.
“d. Muscle formers–(same as above)
“Body Regulators
“a. Bulk–Bran and whole grains and coarse vegetables.
“b. Vitamins–Cream and butter, fresh vegetables, fruits, whole grains.”


• Summary: “Battle Creek college has completed its organization, its various boards of trustees, officers of administration, officers of instruction, and standing committees of the faculty, special lecture instructors and non-resident lecturers, and is ready for the opening of the school which will be Sept. 10.

Instructors Chosen: The college is now affiliated with Albion college. whose instructors will become a part of the staff, which is composed of the following: Manley J, Capron, M.D., physiology and hygiene; Thomas M. Carter, Ph.D., Albion college, education and psychology; Lenna Francis [sic] Cooper, B.S., institutional administration;...

There follow sections on: “Includes Former Teachers” and “Name Non-Resident Lecturers,” each with the names of many teachers and the courses they will teach.

“Beginning Sept. 10, the three schools of the Sanitarium will become the leading departments in the Battle Creek college. Each will retain its identity, and be granted the usual diploma and be given the opportunity of taking one of the four year courses leading to the degree of Bachelor of Science. The beautiful stone building know as the Annex and the brick college building, is the home of the students of the Battle Creek College.” Address: Battle Creek, Michigan.


• Summary: “The members of the American Dietetic Association will welcome the appearance of this bulletin for the next three months. We hope by these means to bring to your attention the plans which are being evolved for the sixth Annual Convention.”

“This bulletin will be financed by the American Dietetic Association but will be edited by the Chicago Dietetic Association. Will you not feel free to use this publication in any way you wish in presenting the dietetic profession. Send all contributions of material to Miss Elizabeth Tuft, 2342 South Dearborn Street, Chicago, Illinois.”

Note: The American Dietetic Association will hold its sixth Annual Meeting at Indianapolis, Indiana, on October 15, 16 and 17, with headquarters at the Hotel Claypool (p. 3). Address: Andalusia, Alabama.
• Summary: “The seventh annual convention of the American Dietetic Association will be held at the New Ocean House, Swampscot, Massachusetts, Oct. 13-16. The field for dietists has widened the original hospital sphere to include openings in cafeterias, industrial plants, school lunch rooms, tea rooms and social service clinics.”  

Note the interesting word “dietists.”

• Summary: See next page. Page 87 in the far left column, 2nd block from the top, is “Burnham Place–From 186 VanBuren W north one-half block.” The 2nd name is “10 Cooper, Lenna F.” This means that Lenna Cooper lives at 10 Burnham Place in Battle Creek. The names of the other 5 people living around her do not seem familiar.  


• Summary: The Preface (p. 11-12) states: “Housewives who have been accustomed to providing meat and other high protein dishes for their families are oft times at a loss to know how to prepare a well-balanced meal without these articles and at the same time serve one that is palatable and attractive. This combination of wholesomely prepared and palatable foods constitutes, in a sense, a New Cookery. It is the hope of the author that this volume may be of service to many who need a guide in that cookery which has for its object efficiency of body and mind.”  

“Approximately one hundred new recipes have been added to this edition. The book contains practically all of the recipes now in use at the Battle Creek Sanitarium and some additional, the latter being recipes that are not practical in large quantity cooking.  

“The important feature of the third, fourth and present editions is the addition of a statement of the number of calories in each recipe—a feature found in no other general cookbook—and a chapter on food values and menu making.  

“The author wishes to express her indebtedness to Dr. John Harvey Kellogg, of the Battle Creek Sanitarium, and to his wife, the late Mrs. Kellogg, both of whom have inspired her with a love for the study of foods and their scientific preparation and have been constant sources of help and encouragement.” The author also thanks Miss Clara B. Lambert and Mrs. Estella F. Ritter.  

In the chapter on “Unfermented breads,” the recipe for “Soy cakes and waffles” (p. 76) calls for “2 cups Soy flour.”  

The section titled “Unusual foods referred to in this book” (p. 462-64) states that the following are made by the Battle Creek Food Company, Battle Creek, Michigan: Protose (a meat substitute made from cereal and nuts), Nuttolene (a pure nut product with the consistency of brick cheese), Savita (a pure vegetable meat flavoring), Meltose (malt honey), Meltose Sugar, Sanitarium Cooked Bran (an appetizing food that supplies the necessary roughage, stimulates intestinal activity, and is rich in vitamins), Vita-Wheat (rich in gluten, lime, iron, and Vitamin B—the anti-neuritic vitamin), Branola (breakfast food that is 2/3 bran and 1/3 wheat), Zo (a body-building, ready cooked cereal breakfast food), gluten flour (contains 44% of wheat gluten), Malted Nuts (“A delicious nut cream—Contains the same nourishing food values as human milk and is even richer in its tissue building elements. It has an appetizing flavor and can be used with excellent results by those with whom cow’s milk is found to disagree. It is excellent for those who wish to gain weight”), Minute Brew (a cereal coffee), Kaffir Tea, B. Acidophilus Culture (Bacillus Acidophilus is the strongest known lactic acid producing organism), Vegetable Gelatine or Agar (Made “from Ceylon moss, a seaweed that grows off the coast of Japan.” It is “a form of cellulose resembling bran in chemical composition but somewhat like animal gelatine in physical appearance”).  

Note 1. This is the third earliest Seventh-day Adventist cookbook seen (Feb. 2018) that contains a recipe using soya or soy ingredients.  


• Summary: On page 211, under Mesa County directory, with names listed alphabetically by surname, we read: “Cooper, Lenna F, 20, $1,200, Battle Creek, Michigan.”  

Note: What in the world is she doing in Grand Junction, Colorado? The only other Cooper on the page is: “Cooper, R.W., 120, $600, Grand Junction.”  


• Summary: This is the introduction to the first issue of this journal, which is the official organ of the American Dietetic

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Association. It begins:

“The American Dietetic Association has long hoped to issue a journal devoted to the advancement of the Association. As the first step toward this end, it continued the Bulletin which was started by the Chicago Dietetic Association and which was so generously handed over to the national organization last year.

“The time now seems favorable for the next step, and, accordingly, the first issue of The Journal of the American Dietetic Association lies before you. The Journal begins modestly, as a quarterly. If it shall supply the very evident need for such a periodical and if the members of the Association, support it both by subscriptions and by frequent contributions to its pages; it may in time grow into a monthly. For the present the following types of articles will be published:”

I. Contributions to discussion of the administrative problems of the dietitian.

II. Contributions to discussion of the therapeutic problems of the dietitian.

III. Abstracts from current scientific literature.

IV. News of members; letters; suggestions; questions.

Note 1. A bibliography appears on pages 34-36.

Note 2. The editor, Florence H. Smith, also works at St. Mary’s Hospital, Rochester, Minnesota.

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• Summary: See next page. One page near the beginning of the yearbook shows names of the Board of Trustees (John Harvey Kellogg, M.D., LL.D, President) and the Executive Committee.

The five members of the Executive Committee are (from top to bottom):

“Lenna F. Cooper, B.S., Dean of the School of Home Economics.

“Louise Gliem, R.N., B.S., Dean of the School of Nursing.

“Linda G. Roth, M.D., Dean of the School of Physical Education.

“Esther H. Swartz, Ph.B., Registrar.

“Mary S. Foy, R.N., Director of Nurses.”

A nice portrait photo later in the book shows Lenna Frances Cooper, dean of the School of Home Economics.


502. Battle Creek Enquirer (Michigan). 1926. Altrusa Club mainly concerned in nursery: business and professional women who make up membership sponsored institution that


• Summary: See page after next. “For the Altrusa club, Battle Creek’s senior club of business and professional women, 1925 was a busy and momentous year.”

A portrait photo shows “Miss Lenna F. Cooper,” president of the Battle Creek Altrusa Club. Address: Battle Creek, Michigan.


• Summary: “Atlantic City, New Jersey, Oct. 11–Miss Emma F. Holloway, Supervisor of Institutional and Dietetic Courses at Pratt Institute, told the ninth annual convention of the American Dietetic Association at the Hotel Ambassador today that thousands...”


• Summary: “They were also much pleased by the announcement that Miss Lenna Cooper, a past president of the [Altrusa] club, will teach in the summer school at Columbia university in New York City, where she has been taking special work since last fall, and has also received a flattering offer of a place on the faculty of Michigan university for next year. Miss Cooper is now on her way to
BOARD OF TRUSTEES

JOHN HARVEY KELLOGG, M. D., LL. D. .............................................. President
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ESTHER L. SWARTZ, PH. B. ..................................................... Registrar
MARY S. FOY, R. N. ................................................................. Director of Nurses

[ 18 ]
Battle Creek for a brief vacation previous to the opening of summer school. It was decided to combine the business meeting, which will be held next Wednesday evening, at the home of Mrs. Mable Baker, 72 Fremont, with a party complimenting Miss Cooper, Mrs. May Chapman Beatty and also Mrs. Lillian Davis.

Dinner will be served in the evening as usual. Address: Battle Creek, Michigan.


• Summary: “Lenna Frances Cooper, dean of home economics at Battle Creek college, yesterday received the degree of master of home economics at Michigan State College.

“Presentation of degrees to 11 persons including Miss Cooper, by Pres. K.L. Burton was part of the commencement program in the new armory.”

Note: Elsewhere it is reported that “an advanced honorary degree” was conferred upon Lenna Cooper. See Lansing State Journal. 1928 Jan. 2. p. 54. Address: Battle Creek, Michigan.


• Summary: “... for a brief visit with her father previous to returning to New York city to teach in summer school at Columbia university.” Address: Battle Creek, Michigan.


• Summary: “First of the announcements made concerning these is one that comes as a pleasure to many local friends of Miss Lenna F. Cooper, who for several years was head of the School of Home Economics, and who during the last year was absent on leave, doing post graduate work at Columbia University, receiving her Master’s degree from Columbia in June as well as an honorary degree from Michigan State college. She will, in the coming college year, carry out the work as professor of institutional administration in connection with the School of Home Economics of Battle Creek college, although spending the most of her time at the University of Michigan where she has been appointed to an important position.”


• Summary: “In the Hall of Fame contest being conducted by the Detroit Free Press, and in which the paper seeks to select the ten most famous women in Michigan listed in the various professions, are to be found the names of a number of well known Battle Creek women, nominated for the honor by their friends. In the classification of business is found Mrs. Elisabeth Webster, who served as grand worthy matron of the Eastern Star last year... Under science is found the name of Miss Lenna F. Cooper,...” Address: Battle Creek, Michigan.


• Summary: In June 1928, J.B. Lippincott published two books that were very similar. This one, titled Nutrition in Health and Disease for Nurses, is 28 pages longer. The contents of the two books appear to be identical, except in this book: (1) Facing the title page is a list of 20 books and their authors in the series “Lippincott’s Nursing Manuals.” (2) The words “Lippincott’s Nursing Manuals” appear across the top of the title page. (3) The Preface is different and half a page longer. It begins: “Long association with medical institutions both a dietitians and as teachers of dietitians and nurses...”

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soya beans and grinding them in a feed mill, or a small hand
dealers. Soya bean flour may be prepared at home by buying
flours on the market which may be purchased through local
of this disease.” “13. There are several standard soya bean
overeating resulting in obesity is the chief predisposing cause
shows the 16 foods with the highest content of purines, p.
Diet in gout and arthritis (incl. uric acid and purines. A table
is the meat of the mature animal.” Pork is relatively cheap
large in this country, a condition which can be traced to the
other dairy products are viewed as valuable foods (p. 223-
“contains more fat than any other meat.” p. 230-37). Fats in the diet
“contains of game” which was available during the
generous supply [of game] which was available during the
June. Illust. (102). Index. 21 cm. [37 ref]
• Summary: This is the first edition of this classic text—the
most important book Lenna Cooper ever wrote. As of 1984
this book had been in print for 56 years and had sold more
than a million copies (Source: New York Times obituary of
Helen S. Mitchell). Note also that both Lenna F. Cooper
and Helen S. Mitchell were from Battle Creek, Michigan, a
Seventh-day Adventist town dominated by the principles of
vegetarianism and abstinence from alcohol and tobacco.
The USDA National Agricultural Library in Beltsville,
Maryland, has by far the best collection of the many editions
of Nutrition in Health and Disease.

Contents: Preface (which begins: “The aim of every
homemaker is to keep her family in good health—positive
good health”). Acknowledgments. Part I: Principles of
nutrition. 1. Nutrition and the health program. 2. Summary of
digestion and absorption. 3. Water and cellulose. 4. Minerals.
metabolism. 10. Food value determinations. 11. Feeding of
Part II: Food selection. 16. The development of cookery
and the service of food. 17. Menu planning and hospital
Cereals. 22. Salads. 23. Milks. 24. Eggs, cheese and other
27. Fish and shellfish. 28. Nuts and legumes. 29. Leavening
agents, batters and doughs. 30. Desserts.
32. Diet in gastric disorders (continued). 33. Diet in diseases
of the intestines. 34. Diet in diseases of the liver and biliary
tract. 35. Diet in cardio-vascular-renal diseases. 36. Diet

Part IV: Cooking for the sick and convalescent.

Appendix. 1a. Table of approximate relative food values. 1b. Table of values of food materials in common measurements. 1c. Nutritive value in grams per 100 grams of food. 1d. 100 calorie portions of foods. 2. Reference books and magazines (bibliography).

This important early work on scientific nutrition is not vegetarian; the word “vegetarian” does not even appear in the index. It is addressed more to homemakers than to trained nurses; the homemaker “is an all the year round nurse, in the new sense of the word–as an enlisted volunteer in the war against disease” (p. iii).

Soy is mentioned as follows: Soy in Chinese cooking, p. 124-25. Soya flours, p. 366-67. Also p. 364, 510, 518. Address: 1. Food Director, Univ. of Michigan; formerly Dean of School of Home Economics, Battle Creek College; Supervising Dietitian, U.S. Army 1918-1919; 2. Writer and consultant, food and nutrition; editor, food column, New York Sun; 3. PhD, Prof. of Nutrition, Battle Creek College; Director of Nutrition Research, Battle Creek Sanitarium.


• Summary: “The authors have done a very thorough piece of work along the line of the newer ideas in the principles of nutrition and the practice of dietetics, going into much detail.” The book, which is divided into four parts and has many recipes, contains an unusual number of illustrations and informative tables. Heavier type has been used to emphasize important ideas–an innovative method.

“If one has time to read over the large amount of material, this book is valuable as a reference book,...” Address: East Northfield, Massachusetts.

512. Battle Creek Enquirer (Michigan). 1929. Delightful in every respect was the afternoon tea given Friday by Miss Lenna F. Cooper... Sept. 14. p. 6, col. 1.

• Summary: “... from 2 until 6 at her home at 85 North avenue for the pleasure of local alumnae of the home economics department of Battle Creek college.”

“Miss Cooper will leave Monday for Ann Arbor where she will be food director at the University of Michigan.”


• Summary: This is a vegetarian cookbook.

Poem facing the table of contents: “No flocks that roam the valley free,
“To slaughter I condemn;
“Taught by that Power that pities me,
“I learn to pity them;
“But from the mountain’s grassy side,
“A guiltless feast I bring;
“A scrip [small bag] with herbs and fruits supplied,
“And water from the spring!”

- Oliver Goldsmith [1728-1774, Ireland]

Contains a recipe for Soy bean muffins on p. 72-73. It calls for “1 cup soy bean flour.” Address: 1. Food Director, Univ. of Michigan; formerly Dean of Home Economics, Battle Creek College; formerly, Head Dietitian, Battle Creek Sanitarium; and later, Supervising Dietitian, United States Army 1918-1919; 2. Consulting dietitian and lecturer on dietetics, Battle Creek Sanitarium and Chautauqua Lecturer.


Personal and Statistical Particulars: Sex: Male. Color or Race: White. Single, Married, Widowed, or Divorced (write the word): Married. If Married, Widowed, or Divorced, Husband or Wife of Mattie S. Cooper. Note: Mattie was apparently his 2nd wife; Nancy Ellen Carothers was his 1st wife. Date of [deceased’s] Birth: June 25, 1850. Age: 79 years, 7 months, 1 day.


Length of Residence at Place of Death: 2 months. In California: 7 years.

The Above is True to the Best of My Knowledge (blacked out). Address: Palo Alto. Filed: Jan 27, 1930.

Medical Certificate of Death. Date of Death: Jan. 26, 1930. I hereby Certify That I Attended Deceased from Jan. 26, 1930 to Jan. 26, 1930. That I saw him alive on Jan. 26, 1930, and that death occurred on the date stated above at 6:35 a.m. The Cause of Death was as follows: Athero Sclerosis. Duration: 3 years. Contributory: Cerebral Hemmorarge. Duration: 1 day. Where was the disease contracted if not at place of death: Palo Alto. Did an


• Summary: “Word has been received here of the death of S.M. Cooper at his home at Los Gatos, California, which occurred Sunday [Jan. 26]. Mr. Cooper was a former Hutchinson lumber man, having started what is now known as the White Lumber yard. He was active in the civic affairs and served on the board of education for a number of years, resigning to go to the southern part of the state.

“His body is being brought to Wichita for burial in the mausoleum beside the body of his first wife, services being held at Wichita Friday morning at 11 o’clock from the Gill mortuary.

Mr. Cooper homesteaded a farm near Nickerson in the early 1870s, later entering the lumber business at Nickerson and coming to Hutchinson in 1894. The family resided on Tenth Ave. west. He was married a second time a few years ago to Mrs. Mattie Cole of Nickerson.

“Six children: Miss Lora Cooper of Los Gatos, Calif.; Miss Lenna Cooper, Ann Arbor, Michigan; Dr. Elbert Cooper, Battle Creek, Michigan; Walter Cooper, Kansas City, Missouri; Dr. Ward Cooper, Palo Alto, Calif.; Harry Cooper, Santa Cruz, Calif.; C.A. Cooper, 101 Ninth Ave., east city; Leslie Cooper of Nickerson; Mrs. Clara Powell and Miss Ada Cooper of this city are nephews and nieces.”

Note: Simeon M. Cooper was buried in Maple Grove Cemetery, Sedgwick Co., Kansas in Section AZ, Lot 12, Grave C. He is buried next to his first wife, Nancy Ellen Carrothers Cooper, who died on 9 March 1922.


• Summary: 1930 US Census of Battle Creek, 18th Precinct, Calhoun County, Michigan. Page 18A; Enumeration District: 0027. Enumerated April 16, 1930 by Herbert Edgeth (?).

Dwelling # 144, Family #169, 84 North Avenue
Lenna F. Cooper, Roomer, age 55, she did not attend school, reads and writes, Born in Kansas, Father born in Illinois, Mother born in Ohio. Food Director at a University. She worked for wages and was at work the day before the census was taken.


• Summary: “Miss Lenna Cooper of Battle Creek and Ann Arbor, has resigned her place as food director of the University of Michigan and will become the supervising dietitian at the Monte Fiori [sic, Montefiore] hospital in New York City, an institution affiliated with Columbia University of which Miss Cooper is a graduate. The Monte Fiori has 700 beds and is one of the largest institutions of its kind in the metropolis.

“Miss Cooper’s resignation will take effect at the close of the school year and she will assume her new duties about July 1. She has had the distinction of pioneering in the office of food director of the University of Michigan and in three years has placed this department on a substantial basis. Miss Cooper began her work as dietitian with the Battle Creek Sanitarium in 1908...”


• Summary: “Three new appointments to the staff of the Montefiore Hospital for Chronic Diseases were announced yesterday by Dr. E.M. Bluestone, director of the institution, in his Summer report.” The hospital is one of 91 organizations in the Federation for the Support of Jewish Philanthropic Societies.

“Miss Lenna Cooper, former chief dietitian and consultant at the Battle Creek Sanitarium, dean of the School of Home Economics at Battle Creek College, and chief dietitian of the United States Army during the war, has been appointed supervising dietitian at the hospital...”


• Summary: See next page. On the page of this yearbook labeled “Faculty,” in the lower left corner we read: “Lenna Cooper, M.A.

“(Columbia)

“Professor of Institutional Administration.”


• Summary: “Several delegates at the convention of the American Dietetic Association were week-end guests at a luncheon at Christ Hospital.” The guests included “Miss Lula Graves, dietetic consultant, New York City.”

Note: Miss Graves’ first name is widely spelled “Lulu.”

historical archives, ADA library, Chicago, Illinois. *
• **Summary:** Mary I. Barber was researching her history of the ADA, published in 1959.

• **Summary:** First published in 1928. Address: 1. Food Director, Univ. of Michigan; formerly Dean of Home Economics, Battle Creek College; formerly, Head Dietitian, Battle Creek Sanitarium; and later, Supervising Dietitian, United States Army 1918-1919.

• **Summary:** The appearance of this book this very attractive, with interesting and valuable illustrations. This attracts our attention and makes us want to read the book. Moreover the book is well written, in a smooth and easy style, and the scope is very comprehensive, with good attention to detail. “Miss Graves has made an important contribution to the literature on food and I feel sure that everyone interested in this subject will want to own a copy of this book.”

Note 1. A book with a very similar title, *Nutrition in Food and Disease*, by Lenna F. Cooper et al. was first published four years earlier and stayed in print much, much longer.

Note 2. The title of this book by Miss Graves is spelled “Foods in Health and Disease.” Address: Cleveland, Ohio.

• **Summary:** See next 2 pages. The cover appears first. The alumni are listed alphabetically by surname. On page 179 we read: “Cooper, Lenna Frances BS 1916 TC [Teachers College], AM 1927 TC, Montefiore Hospital, NYC, food.”

• **Summary:** See page after next 2 pages. Contents: I: Foods in Health.

Section II: Foods in Disease. Therapeutic Diets.
12. Overweight and Underweight.

Table of household measurements.
Table of vitamins.
Table of edible organic nutrients. A bibliography is found at the end of each chapter.

The author of this text on nutrition was co-founder (with Lenna F. Cooper) and first president of the American Dietetic Association. She comments (p. 36-37, in the chapter on vegetables): “The vegetarian diet has been the subject of discussion, more or less violent, for years. As yet no definite scientific deduction can be made for its use with man because of insufficient data. Observations to be of value would have to begin in the early childhood and be followed through successive generations. The average diet of the Chinese is the nearest approach to it—but whether their small stature as a race is due to their diet is an unanswered question. Americans eat more meat than they need.

Soy is mentioned on several pages in this book:
COOPER

Cooper, John Raymond 1908 E, 4225 Convent Av NVC, b/c
Cooper, John W est 1825 P&S, dece.
Cooper, Joseph Freyda. DDS 1924, J31 Madison Av NVC
Cooper, Joseph Williams 1923 C, d. 1923
Cooper, Katharine Marie BS 1918
TC, 350 Ocean Av Bklyn NY
Cooper, Kenneth Wm. 1926 TC, Lawrenceville School Law-
renceville NJ, f
Cooper, Lane 1900 P&S, 171 Goldwin Smith Hall Ithaca NY, cal prof
Cooper, Lenora Frances BS 1916
TC, AM 1927, Montefiore Hospital NVC, fed
Cooper, Lea Meyer 1915 C, 243
74 Bklyn NY
Cooper, Mrs. Leola C AM 1929
TC, 1200 Harlow Ave St Worth Tex, f
Cooper, Leon Elmer AM 1928
TC, Transe Md
Cooper, Leslie Brigham 1918 L, 14 Ferry Morristown NJ
Cooper, Lois Wadsworth AM 1908, Brookhaven NOS
Cooper, Louise AM 1921 TC, 14 East Orlando Fls
Cooper, Lucy Frances BS 1916
TC, 243 74 Bklyn NY
Cooper, Mrs. Lucretia (formerly Veles, Luc Maria) BS 1923
TC, 151 Boardman Elmira NY
Cooper, M Ethel BS 1925 TC, 9 Park Av Westnton NJ
Cooper, Margaret AM 1917 TC, 518 Wrightwood Ave Chicago IL
Cooper, Margaret Jane AM 1906
TC, 625 N Court Hilltsunawa Ia
Cooper, Mary Bessey BS 1922
TC, AM 1929, 337 W Illinois NOS
Cooper, Maurice Web 1920 L, 144 First Hoboken NJ
Cooper, Millie Louise BS 1925
TC, 351 20 Av Columbus Ohio
Cooper, Mrs. Miriam Black (formerly Bly, Miriam) BS 1918
TC, 4084 Lowell Blvd Denver Colo
Cooper, Morris LLB 1881, 420
Lexington Av NYC, f
Cooper, Morris Jr AB 1913, Gray-Bldg Nets
Cooper, Myles LLB 1786 Hon, d. 1785
Cooper, Mrs. Olive Long BS 1923
TC, AM 1926 TC, Winfield Ne
Cooper, Philip LLB 1877, 6
Cooper, Ralph DeWe 1922 BS, 1922 C, 243 74 Bklyn NY
Cooper, Raymond 1928 B, 1035 Lorimer Bklyn NY
Cooper, Robert MD 1860, d. 1873
Cooper, Robert James 1923 C, 3163 W 139 NYC, f
Cooper, Russell Morgan AM 1929, Newton Ia
Cooper, Sampson 1919 C, f
Cooper, Samuel Erwin 1905 L, d. Aug 3, 1864
Cooper, Samuel G (formerly Weston, Agnes Irene) BS 1921
TC, 330 West 110 NYC, f
Cooper, Theodora H ent 1854
P&S, dece.
Cooper, Thomas B 1833 C, dece.
Cooper, Thomas Collier AB 1838, d. 1884
Cooper, Tunsia ent 1811 Med, dece.
Cooper, William 1871 P&S, dece.
Cooper, William 1874 C, 1161 Ohio
Cooper, William Clark MD 1884, d. 1911
Cooper, William Hamilton P&S 1882 E, f
Cooper, William Mason BS 1925
TC, AM 1929 TC, 236 W Queen Hampton Vf, cal afd
Cooper, Mrs. William Miller (formerly Strange, Isabel Whit-
comb) 1892 AB 22 B, 385 Tremont Pl Orange NJ
Cooper, William Nason BS 1929
TC, 108-27 103 Ozone Pk NY
Cooper, William Pinkney 1875
Cooper, Mrs. William Stanfield (formerly Ridd, Frances Lil-
lian) AB 1920 B, 104-23 196
Cooperman, Clara AM 1928, 6
Cooperman, Harry BS 1924 TC, 1246 43 Bklyn NY
Cooperman, Jacob Maurice AM 1940, 109 Walling Forest Hills NY
Cooper, Helen Leslie BS 1922 TC, 1923 B, AM 1923 TC, Uni-
versity of Cincinnati Cincinnati Ohio, cal prof
Coors, D Stanley AM 1918, 208
S Park Kalamazoo Mich, clergy
Cousins, Louise Carolyn AM 1924, 6
Coosha, Plr Veny BS 1924 TC, II S Irvington Av Indianapolis Ind, f
Couchman, Frederick Gardner BS 1922 BU, 1922 C, Tidewater
Co-Op 17 Battery Pk NYC, stat
Corey, George AM 1904, dece.
Corbett, John 1813 C, dece.
Corbett, Lewis Osborn LLB 1865, dece.
Corbett, William Wakefield EM
1904, 340 Main Brookline PA
Corbett, Anna Marie AM 1924
TC, 216 Fifth NW Barberton Ohio, f
Corbett, Clara Bes AM 1929 TC, Bruxville NOS
Corbett, Edward John 1930 L, 90 Magazine Av Bklyn NY
Corbett, Frederic Joseph LLB 1911, 75 Pearl Hartford Conn, f
Corbett, Mrs A A (formerly Thornton, Natalie) AM 1919
TC, Box 552 Lavellette NJ
Corbett, Hannah Butterfield BS 1916 TC, Station C Topka Kan
Corbett, Harvey W Lititz 1929
Hon., 443 W 21 NYC, cal prof
Corbett, Joseph Siebert AB 1909, d. 1962
AM 1910, Lake Ronkonkoma PO Box 136 L, NY
Corbett, Katherine Elizabeth BS 1915 TC, AM 1925 TC, State
College San Diego Calif, cal prof
Corbett, Mrs Pearl Adeland AM 1931, 444 Central Park W NYC
Corbett, Ray F 1915 E, f
Corbett, William Henson BS 1916
T, 2259 Elise Av NVC

CORBETT

Copenhagen, Ellen Glimer BS 1928 TC, 1628 Kay NW, Wash-
ington DC
Copenhagen, Eleana (see Watson), Mrs. Robert Brigg
Copenhaver, Mrs Nettie (formerly Black, Mary Amanda) 1928 B,
1153 Holston Av Bristol Tenn, jan
Coplan, Nathan LLB 1910, 19
Corporation NVC, f
Copland, Edward AB 1890, d. 1899 Med, d. 1899
Coplen, Hannah Dunbar MD 1795, d. 1896
Coplin, Mary AM 1909, d. Aug 1913
Copp, Mrs. Earl F (formerly Bloh, Henrietta Frances) BS 1922 TC, Middlebury Conn
Copp, Joseph Anthony MS 1930
Bu, 128 Henry Bklyn NY
Coppens, William Amsa 1870 L, d. April 13, 1899
Coppedge, James William 1918
Phar, f
Coppeng, Richard Beckford 1877
L, f
Coppens, Marie Julia BLit 1925, 60 Charlestoney
Coppens (Mme) Verne Frances BS 1913 TC, AM 1925 TC, State
Teachers College Lock-
haven Pa
Coppesmith, Sophie L (see Fleckner, Mrs Wahter W)
Copple, Roy Vivai BS 1924 TC, II S Irvington Av Indianapolis Ind, f
Copseron, Frederick Gardner BS 1922 Bu, 1922 C, Tidewater
Co-Op 17 Battery Pk NYC, stat
Cray, George AM 1904, dece.
Corbett, John 1813 C, dece.
Corbett, Lewis Osborn LLB 1865, dece.
Corbett, William Wakefield EM
1904, 340 Main Brookline PA
Corbett, Anna Marie AM 1924
TC, 216 Fifth NW Barberton Ohio, f
Corbett, Clara Bes AM 1929 TC, Bruxville NOS
Corbett, Edward John 1930 L, 90 Magazine Av Bklyn NY
Corbett, Frederic Joseph LLB 1911, 75 Pearl Hartford Conn, f
Corbett, Mrs H A (formerly Thornton, Natalie) AM 1919
TC, Box 552 Lavellette NJ
Corbett, Hannah Butterfield BS 1916 TC, Station C Topka Kan
Corbett, Harvey W Lititz 1929
Hon., 443 W 21 NYC, cal prof
Corbett, Joseph Siebert AB 1909, d. 1962
AM 1910, Lake Ronkonkoma PO Box 136 L, NY
Corbett, Katherine Elizabeth BS 1915 TC, AM 1925 TC, State
College San Diego Calif, cal prof
Corbett, Mrs Pearl Adeland AM 1931, 444 Central Park W NYC
Corbett, Ray F 1915 E, f
Corbett, William Henson BS 1916
T, 2259 Elise Av NVC

[179]
FOODS IN HEALTH AND DISEASE

BY

LULU G. GRAVES
Consultant in Nutrition and Diet Therapy; Formerly Professor of Home Economics, Cornell University; Formerly Associate Professor of Home Economics, Iowa State College; Formerly Chief Dietitian at Michael Reese Hospital, Chicago, Lakeside Hospital, Cleveland, and Mt. Sinai Hospital, New York; Honorary President, American Dietetic Association.

NEW YORK
THE MACMILLAN COMPANY
1932
In the chapter on vegetables: Page 52: In Japan, udo is seasoned with soy bean sauce. Page 73: Legumes, sometimes called pulses, include the navy, kidney, lima, string, soy and frijole. Dried beans, especially kidney, havy and soy, are rich in vitamin B and contain a small amount of vitamin A, but no vitamin C.

Page 74: The many beans of the tough pod variety include soy beans.

Page 75: “The soy bean is high in proteins, but, unlike other beans, it is high in fat and low in carbohydrates. The amount of starch present varies with the degree of ripeness when harvested, the thoroughly ripe beans being practically starch free. The soy bean flour is helpful in the diet for diabetes, tuberculosis, and other conditions of malnutrition. Because of the high fat content, it has a strong flavor, and breads or muffins made from it are not as light in texture as those made with other flours.

“A synthetic milk is made from soy beans which is similar to cow’s milk both in chemical and physical properties. It is used by the Chinese in making a highly salted cheese called the Chinese Roquefort [fermented tofu], which may be found in Chinese restaurants in this country. It is good with salads, vegetables, meat combinations, and with bread. Soy bean sauce, a salty brown liquid sauce with a piquant flavor, is a favorite dressing with the Chinese.”

Page 95: In China and Japan, soy bean is used in combination with rice.

Note 1. Lulu Grace Graves was born in 1874.

Note 2. The title of this book is very similar to “Nutrition in Health and Disease,” by Lenna F. Cooper, Barber and Mitchell, published in 1928–four years earlier. The later became famous; its 16th edition appeared in 1976, yet it is cited only once, in the chapter on vegetables (p. 101) in this book. Address: Consultant in Nutrition and Diet Therapy; Formerly Professor of Home Economics, Cornell University; Formerly Associate Professor of Home Economics, Iowa State College; Formerly Chief Dietitian at Michael Reese Hospital, Chicago, Lakeside Hospital, Cleveland, and Mt. Sinai Hospital, New York; Honorary President, American Dietetic Association.


• Summary: This fourth edition of the book has been brought up to date, and many changes and additions have been made. There is a new chapter on “Allergic Diseases,” and the chapter on “Diseases of the Blood” has been rewritten.

This is a book “that should be used frequently in seminar work, therefore should be in school and college libraries.” Address: Massachusetts.


• Summary: Lenna Cooper, age 59, sailed from Cherbourg, France, on March 31, 1934. She was born on 25 Feb. 1875 in Nickerson, Kansas. She resided at 61 West Grand, Mt. Vernon, New York.


Note 1. In 1930 Lenna was named chief of the department of nutrition of Montefiore Hospital, just north of New York City, in New Rochelle, Westchester County, New York. She must have traveled to Europe during this time.

Note 2. From Mt. Vernon, New York, to New Rochelle, New York, is about 3.4 miles.


• Summary: “In aid of the Greater New York Dietetic Association a card party in conjunction with a dance will be given tomorrow night in the Jade and Basildon Room of the Waldorf-Astoria Miss Lenna F. Cooper is president of the association and others interested in furthering its work are Miss Elsie T. Strahan, Miss Bertha M. Ashley, Miss Adeline Wood, Miss Edith M. Snook and Miss Alice McCollister.”


• Summary: “Mrs. Marjorie Hulsizer Copher, former chief Dietitian at Barnes Hospital and overseas dietitian in the World War, the wife of Dr. Glover H. Copher, associate professor at Washington University, died at Barnes Hospital early yesterday from complications arising from a bronchial condition. She was 44 years old and resided at 5281 Westminster place.

“For her dietetic work with the Red Cross in the war, she was presented with a British decoration by King George in person and with a French decoration. She went abroad as a dietitian with the Peter Bent Brigham Hospital unit of Boston, in May 1917. She group was assigned to the British Expeditionary Force at Etaples and Boulangue-sur-Mer, France.

“The British did not altogether understand the then comparatively new profession of dietetics. They called Mrs. Copher the ‘home sister,’ in contrast to the ‘nursing sisters.’

A charter member of the American Dietetic Association [in 1917], she formerly was on its Executive Committee and contributing editorial staff. She was active in the League of Women Voters... Born in Flemington, New Jersey, she was educated at Oberlin College [Ohio], Simmons College and Peter Bent Brigham Hospital, Boston. Before the War she was a dietitian at the Winchester Hospital (Massachusetts).”
The names of the many people surviving her are given, including her daughter and parents.

A large photo shows Mrs. Marjorie Hulsizer Copher.

530. *Battle Creek Enquirer (Michigan)*. 1935. Miss Lenna Frances Cooper of New York City is the guest of her brother... Oct. 23. p. 6, col. 8.

**Summary:** “... Dr. J.E. Cooper and family. Thursday evening she will give a talk on her recent Mediterranean cruise, which included a trip to Egypt, in the Kellogg hall parlors [of the Battle Creek Sanitarium]. It will be followed by a reception.” Address: Battle Creek, Michigan.

531. *Cleveland Plain Dealer (Ohio)*. 1935. Dietitians rally in city next week: 1,000 members of association founded here in 1917 to meet for 5 days. Oct. 23. p. 5.

**Summary:** The American Dietetic Association was founded in Cleveland 18 years ago this month by a small group of hospital dietitians, will be held at the Hotel Cleveland for 5 days, starting Sunday.

Miss Comstock will preside at the annual business meeting. Miss Mitchell will preside at the affiliation dinner at which the speakers will be: Miss Kathryn Heitschu, France; Miss Lenna F. Cooper, Egypt; Miss Helen S. Mitchell, Russia. Miss Mitchell will also discuss dietetics in China.


**Summary:** The American Dietetic Association was founded in Cleveland 18 years ago. “This afternoon, 1,000 delegates here for the five-day session, will be entertained at tea in Hotel Cleveland.” A list of the many hostesses is given.

In the receiving line are Miss Mary Hines, Miss Dorothy Throsell, Miss Laura Comstock (national president), Katherine Mitchell, Ella M. Eck, Beulah Becker Marble, Lulu Graves, and Mary Louise Bone.


**Summary:** A vegetarian cookbook.

Poem facing the table of contents: “No flocks that roam the valley free,

“To slaughter I condemn;

“Taught by that Power that pities me,

“I learn to pity them;

“But from the mountain’s grassy side,

“A guiltless feast I bring;

“A scrip [small bag] with herbs and fruits supplied, And water from the spring!”

- Oliver Goldsmith [1728-1774, Ireland]

Soy-related recipes include: Soy bean muffins (p. 72, with 1 cup soy bean flour).

Gluten- and bran-related recipes include: Scotch bran brose (p. 50, with 1 cup Sterilized bran. Note: *Webster’s Dictionary* defines brose [a term first used in 1515] as “a chiefly Scottish dish made with a boiling liquid and meal”).

Gluten mush (p. 51, with 20% gluten meal). Granola fruit mush (p. 52). Bran and Zo mush (p. 52, with 1 cup each Sterilized Bran and Zo—a body-building, ready cooked cereal breakfast food). Branola (p. 52, with 1 cup Branola). Gluten bread (p. 65). Bran griddle cakes (p. 74). Gluten griddle cakes (p. 75). Gluten puffs (p. 87, with 40% gluten flour). Gluten bran puffs (p. 87-88; If used by diabetic patients, Diabetic Bran should be used).

Note: *Webster’s Dictionary* defines Chautauqua (pronounced shuh-TAW-kwuh; a word first used in this way in 1873, after a lake in western New York) as: “an institution that flourished in the late 19th and early 20th centuries providing popular education combined with entertainment in the form of lectures, concerts, and plays often presented outdoors or in a tent.” Address: 1. Food Director, Univ. of Michigan; formerly Dean of Home Economics, Battle Creek College; formerly, Head Dietitian, Battle Creek Sanitarium. Supervising Dietitian, United States Army (1918-1919); 2. Consulting Dietitian and Lecturer on Dietetics, Battle Creek Sanitarium and Chautauqua Lecturer.


**Summary:** This sixth edition, consisting of 59 chapters, continues the good work done by the authors in previous editions.

“Altogether the book is of high value to the homemaker, the public health worker, and the nurse. It should be in every school library to be used in seminar work.”

Address: Consultant, Food and Nutrition East Northfield, Massachusetts.


**Summary:** Lenna describes her cruise of the Mediterranean which included calls at ports in every country bordering this great sea. From Port Said, she and her companions boarded a train for Cairo, which is about 200 miles inland.

There she describes everything she saw, from kitchens to mosques to the great pyramids. Address: Montefiore Hospital, New York City.


**Summary:** “Few women have had a more distinguished career than Lenna Frances Cooper, the fourteenth President...
of the American Dietetic Association. A daughter of pioneer American stock, she has pioneered in a profession still young enough to match her ever youthful spirit of optimism and progressiveness. She epitomizes the courage and perseverance of her forbears who were among the settlers of the Middle Western prairies—a hardy race who despite droughts, hail storms and grasshopper years, tilled the fertile plains and fed the world.

“Lenna is a product of the country school, the grade and high schools of Kansas, where she later taught school and earned the money to continue her education. After completing a nurse’s training and later when about to consider a medical career, she decided against these strenuous pursuits on the advice of her medical friends (she had been a somewhat delicate child) and turned to dietetics as a “softer” job. This speaks well for the creature benefits of her final vocational selection, for Miss Cooper has unquestionably been able to meet her responsibilities since, both physically and otherwise. She took her first course in dietetics at Drexel Institute, Philadelphia. Later, she received her B.S. and M.A. degrees at Teachers’ College, Columbia University. The phrase, self-made, comes to mind when one thinks of her education, for she met all her expenses in college with her own earnings. First, comes to mind when we speak of her accomplishments. She is one of the brave company of charter members of the American Dietetic Association and served as its first vice-president. She was the first dietitian at the Battle Creek Sanitarium where later as dean of home economics she initiated the Battle Creek Sanitarium School of Home Economics. Again she was first when she served as supervising dietitian in the Office of the Surgeon General of the United States Army during the World War, where she directed the work of the dietitian in war service for the first time in history. Over 300 dietitians were engaged in hospital work in the United States Army Medical Department under Miss Cooper.

“It was during food conservation days that she wrote the first of her books, How to Cut Food Costs. But the war put merely a comma, not a period, in her career, and she returned to her post as dean at Battle Creek College where she co-authored her second book, The New Cookery. In 1927 she received the honorary degree of Master of Home Economics from Michigan State College. and in the same year she, became food director at the University of Michigan. Here she organized a department for the cooperative buying of food supplies for campus organizations, including dormitories, fraternities and sororities. It was not surprising when the Detroit Free Press conducted a contest in 1928 to determine by popular vote the ten most outstanding women of achievement in Michigan, that Lenna Cooper should receive this signal honor for achievement in science. Then came her third book, now in, its sixth edition, Nutrition in Health and Disease, of which Edith Barber and Helen Mitchell are junior authors. Many other of her papers have appeared in professional and scientific publications.

“Prominent New Yorkers often come from distant places; therefore it is not surprising that Lenna Cooper should have felt the pull of the East. In 1930 she was appointed chief of the Department of Nutrition at Montefiore Hospital, New York City, where she continues at present in charge of budgeting, food costs and personnel of the department serving 3800 meals a day. Before leaving Battle Creek College, she had so endeared herself to the alumni that she was presented with a fund to enable her to go on a Mediterranean cruise.

“Her traditions and standards of work, begun at Battle Creek College, have been further upheld in her three years’ service at the University of Michigan and since 1930 at Montefiore Hospital. Like her predecessors in the presidency of the American Dietetic Association, Lenna Cooper has won the affection and respect of her many former students. These, and her other associates attest her real worth and her thoughtful consideration in human relationships. Blessed with patience and understanding, she has had that rare administrative ability which inspires high standards through quiet suggestion rather than command. She brings to her new office the lustre of her past accomplishments as administrator, teacher, writer, and leader in her profession, along with the kindliness and simplicity that are characteristic of real worth.

The Journal Passes Another Milestone: The passage of time implies change, and with it progress, Yet the most ambitious member of that small group of dietitians meeting in Cleveland in 1917 could hardly have foreseen the present broad scope of interests for the dietitian. The changing trends in thought and purpose have been marked from year to year. At times the Association has paused, when well considered inaction seemed most fitting. At other times it has plunged, in thought and purpose have been marked from year to year. At times the Association has paused, when well considered inaction seemed most fitting. At other times it has plunged, as in 1925 when the Journal was courageously launched.

“The overwhelming responsibilities of the Association’s early years, problems of organization, of fixing diet therapy upon the firm foundation of normal nutrition, seemed to have reached the simmering point in 1922. For in that year we appeared to pause and take stock. While but four years old as a national organization, papers were read at the annual meeting on the history of the dietitian and prophecies were made for her future. The executive officers of the Association had begun to consider the broader outlook for the dietitian beyond the institutional field, and the possible need of a publication designed to portray her work and objectives.

“Now that so many state associations are publishing bulletins, we may well be reminded that the Chicago Dietetic Association had the distinction of being the first to publish a bulletin which was the forerunner of the present Journal. In 1924, during the presidency of Octavia Hall Smillie, plans were finally made to take over the Chicago bulletin and to publish this as a quarterly national bulletin. Emma Aylward was appointed editor, and Anna E. Boller, business manager.
The first issue appeared in February 1924, and carried reports of the sections, the business and executive committee meetings, a bibliography of current literature; and news items of state and local groups.

“In 1925 the bulletin was discontinued, and during the presidency of Dr. Ruth Wheeler the first number of the Journal appeared in June 1925 with Florence H. Smith, then of St. Mary’s Hospital, the Mayo Clinic, as editor. The following announcement appeared in this issue over the signatures of the president and editor: ‘The Journal begins modestly, as a quarterly. If it shall supply the very evident need for such a periodical and if the members of the Association support it by subscriptions and by frequent contributions to its pages, it may in time grow into a monthly.’ Then followed an outline of the Journal’s proposed content, a plan that has continued to the present with amplifications and minor changes.

“Miss Smith continued as editor until her accession to the presidency of the Association in October 1926. In the same year the present editor was appointed, but due to her residence abroad at the time she did not take up her editorial duties until the November 1927 issue. In the interim Miss Smith carried the double responsibility with the assistance of the Massachusetts and Greater New York Dietetic Associations.

“Marjorie Hulsizer Copher, now deceased, was the first assistant editor of the Journal, in charge of the current literature section. She was followed by Kathleen Lewis who was the first to arrange this section in its present excellent form. Miss Lewis, gave unselfishly of her services for a number of years until the responsibility of her position as administrative dietitian at Johns Hopkins Hospital necessitated her resignation. She was followed by Colleen Cox who has continued to further Miss Lewis’ high standards. Emma Feeney, also an assistant editor, has devotedly served as the editor’s aid in a number of capacities.

“During the presidency of Dr. Martha Koehne, the Executive Committee voted that the Journal be a bimonthly beginning with the first number of Volume 8, in May 1932. As a quarterly, Volume 1 covered 219 pages; as a bimonthly, Volume 8 carried 562 pages, increasing to 684 pages with Volume 12. On the recommendation of the editor, the Executive Committee this year approved that the Journal appear as a monthly beginning with Volume 14, January 1938, with the proviso that the June-July and August-September issues be combined. This step was approved in the interest of a more timely presentation of material of current interest, as well as to allow the necessary expansion.

“Thus the Journal has kept step with the rapid growth of the Association. And along with the establishing of the professional status of the dietitian, the Journal has taken its place in related fields. It is regularly indexed in the, Quarterly Cumulative Index Medicus, and abstracted in Nutrition Abstracts and Reviews, in Chemical Abstracts, and in the Bulletin of Hygiene. Its future, in which it will continue to serve as a mirror reflecting the changing order in the dietetic world, will be delimited only by the advancements of the Association and the individual members thereof.”

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• Summary: “Dr. Mary Swartz Rose of Teachers College will speak on the health of the school child at the annual convention of the American Dietetic Association opening tomorrow in Milwaukee [Wisconsin]. Miss Lenna F. Cooper of Montefiore Hospital, president of the group, will preside at sessions continuing through Friday.”

• Summary: “First published in 1928 under the title: Nutrition in Health and Disease for Nurses.” Soy is mentioned as follows: Page 372: Milk substitutes for infants allergic to milk. “Soy bean preparations are most commonly used.” Pages 458-59: “Soy beans, which are used in parts of the Orient as the principal source of protein, should be classified apart from other legumes. As it is almost starch free, soy bean flour is useful in diabetic diets and in some allergic conditions. The protein is almost as efficient as that of milk and eggs and the mineral content is high.

In general nuts are a cheaper source of protein than meat; and with the increased production of American nuts, which is fast becoming a leading industry, the price should decline. At present the cheapest and most used source of nut protein is peanut butter.

“Dried legumes, such as beans, peas, and lentils are the cheapest source of protein...”

Soy is also mentioned on pages 551, 623, 655, and 664, with content similar to earlier editions.

There are no references at the end of each chapter, however, there are many, many references throughout the book (at the bottom of pages). I did include the two-page listing of “Reference Books and Scientific Journals” toward the end of the book on p. 685-686. I did not page through the book (page-by-page) to count all of the references at the bottom of pages. Address: 1. B.S., M.A., M.H.E., Chief, Dep. of Nutrition, Montefiore Hospital, New York City; Formerly Food Director, Univ. of Michigan; Dean of School of Home Economics, Battle Creek College; Supervising Dietitian, U.S Army 1918-1919.
Defining her work or her responsibilities appeared in the "Yet the dietitian had no military status, and no and by sending many of them overseas with hospital units."

by engaging more than 350 dietitians in the last World War his special needs. The War Department recognized this fact soldier as that of a well-prepared meal, and one adapted to other factor so important to the morale of a sick or wounded

for the dietitians in an article published in the current issue "Journal Presses Claims: Miss Cooper sums up the case government institutions.

in Army hospitals, and a number are now employed in reported that 356 dietitians served during the World War, 1918 assigned to duty in the office of the Surgeon General,

"The results achieved were of such recognized merit "Lenna F. Cooper came from the good old state of modern in the present sense of the word, but it did have a hurricane cellar—and it needed it.


• Summary: This new "edition presents a text which combines the best features of the previous editions with a wealth of new material relating to nutrition." It includes a detailed discussion of vitamins, discusses more fully the subject of nutrition and public health, and places more emphasis on the feeding of children. The book is divided into four parts.

"The text has been organized to conform to the plans of the Curriculum Guide for Schools of Nursing, published in 1937 by the National League of Nursing Education.

This is an excellent book which is well organized, completely reliable, and up to date—of great "use in the training of student nurses." Address: Therapeutic Dietitian, University Hospital, Ann Arbor, Michigan.


• Summary: "Few health institutions in this country are better known than the Montefiore Hospital for Chronic Diseases located on Gun Hill road, just outside of New York City—and the chief of its department of nutrition is a Battle Creek woman, Lenna F. Cooper, for many years identified with the life and the development of the Battle Creek Sanitarium. It's a real job for it includes budgeting, food costs, directing and training personnel—and looking after the serving of some 3,800 meals a day. The Montefiore hospital had its birth in 1884 when a group of men met in a school room on New York's East Nineteenth street to discuss the rapid growth of chronic diseases..."

A good history of the Montefiore hospital follows. "For 35 years its destinies were directed by Jacob Schiff, who, when death ended his active connections with the institution, left a $300,000 legacy for medical research... When the hospital celebrated its 50th anniversary, in 1934, it was an institution with 1,000 beds, a staff of 800 workers, and an annual budget of more than a million dollars. Even then, it had treated no less than 50,000 men, women and children..."

“But this story deals with Lenna F. Cooper, rather than Montefiore as an institution—Lenna F. Cooper who was first dietitian at the Battle Creek Sanitarium, dean of home economics at Battle Creek college, supervising dietitian for the United States army during the World war, food director for the University of Michigan, and in 1937-38 president of the American Dietetic Association Right now Miss Cooper is chairman of defense for the American Dietetic Association— and another Battle Creek woman, Miss Mary Barber, is its president.

"Lenna F. Cooper came from the good old state of Kansas, the typical 'prairie state.' She was born on a farm which her father homesteaded, near Hutchinson. It wasn’t modern in the present sense of the word, but it did have a hurricane cellar—and it needed it.

“The Coopers were really pioneers, having made the trip from Kansas to Illinois in a covered wagon. They knew all the vicissitudes of pioneering—Indian raids when the settlers scurried into the nearest town for self-protection, hail storms that beat down the crops, ‘grasshopper years’ that brought complete devastation—and cyclones as a matter of course.

“In spite of these handicaps, the Cooper family enjoyed the freedom of the prairies and never entertained the idea of
dietitians were recruited for this service through the efforts of Cooper. She was the official dietitian for the army.

In the fall of 1918, the surgeon general appointed Miss Cooper to start the new occupation. She says, "And in consequence became strong enough to cope with this new occupation.”

Until she was nine years old, she attended a country school. Then the family moved to town and Lenna had grade schooling at Nickerson and high school training at Hutchinson.

The Coopers were of good stock. There was English, Irish, Scotch and German blood in their veins. Their ancestors had come over with Lord Baltimore and settled in Virginia and the Carolinas, from which locale later generations moved to the young state of Illinois, to become pioneers at Springfield—the home of Abraham Lincoln. The trek further west, to Kansas, was a natural step.

The family was not in affluence, however, and Lenna, after being graduated from high school, took a job as a school teacher and for two years earned money with which to continue her education. The nurses’ course at the Battle Creek Sanitarium appealed to her and while studying here she became interested in dietetics, going to Drexel institute for a two-year course and then to the teachers’ college at Columbia university, where she received her bachelor of science degree. Later the same school gave her a master of arts degree. She met all her expenses in college by her own earnings.

When the Sanitarium School of Home Economics was projected by Dr. John Harvey Kellogg and his associates, Miss Cooper was selected to start it, and when the school became Battle Creek College she became its dean of home economics.

"Probably Miss Cooper would have turned to medicine as a career, if she had only had the strength, but she was far from robust in her younger years and even nursing was considered too strenuous for her. She took to dietetics as an ‘easy job’—and found it a most strenuous occupation."

"But fortunately for me I did learn how to live, she says, ‘and in consequence became strong enough to cope with this new occupation.’"

If anything compared with her work of building the dietary department of the Sanitarium and the organizing of the home economics department in the college, as ‘high spots’ in her career, it was her work with the United States army.

When the country became involved in the first World war, the word ‘dietitian’ was unknown in military language. But in the fall of 1918 the surgeon general appointed Miss Cooper official dietitian for the army. Three hundred fifty-six dietitians were recruited for this service through the efforts of the American Red Cross. There were only 58 who felt qualified to organize the American Dietetic association in 1917, but today this membership is around 4,000.

"Not all dietitians are in hospital work, of course, but great progress has been made toward bringing the ratio of dietitians per 100 hospital beds to a higher point—and Miss Cooper has played a notable part in this achievement."

In her work at Montefiore hospital Miss Cooper has about 100 people under her. Some of them are students who receive no compensation except their maintenance. A dozen are first-year dietitians, serving what is similar to the internship required for newly graduated physicians. Eight are staff dietitians, in charge of diet kitchens, ward service, etc. Then there is the chef and his attendants, the head waiter and his men, two dozen pantry men, and lesser personnel.

"The routine of my position is anything but routine," says Miss Cooper. ‘It consists chiefly in conferring with members of the dietary staff and making contacts with other departmental and staff heads. The first part of the morning is spent in answering correspondence and the balance in conferring with members of the dietary staff. As frequently as possible inspection of dining rooms, kitchens and ward pantries is made. The teaching of student dietitians and the planning of their courses of instruction is perhaps the most enjoyable part of the work.’

When not doing something else, Miss Cooper writes books. Right now she is revising her book, ‘Nutrition in Health and Disease, of which Dr. Helen Mitchell and Miss Edith Barber, both former Battle Creek residents, are co-authors. Miss Cooper’s first book was ‘How to Cut Food Costs,’ a treatise on wartime economy. Then she wrote ‘The New Cookery,’ in collaboration with Margaret Hall [who was a co-author on only the last two editions], now deceased.

“Miss Cooper has her hobbies outside of the field of dietetics—and they are chiefly archaeology, history and travel. One of her fondest memories is of an eight-weeks Mediterranean cruise, which was a gift of her Battle Creek students when she left the college. Of particular interest to her was the way food was served ‘over there.’ In July 1936 she wrote her ‘Impressions of Egypt’ for the Journal of the American Dietetic association. In Cairo she had to get used to dinner served never earlier than 7:45 by the waiters dressed in local garb, including the long white robe with wide belt of red—and with red fez.

During her trip to Egypt Miss Cooper was entertained at a boys’ school and was surprised and a bit thrilled to have the youngsters all stand at attention and salute her. But what she wanted was to get into the Egyptian kitchen—and she did.

"‘The kitchen was equipped with tinned copper vessels,’ she says. ‘Upon the neatly arranged dining room tables appeared bread, water and mandarins. the last being passed at the end of the meal for dessert. The hot food was sent to the table in sets of three containers for each table. The lunch consisted of chicken, rice and a vegetable.’"
“Later she visited the University of El Azhar, the largest Moslem school in the world, with an enrollment of 10,000 to 13,000 students == students ‘who sit with feet crossed on the matting covered floor, and away back and forth repeating the text, all seemingly unconscious of what is going on about them.’

“Though it is now 15 years since Miss Cooper made Battle Creek her home, she still hopes to return her some day to live. She has a host of friends here, some of whom correspond with her regularly—and all of whom join in the hope that eventually she will make her way back here to make her home.” Address: Battle Creek, Michigan.

• Summary: “Tuesday: Altrusa Club of New York—Dinner, Hotel Wellington. Miss Lenna F. Cooper and Dr. Edith Peritz, speakers on ‘Defense.’”

• Summary: “Preface to the Eighth Edition: The present edition, like the last one, has been arranged to conform closely to A Curriculum Guide for Schools of Nursing, published by the National League of Nursing Education. Our own chapter divisions have been retained but they have been grouped to form the units as outlined in the Curriculum Guide... The main objective is to correlate the teaching of diet therapy with the courses in Medical and Surgical Nursing, Nursing of Children, etc."

Soy is list on pages 375 (Milk substitutes), and 456 (“Soy beans differ from other leguminous vegetables in that they are very high in protein and almost starch-free. The protein is almost as efficient as that of milk and eggs and the mineral content is high. Soy bean flour is sometimes used in the feeding of infants and in allergic conditions of adults when milk cannot be taken”). Address: 1. B.S., M.A., M.H.E., Chief, Dep. of Nutrition, Montefiore Hospital, New York City; Formerly Food Director, Univ. of Michigan; Dean of School of Home Economics, Battle Creek College; Supervising Dietitian, U.S Army 1918-1919; President, American Dietetic Association, 1937-1938.

• Summary: “This textbook ‘remains a classic in its field. The subject of nutrition in both health and disease is presented in a clear, concise, and authoritative manner.”

As stated in the Preface, “Every effort has been made to maintain this book as a practical treatise as well as a scientific manual.” This goal has been admirably accomplished.

Like the previous edition, this one continues, to follow closely A Curriculum Guide for Schools of Nursing in the sequence of its subject matter. The book is divided into six parts or units: “Principles of Nutrition, Diet in Disease, Feeding of Mother and Child, Nutrition and Health Service, Food Selection and Cookery, and Cooking for the Sick and Convalescent.” Address: Instructor in Nutrition, School of Public Health, University of Michigan, Ann Arbor, Michigan.

• Summary: “Cooper Hill, the rural home of Dr. and Mrs. J.E. Cooper [younger brother of Lenna F. Cooper] in Pennsylvania township, was the scene of a gathering Sunday evening when they gave their annual party for the choir of the Seventh-day Adventist Tabernacle. The rooms were decorated with flowers from the hosts’ gardens.” About 60 guests were present. including the husbands and wives of the choir members. Address: Battle Creek, Michigan.

• Summary: “Three well-known nutritionists, Dr. Mary DeGarmo Bryan, Miss Lenna F. Cooper and Mrs. Mary P. Huddleson, will tell of their experiences as dietitians in World War I. They will wear their ‘17-’18 uniforms.”

The need for army dietitians is urgent; 1,000 are being sought and they will have appointment with rank as second lieutenant.

• Summary: “This special reprint edition contains an excellent summary of the material concerning Dr. John Harvey Kellogg’s life and death, with a large portrait of the silver-haired goateed celebrity, published by the Enquirer and News in the week following his death. He was born in 1852 and died on 14 Dec. 1943. He was buried at Oak Hill Cemetery on Saturday afternoon, beside his wife who died in 1920. For 67 years he was associated with the Battle Creek Sanitarium.

Titles of the various stories are: Page 1: Pneumonia attack is fatal at home here: Distinguished head of Sanitarium active until last few hours in service of mankind. He perpetuates biologic living: Leaves nothing to individuals in creating trust to teach reforms. New officers chosen for

A beautiful scroll, hand written as a tribute on his 90th birthday states: “To Dr. John Harvey Kellogg Whose foresight, ability, energy, inventive genius, philanthropy and deep understanding of existing conditions and needs of the generations to follow, have for well-nigh three quarters of a century contributed to the upbuilding of our community; and who as physician and surgeon, confidant and adviser, by his wisdom and skill has brought peace to troubled minds and healing to tormented bodies; and also as teacher, writer, lecturer and scientist, has rightfully attained world-wide recognition, and has made our community world-inclusive.

“To John Harvey Kellogg.

Citizen and friend, we present this testimonial as a simple but sincere token of our deep appreciation of his unbounded interest and effort in behalf of our community.

“Presented this 26th day of February, 1942, on the occasion of the banquet tendered in his honor, on his nineteenth birthday, at the Sanitarium by the Citizens of Battle Creek.” Address: Battle Creek, Michigan.


• Summary: “Dressed in their first World War service uniforms, three nutritionists–Miss Lenna F. Cooper, chief dietitian of the Montefiore Hospital, the Bronx; Mrs. Mary P. Huddleson, editor of the Journal of the American Dietetic Association, and Dr. Mary DeGarmo Bryan, professor at Teachers College, Columbia University–recounted their war experiences.”


• Summary: This edition goes to press during the early months of food rationing by the Food Administration during World War II. Soy is mentioned on pages 375, 456, 533-34, 654-55, 669, 686 and 687. And soy is mentioned in the Index–but on only pages 375 and 456. There are no references at the end of each chapter, however, there are many, many references throughout the book (at the bottom of pages). I did include the two-page listing of “Reference Books and Scientific Journals” toward the end of the book on p. 686-687. I did not page through the book (page-by-page) to count all of the references at the bottom of pages. Address: 1. B.S., M.A., M.H.E., Chief, Dep. of Nutrition, Montefiore Hospital, New York City; Formerly Food Director, Univ. of Michigan; Dean of School of Home Economics, Battle Creek College; Supervising Dietitian, U.S Army 1918-1919; President, American Dietetic Association, 1937-1938.


• Summary: This five-meal-a-day plan was developed by Drs. Haggard and Greenburg at Yale University’s School of Medicine.

Nibbling is unwise: “In her book ‘Foods in Health and Diseases,’ Lula G. Graves, honorary president of the American Dietetic Association,” says that if one is very active, “a five-meal schedule may be adopted provided the meals are eaten systematically and kept within the prescription given by the physician.”

In this book, Ms. Graves also says: “Eating slowly is conducive to thorough chewing.

Note 1. Ms. Graves’ first name is correctly spelled “Lulu.”


This is a different book from “Nutrition in Health and Disease,” first published in 1928 in Philadelphia, Pennsylvania. by J.B. Lippincott Co. It was written by Lenna F. Cooper, Edith M. Barber, and Helen S. Mitchell. Address: M.D.


• **Summary:** The new edition of this well-known text follows the general plan of the 8th edition. The chapters “are grouped in units, according to the arrangement suggested in the Curriculum Guide for Schools of Nursing. Each chapter starts with an outline and closes with a summary of questions for review.” This is the first edition which contains a glossary of terms. Address: B.A., Dietitian, Protestant Hospital, Nashville, Tennessee.


• **Summary:** A few years ago the word “Fletcherize” was commonly used to refer to slow and thorough mastication of each bite of food. The word came from a book written by a Dr. Fletcher in which he advised people to chew each bite of food 32 times. “He had many followers who realized that by chewing the food many times, not only would the food get well broken up, but it would get thoroughly mixed with the alkaline digestive juice of the mouth (saliva) and would thus cause the acid digestive juice of the stomach (gastric juice) to pour out in larger quantities to overcome the extra alkaline saliva caused by chewing so many times.” Fletcherizing food never became popular because it was (to say the least) a “solemn” sight to see a grown man or woman counting as they chewed each bite of food 32 times. Yet eating slowly was still an very good idea.

“In her book *Foods in Health and Disease*, Lula G. Graves, Honorary President of the American Dietetic Association, says: ‘Eating slowly is conducive to thorough chewing.’”

Note 1. Ms. Graves’ first name is correctly spelled “Lulu.”

Note 2. This article was also published in the Des Moines Register (Iowa), June 16, 1944, p. 9. Address: M.D.


• **Summary:** “Aug. 2, 1945. Devoted sister of Lenna F. Cooper, Dr. John E. Walter S., Dr. Ward and Harry C. Funeral from Walter B. Cooke, Inc., Funeral Home, 1 West 190th St., Friday, 1:30 P.M. Funeral services, Woolworth Chapel, Woodlawn Cemetery, 2, P.M.”


• **Summary:** Many overweights claim that because overweight runs in their families it makes no sense for them to diet or try to keep their weight down by various known means. “What is really the cause of their overweight from the hereditary of dietary standpoint is that they have acquired the habits of their parents and grandparents—eating more food than their body needs, and taking less exercise than their body needs.”

When is a person considered underweight or overweight? Generally speaking, when their weight is 15% above or below the average weight for a person of their height and build.

“In her book *Foods in Health and Disease*, Lula G. Graves, honorary president of the American Dietetic Association, states: ‘Diseases of the digestive tract and nervous system are often due to undernutrition...’

Note: Ms. Graves’ first name is correctly spelled “Lulu.”

Address: M.D.


• **Summary:** “At joint Founder’s Day and commencement exercises, 159 graduates will receive degrees from Drexel Institute of Technology tomorrow in the auditorium, 32d and Chestnut sts.

“Dr. James Crease, Drexel president, announced that honorary degrees will be conferred upon Miss Lenna F. Cooper, chief of the department of nutrition, Montefiore Hospital, New York.”

Three men were also awarded honorary degrees; all but one was a Drexel graduate.


• **Summary:** “First published in 1928 under the title: Nutrition in Health and Disease for Nurses.”

Note: “Food hygiene,” by Jean Broadhurst. The book is divided into four main parts: (1) Principles of Nutrition. (2) Diet in Disease. (3) Food Selection and Preparation. (4) Tabular material and Special Tests.

Soy is mentioned as follows: Page 188: “Milk substitutes: Certain infants are born with a sensitivity to the proteins of milk... Soybean preparations are most commonly used.

Page 362: “Diet for nutritional anemias–Meat, poultry, fish or soybeans.” These foods should be added to build blood. “Soybeans have been found to contain proteins of good quality and quantity. One half cup cooked soybeans is equivalent to approximately 2 ounces of edible meat.”

Pages 558-59: Rice and soy muffins, with ½ cup soy flour for people allergic to wheat, eggs, or milk (W-E-M). Soy and potato muffins.

Page 624: Table 1, Proximate composition of foods (Calculated for 100 gram portions) includes the composition...
of soybeans, either 1 cup shelled [green vegetable soybeans] or ½ cup dried.

Page 625: Vitamins in foods (Calculated for 100 gram portions) includes the composition of soybeans, either shelled or dried.

Page 626: Table 1, Proximate composition of foods (Calculated for 100 gram portions) includes the composition of soybean flour, grits, etc., full fat, medium fat “expellor” type, or low fat, solvent extracted; Soybean sprouts, ½ cup Soy sauce, ½ cup. Page 627 gives the vitamin content of each of these soybean foods.

Page 636: Table 2, Food composition table for short method of dietary analysis. Under legumes, soybeans are included.

There are no references at the end of each chapter, however, there are many, many references throughout the book (at the bottom of pages). And there is a list of “References” (several hundred, including journal articles) on p. 670-689 (not included in the scan). I did not page through the book (page-by-page) to count all of the references at the bottom of pages. Address: 1. B.S., M.A., M.H.E., Chief, Dep. of Nutrition, Montefiore Hospital, New York City; Formerly Food Director, Univ. of Michigan; Dean of School of Home Economics, Battle Creek College; Supervising Dietitian, U.S Army 1918-1919. President American Dietetic Association, 1937-1938.

Page 636: Table 2, Food composition table for short method of dietary analysis. Under legumes, soybeans are included.

Page 636: Table 2, Food composition table for short method of dietary analysis. Under legumes, soybeans are included.

Page 651: A new format, with two columns per page, facilitates ease of reading. All scientific material has been revised to include the latest research and its practical applications. A bibliography, a glossary, and an index complete this book. Address: B.A., Superintendent, Protestant Hospital, Nashville, Tennessee.


• Summary: “The tenth edition of this excellent text evidences the high standards of its forerunners in content, plus an improvement in organization and clarity.” The general outline “has been rearranged to conform to the tentative ‘Manual for Teaching Nutrition and Dietetics to Nurses,’ prepared by the American Dietetic Association.”

The book has four parts. A new format, with two columns per page, facilitates ease of reading. All scientific material has been revised to include the latest research and its practical applications. A bibliography, a glossary, and an index complete this book. Address: B.A., Superintendent, Protestant Hospital, Nashville, Tennessee.


• Summary: “The ninth edition of this standard textbook for nurses and dietitians was reviewed in 1944 (QRB 19:252).”

It has not been fundamentally altered in the tenth edition, but the format has been changed to the double-column page, and the earlier seven parts have been regrouped into four: (1) Principles of nutrition. (2) Diet in Disease. (3) Food selection and preparation; (4) Tabular material and special tests.

The result is a suitable reference for the home as well as a good textbook.


• Summary: “Dr. Lenna Frances Cooper, sister of Dr. J.E. Cooper, has been appointed visiting professor of home economics at the University of Mississippi for the remainder of the current semester. Chief of the department of nutrition at Montefiore hospital in New York City from 1930 to 1948, Dr. Cooper has been a consultant dietitian for various hospitals and educational institutions since that time. She was food service manager at the University of Michigan, 1927-1930, and was dean of home economics at Battle Creek college, 1916-1926. She holds bachelor of science and master of arts degrees from Columbia university and the doctor of science degree from Drexel Institute of Technology, Philadelphia.”


• Summary: About the other authors:

“Edith M. Barber, B.S., M.S. Writer and Consultant, Food and Nutrition; Food Editor, General Features Syndicate; Formerly Food Editor, New York Sun; Lecturer on History of Cookery and Public Relations for Home Economics, Teachers College, Columbia University.

“Helen S. Mitchell, A.B., Ph.D. Dean of the School of Home Economics, University of Massachusetts; Formerly Principal Nutritionist, Office of Defense, Health and Welfare Services; Professor of Physiology and Nutrition, Battle Creek College [Battle Creek, Michigan].

“Associate Author: Henderika J. Rynbergen, B.S., M.S. Assistant Professor of Science, Cornell University—New York Hospital School of Nursing; Formerly Director of Dietetics, American University Hospital, Beirut, Lebanon; Food Clinic Dietitian, Vanderbilt Clinic, Presbyterian Hospital, New York; Food Clinic Dietitian, Barnes Hospital, St. Louis; Nutritionist, Community Health Association, Boston.

The many references are listed in the back of the book, just before the glossary. They are divided by chapter / subject, and with each of these into books and journal articles.

Soybeans are mentioned on pages 164 (as substitutes for milk in allergy), 568 (Allergy recipes: Rice and soy muffins,
with soy flour), 569 (Soy & potato muffins, with soy flour), 571 (Bran-soy muffins, with soy flour).

There is no mention in the index of the words “vegetarian” or “vegetarianism.” Address: 1. B.S., M.A., M.H.E., Sc.D., Consultant Dietitian and Formerly Chief of The Dep. of Nutrition, Food Director, Montefiore Hospital, New York City; Formerly Food Director, Univ. of Michigan; Dean of School of Home Economics, Battle Creek College; Supervising Dietitian, U.S. Army, World War I, President, American Dietetic Association, 1937-1938.


• Summary: The regular Type A lunch was supplemented by a soybean product, expeller-pressed Multi-Purpose Food, distributed by Meals for Millions Foundation of Los Angeles, California. The nutritive value of these fortifed/enriched soybean grits is given. “It will be seen that 1 ounce of the soybean grits has a protein value of 12 grams, the equivalent in protein value of 1 3/4 cups of whole milk or two ounces of lean meat. The cost for expeller-processed and fortified soybean grits is about 2½ cents per ounce as compared with 8 cents for the equivalent in milk and 9 cents for the equivalent in raw beef. It will be noted also that by enrichment it contributes approximately one-sixth of the day’s needs in calcium, iron, and important vitamins for a 12-year-old child.

“The product was used as an extender in meat loaves, hamburgers, soups, hot breads, and desserts.” Address: 1. Consultant dietitian; 2. Prof. of Home Economics and Supervisor of Food Services, Teachers College, Columbia Univ.; New York City.


• Summary: “Shown are, left to right, Lieut Col. Eleanor L. Mitchell, United States Army; Miss Lenna F. Cooper, Mount Vernon, New York, who was supervising dietitian in the office of the surgeon general in World War I, and Col. Miriam Perry, United States Air Force.

Note: We believe Lenna F. Cooper is on the far right.


• Summary: “At the Hotel Statler in Cleveland on October 12, the highest honor which The American Dietetic Association bestows was conferred on Lenna Frances Cooper— that of the Marjorie Hulsizer Award. In presenting the award to her at the Annual Banquet of the Association, Lillian Storms Coover, President, said:

“Again we have the rare privilege of conferring this Association’s highest honor upon a member. In this we also honor and keep alive the name of Marjorie Hulsizer Copher. Most happily this year, because of the recipient of the Award as well as Mrs. Copher, we renew our memory of that historic occasion nearly thirty-five years ago when dietitians first entered their country’s service in time of war. Mrs. Copher was among the earliest—and the one to whom we pay tribute tonight was the first to serve in the Office of the Surgeon General as head of the Army dietitians.

“Lenna Frances Cooper is first in our hearts tonight. And as we survey the notable events in our profession’s growth, inescapably she also assumes first place in our history. Undoubtedly it was she who originally proposed a national association of dietitians and followed through with that courage and drive which made it a reality. In this city of Cleveland on October 18, 1917, Lenna Cooper presided at the first national convention of dietitians and within two days she had calmly and determinedly whipped up a constitution and by-laws which served as swaddling clothes when the infant American Dietetic Association greeted a waiting world on Saturday, October 20, 1917.

“The archives do not divulge the number of hours’ sleep Miss Cooper enjoyed during that Thursday and Friday interlude. We only know that, as usual, she seemed to forget nothing; annual dues were fixed at $1 and charter members were to consist of active members present at the conference whose yearly dollar was paid by the following April!

“For the intervening three decades it can be said of her, more than any other, that she has never flagged in her eagerness to be of help and her unselfish interest in this Association. Always gently and kindly, her generous spirit can be matched by few indeed—like all the truly great she always has time to be of help to others.” “The Association’s first vice-president chronologically and later its president, we come to another historic first among the many events that extol the record of Lenna Cooper. When the House of Delegates of The American Dietetic Association first convened in the old Capitol Building in Richmond, Virginia, on October 19, 1937, she was the presiding officer.

“Reams could be written of Miss Cooper’s many achievements, within her beloved Association and in her own professional career. Popularly voted one of Michigan’s ten most distinguished women of achievement (in science), she has received honorary degrees from Michigan State College and Drexel Institute. Although a prolific writer and author of numerous books—her best known is now in its twelfth edition and nationally and internationally accepted—perhaps the brightest star in her crown of fame represents her thousands of students. From Battle Creek College, where Miss Cooper organized and was the first Dean of the School of Home Economics, has come an amazingly capable and notable company of dietitians—a veritable ‘who’s who’ of distinguished women. And what is most striking of all, since
this small college has long been closed, is the camaraderie so proudly evidenced by the alumnae.

"It is my great privilege to confer on you, Miss Cooper, the highest honor our Association may grant, the 1951 Marjorie Hulsizer Copher Award.'

"The Award itself read 'Pioneer in The American Dietetic Association: the first to propose its formation, co-founder and chairman of the first national conference of dietitians; first vice-president and fourteenth president. Her determined and courageous spirit, while always sensitive to others' needs, has ever held to the highest purposes. Her warmth of personality and integrity have served to unite her thousands of students and associates in lasting bonds of fellowship.'

"In accepting this honor, Miss Cooper said in part:

"'Few dietitians have received the honors that were bestowed upon Marjorie Hulsizer Copher. In World War I, she was among the first to go overseas for active duty and was of great assistance to both the English and the French governments. She was decorated by the King of England and by the French government. Upon her return to this country, she accepted the position of Chief Dietitian at Barnes Hospital where for a number of years she continued her distinguished career. She also contributed much to our Journal. In the first volume in 1925, there are two excellent articles by her on 'The Administration of a Hospital Dietary Department,' much of which is still apropos.'"

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- **Summary:** "Lenna Frances Cooper, known throughout the nation as one of its leading dietitians, was recently presented with the Marjorie Hulsizer Copher award, the highest recognition of merit bestowed by the American Dietetics association. The award was made at the ADA convention in Cleveland."

"In response to the award presentation, Miss Cooper recalled that the charter membership of the ADA numbered 38, with the roster now listing more than 9,000 names."

"Though now retired from active direction of dietetics at Montefiore, she is much occupied as a nutrition consultant."


- **Summary:** "The 11th edition of this excellent textbook maintains the same high standards of scientific accuracy and pedagogic soundness exhibited by the earlier editions. Thoroughly revised and brought up to date, the volume reflects the latest developments in both the principles and practices of nutrition as related to health and disease.

As in earlier editions, the subject is divided into four general topic headings: (1) Principles of Nutrition. (2) Diet in Disease. (3) Food selection and preparation; (4) Tabular material and special tests.

Although this book is designed primarily for use as a textbook for training nurses, it can also be used as an excellent reference for graduate nurses, public health nurses, dietitians, and general teachers or students of home economics. The book is well illustrated and contains a selected list of references, a glossary and a detailed index. The current edition will, no doubt, "insure the continued popularity of the book as a favorite in its field."


- **Summary:** This article is about Dr. John Elbert Cooper, 298 West Van Buren, who has officiated at the birth of over 8,000 babies, and is still adding to that number.

He went to high school in Hutchinson, Kansas, going as far as eighth grade. Then the family moved to Benton, Missouri, where John attended high school for his first two years. In 1898 he went to Battle Creek, Michigan, with his sister Lenna, and he enrolled at the American Medical Missionary College [a Seventh-day Adventist {SDA} college in Battle Creek] where he graduated from high school. He had fours years study before he graduated from the old SDA Tabernacle, in 1902. After his graduation, Dr. Cooper went to Boulder, Colorado, and for two years served as assistant surgeon to Dr. Howard Rand at the Adventist sanitarium.

He was married on July 1, 1903, to Olive M. Jones, whom he had met in Hutchison, Kansas. The couple homesteaded in Wellington, Colorado. In 1913 Dr. Cooper’s father took over the land and Dr. and Mrs. Cooper moved to Auburn, Indiana, where they lived for several years.

Then Dr. John Harvey Kellogg called Dr. Cooper to the Battle Creek Sanitarium, where he remained until July 1, 1932.

Mrs. Cooper met a tragic death on Jan. 3, 1952, when (on December 30) Dr. Cooper lost control of their car on the icy road. She was in the right front seat dozing at the time and he head struck the instrument panel with great force. Although she was a member of the Seventh-day Adventist Church, she also worked with women’s organizations at the First Congregational Church.

"Served as Elder: Dr. Cooper remains a member of the Seventh-day Adventist Tabernacle, where he served as an elder for six years. He was a member of the Kiwanis club, but withdrew in recent years."

"The Cooper family is quite intact. Dr. Cooper’s brother, Walter S., is a wholesale lumberman at Dallas, Texas. Another brother, Dr. Ward Cooper, is an ear, nose and
thorat specialist at Palo Alto, California, and another, Harry S. Cooper, is manager of the National Transcriber Society for the Blind. He has lived in Palo Alto 20 years, but is now living in the country nearby.

“Dr. Cooper’s sister, Lenna, is known from coast to coast as a dietary expert. After the death of Mrs. Cooper [in Jan. 1952], Lenna left her work at the Montefiore hospital, 210th street, New York City, to keep house for him. She had been at this hospital for 19 years, making frequent return trips to Battle Creek.

“The children of Dr. Cooper and the late Mrs. Cooper are somewhat scattered...” In 1942 his son, John E. Cooper, Jr., an American pilot, was killed in Australia when a plane, on which he was a passenger with 8 others, crashed into “a 4,000-foot mountain on Hinchenbrook island. All nine were killed. It was 14 months before their bodies were found by a party of hunters.

Dr. Cooper is a general practitioner, though he specializes to a degree in obstetrics. His record of 8,000 babies brought into the world began in 1913.”

Dr. Cooper’s only hobby is photography—both movies and stills.

Dr. Cooper likes to tell how his parents moved to Hutchinson, Kansas, in 1872. His father liked to pick up buffalo bones to use as fertilizer for plants.

Note: The family ended up living on a farm outside of Hutchinson. Address: Battle Creek, Michigan.


• Summary: “This edition reflects the progress made in the science of nutrition by the practical application of research that has been conducted in recent years.”

The text is divided into four parts: I. Principles of Nutrition. II. Diet in Disease. III. Food Selection and Preparation. IV. Tabular Material and Special Tests.

“This is an excellent reference for nurses, dietitians, and home economic students; it offers informative reading for the layman.” Address: Nutrition Instructor, Johns Hopkins Hospital School of Nursing, Baltimore, Maryland.


• Summary: The Preface explains that this book is divided into four main parts: (1) Principles of Nutrition. (2) Diet in Disease. (3) Food Selection and Preparation. (4) Tabular material and Special Tests.

Soy is mentioned as follows: Page 537: In the chapter on vegetables: Seeds and seed pods (Legumes). “Soybeans, which are high in both protein and fat, differ from other legumes.

Page 618: Soy bean muffins, with 25 grams soy flour.

Page 680-81: Composition of foods mentions: Soybeans, whole, mature, dried. Soybean flour, flakes grits: Low fat, medium fat. Soybean sprouts, raw. The mineral and vitamin content of each of these foods is given on p. 681.

Soy is not listed in the Index.

There are no references at the end of each chapter, however, there are many, many references throughout the book (at the bottom of pages). And there is a list of “References” (several hundred, including journal articles) on p. 729-746 (not included in the scan). I did not page through the book (page-by-page) to count all of the references at the bottom of pages. Address: 1. B.S., M.A., M.H.E., Sc.D. Consulting Dietitian and Formerly Chief, Dep. of Nutrition, Montefiore Hospital, New York City; Formerly Food Director, Univ. of Michigan; Dean of School of Home Economics, Battle Creek College; Supervising Dietitian, U.S Army, World War I. President American Dietetic Association, 1937-1938.


• Summary: At top right of page above title: “The Journal presents this historical study in the field of dietetics, not only because of its intrinsic interest to members of the profession, but also because it has been prepared by one who has herself made dietetic history. As supervising dietitian in the Office of the Surgeon General of the U.S. Army during World War I, Lenna F. Cooper was the first to direct the work of the dietitian in war service. As co-founder of The American Dietetic Association in 1917, her name is stamped indelibly on the professional progress of the then-new occupation for women. Through the years, her leadership in the field has continued. In 1937-38, she served the Association as President. In 1947, she received an honorary degree of Doctor of Science from Drexel Institute of Technology, and in 1951, she was awarded the Association’s highest recognition, the Marjorie Hulsizer Copher Award. Her publications include Nutrition in Health and Disease, which is now in its twelfth edition, and of which she is co-author. Florence Nightingale’s contribution to modern nursing, hospital administration, sanitation, public health, and education is recognized, but her efforts in matters pertaining to dietetics are not so well known. One of the earliest definitions of dietetics appeared in Hooper and Akerly’s Medical Dictionary in 1847 where it was defined as a ‘branch of medicine’ (1). At that time there were no known practicing dietitians. Dietetics is now defined (2) as ‘the science and art dealing with the application of principles of nutrition to the feeding of individuals or groups.’ It is also still listed as one of the medical professions in the National
Roster of Scientific and Specialized Personnel of the U.S. Department of Labor’s Employment Service. From the beginning of the medical profession, food has always had a place in the treatment of disease, although for centuries the knowledge was meager.

“Though Florence Nightingale agreed that the physician should prescribe the food for the patient, she considered that the science and art of feeding the sick was an essential part of nursing. In her reorganization of nursing, she, therefore, placed great emphasis on the selection and service of food, and in all her plans for hospital reorganization, the food service was placed under the nurse-matron where it remained in Britain until very recent times.”

Footnote: “The author is indebted to Isabel M. Stewart, Professor Emeritus of Nursing Education, Teachers College, Columbia University, for her help and guidance in obtaining the information in this paper, most of which was found in the Adelaide Nutting Collection of the Teachers College Library.”

“Miss Nightingale herself was exceptionally well prepared to administer hospital food services, having acquired much information about food, chemistry, and related subjects chiefly from her own reading and study, but supplemented by wide observation and experience not only in her own home but in visits to continental hospitals, schools, and other institutions. Miss Nightingale, however, was known to have consulted specialists in all lines of work which had a bearing on her special interests. Many are quoted in her writings. She also obtained dietaries and record forms from various hospitals in England and on the Continent. Her chief counselor in dietary matters was Dr. Christison (Sir Robert) of Edinburgh, who was a famous professor of medicine in some of the leading medical schools of Europe. Her mother, like other English ladies of her time, made it her duty to visit the sick and needy within her parish regularly. Her daughter, Florence, accompanied her as a part of her education and in this way learned much about the food habits and living conditions of the laity. She also had a period of training at the Deaconess Institute at Kaiserworth on the Rhine. Shortly thereafter, she shocked her family and friends when she accepted the position of Superintendent of the Establishment for Gentlewomen during Illness, a private institution in London. (Nursing at that time was not generally regarded as suitable for gentlewomen.) Among other duties, she had full charge of the buying and preparation of food.

“The Crimean War: After a year of experience in this London institution, her work there was interrupted by the outbreak of the Crimean War in which Britain had become involved. News from the war front came through a letter to the Times in London stating that there was not only a lack of supplies in the military hospitals but a shortage of surgeons and ‘no nurses at all.’ The human cry was soon heard all over the country: ‘Why have we no Sisters of Charity?’

“Within a few days, Miss Nightingale had volunteered and simultaneously had been approached by many important persons, including the Secretary of War, who felt her to be the person best fitted to organize a nursing service for overseas. She began making plans immediately. She received her official appointment and instructions from the War Office making her ‘Superintendent of the Female Nursing Establishment in the English General Military Hospitals in Turkey.’ Within two days after receiving her official instructions, she and thirty-eight nurses, some of whom were religious sisters and others ordinary servants but all of whom she had previously recruited from the nearby hospitals, left London for Scutari where they arrived on November 4, 1854.

“When she arrived at the Barrack Hospital in Scutari, she was appalled by the unsanitary conditions and the lack of facilities for caring for the sick (3). Soldiers were lying on cots in corridors and elsewhere, the sick and wounded occupying 3 to 4 mi. [miles] of space.

“The kitchen intended to supply these hundreds of men was at the extreme end of the hospital. All of the cooking was done in thirteen so-called ‘coppers’ (large copper kettles). Five of these coppers, however, were out of order. It took from 3 to 4 hr. to serve a regular meal, and often the patients would receive only two meals a day, which consisted of the regular salt meat boiled in canvas sacks together with what vegetables were available. Transportation to the wards was by trucks. There were no light foods, such as gruel, beef tea, sago, arrowroot, lemonade, or rice pudding, which was the usual fare in civilian hospitals for the critically ill. ‘Immediately on the arrival of the Nurses at Scutari, in November, 1854, extra diets were prepared by them for these patients, in the stoves which they had brought with them; and within a week a separate Kitchen was established adjoining their quarters’ (4).

“Miss Nightingale, however, was deeply impressed by the need for additional facilities for preparing foods not only for the regular diet but also for ‘extra’ diets for the very sick patients. She went to work to obtain some smaller boilers and other equipment for two ‘Extra Diet Kitchens’ to be located in different parts of the building. Within two days these were established and were entirely under the control of the nurses. In addition to the two Extra Diet Kitchens, she also had a third one with three supplementary boilers established on a staircase for the preparation of arrowroot and other liquid foods.

“She was also confronted with another very serious situation because some of the supplies, including foods, had gone to wrong ports where they remained indefinitely; other shipments were buried under shells, cannons, and ammunition in the holds of vessels. It took quite a bit of maneuvering for Miss Nightingale to convince the military men that food was more urgently needed than ammunition. She finally bought food out of her own private funds after which the supplies came according to schedule.

“Dr. Charles Shrimpton (5), Surgeon Major of the
French Army, explains some of the difficulties Miss Nightingale had, as follows: ‘The presence of Miss Nightingale and her companions had, in some measure, the appearance of a reproach to the way things were going on in the Hospital, so that they were looked on at first with a certain degree of uneasiness and distrust... It required, in fact, the greatest tact and prudence on their part to obtain the confidence, and gradually to conciliate the good will of every one... Miss Nightingale, who was... much experienced in such matters saw her way immediately through these first difficulties. There was plenty to be done without interfering with anyone.

‘Miss Nightingale gained an immense ascendancy, which allowed her the free exercise of her powerful mind in carrying out the most important measures for the health and comfort of the sick... It is curious to observe how rapidly Miss Nightingale overcame all the difficulties and embarrassments she had to encounter on her first arrival at Scutari. Her independent authority was preserved from the beginning by the careful avoidance of all discussions, and by the prompt measures which she took to supply deficiencies without clashing with any other authority’” (Continued).

Address: PhD, Dean, School of Home Economics, Univ. of Alabama, Tuscaloosa, AL.

571. Cooper, Lenna F. 1954. Florence Nightingale’s contributions to dietetics (Continued–document part II). J. of the American Dietetic Association 30(2):121-27. Feb. [3 ref] • Summary: (Continued): “After a few months, a French chef from England, Alexis Soyer, volunteered his services to help with the general production of food and the installation of suitable equipment in the general kitchen, all of which was of great help (6) and much appreciated by Miss Nightingale. By this time it was evident that the hospitals on the Crimean Peninsula were in the same condition as the Barrack Hospital had been when Miss Nightingale arrived at Scutari. Accompanied by Mr. Soyer, she went to Balaclava on the Peninsula, and together they soon had brought about the same sort of improvement as at Scutari, including the installation of special equipment and new methods of cooking in the general kitchens. Diet kitchens were also established for the preparation of special diets for the very sick patients.

“Reports on the War: Miss Nightingale made her last trip to the hospitals of the Crimea in March 1856, where she remained until July, although peace had been declared on March 30. Even so, her work was not finished. Much remained to be done in winding up the affairs of her mission. She then spent the month of July in Scutari, leaving for England on the twenty-eighth of July and arriving in London on August 4. She went immediately to her childhood country home at Lea Hurst, where she hoped she might rest and remain in seclusion for at least sufficient time to recuperate from her duties in the East, but she could not forget the terrible suffering she had witnessed.

“Within a month after her arrival at Lea Hurst, the Secretary of War, Sir Sidney Herbert, who had been her friend for many years, met with her to discuss the subject of army reform which she felt must be accomplished. ‘She had seen 4600 soldiers die. And as she studied the figures, the conclusion was irresistibly borne in upon her that the greater number need not to have died at all. Many of the diseases to which they had succumbed were induced, and others aggravated, in the hospitals themselves’ (7). With the help of the statistician in the Registrar-General’s office, she compared the death rate in the British Barracks with the mortality tables in civil life and found that in the Army barracks the mortality was nearly double that in civil life. She showed also that during the first seven months of the Crimean campaign, the mortality among the troops was 60 per cent per annum from disease alone, while during the last five months of the war, due to the improved food and sanitary conditions of the Army facilities, the mortality was only two-thirds of what it was among the troops at home (7).

‘It was obvious from this comparison,’ writes her biographer (7), ‘that the mortality during the first period was largely preventable... It was the most complete experiment ever made in army hygiene.’ Miss Nightingale further comments (8) upon the Crimean situation as ‘the finest experiment modern history has seen upon a large scale, viz., as to what given number may be put to death at will by the sole agency of bad food and bad air.’

‘Recommendations to the Queen: Shortly after her arrival at Lea Hurst, Miss Nightingale received an invitation from a friend, who was also the Queen’s physician, to spend a month in Scotland. He informed her that the Queen (Victoria) and the Prince would undoubtedly invite her to confer with them, which they did. This gave her an opportunity to inform them of her experiences and what she had seen of the soldier’s sufferings, also the difficulties of obtaining supplies, equipment, food, and other necessities. She had also prepared herself by statistics, notes, and memoranda as well as letters from well informed friends. One of these letters was from an officer in the War Department suggesting that a Commission be appointed to ‘enquire into the existing Regulations for Hospital Administration.’

“Miss Nightingale had already decided that if her report and suggestions met with their approval, she would offer to embody them in a written report and that she would also suggest that for the sake of the soldiers, a Royal Commission be appointed to inquire into the conditions of the barracks, hospitals, and the whole Army Medical Department.

“The Queen realized that only the ministers could function in such a capacity. Fortunately the Minister of War was due at her residence at Balmoral soon, so another conference was planned, at which time Miss Nightingale was to make a full report to him in the presence of the Queen...
and Prince. Lord Panmure, the Minister of War, seemed very favorable to her suggestions for the use of the government. Another meeting was planned to be held in London in November. In the meantime, Miss Nightingale was busily engaged in making a list of names whom she thought most desirable for appointment on the Commission, subject, of course, to the approval of the Secretary of War and the Queen. She also drew up a set of proposed instructions for the Commission and likewise prepared her written report as requested for the Minister of War. The report was entitled Notes on Matters Affecting the Health, Efficiency, and Hospital Administration of the British Army (4). It was not published by the government, but Miss Nightingale had some copies printed for her friends and other influential people. (It is today a rare book and obtainable in only a few libraries.) When compared with the Report of the Commission, it was evident that her Notes made a deep impression upon the Commission.

“...inadequate... meat was taken to the wards by the orderlies to the patients. Again she comments: ‘The method of necessary tools in the production and distribution of food...’ Miss Nightingale was equally interested in organization... better. There should be one kitchen only.’

system) of cooking exists. ‘But the sooner it is altered, the General Kitchens as long as the present system (or no... of M. Soyer having organized the cooking of Extra Diets in the General Kitchen, with all necessary appurtenances... It was, however, at least in the Barrack Hospital, never found to work so well to have the extras cooked in the same Kitchen as the general diets.’ A few years later, however, in her Subsidiary Notes (9), she expressed a different opinion. In discussing the Extra Diet Kitchens, she stated that it is necessary for them to be under a separate roof from the General Kitchens as long as the present system (or no system) of cooking exists. ‘But the sooner it is altered, the better. There should be one kitchen only.’

“Miss Nightingale was equally interested in organization and management as in nutrition, realizing that they were necessary tools in the production and distribution of food to the patients. Again she comments: ‘The method of distribution of both ordinary and extra diets were very inadequate... meat was taken to the wards by the orderlies and there divided and taken to each patient. It was almost always cold due to the time required to get it to the patient after it left the kitchen.’

“In Section VIII of her Notes on Matters Affecting the Health, Efficiency, and Hospital Administration of the British Army. Miss Nightingale describes the organizational structure of the hospital kitchen as follows: ‘The Kitchen illustrates the conflicting powers of Departments: the Commandant assigns the orderlies to the wards, who fetch the diets, and the cook, who cooks them; the Medical Officer determines the diet; the Engineer maintains the kitchen in a sufficient state of repair; the Purveyor supplies the food, part of which he obtained from the Contractor as he does the fuel. The Commissariat through the Contractor supplies the fuel, bread, and meat; the soldier himself supplies some of the utensils necessary for eating.’

“She further explains in Section XV of the same report that investigation on the part of the Commission showed very clearly that the inadequacy of the diets in the military hospitals was due almost entirely to poor organization and incompetency of the Commissariat which was responsible for supplying (a) meat, fresh or salt; (b) bread or biscuit; also (c) the carriage, distribution, and cooking of the food. Salt meat and hard biscuit were the chief components of the diet. Scorbatic type of disease predominated up to March 1855. Lime juice remained in storage for seven weeks before it was issued to the Army. Fresh meat could have been obtained; also soft bread and fresh vegetables. ‘The whole dietetic system pursued in the Army was bad. In fact, it was nothing but the merest haphazard. The result was inevitable after these conditions had been permitted to exist’” (Continued).


• Summary: (Continued): “Instructions on Feeding the Sick: Miss Nightingale’s lifelong objective was the training of women in the care of the sick but because of ill health she was not able to do classroom teaching. She had all available information on the subject and contributed extensively by writing. One of her first books was Notes on Nursing (10), published in 1859. Of the fourteen chapters, two are on food. In Chapter VI, ‘Taking Food,’ information is given as to the difference in food requirements between the acute patients and those of the chronic type. She also warns: ‘Never let a patient have something always standing’ by him,’ also that the ‘patient had better not see more food than his own,’ although she recognizes the fact that ‘in hospital wards it is of course impossible to observe all this.’ She further warns, ‘You cannot be too careful as to quality in sick diet.’

“In Chapter VII, ‘What Food,’ she discusses various...
foods and their importance in feeding the sick. In commenting on meat without vegetables, she calls attention to a fairly new discovery that "scorbutic sores have been actually known to appear among sick persons living in the midst of plenty in England, which could be traced to no other source than this, viz.: that the nurse, depending on meat alone, had allowed the patient to be without vegetables for a considerable time, these latter being so badly cooked that he always left them untouched."

"In commenting on milk she states that 'milk and the preparations from milk, are a most important article of food for the sick... there is nearly as much nourishment in half a pint of milk as there is in a quarter of a lb. of meat.'

"Miss Nightingale warns the reader that observation of the patient, not chemistry, must decide the sick diet for 'chemistry has as yet afforded little insight into the dieting of the sick. All that chemistry can tell us is the amount of 'carboniferous' or 'nitrogenous' elements discoverable in different dietetic articles.' She thus gives a picture of the paucity of information that was available one hundred years ago. She also warns the nurse that 'incomparably the most important office of the nurse, after she has taken care of the patient's air [through proper ventilation], is to take care to observe the effect of his food, and report it to the medical attendant. It is quite incalculable the good that would certainly come from such sound and close observation in this almost neglected branch of nursing, or the help it would give to the medical man.' It is interesting to note that about twenty years later, 1874, the first medical textbook in English entitled A Treatise on Food and Dietetics was written by Pavy (11).

"In still another chapter in her Notes on Nursing, titled 'Observation of the Sick,' Miss Nightingale again points to the importance of carefully observing the patient's eating habits, his desires, and his dislikes, and the effect of appetite on digestion. She enumerates four conditions which may cause a lack of appetite, as follows:

"1. Defect in cooking;
"2. Defect in choice of diet;
"3. Defect in choice of hours for taking diet;
"4. Defect of appetite in patient."

Notes on Nursing (10) proved to be a 'best seller,' 15,000 copies being sold within a month after publication, and a cheaper edition quickly followed. Likewise, several other editions were published. It was popular among all groups. In the same year, 1859, she also published Notes on Hospitals (12). Much of this book was devoted to the 'Sanitary Condition of Hospitals' and to hospital construction. In writing of 'Defective Hospital Kitchens,' she emphasizes:

"1. The necessity for variety in food as an essential element in health, owing to the number of materials required to restore and preserve the human frame...
"2. The importance of cooking so as to secure the greatest digestibility and the greatest economy in nutritive value of food... I have often been surprised by the primitive kitchens of some of our civil hospitals, with which little variety of cooking is possible. It shows how little diet and cooking are yet thought of as sanitary and curative agents.'

"Dr. Shrimpton in his book on The British Army and Miss Nightingale (5) comments favorably on both of the above books. Of Notes on Hospitals, he writes: 'This is a most practical, scientific work on the construction, management, and administration of Hospitals... indispensable to all persons who require information on the subject.'

"He values Notes on Nursing as 'one of the most useful books that could have been published... The Lancet announced this book as a remarkable publication, an interesting study for physicians and surgeons, a homily for women, and a guide for nurses. The Medical Times said, 'No one but Miss Nightingale could have written such a book as the one we have before us on nursing.'

"Another booklet, entitled, Health Teaching in Towns and Villages. Rural Hygiene (13), also written by Miss Nightingale, gives some instruction on 'Food, Digestion, and How to Nourish the Body.'

"Miss Nightingale as a Consultant: She was a voluminous writer, considering her semi-invalid condition of health. Her writings included several books, report's to committees or commissions, and papers read before organizations. It is evident from the subjects of her papers that she was well versed not only in nursing and dietetics as of that date, but in all phases of hospital administration as well. She was also keenly interested in statistics and was elected to the Statistical Society as well. She used this knowledge as a means of detecting and evaluating the efficacy of planning, construction, and sanitation of hospitals, and committees. Her advice was sought by many government officials including men from foreign countries. Her door was always open to nurses, doctors, and hospital administrators.

"She was even called upon by the U.S. Secretary of War in Washington when the Civil War broke out in 1861. He requested forms and reports, statistical and otherwise. Much correspondence followed. Following Miss Nightingale's example, the Woman's Central Association of Relief of New York petitioned the Secretary of War to appoint a Sanitary Commission, which was done. 'Camps were inspected; female nurses were sent to the hospitals; contrivances for improved cooking were supplied, and in short much of Miss Nightingale's Crimean work was reproduced' (7).

"One of our Army captains connected with the Commissariat sent her a draft of instructions for her management, and administration of Hospitals... indispensable offi  cers of that date, but in all phases of hospital administration as well. She was also keenly interested in statistics and was elected to the Statistical Society as well. She used this knowledge as a means of detecting and evaluating the efficacy of planning, construction, and sanitation of hospitals, and committees. Her advice was sought by many government officials including men from foreign countries. Her door was always open to nurses, doctors, and hospital administrators.

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"One of our Army captains connected with the Commissariat sent her a draft of instructions for her suggestions and comments. Her reply stated, 'We have gone over your draft very carefully and find that although it includes almost everything necessary, it does not define with sufficient precision the manner in which the meat is to get from the Commissariat into the soldier's kettle.' Sir Edward
Cook appropriately comments (7), ‘A great Commander was lost to her country when Florence Nightingale was born a woman’” (Continued). Address: PhD, Dean, School of Home Economics, Univ. of Alabama, Tuscaloosa, AL.


• Summary: (Continued): “Interest in Sanitation: Sanitation is another subject on which she wrote many articles. Her advice on this subject saved many lives, especially in the Army hospitals both during and after the Crimean War. When the war was over and she returned to England, she investigated the sanitary conditions of the Army barracks and hospitals comparing their mortality rates with those in the civilian population. As mentioned earlier, the study showed that the mortality was almost double that of the civilian population. She was resolved, therefore, to press home the lessons learned in the Crimean War with a view to preventing such terrible conditions in the future.

“Miss Nightingale also became greatly interested in similar unsanitary conditions in India and devoted much of her time in trying to influence government officials and public opinion on the importance of correcting them.

“A Royal Commission on the Sanitary State of the Army in India was ordered by the Queen in 1859 and was completed in 1863, the report consisting of two very large volumes. The evidence presented was sent to Miss Nightingale for her opinion as to the sanitary state of the stations of the Army in India. Her ‘valuable paper of comments contributed at the request of the Commission’ was published as a part of the report and later reprinted separately (14). It covered various phases of sanitation, disease, statistics, and, of course, food. Again she emphasized the importance of proper diet for the soldier on military duty in the following paragraphs:

‘It appears extraordinary to give the soldier the same amount and quality of diet in all seasons, in tropical as in temperate climates. And yet every day the soldier has 1 lb. animal food, 1 lb. bread, 1 lb. vegetables, 4 oz. rice, tea or coffee, and sugar, besides his spirits and beer, and any amount of extra animal food he may buy for breakfast and tea. Of all countries India is the one where men cannot be dieted the whole year round by the same rule without mischief. Hut only a few enlightened men appear to have any idea of what effect this extraordinary system of dietetics has on the soldier’s health.

“Surely we have sufficient knowledge of dietetics to be able now-a-days to vary our diet to suit climates and seasons, and to know that we cannot eat everything everywhere. Sir John Lawrence says in his evidence that Government ‘might try to induce the men, by varying the ration with references to hot and cold weather to take more to vegetable diet.’

‘The means of cooking are of the rudest order... often far from clean, is the regimental kitchen. As for boilers and ovens, considered indispensable at home, there are none... there is very good authority for stating that the food is imperfectly cooked, or served up in a way which destroys the digestive organs, and leads to the use of stimulants to promote digestion.’

“After ten years of work on the Indian project, she found that the death rap of the Army in India had been brought down from 69 per thousand to 18 which, of course, compensated her for her arduous work on behalf of the British Army in India and the inhabitants of the country.

“Miss Nightingale’s Place in Dietetics: The life of Florence Nightingale has indeed been an inspiration to the women of the past century. Not only did she open the door for professionally trained nurses in the hospital field, but for other professions as well. This applies particularly to the profession of dietetics, for which she laid an excellent foundation in her continued emphasis on the importance of properly chosen and well prepared food as a factor in the treatment of the sick. A movement began in this country [USA] about 1890 in some of the eastern hospitals to have a woman specially trained in foods and food preparation to preside over the special diet kitchen—at first to teach the nurses how to prepare foods for the sick. Just when the word, ‘dietitian,’ was first applied to this type of food specialist is not known, but it must have developed within the next ten years. As early as 1901, Adelaide Nutting (15), Superintendent of Nurses, Johns Hopkins Hospital, gave an excellent presentation before a group of home economics (also called ‘domestic science’) teachers on the need for such teachers in the school for nurses. In 1903, the need for practical experience as a part of the training was recognized and the first student dietitian was appointed to work for the period of three months with the Department of Public Charities, New York City. In 1906 there appeared on the program of the Lake Placid Conference (16), the forerunner of the American Home Economics Association—the subject ‘The Dietitian, Need of, and Training.’

“By 1917, the United States became involved in World War I and, because of the need of our Army abroad, food conservation was stressed throughout the land. Dietitians became conscious of their responsibility in this program and a conference was called at which time it was decided to organize. Thus The American Dietetic Association came into existence with fifty-eight members, and a new member was born into the family of the medical professions in the United States, fifty-seven years after the Florence Nightingale Training School for professional nurses was started in London.

“It must be evident that Florence Nightingale’s recognition of the importance of proper food and diets in the care of the sick gave great impetus to the development of this new profession which now in thirty-seven years has a
BIOGRAPHY OF LENNA F. COOPER (1875-1961)


Summary: “Neenah–A real veteran in the field of dietetics is visiting her Neenah family.

In fact, to Miss Lenna Frances Cooper goes the major credit in the formation of the American Dietetic association some 46 years ago. She is spending a few days at the home of her brother and sister-in-law, Mr. and Mrs. Lynn Cooper, Sr., 104 Center street.

Back in the summer of 1917 Miss Cooper, a dietitian at Battle Creek sanitarium in Michigan wrote to a friend, Lula Graves, in Cleveland. Together they made up a comprehensive plan to assemble a general conference of dietetic specialists throughout the country.

That was a big job, including building programming, detail arrangement and voluminous correspondence. But, a few months later 100 dietary specialists from 16 states and Canada gathered in Cleveland. Now, more than 8,000 members carry on its goal to improve the nutritional status of people and to raise the standards of dietary work. The first vice president, Miss Cooper, served as fourteenth president of the association.

Miss Cooper, a dietitian, who received her post-high school education because she worked hard for it, became food director at the University of Michigan after the war. She then went to Montefiore hospital in New York as head of the nutrition department. There she put into operation the newest approved nutritional and dietetic technics. In 1948 she

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became an independent nutrition consultant.

“The Neenah visitor has received many honors. The Greater New York Dietetic association, in its 1946-47 annual report, recognized her important position in her field and her work to organize the dietetic association.

“Degrees: She has been given an honorary degree from Michigan State college and Drexel Institute, from where she had graduated in 1908. Her students at Battle Creek college–she was first dean of the college’s school of home economics–gave her an 8-week Mediterranean cruise on her departure. Several years ago she was presented the Marjorie Hulsizer Copher award for outstanding contributions to the field of dietetics at the American Dietetic association’s annual meeting.

“This leader in nutrition now is retired and lives in Battle Creek. She came to Neenah from Chicago where she attended the American Association of Nurses convention Monday through Wednesday.”

Note: Ms. Graves’ first name is correctly spelled “Lulu.”

Address: M.D.


• Summary: Although the title page does not say “Revised,” this 13th edition nevertheless does contain some revisions. The Preface states:

“The 1958 Recommended Daily Dietary Allowances prepared by the Food and Nutrition Board of the National Research Council are used for reference throughout this edition.”

“A new table of energy expenditures for everyday activities of the mid-20th century replaces outmoded material. The reduction of caloric needs with each decade for adults of different weights is also given in tabular form. Geriatrics is given special emphasis in Chapter 15, recognizing, of course, that the foundation for good nutrition in later years is laid in good food habits acquired earlier in life.

“Food and the Public Health, Chapter 16, is completely new, written by Warren Averill, Ph.D., Assistant Professor of Food Technology, University of Massachusetts. Dr. Averill gives an interesting and concise review of the latest information on food-borne infections, food poisoning; spoilage, deterioration and modern methods of food preservation which conserve the values and the attractive appearance of food. The problem of food additives is discussed briefly, as well as the Federal and the state which protect the public against fraudulent and misleading claims and against contamination.”

“The chapter dealing with diet in diseases of children has been greatly expanded.

“Part Three, pruned for increased efficiency, nevertheless includes new gluten-free recipes (Chap. 50), and other new recipes have been added to Chapters 49 and 50.

“Part Four has been revised and condensed. Out-of-date tables have been deleted, a new table of the sodium and potassium content of foods and seasonings has been substituted, and the table of blood constituents has been revised, with the addition of urinary constituents indicating the nature of pathologic changes.”

“The teachers guide, entitled Teaching Nutrition in Nursing, by Henderika J. Rynbergen, was completely revised in 1956 for use with the 12th and the 13th editions of the text. This manual contains outlines for lesson plans and suggests appropriate methods, topics for emphasis and related activities in each subject matter area, with special attention to an integrated approach in teaching diet in disease.” Address: 1. Food Director, Univ. of Michigan; formerly Dean of Home Economics, Battle Creek College; formerly, Head Dietitian, Battle Creek Sanitarium; and later, Supervising Dietitian, United States Army 1918-1919.

576. Battle Creek Enquirer (Michigan). 1959. Death ends career of Dr. John Cooper. Feb. 12. p. 1-2. Thurs. • Summary: Dr. John Elbert Cooper of 298 W. VanBuren st., age 81, died at 10:12 p.m. Wednesday, Feb. 11, in the Sanitarium Hospital; he would have been age 82 on Feb. 18. He was hailed by his colleagues as “the foremost family physician in Calhoun County.”

In 1898 Dr. Cooper (and his sister Lenna) first came to Battle Creek to become a student in the old American Medical Missionary College; he graduated from there in 1902, then left this community to practice in Boulder, Colorado; Altoona [Altoona] and Emporia, Kansas; Wellington, Colorado; and Auburn, Indiana. In 1913 he returned to Battle Creek and has since continued his practice of medicine here.

In 1913 when he returned, he joined the late Dr. John Harvey Kellogg at his Sanitarium, where he directed the obstetrical ward for many years. In 1932 he resigned to enter private practice. In 1952 Dr. Cooper estimated that he had brought more than 8,000 babies into the world. “In Feb. 1953 he was given a surprise 76th birthday party by the Seventh-day Adventists.” His many medical honors are discussed. “Dr. Cooper was married on 1 July 1903 in Iola, Kansas, to Olive M. Jones, whom he had met in Hutchinson, Kansas. Mrs. Cooper was critically injured in a traffic accident on 31 Dec. 1951 and died at age 72 on Jan. 3, 1952.

“Since Mrs. Cooper’s death, the family household has comprised Dr. Cooper, his sister, Miss Lenna F. Cooper, known from coast to coast as a leading dietary expert, and a cousin, Jessie Carothers.

“Four children survive: Four of the Coopers’ five children survive. They are Mary, wife of Dr. Edwin L.
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Hansen of 47 Orchard pl.; Lynn F. of Neenah, Wisconsin, Hugh W. of Collegeville, Pennsylvania, and Mrs. LaVern (Olive) Smith of Holland, Michigan. There are eight grandchildren and seven great-grandchildren. In addition to the sister in Battle Creek, Dr. Cooper is survived also by two brothers, Dr. Ward Cooper of Palo Alto, California, and Harry Cooper of Riverside, California.

“A son, John E. Cooper Jr., Army Air Corp pilot, was killed in Australia in Dec. 1942, when his plane crashed on a mountain top. He is buried in McPherson Memorial Cemetery, North Platte, Nebraska.

“Unknown to his children, Dr. Cooper had prepared his autobiography and had it printed. A copy was given to Elder Charles Keymer, pastor of the Tabernacle, who will preach the funeral sermon at 3 p.m. Saturday at the Tabernacle. Burial will be made in Memorial Park.”

“He had only two pursuits, his profession and his church, the Seventh-day Adventist denomination of which he had been a lifelong member.”

Dr. Cooper was born on 18 Feb. 1877 in Hutchinson, Kansas, the son of Simeon N. and Nancy (Carrothers [Carrothers]) Cooper. He went to school through the 8th grade in Hutchinson, then the family moved to Belton, Missouri, and he attended the first two years of high school there. Address: Battle Creek, Michigan.


• Summary: “Miss Lenna Frances Cooper, one of the nation’s top-ranking dietitians, today took over as administrative dietitian at the Battle Creek Sanitarium. Mrs. Leroy Sparks will become dietitian at the Sanitarium Hospital on Sept. 7. For both it is what might be called a re-association with the Sanitarium.

“Miss Cooper, who in 1947 received the honorary doctor of science degree from Drexel Institute of Technology in Philadelphia, was here for 25 years, first as head dietitian at the Sanitarium and then as dean of home economics at Battle Creek College. She became food service manager for the University of Michigan and then went east, in 1930, to become head dietitian at Montefiore Hospital in New York City, a position from which she retired in 1948. Two years ago she came here to make her home with her brother, Dr. J.E. Cooper of 298 W. VanBuren St., and meanwhile has continued her work as a consultant dietitian.

“One of Miss Cooper’s most notable achievements has been her co-authorship of one of the top-ranking books in her field, ‘Nutrition in Health and Disease,’ now in its 12th revision. The first edition was published in 1928. Since then revisions have been made every two or three years to bring it up to date. The co-authors are Dr. Helen S. Mitchell, now of Massachusetts, who in the 1920’s was on the faculty of Battle Creek College; Miss Edith M. Barber of New York City, whose food column appears in the Enquirer and News, and Miss Hendrika [sic, Henderika] Rynbergen, New York hospital dietitian and a highly recognized authority on nutrition.

“Holds MSc Degree: Miss Cooper is a graduate of Drexel Institute and holds degrees from Columbia University and Michigan State College as well as Drexel.

“Miss Cooper was dietitian and dean of home economics here in the years when Mrs. Sparks was a student of home economics at the Sanitarium Normal School of Home Economics, a forerunner of Battle Creek College.”

A description follows of the professional and personal history of Mrs. Sparks, the former Marguerite Straus. Address: Battle Creek, Michigan.


Note: Lenna Frances Cooper is mentioned on pages 14, 19, 20, 22, 23, 61, 62, 71, 74, 80, 121, 199, 200, 204, 219, 270, 286, 289, 294, 311. Address: 1. Food Director, Univ. of

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BIOGRAPHY OF LENNA F. COOPER (1875-1961)

Michigan; formerly Dean of Home Economics, Battle Creek College; formerly, Head Dietitian, Battle Creek Sanitarium; and later, Supervising Dietitian, United States Army 1918-1919.


• Summary: “The American Dietetic Association was not even in the embryonic stage when the United States entered the conflict that is now known as World War I. There were not many dietitians in 1917, and, for the most part, they were employed by the small number of hospitals that used dietitians. Few persons, in or out of hospitals, knew what the requirements of a dietary department might be. There were no precedents; each dietitian had to rely upon herself to do what had to be done and to establish a system for her manifold duties. These ‘pioneers’ faced a situation which included a scarcity of employees, the difficulty of keeping efficient workers on the job and the perplexing problem of food shortages.

“The dietitians were widely scattered over the country, and communications were limited to correspondence and Home Economics meetings. At these conferences recipes and original methods of using available foods were exchanged, and devices for conserving time and labor were discussed.

“In 1917 the American Home Economics Association canceled its convention because so many of its members were engaged in war work. How to meet and plan for giving the best service to their hospitals and their country was the challenging question that confronted the dietitians. The stimulation of a conference seemed imperative.

“During the summer of 1917, Miss Lenna F. Cooper, Director of the Training School of the Battle Creek Sanitarium [Michigan], wrote to Miss Lula G. Graves [correctly spelled “Lulu G. Graves”], Supervisor of Dietitians at Lakeside Hospital, Cleveland [Ohio], suggesting that they spend some time together in an attempt to formulate a plan for dietetic communication. Consideration was to be given to the means by which dietitians could best serve the hospitals and the war needs both at home and overseas. These two women met, and their most significant decision was to invite all dietitians of their acquaintance to come to Cleveland for a conference to be held October 18 to 20, 1917. Letters were written by their assistants in longhand at the end of the day’s work. The recipients were asked to pass the word along to others who would profit by such a meeting. At the last minute a paragraph announcing the conference was inserted in the ‘Department of Dietetics’ of the October Issue of Modern Hospital Magazine.

“The invitation to the first and now historic ‘Dietitians Conference’ read in part as follows:

“Now that our national crisis requires conservation on every hand, it seems highly important that the feeding of as many people as possible be placed in the hands of women who are trained and especially fitted to feed them in the best possible manner.

“‘This conference of dietitians promises to be a most important one; first, for the dietitians who come together to discuss the food problems of the day; second, for the hospitals and institutions with which they are affiliated.’

“Though the time interval was short between the issuing of the announcements and the date of the conference the response indicated how opportune it was. Several persons who read the notice in other cities and towns on Wednesday morning were in Cleveland in time for the Friday morning session–and without benefit of aviation! Ninety-eight persons came, representing 18 states and Canada. Registration showed 47 hospital dietitians, 7 college teachers, 1 cafeteria director, 1 school lunch director, 6 student dietitians, 3 persons from the Young Women’s Christian Association, 1 from the American National Red Cross, 4 from social agencies, 1 from a magazine and 4 from the commercial field. This breakdown was indicative of the varied areas of interest and forecast the division of a membership into specific sections when the association became a realization. The program evidenced the co-operation among the medical profession, the hospital associations and the hotel associations. Speakers discussed special dietary studies (infant feeding, acidosis and the importance of laboratory findings), equipment, requirements for dietitians for American National Red Cross appointments and scientific training for hospital dietitians.

“It was pointed out that the profession of dietetics was a new one as viewed in the light of science and that any one engaged in a new or little understood profession must fight constantly against the human trait of abiding by the old until the new is irrevocably proved.

“The main purpose of the meeting, service in the war emergency, was covered by Miss Lenna Cooper who
reported on the food conservation movement. The Reverend Caroline Bartlett Crane, Chairman of the Committee of the Michigan Division of the Women's Council of National Defense gave a stirring talk on the work of the Council. The immediate action of the group was to vote that a telegram be sent to Mr. Herbert Hoover, the National Food Administration Chairman, expressing willingness to cooperate; that each person begin a campaign in her own institution and community to arouse interest; and that services be offered to the Women's Council of National Defense on local, state and national levels.

“A business session was held with Miss Maude Perry, Michael Reese Hospital, Chicago, as secretary pro tem. The pros and cons of forming an organization were debated. Was it the time for a permanent association; should there be affiliation with an established group such as the American Home Economics Association or the American Hospital Association? The decision made was to form an independent group for dietitians to be called the American Dietetic Association. The chair appointed a nominating committee to frame a tentative constitution and bylaws. At a second business meeting these were adopted and the following named officers were elected:

“President: Lulu G. Graves, Lakeside Hospital, Cleveland
“1st Vice-President: Lenna F. Cooper, Battle Creek Sanitarium, Battle Creek
“2nd Vice-President: Violet Ryley, Military Hospital, Canada
“Corresponding Secretary: Maude Perry, Michael Reese Hospital, Chicago
“Recording Secretary: E. Moreland Geraghty, Grace Hospital, New Haven
“Treasurer: Emma Smedley, Department of School Lunches, Philadelphia
“Executive Committee Members: Ruth Wheeler, Ph.D., University of Illinois, Urbana. Edna White, Ohio University, Athens. Mrs. N.M. Wood, Methodist Hospital, Omaha.

“Dues were fixed at $1.00 a year, payable at the first annual convention. Charter members were designated as those present at the 1917 Conference whose dues were paid by April 1, 1918. There were 39 charter members. It was voted to hold the first annual convention in Atlantic City the following October in conjunction with the meeting of the American Hospital Association, this group having graciously invited the dietitians to meet with them.”

Photos show: (1) “Annie L. Laird, University of Toronto. Miss Laird made the motion to organize The American Dietetic Association at the Dietitians’ Conference in Cleveland, in 1917.

(2) “The first Executive Committee. (Top, left) Lulu G. Graves, president. (Top, right) Emma Smedley, treasurer. (Bottom, left) Lenna F. Cooper, vice-president. (Bottom, right) E. Moreland Geraghty, secretary.”

Reprinted courtesy of Wolters Kluwer. Address: 1. Food Director, Univ. of Michigan; formerly Dean of Home Economics, Battle Creek College; formerly, Head Dietitian, Battle Creek Sanitarium; and later, Supervising Dietitian, United States Army 1918-1919.


• Summary: “The first edition of this important work was published four years ago.” The second edition indicates that the 1st edition was well received. As the says: Rapid advances are still being made in the field of nutrition.

“Sharing with the editors are 59 contributors, each an authority in a special field of interest.” The aim of the book is to offer an authoritative and up-to-date discussion of every aspect of nutrition and to provide the reader (especially the practising physician and the student of medicine) with a solid knowledge of both current advances and practical applications of the science of nutrition.

The book is divided into three parts: Normal Nutrition; Nutrition in Disease; and Nutrition in Periods of Physiologic Stress. The basic approach is from the clinical point of view. Also included are the Canadian Dietary Standards for Adults and Children.

“The arrangement of material is excellent and the format and typography make the book easy to read.”


• Summary: “Lenna Frances Cooper, long associated here with the old Battle Creek Sanitarium, who became a nationally known authority in the field of dietetics, died at 2:30 a.m. today in a local nursing home. Miss Cooper would have been 86 on Saturday.

“She was taken ill shortly after Christmas. Before entering the nursing home two weeks ago, she had been a patient at the Sanitarium Hospital.

“One of the high posts that Miss Cooper held was that of supervising dietitian for the U.S. Army in World War I. One of her high accomplishments nationally was her leadership in founding the American Dietetic Association. Miss Cooper presided at the organization meeting of this association at Cleveland [Ohio], Oct. 18, 1917, served as its first vice president and its 14th president. In 1951 she was presented with the Association’s highest award in recognition of having been the first to propose its formation.

“Served Dr. Kellogg: Miss Cooper’s career began at the Sanitarium. She came here in 1898 from Hutchinson, Kansas, and was graduated in nursing in 1901. For the next few years she was closely associated with the Kellogg residence in the care of the doctor’s adopted and foster
“It was during those years that Miss Cooper envisioned dietetics as destined to develop rapidly into a science. She enrolled at Drexel Institute in Philadelphia and was graduated there in 1908. Upon her return here she was named director of the newly organized School of Home Economics at the Sanitarium.

“She became dean in 1916 and continued in this post after the School of Home Economics was merged into Battle Creek College, remaining in this post until 1926. In 1927 she became food director at the University of Michigan and in 1930 sent on to Montefiore Hospital in New York City where she served 18 years as chief in the department of nutrition. In 1947 she received the honorary degree of Doctor of Science at the Drexel Institute of Technology.

“Wrote Books: After leaving New York in 1948, Miss Cooper served as visiting professor at the University of Mississippi. She returned here in 1952 to join a brother, the late Dr. John E. Cooper. By 1954 she was back at the Sanitarium as head dietitian.

“Miss Cooper was the author of several books and many treatises on the subject of dietetics. Some of her work was in collaboration with Miss Edith M. Barber and Miss Henderika Rynergen both of New York, and Dr. Helen S. Mitchell, formerly on the staff of Battle Creek College.

“In addition to her studies at Drexel Institute, Miss Cooper also studied at Columbia University and Michigan State University. Her non-professional interests included history, archaeology and travel. She had visited most of the countries in the Mediterranean area, including the Middle East. On many occasions she was called upon for surveys and consultations, these services including the National Institute of Health and hospitals in Newton, Massachusetts, Portland, Maine, and Springfield, Massachusetts.

“Worked her way: Miss Cooper was born on a farm near Hutchison, Kansas, a daughter of Simeon and Nancy (Carrothers) Cooper. After completing high school, she worked for two years to earn money to finance her further education.

“Of six brothers and sisters, two brothers survive. They are Dr. Ward Cooper, an eye surgeon of Palo Alto, California, and Harry of Arlington, California, a leader in the National Transcribing Society, which aids the blind.

“After Dr. John E. Cooper’s death here two years ago, the home at 298 W. VanBuren St. was closed and Miss Cooper, together with a cousin, Miss Jessie Carrothers, had since resided with Dr. and Mrs. Edwin L. Hansen of 47 Orchard Place, where Miss Carrothers still lives. Mrs. Hansen is a niece. Other survivors include nephews, nieces and cousins.

“Miss Cooper was a charter member of the Altrusa Club, and a Member of the Battle Creek Home Economics Association.

“Services Tuesday: Funeral Services will be held at 1:30 p.m. Tuesday in the Hebble Chapel. The Rev. Dr. Carleton Brooks Miller, pastor emeritus of the First Congregational Church, of which Miss Cooper was a member, will officiate, and burial will be at Memorial Park.

“The family has suggested that memorial contributions may be made to the Battle Creek Senior Citizens Residence Fund in care of Miss Elsa Johnson.”

A small portrait photo shows Lenna Cooper in her later years.

582. Knockemus, Dave. 1961. Lenna Frances Cooper was buried on 28 Feb. 1961 in Memorial Park Cemetery, Battle Creek, Michigan (Interview). SoyaScan Notes

• Summary: See next page. John is reading from the cemetery’s burial book. Lenna was buried in a grave in a plot with space for 8 bodies. Her brother, Dr. John E. Cooper, of Battle Creek, purchased this plot in Section K, Lot 237 on Sept. 25, 1928, for $300. Family and relatives were buried there in this order on the following dates:

1. 1952 Jan 7–Margaret Cooper.
2. 1959 Feb. 14–Dr. John E. Cooper.
3. 1961 Feb. 28–Lenna Frances Cooper.
4. Empty grave for someone’s son.
5. 1965 Sept. 17–LaVerne B. Smith.
8. Open, unfilled grave.

Note: According to genealogist Wayne Dawson of Tucson, Arizona: (1) LaVerne B. Smith in grave 4 was the brother of John Cooper’s wife, Olive. (2) Edwin L. Hansen in grave 6 was a gynecologist at the Battle Creek Sanitarium and the son-in-law of John E. Cooper, having married John’s daughter Mary. (3) Mary N. Hansen in grave 7 was the wife of Edwin L. Hansen and daughter of John E. Cooper. Address: Cemetery employee. Phone: 269-963-7577.


• Summary: “Lenna Frances Cooper had a long and distinguished career both in the practice of dietetics and in the education of younger persons who have faithfully followed her example. Perhaps no other member of The American Dietetic Association could have gone from this life on earth leaving behind so much warmth and gratitude in the hearts of those who knew her. Always desiring the best for her profession and ready to work without regard for hours, she willingly took time to listen to and counsel her associates.

“What was the urge that stimulated Miss Cooper to rise from a start in an as yet unrecognized field and to reach the top at a fairly early age? Her parents were pioneer settlers in Kansas. God-fearing people, they were desirous that their children should receive an education that would
enable them to serve others. One son went East to Battle Creek, Michigan, to study medicine, and in 1898, his sister, Lenna, followed him to take up nursing at the Battle Creek Sanitarium. She was graduated as a nurse in 1901 and for the next few years was closely associated with Dr. John Harvey Kellogg and assisted in the care of his many adopted and foster children. Dr. Kellogg practiced dietetics along with medicine and had many theories about food for ‘biologic’ living. It can be imagined how his quiet nurse persuaded him to allow her to attend Drexel Institute in Philadelphia to study foods and food chemistry. She finished the two-year course in 1908 and later was awarded her bachelor’s and master’s degrees by Teachers College, Columbia University. Miss Cooper met all of her educational expenses with her own earnings.

“On her return from Drexel, she became the first dietitian at the Battle Creek Sanitarium where later, as Dean, she initiated the Battle Creek Sanitarium School of Home Economics. The loyalty of the dietitians and instructors who served under her there is today unswerving as is that of the staff members and student interns who were with her in other institutions. Again, she was first when she was appointed a Supervising Dietitian in the Office of the Surgeon General of the United States Army during World War I. In this position she directed the work of over three hundred dietitians in war service for the first time in history. Another first was her suggestion that a conference of dietitians be arranged in 1917 to formulate a plan for dietetic communication and to consider the means by which dietitians could best serve the war needs, both at home and overseas. In cooperation with Lulu G. Graves, a decision was made to invite all dietitians of their acquaintance to come to Cleveland for October 18 to 20. This was of great importance to the dietetic profession, because here The American Dietetic Association was formed. From a nucleus of thirty-nine charter members, the Association today numbers almost 15,000. Miss Cooper was its first Vice-President and served as President in 1937-38. Her memory will be kept alive in the professional history and by word-of-mouth tributes from her friends.

“As an author, Miss Cooper wrote *How to Cut Food Costs* in 1917, and a few years later [sic, 1913] her book *The New Cookery* was published. Her third book, *Nutrition in Health and Disease* co-authored by Edith M. Barber and Helen S. Mitchell, is now, with Henderika J. Rynbergen as a fourth author, in its thirteenth edition and is a standard text for nurses and dietetic interns. Many of her papers have appeared in professional and scientific publications.

“In 1927, Miss Cooper became Food Service Director at the University of Michigan and in 1930 went to Montefiore Hospital in New York City where she was Chief of Nutrition for eighteen years. During the years, she received many honors, including a degree of Master of Home Economics
from Michigan State University and a Doctor of Science from Drexel Institute. In 1951, The American Dietetic Association conferred on her its highest honor, the Marjorie Hulsizer Copher Award.

“The editorial in this Journal, in recognizing her presidency states: ‘Lenna Cooper has won the affection and respect of her many former students. These and her other associates attest to her real worth and her thoughtful consideration in human relationships. Blessed with patience and understanding, she has that rare administrative ability which inspires high standards through quiet suggestion rather than command.’

“The last few years of Miss Cooper’s life were spent–still in service–making a home for her brother who preceded her in death by two years. During this time, she retained her professional interests and only last year attended the annual meetings of The American Dietetic Association and the Michigan Dietetic Association. She was a charter member of the Battle Creek Altrusa Club and one of the founders of a day nursery that continues to be a reminder of her thought for others. Hers was a life of service as her parents had envisioned and which she carried out to the fullest extent with unselfish devotion to her family, her friends, and her profession.”

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• Summary: “A facet of Battle Creek history, the life and work of the late Miss Lenna Frances Cooper, will be outlined by Miss Mary I. Barber, past president of the American Dietetic Association in a memorial lecture Oct. 25 at the annual fall meeting of the Michigan Dietetic Association. The all-day session will take place at the American Legion Hospital on Dickman Road.

“The late Miss Cooper was long associated with the late Dr. John Harvey Kellogg, the Battle Creek Sanitarium and its educational institutions. She was the founder of the American Dietetic Association and in 1917-18 was director of dietetics for the United States Army in World War I. Over the years she had become a national figure in the professions of dietetics and home economics. She passed away in February, 1961.

“Members of the American Dietetic Association and the affiliate MDA have been invited to attend.

“Outstanding Speakers: Outstanding speakers in this field will include Miss Adelia M. Beeuwkes, 1961-62 president of the American dietetic Association and Professor of Public Health Nutrition in the School of Public Health at the University of Michigan of Public Health at the University of Michigan; Dr. Sidney E. Chapin, M.D., medical director of the Visiting Nurse Association and Home Care Program in Detroit, who will be moderator of a panel discussion; Miss Barber, D.Sc., 1940-41 president of the ADA and now editor of the History of the American Dietetic Association; Dr. Helen Hunscher, Ph.D. chairman of the Department of Home Economics of Western Reserve University in Cleveland, Ohio, and 1947-48 president of the ADA; Miss Wilma F. Robinson, dietetic internship liaison director of the ADA; Dr. Lillian H. Meyer, Ph.D., head of the Department of Chemistry at Western Michigan University. Mrs. Betsy Holli, dietitian of the Out-patient Nutrition Clinic at the University of Michigan Medical Center, and Dr. John H. Hopper, Ph.D., nutrition director at the Kellogg Co.

“Registration and coffee will begin the day at 9 o’clock and the opening session will be conducted by Miss M. Elizabeth Vaughn, president of the MDA and nutritionist at the Visiting Nurse Association in Detroit. Harold Owens, chief administrator of the American Legion Hospital will give the welcome.

“Panel Discussion: Miss Beeuwkes will be the first speaker and her topic will be ‘Reflections on Dietetics as a Profession.’ A panel discussing ‘Bringing the Hospital Home,’ will be moderated by Dr. Chapin and the panel members will be Mrs. Harriet Fisher, dietitian at Oakwood Hospital in Dearborn; Miss Shirley O’Connell, nutritionist at the Visiting Nurse Association in Detroit, and Miss Eileen R. Peck, nutritionist at the Michigan Department of Health.

“Following intermission the activities of the Michigan Dietetic Association for 1961-62 will be outlined.

At the luncheon session Miss Virginia Kopec president-elect of the MDA and acting director of the dietary department at Henry Ford Hospital in Detroit, will preside, and Miss Barber will give her lecture.

“Mrs. Eleanor Turner Mall, president-elect of the MDA 1962-63 and dietitian at St. Luke’s Hospital in Sagniaw, will preside at the afternoon session. Discussing the topic ‘Current Trends in the Education of the Dietitian’ will be Dr. Hunscher and Miss Robinson.

“A panel on ‘Present Day Nutrition-Implications and Applications’ will be moderated by Dr. Meyer. Mrs. Holli and Mr. Hopper.

“Following the adjournment there will be a tour of the American Legion Hospital and the Battle Creek Health Center facilities. Completing the day will be a ‘slimmersbord’ served at the Health Center.

“The executive board meeting will take place Oct. 24 at the Hart Hotel.

“The final planning session of the local committee is to be held Tuesday at 2 o’clock at the American Legion Hospital.

“The local planning committee members include Mrs. Marie Medlock, American Legion Hospital; Miss Oliver Henderson and Mrs. Marilyn Tayte, Community Hospital; Mrs. Marian Braund, Dairy Council of Battle Creek; Mrs. Sammy Howard, Custer State Home; Mrs. Regina Frisbie,
Miss Sara Hill and Miss Judith Wagman, Kellogg Co.; Mrs. Margaret Becker and Mrs. Janet Ewing, Leila Hospital; Miss Grace Spelman, Miss Sarah Campbell and Miss Winifred Castle, Veterans Administration Hospital, and Miss Barber and Mrs. Elaine D. Compton."


• Summary: (Continued): “Those of us who knew Miss Cooper can imagine her greeting rich and poor alike with graciousness and listening to their troubles with quiet interest. She inculcated her staff with her sincerity and serenity and perhaps, above all, she made them conscious of their professional responsibilities. Miss Cooper loved clothes and bright colors and this may have [been] her way of breaking away from the narrow scope of white uniforms and the limitations of the menus she had to plan and supervise. One of her first dietitians tells about a very bright striped blouse with leg of mutton sleeves that was particularly objectionable to the staff members so when Miss Cooper was out of town (probably attending a dietetic meeting) they stole and burned it and she never understood how the blouse could have disappeared. Miss Cooper wore the first pair of light silk stockings that I ever saw. At that time most of us had black or dark browns to go with our sensible oxfords. She loved red dresses and pink coats and orange was a favorite color.

“Dr. John Harvey Kellogg felt that it was not enough to teach his patients the theory of biological eating–there must be missionaries to spread the gospel throughout the earth. When he decided to open a training school for dietitians he appointed Miss Cooper to organize and direct it. Later the school became part of Battle Creek College with Miss Cooper as Dean until she left in 1926. Through her term at the college she continued to inspire students with a pride in their profession.

“Our President, Adelia Beeuwkes, has reminded you of the beginning of the American Dietetic Association. In 1917 Miss Cooper wrote to Miss Lulu G. Graves (who was elected as the first president), Supervisor of Dietitians, Lakeside Hospital, Cleveland, suggesting that together they formulate a plan for dietetic communication among the comparatively few women in this field. Letters were sent out and on October 18-20 of that year a conference was held with ninety-eight persons attending, several from Battle Creek. A decision was made to form a permanent, independent organization to be called The American Dietetic Association. Officers were elected; dues were set at one dollar a year and there were thirty-nine [sic] charter members all paid up before the first annual convention held in Atlantic City in 1918.

“Miss Cooper was especially conscious of the food problems in the newly organized Army messes [in World War I] because Camp Custer was located near Battle Creek. She was being consulted by the officers of the Quartermaster Corps and gave advice on menu making and nutrition. What a thrill for the Battle Creek College students to have officers pleading for dates. Although there was strict supervision of their activities and a curfew hour of ten p.m., the girls had a whirl. What a responsibility for the Dean! A written edict was issued to the effect that no student should go out with an officer without well defined sleeve caps over the shoulders. A former student tells about Miss Cooper inviting her and her roommate to go to a dinner given by Camp Custer officers at the then famous Post Tavern. One of the girls had an evening dress but it was sleeveless. What to do? Friends went to town. and purchased a length of white net and basted sleeves into her dress. After each dance she had to go to the dressing room to be sewed in again. When this country became involved in World War I the word ‘dietitian’ was unknown in military language. However, over three hundred so-called dietitians were recruited through the Red Cross. These women were predominantly from the Home Economics teaching field. They were given some hospital training mostly setting up trays and making salads. This hardly qualified them for duty on troop transports and in base hospitals when the influenza epidemic laid low thousands of enlisted men and, even worse, struck down the mess personnel. But the dietitians and nurses carried on with trepidation and noble endurance.

“In 1918 The Surgeon General appointed Miss Cooper head of the Army dietitians. Again we can visualize her patience and persistence in dealing with the Mess Sergeants who were in command of the kitchens. One of her greatest assets was persistency. She never gave up anything until her ideal standards were met. This sometimes took a long time. It also took a long time for dietitians to receive military status and it was not until 1943 that the Dietetic Corps of the Medical Department of the Armed Forces was given military rank similar to that of the Nurse Corps. With this move the eighty-one dietitians then employed as civilians were commissioned. Before V-J [Victory in Japan, late 1945] day a total of 1,998 dietitians were commissioned. The head, called superintendent, was given the rank of Major. Today the highest rank is that of Colonel. This triumph can be traced back to the initial efforts of Miss Cooper.

“It is interesting to note the development of nutrition and dietetics from the ‘fad’ diet of the Battle Creek Sanitarium to the present day, always keeping in mind that Miss Cooper grew with the new knowledge that evolved from year to year. She continued to teach and to spread her influence in this field. An example of her courage and persistency is that while she was still at the college she insisted that at least one meat lesson be taught to the students. This was in direct opposition to Dr. Kellogg who accused her of disloyalty. She replied, ‘Dr. Kellogg, I feel that I have always been...
ninefifty percent loyal to your theories. The five percent was an occasional cup of coffee and a serving of white meat of chicken. This accusation may have been one reason for severing her connection with the college. Her students and staff members who were at Battle Creek College and those who were with her during the eighteen years she was chief of the Department of Nutrition at Montefiore hospital in New York City testify to her influence on their personal and professional lives. She kept in touch with them by means of a long Christmas letter each year, remembered each one and loved to hear of their many accomplishments.

"When Battle Creek College was established little was known about 'vitamines', although the physiology professors said that there was some mysterious substance or substances that aided metabolism, possibly as a catalytic agent. The History of Nutrition Luncheon held each year at Convention time has kept us in touch with the gradual increase in nutrition knowledge. The Convention programs through the years show how each discovery was discussed by prominent speakers. In 1917 there were few positions open to nutrition majors other than in hospital dietetics and teaching, Conservation was the keynote of the first American Dietetic Convention and industrial and commercial lunch rooms were seeking help with their food problems, Today there are more openings in various fields than can be filled.

"A study of the early convention programs with the listed speakers is indicative of the way the membership has always kept up to date. In the very early programs we find mention of Dr. Mary Swartz Rose, Dr. Katherine Blunt, Dr. A.J. Carlson, Dr. Russell Wilder, Dr. Russell Bunting, Dr. Elmer McCollum, Dr. Graham Lusk. In 1926 some of the subjects covered were: A Survey of Present Day Nutrition (Dr. Lusk); Diet and Teeth; The Present Knowledge of Rickets and The New Diet for Anemia (Dr. William P. Murphy). In 1929 Dr. Walter E. Alvarez presented a paper on the Mechanics of Digestion. Stress was being laid on the treatment of anemias with emphasis or the role of copper and manganese in connection with iron. The following year a paper was read titled 'What Can We Do to Combat Diet. Fads and Fakes' – a situation still being struggled with. It would be interesting to have the same subjects at the fiftieth anniversary of the Association and examine the progress made since the original papers were given. Each year has brought authorities from the medical and nutrition fields to broaden the minds of the members of the American Dietetic Association.

"As changes were being made in the responsibilities and scope of the dietitians' duties in hospitals the demand for trained workers was increasing in other fields. Some of our members have found satisfaction in clinics, as State nutritionists, with industry, etcetera" (Continued).
the moon for an extended period of time but our minds will adapt to circumstances as they arise. Do you remember that a bishop once said during a discussion of the ‘flying machine’—‘Angels have wings and can fly but men will never fly’—and this bishop was the father of the Wright brothers, pioneers in aviation. Nothing is impossible!

“The Peace Corps has sent me a list of nine Home Economists; one, Miss Sue Sadow and one a younger person from the University of Idaho, who are serving in African and South American countries. Television recently showed a picture that included a woman who was carrying on a nutrition program in Brazil, but I have been unable to identify her. Miss Ebbs will speak on the Peace Corps in Puerto Rico tomorrow morning. A plea for 500 Home Economists [for the Peace Corps] has been published in one magazine and certainly the applicants will include some American Dietetic Association members. Miss Cooper, as a nurse, a Home Economist and a dietitian would encourage this new area of pioneering if she were still with us.

“Lenna Frances Cooper received many honors. Among them were a Master of Home Economics degree from Michigan State University; Doctor of Science [honorary] from Drexel College and, best of all, the Marjorie Hulsizer Copher Award from her beloved Association.

“No greater tribute is possible than the one given her by Dr. E.M. Bluestone, formerly of Montefiore Hospital, who wrote: ‘It remains for us only to recall gratefully the attributes of nobility that Miss Cooper bequeathed to us all. When the younger generation of dietitians rises up and calls her blessed it is because they benefitted from the fruits of her mind and hands. She was loved because her associates not only learned from her but because she had humility, gentleness, and poise, and a very personal understanding of their needs at all times. She was the eternal friend to whom they could turn when they were troubled in heart or soul. She was lavish in her gifts and she responded to every call. Her memory is a benediction to us all.’

“Lenna Frances Cooper, whose idea was responsible for a small conference of dietitians in 1917, lived to see the result of her idea. The professional organization that she envisioned has grown strong and influential. Her example will be followed by each member and with the leadership of the officers of the American Dietetic Association. The ripple made in an uncharted sea in 1917 will spread and spread to the shores of every country in the world and in all probability to the planets in outer space.”

Mary Barber had set difficult problem for herself in choosing this topic for her paper. In May 1961, just 17 months earlier, she had written an excellent obituary of Lenna Frances Cooper that was published in the Journal of the American Dietetic Association (p. 458). Moreover, in 1959. Mary I. Barber wrote an excellent book, History of the American Dietetic Association, 1917-1959. That history was written while Lenna F. Cooper was still alive, and it contains much about her.


• **Summary:** The first “Lenna F. Cooper Memorial Lecture” was presented by Mary I. Barber on Oct. 8, 1962 at the 45 Annual Meeting of the American Dietetic Association in Miami Beach, Florida. The title was: “Lenna Frances Cooper—Her Vision and Accomplishments in Dietetics.” The
original text is as follows:

“Madame President, Colleagues and Former Students of Lenna Frances Cooper; fellow Members of ADA.

“It is an honor to have been chosen to give a tribute to Miss Cooper. Because I am not a scientist this talk will endeavor to picture the woman who has influenced all of us in the Dietetic Field. She was steadfast, gentle and honorable—all characteristics that make up a balanced person. The memory of her will be kept alive through a yearly lecture made possible by her friends and it is hoped that at each convention our members will be inspired to do their work with the thoroughness shown by the founder of the Association.

“This is the first Lenna Frances Cooper Memorial Lecture so it is fitting to remind the friends who knew and respected her, and to tell those of you who did not know her personally, about her background, training and her conspicuous influence on our profession.

“Miss Cooper had a long and dedicated life from February 25, 1875 to February 23, 1961. She was a pioneer in the dietetic field. This pioneering spirit was natural because she came from pioneer stock. Her ancestors had braved the ocean with Lord Baltimore (George Calvert, Baron Baltimore) whose death date is listed as 1632. He founded the state of Maryland but the Coopers went to Virginia where they were among the early settlers. From Virginia the Coopers went to the Carolinas from which locale later generations moved to the young state of Illinois to become pioneers at Springfield, the home of Abraham Lincoln. The trek further west was a natural step.

“The trip from Illinois to Kansas was made in a covered wagon. In their homestead the family experienced all the vicissitudes of the time—Indian raids, when the farmers scurried to the nearest town for protection, hail storms that beat down the crops, ‘grasshopper’ years that brought complete devastation and cyclones, as a matter of course.

“Miss Cooper recalled riding, as a child, to town in a wagon equipped with a ‘spring’ seat, a mark of some distinction in those times. She said, when talking about her early years, ‘The vision of the return at sundown with the tall prairie grass waving like a sea of green is one that I shall never forget’. Until little Lenna was nine years old, she attended country school. Then the family moved to town to take the two-year course in cookery offered by Drexel Institute. Upon her return she was given the title of chief housekeeping and training help in an Institution. To this day the silver shines and the table linen is white as snow at the Battle Creek Health Center as it is now called. Mrs. Kellogg encouraged the young nurse, Lenna, to go to Philadelphia to become a dietitian at the Sanitarium. How many of you would have accepted by homemakers as a handy, non-medical cupboard item. Many mothers should bless Dr. Kellogg today for the filling that goes into thousands of sandwiches eaten daily for lunches and snacks.

“The good doctor felt that a luxurious bill of fare might be composed of bananas, figs, dates and nuts. Ice cream was unwholesome because it was too cold. Hot food was bad because it caused cancer. So the Sanitarium started serving food lukewarm. Little white flour was used and if used at all, bran was included to take the cure out.

“The doctor’s wife, Ella Eaton Kellogg, aided him in many Ways. She even wrote two or three books on housekeeping and training help in an Institution. To this day the silver shines and the table linen is white as snow at the Battle Creek Health Center as it is now called. Mrs. Kellogg encouraged the young nurse, Lenna, to go to Philadelphia to take the two-year course in cookery offered by Drexel Institute. Upon her return she was given the title of chief dietitian at the Sanitarium. How many of you would have enjoyed planning meals with the many restrictions on the foods allowed to be served to the patients and staff? Miss Cooper resolved that the ones permitted should be cooked, seasoned (without pepper, of course), and garnished to perfection. A dinner menu given in Miss Cooper’s book ‘How To Cut Food Costs’, written in 1917, was Baked Lima Beans, Buttered Beets, Banana and Apricot Salad, and Plain Rice Pudding.

“Meat substitutes, made from nuts, wheat germ, etc., were shaped to look like steaks, cutlets, even frankfurters and hamburgers. Individual turkeys were modelled for Thanksgiving and Christmas. At these festivities a live bird was displayed in a cage with the caption ‘A Thankful Turkey’. Cream soups were smooth as silk and always garnished attractively. The vegetables were not over-cooked and all raw greens were given a chlorine bath. The salads were works of art with never a wilted piece of lettuce or watercress. Vinegar was frowned upon, but lemon juice was used liberally. The food was not stimulating (except for the intestines) with herb tea and coffee substitutes as beverages. Instead of cocktails...
an acidophilus bar was set up in the really beautiful palm garden. So everything possible was done to make the patients feel satisfied—and the rebellious ones could sneak down town for a steak and a cup of coffee. At one time there was an intestinal epidemic and all the guilty ones felt that it was due to their having gone out on the town. The fire station across the street from the Sanitarium became a smoking club and the complaints of the patients were deadened by its walls. It was exciting to watch the firemen slide down the pole and dash off in old No. 5 when an alarm sounded!

“In the evening there was pleasant music by a small orchestra (the ladies in evening dress) and after the frugal dinner there was the Grand March in which all ambulatory patients were required to take part. This was performed to spirited piano playing with an enthusiastic, rather than talented, woman at the keyboard. This was the high spot of the day!

“So much for the narrow range of the chief dietitian and her loyal staff. Every patient had personal conferences with one of the dietitians who listened carefully to symptoms and real or imagined discomforts. But there were compensations in the contacts with the many famous persons who sought health at the Sanitarium. Some of them were Eddie Cantor, Johnny Weissmuller, Amelia Earhart, Henry Ford, Roald Amundsen, Admiral Byrd and Richard Halliburton. Even Joel Cheek, who built Maxwell House Coffee, came to drink coffee substitutes. Sir Wilfred and Lady Grenfell [medical missionaries to Newfoundland] became so interested in the calibre of the dietitians that they induced three of them, Helen Mitchell, Margery and Catherine Vaughn, to spend time in New Foundland [Newfoundland] carrying on a nutrition project with the inhabitants. These young women had first-hand experience with malnutrition, including scurvy and beri-beri.

“Quoting from ‘Nuts Among the Berries’—The Sanitarium welcomed tycoons from John D. Rockefeller and to Mrs. Knox, whose gelatin had built a small empire (it was not used at the Sanitarium because of its animal origin); Mr. Fress, Mr. Kresge, Mr. Gerber, of the baby food business; Senator Robert LaFollette, Senator Capper; Percy Grainger and Glenn Curtiss. The San even was popular with business; Senator Robert LaFollette, Senator Capper; Percy Grainger and Glenn Curtiss. The San even was popular with

Frances Cooper Memorial Lecture delivered by Miss Mary I. Barber at the luncheon. Miss Barber, author of an extensive list of nutrition articles and World War II food consultant for the U.S. Army, had originally read the memorial lecture at the American Dietetic Association convention several weeks ago at Miami Beach, Florida.

“Pioneer in Field: The late Miss Cooper, a pioneer in the field of dietetics, became a nationally known authority in the field and held many high posts, including supervising dietitian for the U.S. Army during World War I. Her career began at the Battle Creek Sanitarium, which she served as its first trained dietitian following training as a nurse. She later studied home economics at Drexel Institute and was head of the Sanitarium’s Home Economics School on her return. She became dean in 1916 and remained in this post after the school was merged into the old Battle Creek College.

“In 1927, Miss Cooper became food director at the University of Michigan and in 1930 moved to Montefiore Hospital in New York City where she was chief in the nutrition department for 18 years. She left New York in 1948 to become visiting professor at the University of Mississippi and returned to Battle Creek in 1952 to join her brother, the late Dr. John E. Cooper. In 1954 she returned to the site of her early teachings, the Battle Creek Sanitarium, and again head dietitian. She was the author of several books and some of her work was in collaboration with Miss Edith M. Barber, a Battle Creek native whose syndicated column appears in the Enquirer and News [1959-1983, Battle Creek], Miss Henderika Rybergen of New York City, and Dr. Helen S. Mitchell, formerly on the staff of BCC [Battle Creek College].

“Miss Cooper presided at the organization meeting of the American Dietetic Association at Cleveland, Ohio, on Oct. 18, 1917. She served as its first vice president and its 14th president. In 1951 she was presented the association’s highest honor, the Marjorie Hulsizer Copher Award, in recognition of being the first to propose its formation. The Michigan association was organized in 1929 and Miss Cooper became its first president, and attended meetings until the year before her death in 1961.

“Tribute by Dr. Bluestone: A tribute paid to Miss Cooper by Dr. E.M. Bluestone, formerly of Montefiore Hospital, bears out the feelings of all those who knew her: ‘It remains for us only to recall gratefully the attributes of nobility that Miss Cooper bequeathed to us all. When the younger generation of dietitians rose up and calls her blessed it is because they benefited from the fruits of her mind and hands. She was loved because her associates not only learned from her but because she had humility, gentleness, and poise, and a very personal understanding of their needs at all times. She was the eternal friend to whom they could turn when they were troubled in heart or soul. She was lavish in her gifts and she responded to every call. Her memory is a benediction to us all.’”

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The rest of the meeting is discussed in detail, much as it was in an article titled “Miss Barber to Give Memorial Lecture” in the Sept. 23, 1962 edition of this newspaper.

A small portrait photo shows Lenna F. Cooper in her later years.

A large photo shows four “prominent women nutritionists” who attended “the all-day meeting of the Michigan Dietetic Association Thursday at the American Legion Hospital.” They are, left to right, “Dr. Lillian H. Meyer, head of the Department of Chemistry at Western Michigan University, Miss. M. Elizabeth Vaughn, president of the MDA, Miss Mary I. Barber, local resident, who is a former president of the American Dietetic Association, and Miss Virginia Kopec, acting director of the Dietary Dept. at Henry Ford Hospital, Detroit, who is the new president of the state group.”


• Summary: Note: Lenna Frances Cooper, the original and lead author, died on 23 Feb. 1961. Address: 1. Food Director, Univ. of Michigan; formerly Dean of Home Economics, Battle Creek College; formerly, Head Dietitian, Battle Creek Sanitarium; and later, Supervising Dietitian, United States Army 1918-1919.


• Summary: At the bottom left of the first page, rather inconspicuously, is written: “Second Lenna Frances Cooper Memorial Lecture; presented at the 46th Annual Meeting of The American Dietetic Association in Philadelphia, on October 14, 1963.”

Note: This “Second Lenna Frances Cooper Memorial Lecture” established the pattern of the lecture being presented at the annual meeting of the ADA, and then being published in a subsequent issue of the Journal of the ADA.


Page 165: In the first edition of Nutrition in Health and Disease (1928), Mary Schwartz Rose was quoted as saying: “There is no special call for the introduction of meat regularly into the diet until after a child is seven years old, and on the other hand, there are several good reasons for using little or none during the early years.”

Even as late as 1935, in the 6th edition of Nutrition in Health and Disease, Rose is again quoted: “Since meat is of no special value for growth when the diet is adequate in protein (as it will be with a good supply of milk), there is not much room for it in the diet of the young child after suitable amounts of vegetables, fruits, eggs, and cereals are provided.”

The author shows how these recommendations changed over the years, especially for children.

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Address: 1. Food Director, Univ. of Michigan; formerly Dean of Home Economics, Battle Creek College; formerly, Head Dietitian, Battle Creek Sanitarium; and later, Supervising Dietitian, United States Army 1918-1919.


• Summary: This Lenna Frances Cooper Memorial Lecture was delivered at the 47th Annual Meeting of the American Dietetic Association in Portland, Oregon, on July 27, 1964. It starts with the following quotation:

“Every discovery, however important and apparently epoch making, is but the natural and inevitable outcome of a vast mass of work, involving many failures, by a host of different observers. – E.H. Starling.”

Contents: Introduction. Some perspective (Nutrition is a 20th century science, which has depended on the development of physiology and chemistry). Some basic concepts (each is explained in detail): (1) Adequate nutrition is essential for the health of man. (2) A number of elements and complex compounds, broadly classified as proteins, fats, carbohydrates, minerals, and vitamins, are daily essentials in the food of man. (3) Effects of nutritional inadequacy are more than physical, and semistarvation profoundly affects behavioral patterns. (4) It is essential that certain nutrients be provided preformed in food; others may be synthesized within the body. (5) Nutrients are inter-related, and a metabolic balance must be maintained among them. (6) Body constituents are in a dynamic state of equilibrium. (7) Human quantitative requirements for nutrients are known within certain limits. (8) Nutritional status of population groups and of individuals can be measured for some nutrients. (9) Food is man’s source of nutrients.

More perspective and responsibility. New horizons (“All the evidence at present points to great new possibilities in nutrition”).

Portrait photos show (1) Lenna Frances Cooper. (2)

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• Summary: “To be responsible for the birth of a new profession, to have been a teacher, to be a dean of home economics, a dietitian, the first head of the Army dietitians (1918), an author of books on food and dietetics, and recipient of honorary degrees—these are not everyday accomplishments. But these were the achievements of Lenna Cooper, whose ancestors were used to being among the first to do things. The first members of the Cooper family in this country arrived in the early seventeenth century with George Calvert who founded Maryland. The Coopers settled first in Virginia, then in the Carolinas. Later generations pioneered the settlement of Springfield, Illinois, and others moved westward to Kansas. There Lenna Frances Cooper was born on February 25, 1875, when there were still many hazards to life and existence in that young state. Her early education was in a country school; then, when the family moved to town, she attended high school in Hutchinson, Kansas. Needing money for further education, she taught in a country school for two years and then went to Battle Creek, Michigan, where her brother was a doctor. There, she enrolled in the nurses’ course at Battle Creek Sanitarium. Mrs. Kellogg, the wife of Dr. John Harvey Kellogg, the famed vegetarian, encouraged Miss Cooper to go to the Drexel Institute in Philadelphia to study cookery.

“When Miss Cooper completed the course and returned to Michigan, Dr. Kellogg appointed her Chief Dietitian at the Battle Creek Sanitarium. Within the limitations of the foods permitted, Miss Cooper worked wonders in serving attractive food. Then Dr. Kellogg opened a training school for dietitians and appointed Miss Cooper as its head (1906); this later became part of Battle Creek College, and Miss Cooper served as Dean of Home Economics until 1926. She was an inspiring teacher, and loyal alumnæ of Battle Creek College still gather regularly at the Annual Meeting of The American Dietetic Association.

“In that period, Miss Cooper continued her own education with bachelor’s (1916) and master’s (1927) degrees from Columbia University. Dietetics became her chosen field, and she kept pace with the new knowledge in the growing science of nutrition. She envisioned dietitians getting together for exchange of ideas and advancement of dietetics and so, with Lulu Graves, she sent invitations to all she knew about in the dietetic field to meet in Cleveland, October 18 to 20, 1917. Thus The American Dietetic Association was born.

“World War I brought many problems, not the least of which was the feeding of men in camps and hospitals, and Miss Cooper was appointed by the Surgeon General as Supervising Dietitian for the Army (1918-1919). When she left Battle Creek, she went to Michigan State as Food Service Director (1927-1930) and then in 1930 she became Chief Dietitian at Montefiore Hospital, New York City, where she stayed eighteen years.

“Other responsibilities were accepted along the way; in 1920-23 she served as Secretary of the American Home Economics Association, and in 1937 she became fourteenth President of The American Dietetic Association. She recognized the need for professional people to write, and she published many articles. Her first book, How to Cut Food Costs (1917), met a wartime need. Soon she dreamed of a text in dietetics and invited the help of co-authors to produce Nutrition in Health and Disease (1928), which has gone through so many editions and remains a basic text in the field, familiarly referred to more often as ‘Cooper-Barber-Mitchell-Rynbergen’ than by its title.

“Recognitions came to Miss Cooper in honorary degrees from Michigan State College (Master in Home Economics, 1927) and Drexel Institute (Doctor of Science), and with the Marjorie Hulsizer Copher Award [1951] of The American Dietetic Association.

“This woman who accomplished so much in the field of applied nutrition and dietetics was slight of stature, quiet in voice, and gentle in manner, but she had the true spirit and courage of the pioneers. She had vision, steadfastness of purpose, high integrity, and a thirst for knowledge which she shared freely with her students and staff. Her warm personality and deep understanding of others made her an ideal teacher and dietitian and won friends wherever she went.

“Lenna Cooper died February 23, 1961, and is buried at Memorial Park Cemetery, Battle Creek, Michigan.”

Note: Her first book, published in 1913, was The New Cookery: A Book of Recipes, Most of Which Are in Use at the Battle Creek Sanitarium (v + 298 p.). It was a vegetarian cookbook (strongly influenced by Seventh-day Adventists teachings about diet and health), as was her second book, How to Cut Food Costs.

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• Summary: This is a translation of Nutrition in Health and Disease. New York: Lippincott, 1963 ed. Note that this is the 14th edition in Spanish.
World War I: Dietitians, physical therapists, and occupational therapists became a part of the medical program of the U.S. Army during World War I. They served as civilian employees not only in hospitals in the United States but also in hospitals with the American Expeditionary Forces in France and with the army of occupation in Germany after the armistice.

“In this period and in the years intervening until World War II, although they were subject to Army regulations, they were not accorded the rights or benefits authorized for military personnel with whom they served. During World War I, they were not eligible for the benefits of the war-risk-insurance program nor were they entitled to retirement pay for service-connected illness or disability. After the end of hostilities, they were not permitted extended hospitalization in Army hospitals for injuries or illnesses incurred while on duty with the Army; neither were they entitled to treatment in other federal hospitals. Overseas, they were required to wear the prescribed hospital and street uniforms but received no uniform allowance nor did they have any items of the uniform issued to them during the war by the Army:...”

Concerning Lenna F. Cooper and army dietitians:
Page 3: “In July 1919, Miss Lenna F. Cooper, Supervisor of Dietitians, Surgeon General’s Office, recommended that (1) all female professional civilian personnel employed in Army hospitals be accorded a status similar to that of members of the Army Nurse Corps, and (2) a separate corps for dietitians be established, to be administered by a director of dietitians in the Surgeon General’s Office. (See Appendix A, p. 593.) No action resulted from these recommendations.”
Page 15: “Chapter II. Dietitians Before World War II. Colonel Katharine E. Manchester, AMSC, USA, and Major Helen B. Gearin, USA (Ret.)
“Section I. World War I and Demobilization (1917-23).
“Although the dietitian did not serve with the Army until 1917, the need for her services had long been felt. Well recognized in history is the work of Florence Nightingale during the Crimean War (1854-56). Through her efforts, the entire kitchen departments in Army hospitals in Crimea were systematically remodeled. Diet kitchens were set up in...”
1865 in Scutari. From these kitchens for the first time, the ill and wounded soldiers were served clean and nourishing food as a part of their medical care.

“In two essays on ‘Taking Food’ and ‘What Food?’, Miss Nightingale clearly reflects her insight into the dietary problems of patients: (2)

“Every careful observer of the sick will agree in this that thousands of patients are annually starved in the midst of plenty, from want of attention to the ways which alone make it possible for them to take food. This want of attention is as remarkable in those who urge upon the sick to do what is quite impossible to them as in the sick themselves who will not make the effort to do what is perfectly possible to them.

“Footnote: 1. Unless otherwise indicated, the primary source of information for this chapter is: Manchester, Katharine E.: History of the Army Dietitian. [Official record.]


3. The American Dietetic Association was not organized until Oct. 1917 “so there was no other national professional group to assist with recruitment or the establishment of qualifications.” 39.

Page 18: “By Armistice Day [of World War I], 356 dietitians had been assigned to military hospitals, 84 overseas and 272 in the United States.

“Supervising Dietitian, Surgeon General’s Office: From the earliest months of the war, Miss Dora E. Thompson, Superintendent of the Army Nurse Corps, had felt the need for a supervising dietitian to care for the activities of dietetic service in the Surgeon General’s Office. It took months to resolve the technicalities concerning the appointment of a civilian to that position. Miss Lenna F. Cooper (fig. 4), Director, School of Home Economics, Battle Creek College, Battle Creek, Michigan, was appointed to this position by the Civil Service Commission upon the recommendation of The Surgeon General. She took her oath of office on 11 November 1918, Armistice Day, a little late to bring much in the way of aid and encouragement to dietitians in the service during the war. Miss Cooper was assigned to the Office of the Superintendent of the Army Nurse Corps, because her work was so closely allied to that of Miss Thompson. Her duties included general supervision of the work of all dietitians—recruiting, assignment, transfer, discipline—and the inspection of Army hospital dietary departments. Miss Cooper’s leave of absence from Battle Creek College could not be extended and she relinquished her position in the Surgeon General’s Office on 7 August 1919. Miss Josephine Happer was Miss Cooper’s replacement. She was assigned to Walter Reed General Hospital, Washington, D.C., and remained acting supervisor of dietitians until January 1920.”

Pages 20-21: “Miss Cooper, during her tour as supervising dietitian in the Surgeon General’s Office, inspected the dietary departments of 30 Army hospitals in the United States. Realizing from these inspections that there was an overlap of the responsibilities of the mess officer and the dietitian, she worked hard to obtain standardization of the dietitians’ duties. In March 1919, a circular letter (9) was published which defined the duties and status of dietitians in military hospitals and made her responsible for her professional work to the commanding officer of the hospital. As an assistant to the mess officer she was to cooperate with him and the chief nurse. It pointed out that even though the dietitian was a civilian employee of the Medical Department she was not to be classified with cooks and maids for ‘to place a competent dietitian on the same basis with cooks and maids is an injustice to her and a disadvantage to the hospital in which she is working.’”

“Footnote: 10: “Annual Report, Supervising Dietitian (Miss Lenna F. Cooper), Medical Department, U.S. Army, to The Surgeon General, 7 July 1919.”

Page 23: “In August 1919, Miss Pascoe reported to Miss Cooper that better training for Army cooks in health, food preparation, sanitation, and economy was needed in all the Army hospitals. Of the many cooks who served with her in hospitals in France only two had had previous training or experience as cooks either in the Army or civilian life.”

Page 26: “Training: The Army’s urgent need for qualified dietitians was well known to Miss Cooper long before her assignment to the Surgeon General’s Office because of the work she had done with the Red Cross Committee on Dietitian Service. As director of a school of home economics, she realized that students could be more adequately prepared to work in Army hospitals if special training were given and emphasis placed on the food service procedures of the Army. After collaboration with the dietitian at Camp Custer Base Hospital, Michigan, she planned a special 4-month training course for those of her students who were interested in working in Army hospitals. Field trips were made by the students to the Base Hospital to observe the Army methods.

“However, realizing the immediate need for large numbers of dietitians with Army training, Miss Cooper conceived the idea of sending capable students from the Battle Creek Sanitarium to the Base Hospital, for practical training. She wrote to Lt. Col. Ernest E. Irons, MC, Commanding Officer, Camp Custer Base Hospital, as follows: ‘It has occurred to me that there would be no better place for training these dietitians for Army work than in an
Army hospital. Would it be possible for you to allow us to send to you some of the best students for training as student dietitians?’” (Continued). Address: Colonel, Editor in Chief, MC, USA.


* Summary: Continued: Pages 23-24: The Surgeon General approved this training course for pupil dietitians and requested that 2 weeks prior to the completion of the 4-month course a report of the efficiency of these dietitians be forwarded to his office with a recommendation as to the advisability of appointing them as dietitians.

“The 4-month course for pupil dietitians at Camp Custer Base Hospital was quite comprehensive in scope. The first month was spent doing administrative work, such as distributing menus to wards, receiving and checking diet cards and supply slips, totaling diets for cooks, keeping accounts, and maintaining records of the various diets. By observing in various kitchens and wards, they became acquainted with food service, tray service, garbage inspection, and dish sterilization. During the first month, they also observed in the commissary the Army system of buying, ordering, and issuing food. The second month, the pupil dietitians were assigned to the patients’ kitchen where they planned menus, calculated caloric values of three meals each week, ordered supplies for regular and light diets, and supervised preparation of food for patients including special diets. During the last 2 months, the pupil dietitians took charge of the nurses’ kitchen and acted as diet supervisors on the ward.

“The four pupil dietitians at Camp Custer Base Hospital, who entered on duty between 15 October and 1 November 1918, completed training in February 1919. This was the first training program on record for dietitians in Army hospitals, and even though it was too late to be of much help in World War I, it is significant because it was the forerunner of the Army training courses for dietitians.

“Before her resignation in 1919, Miss Cooper recommended to The Surgeon General that a training school for Army dietitians be established at Walter Reed General Hospital. There, qualified dietitians would be under observation and instruction as to the special features of the Army and work for a period of time before being sent to other posts where they would probably be the only dietitians. A training course, however, was not established until 1922. (See Appendix A, p. 597).”

Pages 28-29: “Recognition on the Need for Military Status: Throughout the peacetime years dietitians desired to send to you some of the best students for training as student dietitians. Would it be possible for you to allow us to send to you some of the best students for training as student dietitians?” (Continued). Address: Colonel, Editor in Chief, MC, USA.

Pages 38-39: “Continued Recognition of the Need for Military Status: Throughout the peacetime period, the champions who had so faithfully persisted in trying to establish definite duties and status for dietitians in the Medical Department recognized that many of their problems could be solved by military status.

“Miss Cooper, Supervising Dietitian in the Surgeon General’s Office at the close of World War I, continued her interest in the status of dietitians in Army hospitals. In reply to a letter written by her to The Surgeon General in 1930, Brig. Gen. Henry C. Fisher, Acting Surgeon General, stated: ‘At present dietitians on duty in Army general hospitals are in the status of civilian employees and function under the direction of the commanding officer. This is proving a satisfactory arrangement for peacetime. Regarding future emergencies, when the services of large numbers of dietitians might be required as in the World War,... a new law must be enacted to give military status to these individuals.’

“At the end of World War I, Miss Cooper had officially started the fight for legislation which continued for the next 13 years. During this time, many people worked for the establishment of military status for dietitians, among them, Miss Hunter and Miss Burns, chief dietitians at Walter Reed General Hospital; Major Parsons, Director of Dietetics at Walter Reed General Hospital; Col. (later Brig. Gen.) Roger Brooke, MC, Commanding Officer, Fort Sam Houston Station Hospital; and General DeWitt.

“Throughout the peacetime years dietitians desired to
become a permanent part of the Medical Department. It was the everlasting goal toward which all Army dietitians strived. The education and experience requirements for candidates to be eligible for service as dietitians in the Army were so high and the services that they rendered so important, it was thought that it could only be a matter of time before legislation was enacted making them a permanent group in the Medical Department.” Address: Colonel, Editor in Chief, MC, USA.


*Summary: This is a translation of Nutrition in Health and Disease. New York: Lippincott, 1968 ed. Note that this is the 15th edition in Spanish. Soy is not mentioned in the index. At the end of each chapter, there is a list of references, titled Bibliografía. In addition to that, there is a list of references titled Bibliografía Adicional for each topic the chapter covers. Address: USA.


*Summary: A magnificent book. The Preface describes what changes have been made in this edition. After the Acknowledgments comes the Table of Contents which shows that the book is divided into 4 parts and 41 chapters. The parts are: (1) Principles of nutrition. 2. Diet in disease. (3) Modification of food for therapeutic diets. (4) Tabular material and bibliography.

About the authors: “Helen S. Mitchell: A.B., Ph.D., Sc.D., Research Consultant, Harvard School of Public Health; Nutrition Consultant, Head Start Program, O.E.O.; Dean Emeritus of the School of Home Economics and formerly Research Prof. of Nutrition, Univ. of Massachusetts, Amherst; Exchange Prof. Hokkaido Univ., Sapporo, Japan; Formerly Principal Nutritionist, Office of Defense, Health and Welfare; Prof. of Physiology and Nutrition, Battle Creek College [Michigan]. Note: In 1921 Helen became research director for the Battle Creek Sanitarium, Battle Creek, Michigan. As of 1984 the above book had been in print for 56 years and had sold more than a million copies (Source: New York Times obituary of Helen Mitchell, 1984 Dec. 13).

“Henderika J. Rynbergen: M.P.H., Associate Prof., Medical Dietetics, School of Allied Medical Professions; Associate Prof., Preventive Medicine, Dep. of Preventive Medicine, College of Medicine, Ohio State Univ.

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“Marjorie V. Dibble B.S., M.S., Chairman, Dep. of Nutrition and Food Science, College of Home Economics, Syracuse Univ.

At the end of each of 41 chapters is a section of “Study questions and activities” followed by a section titled “Supplementary reading” with 5-15 (average 10) bibliographic references related specifically to that chapter. There is also a detailed bibliography at the end of the book (pages 608-651). There is also a long Glossary (p. 652-64) just before the Index.

Soy is mentioned only twice in this book: (1) Page 43: The section on “Plant sources of protein” states: “Vegetables are poor sources of protein; the only ones that provide more than 1 or 2 per cent are the legumes. These may run as high as 5 or 6 per cent when they are fresh and still higher in the dried form. For this reason, and because they provide one of the better quality of plant proteins, they are listed as meat alternates in the Four Food Group chart. Soybeans, which are the highest in protein content of the legumes, are not used much for human food in the United States, but they are important sources of protein in many countries where animal foods are scarce. Soybean milk, curd [tofu], cheese [fermented tofu] and flour are a few of the soybean products used by Orientals.” (2) Page 543: In the chapter on “Foods for allergy diets,” is a recipe for Soy cookies, with 1 cup soy flour.

Note 1. Lenna Frances Cooper, the original and lead author, died on 23 Feb. 1961.

Note 2. Table 11-3 is “Low-cost vegetarian diet for an adult man in rice-eating area of India.” Shows the food items and the nutrients in each. Address: See summary.


*Summary: Dietitians gathered in Cleveland this week for the 53rd annual meeting of The American Dietetic Association will learn a great deal about the key point; dietetics is for everyone, and it is very important preventive medicine for everyone to eat the right foods in the proper amounts.

Dr. Helen Hunscher is chairman of the department of nutrition at Case Western Reserve University. Tomorrow evening she “will deliver the Lenna Frances Cooper Memorial Lecture, presented annually by a nutritionist or dietitian noted for high professional standards and ideals.

“Dr. Hunscher will call for flexibility in the profession, for ‘getting at change and using it to put our goals into
and take the course, and during her period of study in it, following fall. Ella accepted the doctor's invitation to return of Hygiene which he planned to open at the sanitarium the Dr. Kellogg made it a point to discuss with her the School many talents.

During the epidemic Dr. Kellogg first met Ella. From the start she impressed him as a cultured young woman with care Ella accorded a terminal cancer patient and once more recognized her diverse interests and abilities.

“Ella Eaton apparently liked Battle Creek, because she applied for a position on the faculty of newly established Battle Creek College. She failed to receive the post, possibly because she chose not to leave the Seventh-Day Baptist faith she had been reared in. Shortly thereafter, however, Dr. Kellogg asked Ella to serve as his editorial assistant for Good Health, and she accepted his offer. Although their contacts were now more frequent, no evidence exists that an extensive courtship developed. In fact, only about a month before the wedding ceremony, the doctor wrote Ellen White that although Miss Eaton would probably help him for at least another year, she would not become a permanent fixture as she expected to marry a young Seventh-Day Baptist whom Kellogg did not know. Thirty-four days later Ella Eaton married John Harvey Kellogg. The young couple spent about six weeks on a honeymoon trip to New England, most of it in the vicinity of Boston. It turned out to be a working honeymoon, for part of the time they spent revising his Plain Facts About Sexual Life and The Proper Diet of Man.

“The true inward feelings of John Kellogg for his wife remained something of a mystery. Old friends remembered that although the doctor always treated Ella with respect and deference, relations between the two never really appeared intimate. A common opinion held that Kellogg probably married his wife largely because of his appreciation of her brilliant mind and literary talents. The doctor's letters to his wife which have survived deal mostly with everyday affairs. Only occasionally do they reveal a touch of sentiment and devotion. For her part, Ella always made every effort to help the doctor in his work and attempted to make his home a place of relaxation and pleasure.

“Although John and Ella Kellogg were fond of children, it soon became apparent that they would be unable to have any of their own. As a result they decided to open their home to needy youngsters. The first child they took in was a little girl of three whose mother had recently passed away at the sanitarium, and whose father could not give her proper care. Within five years the Kelloggs had acquired an even dozen children, and people were constantly imploring them to accept others.

“During the first fifteen years of their married life, John and Ella Kellogg occupied an apartment in one of the sanitarium buildings, but their growing family made a continuation of the arrangement impractical. In June, 1894, they moved into a large home that Dr. Kellogg had just built approximately five blocks west of the sanitarium. Shortly before, John Harvey had announced that he and his wife planned to make a home for forty or fifty children; they eventually assumed responsibility for forty-two, no more.
than four or five of whom they ever legally adopted. “The Residence,” as the Kellogg home was known in sanitarium circles, contained more than twenty rooms, including individual quarters for John Harvey and Ella, several bathrooms, an office, library, stenographer’s room, a small laboratory, and an indoor gymnasium for the children. The house stood well back from the street in the midst of a pleasant grove of trees. A deer park, fruit and vegetable gardens, and eventually an extensive children’s playground comprised part of the estate, which equaled several city blocks in size.” Address: Andrews Univ., Berrien Springs, Michigan.


• Summary: Page 75: Almeda Lambert and Joseph Lambert. “Joseph Lambert was a machinist and perhaps a good one. He opened a small factory on Champion Street where he put together a household peanut roaster, then enlarged his business to include the importation of all kinds of nuts that Dr. Kellogg advocated as meat substitutes.” In 1899 Joseph’s wife, Almeda, wrote a cookbook, Guide for Nut Cookery, that Joseph published. “She went ‘all out’ to create meat substitutes, having ten variations on her Nutgrano recipes, seven on Meatose and four on Fruitosia…”

In the chapter titled “Health becomes an industry,” page 81 states that peanut butter was on the menu of the Battle Creek Sanitarium as early as 1893.

Page 107: The “faculty of the American Medical Missionary College taught many of the required subjects, but after 1910, the School of Home Economics has its own faculty.” Its leadership “ultimately included some of the country’s outstanding nutritionists, Lenna F. Cooper, Dr. Helen Mitchell, Dr. Thelma Porter, Marian Williamson and Margaret Ritchie, for example. Ella Eaton Kellogg’s contributions to the growth of awareness of Nutrition in America through this school are immeasurable and, unfortunately, nearly forgotten.

“B.S. degrees in Home Economics were first bestowed in 1924. Miss Lenna Cooper was Dean of the school of Home Economics for 25 years, during which time some 900 graduates became dieticians [dietitians], teachers and institutional managers.”

Pages 259-60: “Mrs. John Harvey Kellogg as ‘Mother...’ “You are the Mother of Home Economics, aren’t you?” someone asked the late Lenna Frances Cooper, dietician, teacher and author of books on cooking and nutrition.

“I’m sometimes called the Dean,” answered the grand lady, ’but the “Mother” of Home Economics is without doubt Ella Eaton Kellogg.” Address: Battle Creek, Michigan.


• Summary: See next page. “First published in 1928 under the title: Nutrition in Health and Disease for Nurses.” The index shows that soy is discussed as follows:


Soybean oil: fatty acid composition, p. 29t, 423t; in margarines and cooking fats, p. 32; vitamin E content, p. 87t, 88.

Soybeans: in Chinese cooking, p. 205; and goiter, p. 301; lecithin source, p. 29; in milk substitutes, p. 256, 291; protein source, p. 44, 45, 201.

Soy sauce, p. 208.

Note: This appears to be the next to last edition of this nutritional classic. Address: 1. A.B., Ph.D., Sc.D., Formerly Research Consultant, Harvard School of Public Health; Dean Emeritus of the School of Home Economics and formerly Research Prof. of Nutrition, Univ. of Massachusetts, Amherst; Exchange Prof. Hokkaido Univ., Sapporo, Japan; Formerly Principal Nutritionist, Office of Defense, Health and Welfare; Prof. of Physiology and Nutrition, Battle Creek College [Michigan].


• Summary: The 32nd annual Home Economics Convention was hosted on 3 May 1953 in Battle Creek, Michigan.

An honored guest was Lenna Cooper, a charter member of both the American Home Economics Association and the American Dietetic Association.

“Miss Cooper had also been the first president of the Michigan Home Economics Association and a past president of the American Dietetic Association.

“Her nationwide home economics career had started in Battle Creek.

Lenna was born in 1875 on a farm which her father had homesteaded near Hutchison, Kansas. After graduating from high school, Lenna took a job as a school teacher and earned enough money to pay her way through the nursing course at Battle Creek Sanitarium.

“Miss Cooper came to Battle Creek in 1898 and it was during her stay here that she became interested in dietetics.

“After her graduation from the nursing school in 1901, she became closely associated with Dr. and Mrs. John Harvey Kellogg and assisted them in their residence by helping care for their adopted and foster children.

“From Battle Creek she went to the Drexel Institute of Technology in Philadelphia and then to Teachers’ College at Columbia University, where she received her bachelor of science degree and later her master of arts degree.

“Kellogg named her director of the newly organized school of home economics at the Sanitarium, and when it
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became a part of Battle Creek College in 1916, she was appointed dean.

“When our country became involved in World War I, the word ‘dietitian’ was unknown in the military. But in the fall of 1918 the surgeon general appointed Miss Cooper official dietitian for the Army. Following the war she resumed her duties as dean of the Battle Creek College home economics department.

“In 1927 she became food director of the University of Michigan and in 1930 was named chief of the department of nutrition of Montefiore Hospital, just outside of New York City [to the north in New Rochelle, Westchester County], a job which included budgeting food costs, directing and training personnel and looking after the serving of some 3,800 meals a day. She remained in that position for 18 years.

“In 1947 she received an honorary doctor of science degree at the Drexel Institute, and in 1948 served as a visiting professor at the University of Mississippi. When not busy with other things she was writing such books as Nutrition in Health and Disease and How to Cut Food Costs.

“She returned to Battle Creek in 1952 to join her brother, Dr. John E. Cooper. By 1954 she was back at the Sanitarium as head dietitian. Miss Cooper died at a nursing home in Battle Creek at the age of 86 in February 1961.” Address: Battle Creek, Michigan.


• Summary: On the title page, the author is given as “By Members of the American Dietetic Association.” However a page titled “About the authors” (p. 5) states: “This book, the work of six professionally qualified dietitians, is a symbol of the talents and cooperative efforts that characterize a rapidly growing and increasingly important field.

“Linnea Anderson has a B.S. in foods and nutrition from Framingham State College in Massachusetts and M.S. in public health from the University of Michigan. Co-author of Nutrition and Family Health Service, she is now associate professor of nutrition at Syracuse University.

“Thelma G. Flanagan, school lunch supervisor for the Florida State Department of Education, received both her B.S. and M.S. from Florida State University. An administrative dietitian by training and experience, she is the author of many works in the field.

“Frances Wright Margut took her dietetic internship at the famed Presbyterian Hospital, Columbia Medical Center, in New York City. For the past twenty-seven years, she has been in the federal service; and today is chief of dietetic service at the VA Hospital in Lebanon, Pennsylvania.

“Margaret L. Ross, who has an M.A. from Columbia University and a Ph.D. from Pennsylvania State University, also has wide professional experience, ranging from her former job as chief dietitian at a large Michigan hospital to her present post as director of the School of Home Economics at Simmons College.

“Lorraine Weng, director of the National Dairy Council’s department of materials development, got her B.A. and M.A. from the State University of Iowa in hospital dietetics, home economics, and nutrition. A former teacher, she has also been a clinic dietitian (at the University of Chicago) and a therapeutic dietitian at the West Jersey Hospital in Camden, New Jersey.

“Maxine Wilson, recipient of a B.S. from Kansas State University and an M.S. in institutional management from Purdue, is currently director of food service for the women’s residence halls at the latter.

Contents: Preface, by E. Neige Todhunter (Univ. of Alabama). Introduction, by Edith A. Jones (President of the American Dietetic Association). I. Dietitians in Hospitals. II. The Therapeutic Dietitian. III. The Out-Patient Clinic Dietitian. IV. The Administrative Dietitian. V. The Hospital Research Dietitian. VI. The Teaching Dietitian. VII. Director of the Department of Dietetics. VIII. Other Hospital Careers. IX. Classification of Hospitals. X. Other Opportunities in Food Service Administration. XI. College and University Food Service. XII. Dietitians in School Food Service. XIII. The Nutritionist in Health Agencies. XIV. Research. XV. Teaching. XVI. Dietitians in Business. XVII. A Career in Dietetics. Appendix: Further Information; Academic Requirements for American Dietetic Association Membership-(Plan III); Some Definitions. Address: 1. Food Director, Univ. of Michigan; formerly Dean of Home Economics, Battle Creek College; formerly, Head Dietitian, Battle Creek Sanitarium; and later, Supervising Dietitian, United States Army 1918-1919.


• Summary: “This relatively small book follows a required nutrition course taught at Columbia University College of Physicians and Surgeons for first-year medical and dental students.” It contains four parts: (1) Nutrition during the life cycle. (2) Nutrient deficiencies. 3. Nutrient excess. 4. Use of diets in prevention and treatment. Of these, the greatest amount of space is devoted to (2) nutrient deficiencies, “perhaps because the emphasis is on clinical nutrition. Some controversial subjects are covered and the author shares his views with the audience.”

The reviewer was disappointed that most of the 250 references listed as recommended reading antedate 1976--unfortunate because this is a field in which there is much research and publication.

Note: We are surprised that the review did not discuss the relationship between this book and an earlier famous
book with the same title by Lenna F. Cooper, et al. Address: Human Nutrition Program, Univ. of Michigan School of Public Health.

  • Summary: Note 1. This appears to be the last edition of this nutritional classic. Lenna F. Cooper is not list as one of the authors on the title page. The bibliography, with unnumbered entries, is on pages 721-766.


  • Summary: This report identified the important future needs and directions for the field of nutrition and dietetics. The work of Lenna Cooper and army dietitians is discussed on page 19.

  • Summary: “You are the mother of Home Economics, aren’t you?” someone asked the late Lenna Frances Cooper, dietitian, teacher and author of books on cooking and nutrition.

“The entrepreneurial activities occurring in Ella Kellogg’s kitchen near the turn of the century were reminiscent of a gold rush or oil strike. And they were to transform Battle Creek into what has been described as the health or cereal capital of the world. The ideas presented in Ella’s Science in the Kitchen provided the stimulus for the formation of over 40 food companies in Battle Creek. And the origins of the Sanitarium, Kelloggs and General Foods companies can be traced back to her kitchen.

“Dr John Kellogg had met Ella (nee Eaton), a young Seventh Day Baptist, while studying medicine at Bellevue Hospital Medical School in New York City. Ella was also well-educated, with a master’s degree in hygiene.

“As a young married couple in their early 20s, the Kelloggs returned to Battle Creek, where John was in 1876 appointed medical director of the first Seventh-day Adventist medical institution. Dr Kellogg was to remain director of the Battle Creek Sanitarium until his death at the age of 91 in 1943. On arrival in Battle Creek, Ella Kellogg began supporting the many facets of her husband’s health mission. It is not surprising that Ella soon got to know Ellen White, and a lasting friendship resulted.

“In 1888 the magazine Good Health took on a new look and increased its popularity—mainly as a result of the well-illustrated articles on cooking, clothing, budgeting and health by Ella Kellogg that were a refreshing change from the dour medical articles of her husband. Ella Kellogg served on the editorial staff of Good Health for 43 years.

“In 1888 the Sanitarium School of Domestic Economy was established at Battle Creek under the leadership of Ella Kellogg. Details of the course were advertised in the March 1888 edition of Good Health. The fee was $100 and applicants were to be of good character, good health, over 18 years and faithful in work. Forty young women enrolled in the first course. Not only was Ella Kellogg heavily involved in the various outreach programs of the Sanitarium, she also raised over 40 foster children in her own home. The Kelloggs were childless and adopted several of the foster children who

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spent time at their home.

“The 1892 edition of Ella’s book Science in the Kitchen consolidated many of the concepts that had been presented in the School of Domestic Economy and in Good Health articles. While the 1892 edition contains meat recipes, Ella clearly discourages the use of meat—especially its fat. And the book recognises the role of fibre in the diet—some 60 years ahead of Dr Denis Burkitt’s work in this area. Likewise most of the other modern dietary guidelines can be found in this 1892 edition. The book also contains one of the earliest food composition tables.

“A significant recipe in Ella’s 1898 edition, at least from the perspective of the development of food industry, was the caramel coffee substitute. Charles Post, a Sanitarium patient, tried the coffee substitutes from Ella’s kitchen and recognised a money-spinner. Mr Post marketed the coffee substitute as ‘Postum’ and used the slogan, ‘It makes your blood red.’ By 1900 he was a millionaire and the General Foods Corporation had begun. ‘Postum’ is still available in Australia.

“In the 1910 edition of Ella Kellogg’s Science in the Kitchen, the chapter on meat cooking is omitted and replaced by a range of meat substitutes such as peanut butter, nuttolene and gluten products that were being invented in the large Sanitarium kitchen. The chapter on food for the sick is enlarged—reflecting the development of corn flakes, wheat flakes and similar products. Australians and New Zealanders would have no trouble recognising the photographs of the equivalent products to Weet-Bix and Nutolene shown in the book.

“The early Seventh-day Adventists that came from America to Australia brought with them not only the theory, but also many of the practical ideas on health that were developing at Battle Creek. The year after Avondale College was established at Cooranbong in 1897, the Sanitarium Health Food Company was begun as a college industry under the direction of the Physiology lecturer. The early food and nutrition classes used Ella Kellogg’s book Science in the Kitchen as their text.

“The fact that Seventh-day Adventists settled in both towns linked Cooranbong and Battle Creek. It is, therefore, no accident that the breakfast cereal industry still forms an important part of the economy of both Battle Creek and Cooranbong. Again it is no accident that the Adventist residents of Cooranbong live longer and healthier lives than most other Australians. Thanks can be given to the very practical contributions of Ella Kellogg and other pioneers in the food and nutrition field.” Address: Lecturer, Dep. of Home Economics, Newcastle College of Advanced Education, New South Wales, Australia.


• Summary: This report was created as an individual study project. Lieutenant Colonel Martin W. Andresen, FA, was Project Advisor. Lenna F. Cooper is mentioned on 6 pages of the report.

Pages 5-6: “In 1918 one visionary woman, Lenna F. Cooper, on a leave of absence from Battle Creek College in Battle Creek, Michigan, was the first dietitian appointed to the Surgeon General’s Office (SGO) to supervise the activities of the dietetic service in the Army (4). She is also credited with initiating a special conference in Cleveland, Ohio, which resulted in the creation of the American Dietetic Association (ADA) in 1917 (5).

“As Superintendent of Dietitians, Cooper provided the leadership and vision to a group of civilian dietitians who would serve in the military hospitals and were the pioneers of the yet to be formed Dietitian Section in the Army Medical Specialist Corps. Miss Cooper made many contributions in the SGO. Before she left in 1919, she was asked to make recommendations on the future status of dietitians (6). One of her recommendations was to create a separate corps, similar to the Army Nurse Corps, composed of dietitians with the same rank and privileges as the nurses. It took a period of over 20 years and another war to implement many of these objectives.

“One of these civilian dietitians, Katharine E. Manchester felt that many have forgotten that Army dietetics began with the group of dietitians who served the Army in a civilian status in WWI [World War I]. She was impressed with this group’s contributions toward providing nutritional support to soldiers in Army hospitals under adverse conditions. The stories of inequities in privileges and the lack of status for these pioneer women during this period have been documented by her in an unofficial history organized and compiled by her and others from records being discarded from the repository in St. Louis when she was assigned to the SGO in 1943 (7) This history of Army dietitians during the period 1917- 1947 is an enlightening account, much of which has been selectively incorporated into the official history of the AMSC (8).

“Because dietitians were not military officers, many problems were encountered which would continue to cause difficulties until relative rank was accorded them. As civilian employees of the War Department, they had no War Risk Insurance and no rights to compensation for death or disability.”

Pages 8-9: Also Manchester credits Lenna F. Cooper and Grace Fields with demonstrating to the Army that dietitians were needed in Army hospitals after WWI. Because of their professionalism and selfless service they attended ADA meetings and conferences to keep updated and the dietetic internships approved—often at their own personal expense and on their own annual leave.

“In 1922 a training program was established at Walter
Reed Hospital in Washington, D.C., which provided the majority of dietitians for the Army’s hospitals. The educational and professional qualifications for entry into the program were established by the Surgeon General and consisted of a four-year college degree in foods and nutrition in addition to an 8-12 month course in a recognized school for hospital dietitians (12). By maintaining this pool of dietitians Army hospitals were able to rapidly expand as these dietitians assumed positions of responsibility and leadership during WWII.

“End Notes–Chapter 2.


6. Anderson, pp. 593-594. Miss Cooper made seven recommendations in 1919 which were as follows:

- **Make a permanent place for dietitians on the staff of the larger hospitals.**
- **Give the dietitian entire charge of the mess department, relieving the mess officer and mess sergeant of their duties.**
- **Increase the present salary of dietitians. The cost savings would be more than made up through proper management of the mess.**
- **Grant all technically trained female civilian employees of the Medical Department in the field receiving their appointment from the Secretary of War the same privileges that are granted to the members of the Army Nurse Corps.**
- **Create a separate corps for dietitians with a competent supervising dietitian at the head.**
- **All dietitians in the field should be responsible professionally to the commanding officer.**
- **Create a training school for Army dietitians at one of the larger hospitals (e.g., Walter Reed General Hospital) which would prepare qualified dietitians for Army hospitals.**

**The Supervising Dietitian in the Office of the Surgeon General be put on the regular list of inspectors of the Hospital Division and make mess inspections.**


8. Anderson.


• **Summary:** Note: Oakland County is a county in the state of Michigan, northwest of Detroit.

“The topic that I have selected for the Lenna Frances Cooper lecture is one over which I have pondered for some period of time and have talked to any number of colleagues regarding its appropriateness. A colleague from my California days responded to my suggestion as highly appropriate and was the first to give me some firm direction in seeking resources. ‘The Dietetic Educator as Mentor’ I have discovered opens up a Pandora’s Box.

“In thinking about doing the Lenna Frances Cooper lecture I have again asked colleagues about the preference or nonpreference for including something about Lenna Frances Cooper. For the most part I have gotten a very positive response. Some have followed their confirmation up with ‘but that isn’t all you are going to talk about, is it’? As I have come to consider Lenna Frances Cooper and the idea of the Dietetic Educator as Mentor, the more and more that I conclude that I am talking about one and the same thing. As we go along today I hope to demonstrate and document that for you. Some of you have heard me say for a number of years that one of the things that I really want to do is write a monograph or biography about Lenna Frances Cooper. I have always had an ongoing interest in history so the history of the American Dietetic Association, the people who contributed to its formation, and its development have always been of interest to me. I have attended Lenna Frances Cooper lectures long before I came to Michigan State University. But it was on coming to Michigan that I came to discover a new significance in the person of Lenna Frances Cooper. As I learned more about the state and talked to people it became very obvious that Michigan really was a very important component of the development of the dietetic profession. All of this now affords me the opportunity to act on what has mostly been a dream. My promise has been to put on paper for dietetic students in Michigan to read about the legacy that Michigan has for them as dietitians. What I am going to share with you today has come from a great number of people and a vast variety of resources and materials. I have had a file labeled Lenna Frances Cooper for years so I had a place for it when I come on an item for later use. Later is NOW!

“But I would like to start with the concept of the mentor. One of the resources that I have discovered is the International Center for Mentoring located in Vancouver, British Columbia. The director, Dr. William Gray, has in a few short years put together networks of researchers & teachers who sponsor symposia, conduct research projects, and of course, publish. Dr. Gray has developed a model which conveys his position of the mentor-protégé relationship. In looking at this model I am reminded of the
model of nutritional counseling that my co-authors and I developed some years ago which had as our objective for the nutritional counselor to work with the client to the point the client was independent and no longer needed the dietitian. Like the counseling relationship, the member protege relationship, is one where the mentor works with the protege to the point where the protege is independent. Applying the mentor-protege concept to Miss Cooper can be done in a variety of ways. I feel very comfortable in relating the concept of mentor-protege to a biographical sketch of Miss Cooper and addressing the Dietetic Educator as Mentor. She surely was a Dietetic Educator by any of the standards that we may find to apply and perhaps should be accorded first.

“Biographies can be written in many different ways. Today I plan to do this in a chronological fashion as that is how at this time I have identified and collected the information. As many of you in this audience know I am very open to, and solicit, feedback and I will be very interested in your evaluation of some of this. The central focus of Miss Cooper’s life in many ways is Battle Creek, Michigan. Battle Creek, Michigan is really the origin of a good many things that affect us as dietitians and from which we draw our legacy as we know it.

“To understand the setting to which Miss Cooper came and developed as a dietetic professional, it helps to have a little background on the Battle Creek Sanitarium and to recognize that among the major players in this activity were the Kelloggs. The Seventh Day Adventist Church under the leadership of Ellen G. White moved to Battle Creek and established the Western Health Reform Institute in September 1866. Members of that group were Mr. and Mrs. John Preston Kellogg who are referred to as the parents of two amazing sons. One of those sons was John Harvey Kellogg, he was the sent off to the Bellevue Medical School in New York City to earn a medical degree and returned in 1875 to join the Institute and the next year was named its medical superintendent.

“That was the same year, 1875, that Lenna Frances Cooper was born in Hutchison, Kansas on February 25th. That these two peoples lives should be so intertwined, I think it is rather coincidental that Dr. John Harvey Kellogg began his medical career the same year that Miss Cooper was born. Miss Cooper’s parents are described as the true pioneers having emigrated from Illinois to Kansas from Illinois in a covered wagon. As the clippings I have read describe that they experienced all of the vicissitudes of pioneering: Indian raids, hail storms, grasshoppers and cyclones. It was two years later that her brother John was born in 1877. But let’s look at what was going on back at the SAN at Battle Creek at this time. This is how it came to look. In 1876 one of Dr. Kellogg’s first actions was to begin a training program to produce skilled health care staff. This grew to be a very large enterprise. His first was his school of hygiene which was to train physicians. Dr. Kellogg proceeded to coin a new word,—Sanitarium to mean a place where people learned to stay well. It was Dr. Kellogg in these years who developed food products as nutritious substitutes for foods he considered harmful. The first of these was granola [sic]. He developed peanut butter by the grinding of peanuts. Eventually he developed more than eighty food products which were manufactured and used at the SAN. He expanded the medical treatment to include surgery but always had emphasis on those healthful things as fresh air. This was one of his inventions to allow a patient to sleep with fresh air during cold weather. We hope the patient slept without moving. Exercise, rest and diet were also essential. Diet at the SAN eliminated meat, condiments, spices, alcohol, chocolate, coffee and tea. In 1880 Will—W.K.—Keith Kellogg joined his older brother as bookkeeper and business manager at the SAN. These two brothers were to have a very important relationship as we have all come to know.

“In 1883 a training school for nurses began and a school of domestic economy was initiated in 1888. In 1889 the School of Hygiene was converted to a school for medical missionaries. Mrs. John Harvey Kellogg was also a scientist. In my most recent visit to Battle Creek I came to have a new appreciation for Ella Eaton Kellogg. One of the things I must do is learn more about this lady. They have copies at the SAN of a book she published in 1892 called the Science in the Kitchen. The description on the inside cover reads: ‘A scientific treatise on food substances and their dietetic properties together with a practical application of principles of healthful cookery’. When we consider the concept of mentor and Lenna Frances Cooper I am beginning to wonder about the relationship of those two people.

“In 1895 Dr. Kellogg was made president of The American Medical Missionaries College which used the Sanitarium as its clinical facilities. The Sanitarium by this time was five stories high and had dining facilities for 400 people.

“While all this was going on at the SAN Miss Cooper back in Hutchison, Kansas graduated from high school in 1896. In order to earn money to continue her education she taught school for two years. My description of that has been just that. I would suspect that at that time, a high school diploma was considered more than adequate for teaching in an elementary or secondary setting” (Continued). Address: R.D., M.S., Coordinator–Dietetics, College of Human Ecology, Michigan State Univ., East Lansing, MI 48824.


• Summary: (Continued): “So in 1898 together with her brother John they traveled to Battle Creek with John enrolling in the Medical Missionaries Program and Lenna Frances enrolling in the nursing program. Miss Cooper
completed the nursing program in 1901 and it is said that she considered pursuing medicine as a profession at that time but her health was considered less than robust. In 1902 Lenna’s brother John graduated in medicine and left Battle Creek to practice in what became a number of communities in the midwest. Miss Cooper spent the next few years assisting Mrs. Kellogg with the care of the Kellogg’s children. This is a picture of their home which was razed some years ago. Over the years it is said that Dr. John Harvey and Mrs. Kellogg having no children of their own, adopted or cared for 40 orphan and foster children. Also remember that it was Mrs. Kellogg who is the one who has addressed food from a chemical point of view. Many of the writers identify this period of time as one when Miss Cooper envisioned dietetics as a developing science. This was also a very traumatic time at the SAN.

“Disaster struck in 1902 when the SAN burned to the ground. A new much more lavish facility was built and opened in 1903. One look at the main dining room makes the word elegance come to mind. This space was on the top floor and thoughtfully designed so that the odors of food being prepared would not drift up but would be above the patients rooms and the treatment areas. The occupational therapy was an integral part of the treatment for many who were admitted with a chronic illness. Here you see the solarium that nothing was spared to make the atmosphere of the sanitarium appeal to the elite. The concept of the new SAN was that beauty prevailed and elegance was apparent. Some of the most noticeable features included a spacious central grand lobby with an ornamented ceiling and several large leaded glass windows, one of which has a quotation from Moses ‘He is my life’ which was the SAN motto.

“A genuine white marble staircase with an ornamental iron hand rail and brass trim duo posts, Mosaic floors, a solarium and lovely furniture. Directly through the first floor, central grand lobby and attached to the rear of the main building was a delightful glass domed, sixty by forty foot semi circular palm garden, which displayed a rockery [sic, rockery] fountain water fall, fish pond, exotic tropical plants, splendid palm trees and a 20 foot bearing banana tree. Connected to the palm garden by a semi circular corridor and radiating outward like the spokes of wheel from a hub were an attached 66 x 120 foot gymnasium straight ahead with a men’s bath and exercise annex to the left and a separate women’s bath and exercise annex to the right. Both had a temperature controlled indoor swimming pool. Dr. John Harvey wore white the year around, it permitted sun and air to contact more of his body. For exercise he rode his bicycle.

“By 1906 some things started to change. The other miraculous brother Will K., had left his 26 year affiliation with his brother at the SAN and organized the Battle Creek Toasted Corn Flake Company which was the original name of the present Kellogg cereal company.

“Lenna Frances Cooper left to enroll in the dietetics course offered at Drexel Institute in Philadelphia. During that period of time she participated in the early Lake Placid Conferences which led to the formation of the American Home Economics Association in 1909. Miss Cooper completed the course at Drexel in 1908 and returned to the SAN to assume the role of Director of newly organized School of Home Economics and serve as head dietitian at the SAN.

“These must have been critical years for Miss Cooper in terms of her initial development as a professional which coincided with the building of the new Sanitarium. The Sanitarium was the largest of its kind and attracted people from all over the world. John Harvey’s concept was to keep people well, so it was used by many people as a ‘spa’. It grew in numbers of clients and numbers of staff and students. But Miss Cooper was not one to rest on her laurels. In 1913 her brother, Dr. John Cooper returned to Battle Creek having been invited by Dr. John Harvey to return to the SAN and direct the obstetrical unit. In 1914 [sic, 1913] Miss Cooper published her first edition of *The New Cookery*, another of her books was *How to Cut Food Costs*. Also in 1914 she enrolled at Teachers College, Columbia University where in 1916 she was awarded a bachelor of science degree. From some place I am sure I have read that one of her teachers in this period was Mary de Garmo Bryan who is another of our pioneers in the dietetic profession. On her return to Battle Creek in 1916, her next activity was in 1917 where with friend Lulu Graves from Cleveland she sent invitations to the dietitians they knew, inviting them to meet in Cleveland that October to address problems of food, feeding and the war. The impetus for their meeting was that due to the war the national meeting of the American Home Economics Association had been canceled and Miss Cooper felt that there were pressing problems to be addressed and they needed to meet to seek solutions. It was at that meeting in 1917 that the American Dietetic Association was organized. Miss Cooper was elected vice-president. The next year in 1918, Miss Cooper was invited by the Surgeon General of the U.S. Army to serve as the supervising dietitian. She began her assignment on Armistice Day, November 11, 1918 and stayed for a year returning to Battle Creek in August of 1919. The army dietitians give total credit to Miss Cooper for their status as professional persons in the Army. During this very short period of time she inspected many Army hospitals and was continually promoting the trained dietitian as the person to more capably care for patients, and in some cases to work with or replace the person referred to in what I have read as the ‘mess supervisor’. The Army dietitians have as one of their Hallmarks the July 29, 1919 report entitled ‘Suggestions concerning dietitians service in the medical department of the Army’, which she delivered in person to the Surgeon General. As it is described she bravely recommended: 1. a separate military corp for dietitians in the army. 2. A training school for army dietitians. 3. A permanent
supervising dietitian in the office of the Surgeon General. Though that was recommended in 1919 it served as a tribute to her vision and foresight that all these recommendations would become a reality during World War II. The army dietitians became one of her special group of people with whom she would continue to identify.

“In 1923 Battle Creek College was organized with Miss Cooper being named Dean of Home Economics. The Michigan State University archives has the collection of Dr. John Harvey’s papers where I have briefly read of the organizing of that college. Prior to 1923 it was the Battle Creek Sanitarium School, but was formally organized as a College in 1923. Among the things that I have been allowed to peruse is the yearbook called the Cauldron for 1924 which is the year that the first graduating class of the college occurred. This is from that yearbook—the College Dining Room. It’s interesting to look through that year book and find that the Dean of Nursing was both an R.N. and had a bachelor’s degree. The dean of Physical Education had an M.D. degree. Pertinent dietetic faculty were Laura Barber teaching Nutrition, Helen Swift Mitchell, PhD, teaching Physiology and Nutrition, Margaret Ritchey with a B.S. degree teaching foods, Elizabeth Shallow with a M.S. Degree teaching foods, Anna McCalley no degrees identified teaching Institutional Foods and a physician Martin A. Martinson labeled as the teacher of medical dietetics. This all in 1924. There were two sets of graduates, some had Mortar Boards and Gown and were specifically listed with a B.S., of which there were 19. Then there are 150 individual’s pictures either wearing plain white caps, white caps with dark strips, or no head cover. Within this group of 150 are 57 who are labeled only as dietitian. Others with a plain white cap were identified as a B.S. and there were 12 who were identified as teacher. I have a lot more to learn about Battle Creek College but my feeling is that some of these were 2 year graduates rather than 4 year graduates. But a class of 57 dietitians in 1924 was quite a remarkable accomplishment.

“Miss Cooper left Battle Creek in 1926 to go back to Columbia to study for her Masters Degree. Though that was recommended in 1919 it served as a tribute to her vision and foresight that all these recommendations would become a reality during World War II. The army dietitians became one of her special group of people with whom she would continue to identify.

“In 1926 Miss Cooper left Battle Creek to go back to Columbia to study for her Masters Degree. 1926 was also the year that the American Dietetic Association raised its educational standards to require a four year degree”


• Summary: (Continued): “1927 comes as another hallmark year when Miss Cooper was awarded her Master of Arts degree from Columbia and also was awarded an honorary masters of Home Economics Degree from what was then Michigan State College. And in addition, Miss Cooper took a new position. She was named Food Director at the University of Michigan. The purpose of her position was to organize a department for the cooperative buying of supplies for campus organizations, to include dormitories, fraternities, sororities.

“Back at the SAN because of its success, the Board of Trustees decided to expand and build an addition. In 1927 a fifteen story towers [sic] were added which were completed in 1928. This cost was four million dollars and included an elaborate lobby and dining room decorated in lavish Italian Renaissance by Marshall Field and Co.

“Also in 1928 when the Detroit Free Press conducted a contest to determine by popular vote the 10 most outstanding women in achievement in Michigan, Miss Cooper received the signal honor for achievement in Science. [Marginalia: “Look for stories about this”]. One of the notable achievements for Miss Cooper in 1928 was the publication of the 1st edition of Nutrition in Health and Disease which she co-authored with Edith M. Barber and Helen S. Mitchell. This is the book to which we have referred to all through the years as Cooper-Barber-Mitchell which was to go through many revisions and still is a living text and reference in nutrition for our profession. But not to stand still, in 1929 at a meeting of the Southwest Dietetic Association which was held in Battle Creek, Miss Cooper moved the group to organizing the Dietetic Association as a state wide organization, thus forming the Michigan Dietetic Association and she served as its first president. [Marginalia: “Check stories here”]. They met the next year and for several years jointly with the Michigan Hospital Assn. and the Michigan Medical Record Librarians.

“In 1930 she was to leave Michigan for some years. She was named Chief of the Department of Nutrition at Montefiore Hospital, New York. However subsequently in 1931 the Michigan Dietetic Association became an affiliate of the American Dietetic Association which had been a dream all along of Miss Cooper’s to strengthen the American Dietetic Association through the state affiliates.

“The 1929 stock market crash still stands out as one that totally changed the complexion of our country and was followed by the depression years of the 1930’s. The SAN had been tremendously expanded in 1928 and was now a lavish facility. The times just ahead were what we would come to know as ‘hard times’. Thus by 1933 the SAN went into receivership. The rich clients that they had had in 20’s no longer had those funds and the San was viewed as a luxury.

“In 1936-37 Miss Cooper served as President elect of the American Dietetic Association and in that role was affiliation chairman. She reported that 32 states including the District of Columbia had affiliated with ADA. The most recent ones being Wisconsin and Oklahoma. During her year she had attended three National Conventions of other groups for the purpose of studying the organization, especially the operation of the House of Delegates. At the
ADA meeting in 1937 the first House of Delegates met. The place was Richmond, Virginia and they significantly met in an historic building to convene their first House of Delegates. The President-elect’s Report in the Journal has several recommendations which she felt worthy of consideration for an effective House of Delegates. As one reads through them they reflect our current House of Delegates. ‘That each delegate or alternate must present credentials’. That the presiding officer be given the title of speaker’. ‘The meetings are addressed by the speaker, the president and the president-elect’. In all she had eleven recommendations. In conclusion she stated ‘it is my hope that our own House of Delegates may become an effective instrument in the development of our professional life’. It was also reported at that meeting that the total membership of the association in September 1937 was 3,422. In her Presidential report in 1937-38 she stated ‘as a professional group we are small, in comparison with the American Home Economics Association has a membership of 12,000’. But as President, she has a word for Educators and for students in going on to say that: “‘Upon those of us who are training the college graduates in the techniques of our profession, there is indeed a grave responsibility, for we must not forget that our students of today will be the dietitians of tomorrow. Upon them we place the responsibility of carrying on and making our profession what they would have it to be. We have said the inherent quality of the student is the first consideration, but we must not forget by example and instruction we are the molders of future dietitians. I believe that our techniques are well developed but I’m not so sure that we have advanced the art of our profession to the same extent. It is true that our students come to us with some knowledge of psychology and sociology but few of them, I fear, have developed a philosophy of life that enables them to meet with equanimity some of the trying situations which might be said to be inherent in the work. The art of getting along with people should therefore be our first objective in our teaching program. This implies a study of human relationships including the association with patients, professional associates and employees. There is no question but that personnel management today is one of the greatest problems to be met by the young dietitian. Indeed the art of management or the human side of our work, must not be neglected. The art of preparing and serving food tastefully and attractively is always to be emphasized’.

“With the cooperation of our colleges in the guidance and the recommendation of outstanding students for this type of work, and with painstaking effort on the part of those directing our food courses, I am confident that we shall continue to build as we have in the past, steadily and securely. With the momentum of our present rate, I hope that we may, in the not too distant future, realize our goal of 10,000 members. A dietitian in every hospital might be a desirable slogan in the coming years’.

“And remember it is 1938 that she is speaking those words which in the estimation of a lot of us apply today. Also in 1938 the SAN was reorganized under a bankruptcy act. The sanitarium continued to operate but moved into adjoining much smaller facilities. In 1942 the buildings of the sanitarium were sold to the U.S. Government to become the Percy Jones Army Hospital which had as its special service, caring for amputees. And in the next year 1943 Dr. John Harvey Kellogg died at the age of 91.

“But moving along with Miss Cooper who in 1947 would now be called Dr. Cooper. It was that year that the Drexel Institute of Technology awarded Miss Cooper the honorary degree of Doctor of Science and considered her one of their most illustrious alumnae. The citation was to Lenna Frances Cooper, educator, scientist, devoted servant of mankind and eminent dietitian. To quote from part of the citation ‘her influence is extended far beyond the limits of her special positions, particularly through her many books and articles as well as her zealous labors in scientific societies. The American Dietetic Association of 9,000 members stands as a living monument to her professional zeal and her extraordinary organizing talents, for she has been accorded the major credit for the founding of that Association and for its rise to eminent position among the nation’s foremost scientific bodies.

“‘Her lifetime of service has brought her many honors, including an honorary degree from Michigan State College, and a public designation given in 1928, as one of the 10 most distinguished women of the state of Michigan. But no honors can transcend those which, by her service to mankind, she has herself conferred upon Drexel Institute of Technology, where she began her studies in dietetics and thereby laid the foundation of her fruitful and distinguished career’.

“If my arithmetic serves me correctly Miss Cooper was 72 years old in 1947. The next year she was to retire from Montefiore Hospital at the age of 73 but not to be one to take a rest, she became a visiting professor at the University of Mississippi and from what I can gather at other institutions as well. Another honor was bestowed on her in 1951. ADA presented her the Marjorie Hulizer Copher Award. This award is the highest honor bestowed upon a member of the American Dietetic Association and since its origin has never been given to more than one person each year” (Continued). Address: R.D., M.S., Coordinator–Dietetics, College of Human Ecology, Michigan State Univ., East Lansing, MI 48824.


• Summary: (Continued): “Her citation reads ‘Pioneer of the American Dietetic Association: the first to propose its formation, co-founder and chairman of the first national
conference of Dietitians; first vice-president and fourteenth president. Her determined and courageous spirit, while always sensitive to other’s needs, has ever held to the highest purposes. Her warmth of personality and integrity have served to unite her thousands of students and associates in lasting bonds of fellowship’. The reference to thousands of students and associates is one that by this time was not optimistic, it literally was thousands: that is the mentor! But the next year, 1952, Dr. John Cooper’s wife was killed in an automobile accident in Battle Creek and Miss Cooper, according to the newspaper references I have read returned to Battle Creek to live with her brother. The next year, 1953, the Percy Jones Army Hospital closed and in 1954 it was renamed the Battle Creek Federal Center. Also in 1954 Miss Cooper returned to the reorganized SAN as the administrative dietitian in which position she stayed for three years. When she in reality she did retire she was 82 years old. She died in 1961 two days short of her 86th birthday. And it was that year that a memorial was established in her memory and in 1962 the first Lenna Frances Cooper Memorial Lecture was delivered by Mary Barber. Mary Barber had been one of her Battle Creek Colleagues as the first Home Economist at the Kellogg Company. The second lecturer was Helen Mitchell who was one of her co-authors of Cooper-Barber-Mitchell. It wasn’t until 1971 that the Memorial Scholarship was established and this was a joint effort by the Army Dietitians and her former students from Battle Creek. By this time the SAN is really the Battle Creek Federal Center and is housing federal offices of a large variety. One of first to arrive there and is still there is the Defense Logistic Center which has as its responsibility the Federal Supply Catalog having over 6 million active items. In 1976 the SAN was placed on the National Register of Historic Places.

“Dr. Neige Todhunter wrote a 50th Anniversary tribute in 1978 to Cooper-Barber-Mitchell. I had this in my Cooper file but it has since been revised. One of the current co-authors, Linnea Anderson, told me once it was a ‘Compendium of Trivia’. I suspect one would get to feeling that way after revision upon revision.

“In wishing the book a Happy 50th Anniversary, Dr. Todhunter let the book speak for itself. ‘My title has never changed but everything else has. I started out in 1928 as a 574-page volume, 8 x 5 inches in size, wearing a modest burgundy cover and costing just under $4.00. Now for my 16th edition I wear a cheery greenish-blue cover, and I have grown to 652 pages, 7½ x 10 inches... I hear that I am now a valuable resource for historians of nutrition and diet. By studying my succeeding editions, one can trace the various changes and follow the rate and time of introductions of new discoveries and concepts. My progeny (books sold) are now close to a million and I’ve gone all over the world’. I didn’t have the time to check again but I believe the current edition is entitled ‘Cooper’s Nutrition’.

“This past month I drove to Battle Creek to visit the site of what was at one time the Battle Creek Sanitarium and in walking those halls envisioned Miss Cooper. For anyone wanting some fascinating history of health, health care, and health professionals, a trip to the Battle Creek ‘SAN’, now the Federal Center, would be a trip well taken.

“In her introduction as President it was said ‘few women have had a more distinguished career than Lenna Frances Cooper. A daughter of pioneer American stock, she has pioneered in a profession still young enough to match her ever youthful spirit of optimism and progressiveness. She epitomizes the courage and perseverance of her forbearers. Blessed with patience and understanding she has that rare administrative ability which inspires high standards, the quiet suggestion rather than command. She brings to her new office the luster of her past accomplishments as administrator, teacher, writer and leader in her profession, along with kindness and simplicity, that are characteristic of real worth’.

“Last week end I attended commencement exercises on our campus. The speaker for the undergraduate commencement was the new President of Lansing Community College, Dr. Sykes, who admonished the graduates to return to society some of the value of their education and suggesting that the way to do that was to volunteer and participate in what he called the Symphony of Life. He listed any number of problems society has these days and as my colleague sitting beside me said, he is talking about Human Ecology. He really was talking about people and in so many references relating to their health care. The advanced degree ceremony had as the speaker our new Director of Libraries, Dr. Davis. He admonished the graduates to have a vision and to establish goals to match their vision and adhere to the standards of their profession. I perceive Miss Cooper to have been practicing those two V’s—vision and volunteering throughout her professional career.

“And that brings me to another one of my dreams. In our State Capital we have a refurbished historic house which serves as the home for the Michigan Women’s Hall of Fame. Their brochure describes how it came to be—as well as how to make nominations.

“It will require Vision and Volunteering to develop a nomination of Miss Cooper for the Women’s Hall of Fame. I am told that a niece, Dr. John Cooper’s daughter, returns to Battle Creek each year for the Reunion of her Nursing Class.

“Think of the possibility of Miss Cooper being so recognized. Think of the party the Michigan Dietetic Association could have! I challenge you to Volunteer in this activity to assist in Miss Cooper’s Vision continuing to be fulfilled. When you think about it, she is all “ours”–and in so many ways time is of the essence I recall a few years ago discussing some of these ideas with Katherine Hart, a past ADA President and retired member of our faculty. She chastised me to hurry–and now we have lost Miss Hart too,
who died last year.

“In conclusion. I hope I have shared with you the concept of Miss Cooper as Mentor. And who was her Mentor? This could read like a Mystery? Was it Ella Eaton Kellogg, was it Dr. John Harvey Kellogg? Was it her brother, Dr. John Cooper?

“Among the materials I have copies of are Battle Creek College reunions at ADA–Army Dietitians reunions at ADA and Montefiore Hospital (they had a dietetic internship) reunions at ADA. From what I’ve read she never missed an ADA meeting up to the year of her death.

“She inspired a lot of dietetic professionals—even up to today.

“To our newest colleagues in the profession, the first graduates of this Approved Preprofessional Practice Program, I extend my heartiest congratulations. As some of you have heard me say ‘A trip of 1,000 miles, begins with the first step...’ In closing I leave with you a few words. I’ve taken these from a paper in which the writer reports that she is frequently asked to speak at commencements and honors convocations and in this she assumes the role of a Fairy Godmother by imparting 5 special wishes as gifts for the future. She says these are Guidelines which have characterized her own life and in this way as the Fairy Godmother she says ‘I wish you courage, particularly the courage of your convictions, and that means to dare to stand up-to others if and when necessary. I wish you energy so that you can act upon those convictions. I wish you imagination so that you can come up with new solutions if and when old solutions fail. I wish you a sense of humor to lighten those dark moments in life that inevitably are going to descend on all of us from time to time. And I wish you a good dose of self respect as a constant companion in life. Remember that no one can ever make you feel inferior without your own consent’”.


Appendix 1. Charter Members
Appendix 2. Presidents of The American Dietetic Association and Positions Held at Time of Election
Appendix 3. Speakers of the House of Delegates
Appendix 4. Chief Headquarters Administrators
Appendix 5. Affiliated State Associations
Appendix 6. Annual Meeting Locations and Dates
Appendix 7. Membership

Note 1: In the Index are many entries for:
(1) Lenna Frances Cooper.
(2) Lenna Frances Cooper Memorial Lecture.
(3) Lenna Frances Cooper Memorial Scholarship.

Note 2. The word “vegetarian” does not appear in the Index even though Lenna Frances Cooper, a co-founder of the Association, was a vegetarian in 1917.

Chronology of some early dates:
1899-''Leaders in the home economics movement began meeting in Lake Placid, New York, for a series of annual conferences.
1905–At Lake Placid, in a discussion by Mary Schwartz (later Rose) and Lenna F. Cooper, the terms dietitist and dietician [sic] were both used.
1909–The Lake Placid Conferences culminated in the founding of the American Home Economics Association (AHEA).
1912–There were approximately 2,500 hospitals in the United States. The dietitians sphere of influence was limited to the diet kitchen, the feeding of the sick, and the instruction of nurses in this feeding.
1916 Nov.–The first separately organized group of dietitians in the U.S. was the New York Association of Dietitians, with Ella A. George as the first president. Dietitians from 12 hospitals in Philadelphia met for social gatherings in 1914 and 1915. When they decided to organize formally they became the dietetic section of the Philadelphia Home Economics Association.
1916–First meeting of dietitians in Chicago.
1917 March–First meeting of the dietetic section of the Philadelphia Home Economics Assoc.; there are 38 charter members at the meeting.
1917–A National Committee on Dietetic Service of the American Red Cross is formed. “Their first task was to establish criteria for dietetic service in a base hospital. According to the committee, a dietitian was someone who: had completed a two-year course in home economics; had at least four months of practical experience; could provide appropriate recommendations; had passed a physical examination; and was 25 to 35 years of age” (Barber 1959).

Address: MS, RD.


• Summary: “Battle Creek Adventist Hospital turns 125
Jo Anne Cassell, MS, RD

CARRY THE FLAME:

The History of The American Dietetic Association

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years old Thursday.” Its inseparable link with the Kellogg brothers and the Adventist movement will be celebrated. Note: The Battle Creek Sanitarium began in 1866 as the Western Reform Institute, the Seventh-day Adventist’s first hospital, opened in Battle Creek, Michigan in response to the urgings of Ellen G. White. Its goal was to convert Americans to a more healthful way of living. From the start, the Institute’s directors established the principle of operating under the counsel received by Ellen G. White.

In 1876 John Harvey Kellogg, then only 24 years of age, agreed to serve for one year as the Institute’s physician-in-chief. Dr. Kellogg officially took over the leadership of the Institute on 1 Oct. 1876. It had only 12 patients housed in several small two story buildings, and was in dire financial condition. He quickly turned things around. Within a year after he had taken charge, he renamed it the Battle Creek Sanitarium. He wanted to make it transform it into a “place where people learn to stay well.” Thus it had a strong educational dimension.

Page 2: “Burness Wenberg, associate professor of food science and human nutrition at Michigan State University, who will speak at noon Oct. 2 on ‘The Innovative Works of Lenna Francis [sic] Cooper,’ the hospital’s first dietitian.”

“Krema Product Co., the oldest butter firm in the nation, has donated four ounce jars of all-natural peanut butter, similar to the peanut butter patented by Dr. Kellogg in 1897. Visitors will be able to sample the product and take home a commemorative jar with a specially-designed label with Dr. Kellogg’s picture in the center.”

Note 1. As of 28 Feb. 2018 the Krema Nut Co. (Columbus, Ohio) has changed its name to Krema Nut Co. They say that they first made commercial peanut butter in 1898.

Note 2. Accompanying this article [which started running in the Enquirer on 27 Aug. 1991] is a large display ad titled “What do Tarzan, Corn Flakes and Aerobic Have in Common? The Battle Creek Sanitarium.” It continues: “Johnny Weissmuller came here for dietary and exercise advice. Kellogg’s Corn Flakes(R) got its first crunch test in the “San” dining room. And what we call aerobics today was being practiced vigorously by San guests before the turn of the century.

“These and other fascinating anecdotes are part of a special lecture series, ‘Food for Thought,’ presented in celebration of the 125th anniversary of Battle Creek Adventist Hospital, once known as the world-renowned health spa and medical center, the Battle Creek Sanitarium.”

As noted above, one of the lectures is: Oct. 2. Lenna Francis [sic] Cooper, the Sanitarium’s First Dietician [sic, Dietitian], by Burness Wenberg. 12 Noon. [at] Battle Creek Chamber of Commerce. Address: Staff writer.

616. Mohr, Teddric J. 1991. Since 1866: Battle Creek Adventist Hospital. Battle Creek, Michigan. 15 p. Illust. 28x 14 cm. • Summary: This booklet commemorates the hospital’s 125th anniversary. It opened in Battle Creek, Michigan, on 5 Sept. 1866 under the name Western Health Reform Institute in response to the foresight and urgings of Ellen G. White. It was a small 2-story frame building with a 10-bed capacity; Patients were charged $5-7 per week for room, board, and medical care. Initially, it was under the medical leadership of Dr. Horatio Lay, an Adventist physician who specialized in hydrotherapy. James and Ellen White encouraged John Harvey Kellogg to enroll in medical school and provided financial support for his studies. In 1875, at age 23, John Harvey graduated from Bellevue Hospital Medical School, then recognized as the nation’s leading medical teaching institution. He took over as head of the Institute on 1 Oct. 1876, at which time it contained only 20 patients. In 1876 Kellogg had renamed the organization Battle Creek Sanitarium. He explained that the new name, a variant of “sanitorium,” would come to mean a “place where people learn to stay well.”

The San reached its peak of development in 1928 with the completion of the Twin Towers addition. During this “grand hotel” era the staff numbered 1,800 and the San could accommodate 1,500 patients with its 32 buildings located on 27.5 acres of land. Dr. Kellogg called his medical philosophy “biologic living.” Focusing on caring for the “whole person” (body, mind, and spirit), he espoused regular exercise, abstinence from smoking and drinking, plenty of fresh air and sunshine, the total elimination of meat from the diet, and the importance of whole grains–practices we consider enlightened today.

“Over the years, and especially in the ‘roaring twenties,’ the San guest list read like a virtual who’s who of medical professionals, business leaders, sports legends, and entertainers. Henry Ford, John D. Rockefeller, J.C. Penney, President William H. Taft, Thomas Edison, Will Durant, Johnny Weissmuller, William Jennings Bryan and Amelia Earhart were just a few of the rich and famous who put themselves in the capable healing hands of Dr. Kellogg and the Battle Creek Sanitarium.”

There are oval portraits and a brief sketch of Amelia Earhart, George Bernard Shaw, John D. Rockefeller, Henry Ford, and C.W. Barron.

Amelia Earhart, the world famous aviator, treated Dr. Kellogg to his first airplane ride. “After cruising over Battle Creek she banked her plane and swooped low over the San buildings so Dr. Kellogg could pull up his goggles and get a bird’s eye view of the facilities.”

George Bernard Shaw, playwright, philosopher and Nobel Prize winner, admired Dr. Kellogg and had read some of his books on biologic living. Like Dr. Kellogg, he avoided all types of meat and exercised regularly. He visited Dr. Kellogg at the Miami-Battle Creek. “In the course of the visit Dr. Kellogg performed an exam on Shaw and found him to
be ‘remarkably well preserved’ for a man his age.” Shaw lived to age 91.

John D. Rockefeller, an industrialist and philanthropist, was a regular at the San. Like Dr. Kellogg he was greatly interested in nutrition and preventative medicine. He was a faithful subscriber to the doctor’s monthly publication Good Health and had a standing order for one large box of ‘Health Chocolates’ each week. The chocolates contained no cane sugar or theobromin [theobromine], a substance similar to caffeine. According to the advertisements, Health Chocolates could be ‘eaten as freely as may be desired without doing any harm.’

Henry Ford, founder of the Ford Motor Company, “must have felt he must have felt right at home at the San. A teetotaler and vegetarian, Henry Ford was a hearty man, able to run his huge automotive company until his 82nd year. He once said, ‘I like Dr. Kellogg’s philosophy.’ After which he sent the doctor a bag of buckwheat flour ground in his own mill in Dearborn, Michigan.”

C.W. Barron was founder of the Wall Street Journal. One of the world’s richest men, Barron was plagued with chronic weight problems. During his many stays at the San he became good friends with Dr. Kellogg. Barron once told a reporter he didn’t fully understand the doctor. ‘He should have been one of the richest men in the world, but that he lets money slip through his fingers so easily.’ In reply John Kellogg pointed out that he had always been more interested in human service than money. ‘What is money for, except to make the world better, to help people have a better life?’

Also discusses the development of peanut butter [probably legendary] and Granose Flakes (and shows an early container of each), Lenna Cooper (one of the founders of the American Dietetic Association) and Dr. David Paulson (founder of the Hinsdale Sanitarium), W.K. Kellogg (the world’s most famous cereal maker and Dr. Kellogg’s younger brother. He “served as the doctor’s bookkeeper, business manager, purchasing agent and eventually his partner. Together they developed the Sanitas Nut Food Company and later W.K. started his own company—today the largest cereal company in the world—Kellogg’s”).

“As the principles of wholistic health care became accepted throughout the world, many new institutions arose, copying the techniques and therapies started by Dr. Kellogg and practiced at the San. The incentive for people to travel all the way to Battle Creek for treatment diminished. With the onset of the Great Depression in the ‘30s, the average number of patients fell from 1,300 to 300 and the San began to experience financial troubles.

“In 1942, after nearly a decade in receivership, the San twin tower complex was sold to the government to serve as an Army surgical and rehabilitation hospital.

“Yet the San continued to operate, moving its operations that same year into the nearby Fieldstone Building, which had been purchased by Dr. Kellogg in 1913. Though not as grand or large as the twin towers building, the facility was unique in its own right, as the largest fieldstone building in the United States. The San remained there until 1972.”

“Today, there are 568 Adventist health care facilities operating in 88 countries and the Adventist Health System includes some of the most prominent hospitals in the U.S., such as Loma Linda University Medical Center, Kettering Memorial, Florida Hospital and Hinsdale Hospital... Battle Creek Adventist Hospital, has become southwest Michigan’s leading provider of mental health and addiction treatment.” It has the capacity to treat over 150 people on an inpatient basis. Address: Battle Creek, Michigan.


• Summary: “In developing the concept of ‘Dietetic Educator as Mentor’ for the Lenna Frances Cooper Lecture, I chose to illustrate the mentor role with examples from the life of Lenna Frances Cooper. It was a tremendous honor to be selected as a Lenna Frances Cooper Lecturer, but as I learned more about Miss Cooper’s work as a dietetic educator in her adopted state of Michigan, I became even more grateful for the award and her legacy as a mentor.

“The popular and academic press is a fertile source of information about mentoring, but there is little agreement about the concept. Levinson’s work (1) defining the mentoring process is regarded as crucial to further understanding of the subject (2). Levinson identified four major developmental tasks for the young adult: 1. forming a ‘dream’; 2. forming mentor relationships; 3. forming an occupation; and 4. forming love relationships, marriage, and family. Levinson revealed the mentoring relationship to be complex and critically important. He defined the role of the mentor in terms of six functions: teacher, sponsor, host and guide, exemplar; counselor, and dream maker (3). This article offers examples from Lenna Frances Cooper’s professional life that illustrate her role as an effective mentor using Levinson’s model (3) as a guide.

“Early Years: Born to pioneer parents in Hutchison, Kansas, in 1875, Lenna Frances Cooper exemplified the pioneer spirit (4). After graduating from high school and teaching for 2 years, she traveled to Battle Creek, Michigan, in 1898 to enroll in the nursing program at the Battle Creek Sanitarium, which was directed by Dr John Harvey Kellogg. She completed the nursing program in 1901 and considered studying medicine, but her health was not considered strong enough to endure such a program. In fact, a nursing career was considered too strenuous for her. Consequently, the record for that period shows that she stayed in Battle Creek and assisted Mrs Kellogg with the care of the Kellogg children.

“Ella Eaton Kellogg, a graduate of Alfred College in Alfred, NY, assisted her husband in a number of ways. As Dr
Kellogg developed a variety of grains and cereals to support the vegetarian diet, Mrs Kellogg tried these newly developed food products in recipes. She accompanied her husband on his many travels and, like him, was a prolific writer. She authored *Science in the Kitchen* in 1892 (5).

“Was Ella Eaton Kellogg a mentor? It is possible that Mrs Kellogg saw in Lenna Frances Cooper someone to carry her ideas even further. Conversely, Lenna Frances Cooper may have viewed Mrs Kellogg as a mentor. Mrs Kellogg easily could have fulfilled Levinson’s mentoring functions of exemplar and counselor as a part of her everyday contact with Miss Cooper during this time (3).

“Dr Kellogg also fulfilled the mentoring function of sponsor—in 1906, he sent Lenna Frances Cooper to study dietetics at Drexel Institute in Philadelphia, Pa. In addition to the academic experience at Drexel, Miss Cooper had other professional opportunities. Her teachers, Helen Spring and Emma Smedley, attended the Lake Placid Conferences in 1901, 1903, and 1905. Miss Cooper attended in 1906. Because neither Miss Spring nor Miss Smedley were in attendance that year, it is possible that they sent Miss Cooper in their place. Had Miss Cooper met another mentor or mentors? The Lake Placid Conferences led to the establishment of the American Home Economics Association in 1909; Miss Spring, Miss Smedley, Miss Cooper, and Mrs Kellogg were all charter members (6).

“First Director of Dietetics: In 1908 Lenna Frances Cooper returned to Battle Creek as director of the newly organized School of Home Economics and head dietitian at the sanitarium. By 1916, 31 students had earned a 2-year diploma from the dietetics program.

“During these years Miss Cooper had varied responsibilities. A charter member of the Michigan Home Economics Association, she was elected its first secretary in 1911. In 1914, she published a vegetarian recipe book, *The New Cookery* (7) (perhaps with assistance from Mrs Kellogg), and enrolled at Columbia University in New York City, from which she graduated in 1916 with a bachelor of science degree.

“ADA Founder: Lenna Frances Cooper’s participation in founding The American Dietetic Association (ADA) has been well described (8). It has been said that there eventually would have been an ADA, but Miss Cooper thought, ‘The better time was now.’ Her determination, courage, persistence, and indomitable drive helped her guide the fledgling Association to national prominence. She also benefited from mentors who encouraged her to realize her dream of a nationally recognized association for dietitians (1).

“Contributions to Military Dietitians: A turning point in Miss Cooper’s career was the call from the Surgeon General of the US Army on November 11, 1918, to serve as supervising dietitian. She visited a great number of Army hospitals and corresponded with the few dietitians who were on active duty in Europe. This experience served to crystallize her belief in the urgent need for what she described as ‘professional status’ for dietitians. Her landmark report to the Surgeon General contained recommendations regarding the professional status of the dietitian in the US Army and outlined specific ways for achieving this professional recognition. Implementation of her report was slow, but by the time of World War II all of her recommendations were operational. Hence, she has long been honored by military dietitians.

“Dean, Battle Creek College: In 1923, Battle Creek College was rechartered as a 4-year institution granting the baccalaureate degree. Miss Cooper was named dean of home economics and continued as head dietitian at the sanitarium. At the end of that first academic year, 1924, 57 diplomas and five bachelor degrees in dietetics were awarded.

“Miss Cooper served as a mentor-sponsor (3) when she claimed friends gave her money to pass on to students who were in need. To some students, it made all the difference. As the mentor-counselor (3), she admonished graduates not to be ‘tramp’ dietitians and advised graduates to stay with an employer for a reasonable length of time.

“In 1927, Miss Cooper earned her master’s degree from Columbia University. The next year, she was recognized with an honorary master of home economics degree from what was then Michigan State College. She and Dr Lydia Roberts, another nutrition pioneer, were the only women among the eleven persons so honored that day in June. That same year, the first edition of *Nutrition in Health and Disease* was published. JB Lippincott Co., the publisher, must have thought it had a jewel (9) with this text, which was used in nutrition curriculums through 17 editions. (Miss Cooper served as senior author of the text for 13 editions.) Another honor came from the *Detroit Free Press*, which recognized Miss Cooper for her achievement in science as one of the 10 most outstanding women in Michigan” (Continued).

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• Summary: (Continued): “In Transition: As food director for the University of Michigan from 1928 to 1930, Miss Cooper organized the cooperative purchasing of food supplies for campus dormitories, fraternities, and sororities. In 1929, at a meeting of what was labeled the ‘Southwest Dietitians,’ she suggested the organization of the Michigan Dietetic Association. The members responded by organizing the new dietetic association and electing her its first president.

“Dietetic Internship Director: In 1930, at the age of 53, she was named chief of the Department of Nutrition at Montefiore Hospital in New York City. In her move to
Montefiore Hospital, Miss Cooper changed the focus of her dietetic educator role from the academic component to the professional experience component as she became director of a dietetic internship in her department at the hospital. The internship program became the training ground for another contingent of Lenna Frances Cooper’s proteges.

“During these years, she was also busy in other ways (8). She culminated her year as ADA President-Elect in 1937 by chairing the first session of the House of Delegates. She had dreams and the courage to convert them to reality. As ADA President, she was most proud of the progress the Association had made since its inception. During World War II as during World War I, she was concerned for appropriate nutrition for both the armed forces and persons on the home front.

“Montefiore’s dietetic interns, encouraged to sample the offerings of the metropolis, were given tickets to shows and the theater as well as lists of various ethnic eating places. Tea at the Waldorf-Astoria followed an annual visit to the hotel’s kitchen, and monthly journal sessions were conducted in Miss Cooper’s parlor. Upon graduation, each intern received an autographed copy of Nutrition in Health and Disease. Miss Cooper’s work as internship director illustrates the mentoring functions of host, guide, and exemplar (3).

“In 1947, Drexel Institute of Technology awarded her the honorary doctorate of science degree (10). In addition, the greater New York Dietetic Association recognized Miss Cooper as Outstanding Dietitian of the Year.

“Retirement: In 1949, Miss Cooper concluded she should be providing service to more than one institution, so she ‘retired’ to become a consultant. Her clients included the National Institutes of Health (which was building a research hospital), hospitals in Maine and Massachusetts, a school foodservice program in Tennessee, and the nursing program at the University of Mississippi.

“At the 1951 ADA Annual Meeting, appropriately in Chicago, where ADA had been founded, Miss Cooper was given ADA’s highest honor, the Marjorie Hulsizer Copher Award. The citation said in part: ‘Her determined and courageous spirit, while always sensitive to others’ needs, is ever held to the highest purposes. Her warmth and personality and integrity have served to unite her thousands of students and associates in lasting bonds of fellowship’ (11).

“Return to Michigan: In 1952, Miss Cooper returned to Battle Creek and, by 1954, was back at the Battle Creek Sanitarium on a half-time basis. In her annual newsletter to former students, she reported that it was like being back home. Battle Creek Alumnae functions were an ‘event’ at ADA Annual Meetings; Miss Cooper would be given a white orchid and ‘hold court.’

“At the age of 82 she retired from the sanitarium. On February 23, 1961, two days short of her 86th birthday, she quietly passed away.

“In Retrospect: Miss Cooper’s death promoted activity to develop an appropriate way to remember her—the outcome of which is this memorial lecture. That year, the recipients of the Battle Creek Alumni Newsletter were asked to send ‘I remember’ comments. Margaret Ritchie, of the University of Idaho and an early member of the Battle Creek faculty, confirmed that Miss Cooper had provided the mentoring role of dream maker (3). Miss Cooper was often described as possessing great enthusiasm and gentle firmness.

“Miss Cooper, the dietetic educator, was certainly a mentor. There is little doubt that Miss Cooper had mentors and that, in turn, she served as a mentor for hundreds of her students and associates. They too acted as mentors. In her quiet, unassuming way, Miss Cooper was in touch with her students long after they left her everyday presence (12). As a role model of the mentoring functions, Miss Cooper left us a legacy and challenges all of us to act on that legacy.

“This article was originally presented, in part, as the 28th Lenna Frances Cooper Memorial Lecture on October 17, 1990, in Denver, Colorado.

Photos show: (1) Lenna Frances Cooper, circa 1940, seated in an arm chair. (2) Commencement exercises, Battle Creek School of Home Economics, June 1918. Lenna Frances Cooper is seated at center; Dr John Harvey Kellogg is seated at far left (half-page; superb).

“References:
BIOGRAPHY OF LENNA F. COOPER (1875-1961) 230

• Summary: “The former Battle Creek College School of Home Economics is holding its alumnae meeting today at Battle Creek Adventist Hospital.

“The School of Home Economics was organized in 1906 by Ella Eaton Kellogg, wife of Dr. John Harvey Kellogg. Its first director was Lenna Francis [sic, Frances] Cooper, who also served as the San’s first dietitian. When the school became part of Battle Creek College in 1923, Cooper was named dean. She also is credited as the founder of the American Dietetics [sic, Dietetic] Association, an organization with more than 60,000 members today.

“The school was home to more than 100 women each year who studied dietetics.

“Bernus Wenburg, associate professor in Michigan State University’s Department of Food Science and editor of the alumnae of the alumnae newsletter, is attending today’s meeting.

“He is a recipient of the Lenna Francis [sic] Cooper Award, given by the American Dietetic Association for excellence in the field of nutrition.

“The alumnae group was formed in honor of Cooper, who held annual meetings of school graduates when she was alive [she died in 1961]. The group currently has 90 members living throughout the United States.”

A photo shows a woman dressed in white weighing food on a plate, The caption: “Nutrition counts: A Battle Creek Sanitarium dietitian weighs food while former first lady Eleanor Roosevelt looks on.”

• Summary: Inducted: 1993. Era: Historic. Area of achievement: Dietetics. She was a “leader and innovator in the development of dietetics as a science and profession.

“Originally trained as a nurse, Cooper was a protege of Dr. John Harvey Kellogg, director of the Seventh-day Adventist sanitarium in Battle Creek, and his wife, Ella. Under their tutelage, Cooper took up the study of nutrition and became a leading proponent of health care through diet.

“In 1908 Kellogg established a School of Home Economics at the ‘San,’ and Cooper was named its first director... More than 500 dieticians graduated from the Battle Creek program during her tenure.

“To lend structure and professionalism to the field, Cooper co-founded the American Dietetic Association (ADA) in 1917... She was a charter member of the American Home Economics Association, founded in 1909, and of the Michigan Home Economics Association, founded two years later... She served as the first dietitian in the United States Army in 1918-19...”

“In 1928 Cooper was named one of the ten most distinguished women of achievement in Michigan. Cooper’s greatest renown came through her role as senior author of Nutrition in Health and Disease, a text that was used for 30 years in dietetic and nursing programs around the world. She participated in 13 of the book’s 17 revisions.”

A portrait photo, “courtesy of the Michigan State University Archives and Historical Collections,” shows Lenna F. Cooper.

• Summary: This book grew out of a meeting in Oct. 1991 at Cornell University (Ithaca, New York) organized by Francille
M. Firebaugh (Dean) and Joan Jacobs Brumberg (Professor), both of the New York State College of Human Ecology. It started with a conversation between these same two women who shared a deep concern that “the home economics profession was ignored, misunderstood and even maltreated.” They called the meeting because they “both wanted to learn more about the specific history of home economics within the larger context of the history of female professionalization in the United States.”

From the start they knew “that any successful discussion had to involve both home economists and historians of women” (pp. ix-x). The book is divided into 5 sections and 15 chapters. At the end of each section are the reminiscences of a particular woman.

We are interested in the life and work of Lenna Frances Cooper, which is found in Chapter 6, “Home Economists in the Hospital, 1900-1930” which begins: “Much of the early history of home economics is closely allied with the history of women’s education.” During this time idea of a hospital (and of medicine) in America was undergoing a transformation and “The role of the teaching dietitian, which emerged in the 1890s is entwined with the history of nursing education, hospital development, and growth of home economics itself.” Hospitals had always needed dietitians to plan menus and recipes for the sick and aged.

In 1892 the Drexel Institute opened in Philadelphia, Pennsylvania. Founded by Anthony J. Drexel, it was a college devoted primarily to vocational education. Its “normal course” was designed for future teachers of cookery; it also offered a course in invalid cookery—of interest to nurses. Institutions like Drexel provided new sources of supply for hospital dietitians.

In 1899 the first Lake Placid Conference was held at the Lake Placid Club in Lake Placid, New York. These conferences were held for women to meet and talk about the emerging new field of “home economics,” which had been pioneered by Ellen Swallow Richards.

Lenna Frances Cooper, one of Drexel’s most distinguished graduates, attended her first Lake Placid Conference. Cooper’s career proved atypical among dietitians because of her close ties to Dr. John Harvey Kellogg, a vegetarian, and his Battle Creek Sanitarium, “which was more like a health spa than a hospital.” Her career nonetheless illustrates the close and complex relationship between dietetics, nursing education, and home economics in the early 1900s.

On p. 131 is a biography of Lenna Frances Cooper, largely adopted from the 1965 article by E. Neige Todhunter. Here we will include only new information. Ella Kellogg, wife of Dr. Kellogg, taught cookery there; she encouraged Lenna Cooper to go to Drexel. Cooper then moved to Philadelphia and in June 1908 she completed the Drexel one-year curriculum of three courses in normal domestic science.

Footnote 16: Todhunter (1965) “gives Cooper’s appointment as head of the training school as 1906. However, according to information supplied by Drexel University, Office of Student Records (in 1993), it seems likely that Cooper was appointed in 1908, not 1906.

After graduating, she returned to Battle Creek, where she became chief dietitian at the sanitarium and subsequently head of a new training school for dietitians there. During this period she took time out to earn a bachelor’s degree from Columbia University in New York City, a step probably unusual among the early dietitians as a group but not uncommon among the leaders of the profession. She also maintained close professional ties to home economics, serving from 1920 to 1923 as director of the American Home Economics Association (AHEA; founded in 1908 by Ellen Swallow Richards).

When the dietitians’ school became part of Battle Creek College, Cooper was named the college’s dean of home economics, a position she held until 1926. She later earned a master’s degree at Columbia, “again a rare step among hospital dietitians then but more in line with other woman leaders in dietetics and nutrition, who were among the pioneers in advanced scientific education for women. After finishing at Columbia, Cooper moved to Michigan State University as food service director, and then in 1930 she returned to New York to become chief dietitian at Montefiore Hospital—just north of New York City.

Page 136: World War I “precipitated the founding of the American Dietetic Association, organized by hospital dietitians to give themselves a professional identity clearly separate from that provided by the American Home Economics Association.”

On April 6, 1917, the USA declared war on Germany and thus entered World War I. “When the AHEA cancelled it annual meeting in 1917, Lenna F. Cooper, then director of the Training School at the Battle Creek Sanitarium... and Lulu Graves, supervisor of dietitians at the Lakeside Hospital in Cleveland, Ohio, hastily organized a meeting of dietitians to discuss how best to contribute to the war effort. Ninety-eight people attended, nearly half of them hospital dietitians. The group decided to form an association distinct from the American Home Economics Association (AHEA); thus was the American Dietetic Association born. Evidently concerned about their professional status, the founders of the ADA defined explicit educational requirements for membership. The minimum for women educated before June 1917 was a one-year course in home economics beyond high school and a year of practical dietetic experience, and for those completing their education after 1917 the ADA mandated a two-year home economics course (already the standard requirement for teachers of home economics). The ADA requirements were clearly designed to improve the standing of dietitians and were, at least on paper, more exclusive than those of the AHEA, which invited membership from “all who are actively interested in home problems” (30).
“Because of her well-honed writing and editing skills, Kellogg became a charter member and honorary president of the Michigan Women’s Press Association. Her other accomplishments include: charter member of the American Dietetic Association, member of the National Congress for Mothers, American Home Economics Association member, member of the Women’s League, and member of the YWCA.”


“Introduction: According to Battle Creek historian Berenice Bryant Lowe, in her *Tales of Battle Creek*, when dietitian and author, Lenna Frances Cooper, was asked if she was the ‘mother’ of home economics, she replied ‘I’m sometimes called the Dean but the “Mother” of Home Economics is without doubt Ella Eaton Kellogg.’ While Ella Eaton Kellogg’s students like Lenna Frances Cooper acknowledged their debt to her, Lowe points out that ‘Ella Eaton Kellogg’s contributions to the growth of awareness of nutrition in America... are immeasurable and unfortunately nearly forgotten.’” Address: Teacher of American, Michigan, and local history, Kellogg Community College.


**Summary:** An excellent history of the vegetarian movement in the United States from the late 1700s to the present—extremely well researched, well documented, and original. There have been three major waves of interest in vegetarianism, each beginning about 70 years apart. The first was in the 1830s and 1840s, and included Sylvester Graham and William Alcott. The second was from about 1900 to
1930. And the third and current period began in about 1970.

Contents: 1. Seeds are sown: Native Americans, Benjamin Franklin, Johann Conrad Biessel (1691-1768; founded Seventh-Day Baptists, Ephrata Cloister in Pennsylvania), vegetarian Dunkers, William Dorrell and The Dorrellites (Leyden, Vermont), John Wollman (Quaker) and his journal, Herman Daggett, L. Du Pre, Johnny Appleseed (John Chapman, follower of teachings of 18th century Christian mystic and vegetarian Emmanuel Swedenborg), Joshua Evans.


3. Sylvester Graham, Grahamism, and the Grahamites: Cholera epidemic, Graham’s preventive medicine, why vegetarian?, Jacksonian era dining habits, Graham bread, Jacksonian era medicine, Isaac Jennings, Asenath Hatch Nicholson, Dr. John Burdell, Graham in the press, William Andrus Alcott and The Moral Reformer; American Physiological Society (APS) in Boston, founded in 1837, Mary Gove Nichols, The Graham Journal of Health and Longevity, the vegetable diet, Dr. Luther V. Bell and his prize-winning essay, Dr. Milo L. North, Asa Mahan and Charles Finney of Oberlin College [Ohio], Dr. Reuben Mussey, Grahamites and anti-Grahamites, J.J. Flournoy, abolitionists and transcendentalists, A. Bronson Alcott (father of Louisa May) of Concord, Massachusetts, nonviolence and Thoreau, James Pierrepont Geaves, Ham Common, Alcott House, William Lambe and the Physiological and Health Association, Fruitlands, abolitionist-vegetarians, Orson S. Murray, Horace Greeley and Mary Youngs Cheney (his wife), Graham’s teachings on physiology and anatomy, William Metcalfe’s book Bible Testimony on Abstinence from the Flesh of Animals as Food... (June 1840), Larkin B. Coles.


5. The water cures, Seventh-day Adventists, and the Civil War: Henry Clubb, Octagon Settlement in Kansas (1856), Dr. James E. Spencer and the Harmonical Vegetarian Society in Arkansas (1857), James Caleb Jackson, Our Home on the Hillside, Dr. Harriet N. Austin, Seventh-day Adventists, Millerites, Ellen G. White, drugless medicine, Dr. Russell Thacher Trall, end of AVS with the death of Wm. Metcalfe.

6. The Civil War to the end of the century: Dr. Mussey, Rev. Henry Ward Beecher, Henry Clubb keeps vegetarianism alive in America (though it lacks a national organization), John Harvey Kellogg, Isaac and Susan Rumnford and Joyful News, California, Victoria Woodhull, Clubb founds the Vegetarian Society of America (VSA) in 1886, the VSA cookbook, and its periodical Food, Home and Garden, Chicago Vegetarian Society, Rev. A.T. De Learsey, Annie Besant, the New Thought movement, Charles and Myrtle Fillmore found the Unity School of Christianity in Missouri, Ralph Waldo Trine, Chicago World Exposition of 1892 (Illinois), William Axon is secretary of the Vegetarian Federal Union, vegetarian society formed in Washington, DC, vegetarian lectures at the Chicago World Expo, Alice Stockham, Dr. Susana Way Dodds, Dr. Martin Luther Holbrook, The Herald of Health magazine (Trall), vegetarianism and Christianity, J. Howard Moore, Lawrence Grunland, Henry Perky and his New Era Cooking School, 1895 gathering of vegetarians to celebrate Thanksgiving at University of Chicago, the animal question and ethical vegetarianism, antivivisection movement.

7. The Progressive Era and the rise of vegetarianism: It followed the Gilded Age and the Victorian Era, women’s suffrage and vegetarianism, refrigeration expands food choices, vegetarian foods developed at the Battle Creek Sanitarium and Sanitas Nut Food Co. (Michigan), peanuts and meat substitutes, Dr. John Harvey Kellogg, Lena Francis Cooper [sic, Lenna Frances Cooper], vegetarianism in the media, George Bernard Shaw, Sarah Bernhardt, General William Booth and the Salvation Army, athletes and showmen, Eustace Miles, Karl Mann, walking and cycling, Bernarr Macfadden and his Physical Culture, his chain of vegetarian restaurants in New York City, scientific evidence in favor of vegetarianism, M.E. Jaffa, Dabney, E.V. McCollum, Russell H. Chittenden of Yale, Nicola Tesla, Kellogg’s Good Health magazine, Upton Sinclair and The Jungle, passage of the 1906 Pure Food and Drug Act and the Meat Inspection Act, Hereward Carrington, Ernest H. Crosby, glamorous socialite Mrs. Maude R.L. Hammer Sharpe, the Millennium Guild (1912), M.R.L. Freshel, Benedict Lust and naturopathy, Kellogg battles the meat industry, the Vegetarian Magazine.

8. The Depression to the sixties: The lean years: Eat more meat, the soybean, Jethro Kloss, Henry Ford, World War II, Symon Gould, John Maxwell, Dr. Christopher Gian-Cursio, Herbert Shelton and natural hygiene, Dr. Jesse Mercer Gehman, Recovery of Culture, by Henry Bailey Stevens, the American Vegetarian Party found in 1930.
1948 by Symon Gould, its first presidential candidate was John Maxwell, Dr. Mervyn G. Harding, H. Jay and Freya Dinsah, American Vegan Society.


10. Vegetarianism has arrived: Animal rights, popular vegetarian cookbooks, vegetarianism and the environment, John Robbins and Diet for a New America, new scientific evidence, Dr. Neal Barnard and PCRM, Suzanne Havala, Howard Lyman, the movies and television, new vegetarian foods, the Internet, the Atkins Diet attack.


Note: This book has several weak points: (1) The authors repeatedly confuse a vegetarian diet with a “plant-based” (vegan) diet. (2) The history focuses too much on the story of individuals and not enough on the great historical forces by which those individuals are shaped. Address: 1. Journalist, researcher, and Adjunct Prof. of English at Johnson and Wales, Univ., Rhode Island; 2. Journalist who has worked for the Associated Press, the Providence Phoenix, and other publications.


• Summary: Down the right side of the page is a black-and-white sidebar about Lenna Frances Cooper. At the top is a portrait photo of her with the caption: “The science of nutrition travels so rapidly that it is almost impossible to keep up with it”–Lenna Frances Cooper.

“Born in 1975, Cooper was a nurse by training who, under the tutelage of Dr. John Harvey Kellogg and [his wife] Ella Ervilla Eaton at the Battle Creek Sanitarium in Michigan, became a staunch advocate for health care through diet. Cooper’s first book, The New Cookery (Good Health Publishing Co., 1913), featured a then-novel concept of nutritionally balanced, wholesomely prepared, attractive and palatable recipes for good health. She became the first director and dean of the school of home economics at the Sanitarium, from which more than 500 dietitians graduated during her tenure.

“Co-founder of the American Dietitian Association in 1917, Cooper pioneered the profession as a charter member of the American Home Economics Association, first president of the Michigan Dietetic Association and first U.S. Army dietitian. She served on the staff of the U.S. Surgeon General and created the department of dietetics at the National Institutes of Health.

“Cooper’s leadership in the field of nutrition and dietetics has touched millions and cemented her legacy within the profession. Annually, the Academy honors her by giving the Lenna Frances Cooper Memorial Lecture award to a dedicated member, inspiring speaker and a role model who has made significant contributions to the profession.”

Note: The word “vegetarian” is conspicuously absent from this description of Lenna’s life.

626. The American Dietetic Association (ADA) changes it name to the Academy of Nutrition and Dietetics (AND) and the famous Journal of the American Dietetic Association (JADA) changes its title to Journal of the Academy of Nutrition and Dietetics (JAND) (Important event). 2017. Jan. 1–its 100th anniversary.

• Summary: “The Academy of Nutrition and Dietetics is the United States’ largest organization of food and nutrition professionals, and represents over 100,000 credentialed practitioners–registered dietitian nutritionists, dietetic technicians, registered, and other dietetics professionals holding undergraduate and advanced degrees in nutrition and dietetics. After nearly 100 years as the American Dietetic Association, the organization officially changed its name to the Academy of Nutrition and Dietetics in 2012. [1] The organization’s members are primarily registered dietitian nutritionists (RDNs) [2] and nutrition and dietetic technicians, registered (NDTR) [3] as well as many researchers, educators, students, nurses, physicians, pharmacists, clinical and community dietetics professionals, consultants and food service managers. [4]
Memorial Lecture Award Recipient.

supporting school meals. 55th Lenna Frances Cooper

Jan. 4. Los


Academy of Nutrition and Dietetics, Jan. 2018.


May 2009. [11] Since its founding in 1917, the Academy has

when a female dietitian in Texas rejoined the Academy in

stabilized, and the Academy marked its 70,000th member

between the 1930s and 1960s, membership skyrocketed

group’s scope expanded, so did its membership numbers.

Between the 1930s and 1960s, membership skyrocketed

to more than 60,000. [11] Growth trajectory has since

stabilized, and the Academy marked its 70,000th member

when a female dietitian in Texas rejoined the Academy in

May 2009. [11] Since its founding in 1917, the Academy has


Academy of Nutrition and Dietetics, Jan. 2018.

Source for exact date of name change: Stein, Jeanine.


supporting school meals. 55th Lenna Frances Cooper

Memorial Lecture Award Recipient. Food & Nutrition. Sept/


• Summary: Down the right side of the page is a black-

and-white sidebar about Lenna Frances Cooper. At the top

is a portrait photo of her with the caption: “The science of

nutrition travels so rapidly that it is almost impossible to

keep up with it”–Lenna Frances Cooper.

The text is the same as that in the previous Lenna

Cooper Memorial Lecture.

Note: Again, the word “vegetarian” is conspicuously

absent from this description of Lenna’s life.


Frances Cooper: A pioneer in vegetarian nutrition and

dietetics (Web article). https://vndpg.org/resources/academy-


• Summary: “As we celebrate the 100th Anniversary of

the Academy of Nutrition and Dietetics (formerly the

American Dietetic Association), it is a good time to reflect

on our Academy’s rich history. It is a time to honor and

recognize the visionary women who started our professional

organization. One such woman, was the Academy’s co-

founder Lenna Frances Cooper. In describing her character

and dedication to the dietetic profession, the July 1965

Journal of The American Dietetic Association states, “This

woman who accomplished so much in the field of applied

nutrition and dietetics was slight of stature, quiet in voice,

and gentle in manner, but she had the true spirit and courage

of the pioneers. She had vision, steadfastness of purpose,

high integrity, and a thirst for knowledge which she shared

freely with her students and staff. Her warm personality and

deep understanding of others made her an ideal teacher and

dietitian and won friends wherever she went.”

“Lenna achieved much in her nutrition and dietetics

career. To give structure and professionalism to the field of

dietetics, she was the first to propose the formation of and

co-founded the American Dietetic Association (now known

as the Academy of Nutrition and Dietetics) in 1917. She

became the Academy’s first vice president and later served

as the fourteenth president in 1937. During World War I, she

was the first Supervising Dietitian for the U.S. Army (1918-

1919). In 1929, as a charter member, she became the first

president of the Michigan Dietetic Association. Lenna served

on the staff of the U.S. Surgeon General and created the

Department of Dietetics at the National Institutes of Health.

Her greatest renown came as senior author of Nutrition

in Health and Disease, used as a textbook for 30 years in

dietetic and nursing programs throughout the world.

“Each year at FNCE [Food & Nutrition Conference

& Expo], the Academy recognizes and honors Lenna’s

legacy of leadership in nutrition and dietetics through

the presentation of the Lenna Frances Cooper Memorial

Lecture award. This highly esteemed award is presented to a

dedicated Academy member, notable and inspiring speaker,

and a role model who has made significant contributions to

the profession of nutrition and dietetics. Yet, few Academy

members are aware of Lenna’s personal career background

and history as a pioneer in the field of vegetarian nutrition

and dietetics. Her study and career in foods and nutrition

began with a focus and specialization in vegetarian nutrition.

“In 1901, Lenna graduated in nursing from the

Battle Creek Sanitarium (a Seventh-day Adventist health

institution) in Battle Creek, Michigan. It was there that she

became a protégé of the famed vegetarian physician, Dr.

John Harvey Kellogg, superintendent, and medical director

of the sanitarium. During the early part of the twentieth

century, the Battle Creek Sanitarium became world-famous

as a leading medical center, spa-like wellness institute, and

grand hotel that attracted thousands of patients actively

pursuing health and well-being. The sanitarium served only

vegetarian meals to its patients and visitors.

“Under the tutelage and inspiration of Dr. Kellogg and

his wife, Ella Eaton Kellogg, Lenna first developed her love

for the study of foods and their scientific preparation. Dr.

Kellogg encouraged Lenna to go to the Drexel Institute in

Philadelphia to study foods and food chemistry. She excelled

in her studies at Drexel. Later, she received her bachelor’s

and master’s degrees from Columbia University.
“Dr. Kellogg appointed Lenna the Chief Dietitian of the Battle Creek Sanitarium and the Director and Dean of the Battle Creek Sanitarium School of Home Economics. Vegetarian nutrition and cooking was the foundation of the dietetics courses taught at the school under Lenna’s supervision. More than 500 dietitians graduated from Battle Creek under her tenure. Lenna became a leading proponent for health care through diet and a pioneer in the field of vegetarian nutrition and dietetics. Lenna’s first book, The New Cookery (Good Health Publishing, 1913), featured nutritionally balanced, attractive, and palatable vegetarian recipes, most of which were served at the Battle Creek Sanitarium. Many of these unique recipes incorporated the innovative nut, wheat gluten, and legume-based meat substitutes, whole grain cereals, and other vegetarian food products that were originally created at the sanitarium. Working closely with Dr. Kellogg, Lenna developed the vegetarian cuisine medical nutrition therapy menus that were served to the sanitarium’s patients. Because of her multifaceted talents and accomplishments in dietetics at the Battle Creek Sanitarium, Lenna’s reputation gradually became recognized on a national level as a leader in her field. Those early days of training and experience working at Battle Creek gave her a strong foundation in nutritional science that paved the way to an illustrious career.

“As the Academy begins its second century, we thank Lenna Frances Cooper for her vision and leadership as a co-founder of our professional organization. We also acknowledge her pioneering work in the field of vegetarian nutrition and dietetics. Today, scientific research continues to confirm that plant-based and vegetarian diets are a more optimal nutritional approach to the prevention, treatment, and even the potential reversal of many of the chronic diseases facing the world today. Vegetarian nutrition plays a critical role in achieving the Academy’s new mission to ‘accelerate improvements in global health and well-being through food and nutrition.’ Lenna was ahead of her time.”

A large photo shows Lenna F. Cooper in her cap and gown. The date and place of this photo are unknown.

About the author: John Westerdahl, PhD, MPH, RDN, FAND is a Past Chair of the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics. He is in private practice specializing in vegetarian nutrition and is a radio talk show host on his weekly national radio show, Health & Longevity on the LifeTalk Radio Network.

Note 1. John would like to write more about Lenna Frances Cooper. Shurtleff asked him (26 Jan. 2018) about archival sources: He knows of no archive that has her personal papers. “Probably the Academy of Nutrition and Dietetics has some archives in their files with many documents. I am going to get all I can from the Loma Linda Univ. and Andrews Univ. first, with her published works and files they have. I did leave a message today with the Chair of the History department at Andrews, to discuss if there could be any possible interest of a graduate or PhD student that want to do a thesis on Lenna as Richard Schwartz did on Dr. John Harvey Kellogg. I think there could be some documents with the Michigan Dietetic Association as Lenna was President of that once. There is a lot of research for such a project. My next project on this, is taking the current article I wrote and going to add about 1,000 worlds and gather more pictures to go along with it (need to do this by middle of February) and it will be and article in the next issue of Vegetarian Nutrition Update the official newsletter of the Vegetarian Nutrition Dietetic Practice Group that goes to all its members.

As for newspaper sources: Good Health magazine [published by Dr. John Harvey Kellogg at Battle Creek, Michigan], the local Battle Creek newspapers of that time, and the Adventist Church publications of that time as during those early days, Battle Creek was the world headquarters of the Seventh-day Adventist Church.

Note 2: According to Wikipedia’s list of Online Newspaper Archives, there are three online newspapers with “Battle Creek” in the title:

Adventist Review and Herald—Battle Creek (1855-1998)
Free. Contains no significant mentions of Lenna Cooper, two non-significant in the 1991, No. 5 edition.
Battle Creek Enquirer (1846-current) Pay
Battle Creek Enquirer (2002- ) Pay Address: Newbury Park, California.


• Summary: In her personal diet, during what years was Lenna Cooper a vegetarian?

Why did she become a vegetarian? Was it because she was living in the Kellogg household as a governess and therefore ate whatever food the Kellogg family ate? Or did she start regular vegetarian meals before that time? When did Lenna first start eating vegetarian meals regularly? How can we find out?

Was the family Seventh-day Adventist (probably not). Did Lenna ever attend Adventist church services? Did she ever temporarily become an Adventist? If yes, starting when? Her closest brother and at least one other sibling were devout Adventists.

Where and when did she receive primary and secondary education?

Try to find the family in 1890 U.S. Censuses.

When did Lenna arrive in Battle Creek? Did she go there together with her brother and thus arrive at the same time? Was she invited?

How much time elapsed between the time she arrived in Battle Creek and the time she enrolled in nursing school? What did she do during that time?

Where did Lenna eat her meals while living in Battle

© Copyright Soyinfo Center 2018
In his plans for *Good Health* in 1908, Dr. Kellogg had Lenna writing a series of articles. Yet she never wrote them. Was it because she went to Drexel Institute in Philadelphia? Drexel does not have any surviving yearbooks during the time she was there, outside activities. She studied foods and chemistry at Drexel. At Teachers College, Columbia University, she was awarded a Bachelor’s degree (1916) and a Master’s degree (1927).

Try for an article announcing that she became the first dietitian at the Battle Creek Sanitarium where later, as Dean, she initiated the Battle Creek Sanitarium School of Home Economics.”

Concerning the initial meeting of the American Dietetic Association. When was that name decided? Is there a list of people who attended that initial meeting? Of charter members?

What is the source of this statement: “In this position she directed the work of over three hundred dietitians in war service for the first time in history.”

Try for a source for this statement: In 1927 Miss Cooper became Food Service Director at the University of Michigan.

She helped found the Altrusa Club of Battle Creek and Altrusa International. Try for a source?

Try for a source: In 1930 she “went to Montefiore Hospital in New York City, where she was Chief of Nutrition for eighteen years.”

Why did Lenna never marry? Did she not find the right man or did she make dietetics her life’s work in place of marriage—or both?

In 1993 she was inducted into the Michigan’s Women’s Hall of Fame for her achievements in Dietetics. Do they have a file on Lenna? Visit: The Michigan Women’s Historical Center & Hall of Fame, 1982 W Grand River Ave, Okemos, MI 48864. E-Mail: info@michiganwomen.org Telephone: 517-763-2397.


• **Summary:** Dietetics (1806): *The Edinburgh Medical and Surgical Journal* (p. 506). “Dietetics, Materia Medica, and Pharmacy.”


• **Summary:** Lenna Frances Cooper was one of two co-founders of the American Dietetic Association (renamed The Academy of Nutrition and Dietetics on 1 Jan. 2012). She was born on 25 Feb. 1875 on a farm near Hutchinson, Kansas—the eldest of six children. Many members of The Academy do not realize that she was a vegetarian for many years and that she wrote two vegetarian cookbooks: *The New Cookery: A Book of Recipes, Most of Which Are in Use at the Battle Creek Sanitarium* (1913; 12th ed. 1935) and *How to Cut Food Costs* (1917, Battle Creek, Michigan).

The fact that Lenna F. Cooper was a vegetarian is not mentioned in any of the most important publications or websites concerning her life and work. A Google search for: Lenna F. Cooper vegetarian got no hits—except in books by Shurtleff & Aoyagi.

In 1898 Lenna F. Cooper first came to Battle Creek with her brother when he became a student in the old American Medical Missionary College—according to his obituary in the *Battle Creek Enquirer* on 12 Feb. 1959, p. 1-2.

It was in Battle Creek that Lenna first became interested in dietetics.

We know Lenna was in Battle Creek, Michigan, in June 1900; her name appears there in the U.S. Census.

After graduation from the nursing school in 1901, she became closely associated with Dr. and Mrs. John Harvey Kellogg and assisted them in their residence by helping care for their adopted and foster children. From the Battle Creek city directories we know that Lenna boarded with Dr. and Mrs. Kellogg at their residence and worked as a governess and then as a teacher with the Kellogg’s children from about 1903 to 1907; during this time she clearly ate a vegetarian diet.

Battle Creek had been a largely Seventh-day Adventist town since the 1860s and most Adventists avoided meat and alcohol. Both Dr. and Mrs. Kellogg were devout vegetarians.

We don’t know when Lenna started to eat only vegetarian meals, but it seems very likely that she started between 1898 (when she arrived in Battle Creek) and 1900 (when she started nursing school).

She wrote articles on nutrition in *Good Health* magazine (edited by Dr. J.H. Kellogg) starting in Nov. 1903, and I would guess she was a vegetarian by then, for her articles discourage the use of meat. By Feb. 1904 her articles in *Good Health* mostly focus on nursing, no diet or nutrition except May 1904 (“Foods for the sick”).

But by Dec. 1905 her focus has again switched to diet and nutrition; this continues until Dec. 1907.

She is in Battle Creek in the April 1910 US Census, renting a house, unmarried, age 35.

By 1911 she first appeared in the Battle Creek city directory. Under “Colleges and Schools” we read: “Battle Creek Sanitarium School of Health and Household Economics, B C Sanitarium Building, Lenna F. Cooper, Director.”

In 1913 she published her first book, *The New Cookery*:
In 1916 the 3rd edition of her book *The Cost of Foods in Non-meat Dieteries*—so she is probably still a vegetarian.

In March 1915 she published an article in Vol. 7 of the relatively new *Journal of Home Economics* titled “The cost of foods in non-meat dietsaries”–so she is probably still a vegetarian.

In 1916 the 3rd edition of her book *The New Cookery* (revised and enlarged) appeared. At the very front of this book, for the first time, she has added the following poem: “No flocks that roam the valley free,
“To slaughter I condemn;
“Taught by that Power that pities me,
“I learn to pity them;
“But from the mountain’s grassy side,
“A guiltless feast I bring;
“A scrip [small bag] with herbs and fruits supplied,
“And water from the spring!”
- Oliver Goldsmith [1728-1774, Ireland]

This same poem appeared in the same place in every subsequent edition of this book until the last (12th) edition, published in 1935.

If Lenna Cooper put this poem there -in such a prominent place in the book--and kept it there of her own free will, it seems likely that she was deeply committed to vegetarianism in 1916 and in 1929 and in 1935. Note that 1935 was 7 years after she wrote the first edition of her most famous and best-selling book, *Nutrition in Health and Disease* (1928).

In 1917 she wrote many food articles in *Good Health*; they give the strong impression that she is still a vegetarian.

More important, she is still Director of the Battle Creek Sanitarium School of Home Economics, which would require that she teach vegetarianism since it was governed by Dr. John Harvey Kellogg and his wife Ella, both of whom were deeply committed to vegetarianism.

Also in 1917 she was a co-founder of the American Dietetic Association. We have no evidence that she mentioned vegetarianism in this professional context.

In 1918 she left Battle Creek to be the first dietitian for the US Army. I wonder how she handled her personal diet while working with a diet that had plenty of meat. She might have continued to eat vegetarian meals herself, but we have no evidence either way.

Upon returning to Battle Creek she continued as dean of the School of Home Economics, and remained in this position after the School of Home Economics was merged into Battle Creek College in 1923, remaining in this post until 1926.

Then in 1928 she published the book that made her famous: *Nutrition in Health and Disease*. It was NOT vegetarian.

In April 1930 she is still in Battle Creek in the US census, age 55, living in a boarding house.

In 1935 her vegetarian cookbook, *The New Cookery,* appeared in its 12th edition. Her new Preface to that edition makes it sound like she still has strong sympathies for a vegetarian diet. In May 1951 she wrote a vegetarian-type article in the *Journal of Home Economics.*

In 1952 Lenna returned to Battle Creek to be with her brother, Dr. John E. Cooper, after his wife died on Jan. 3, 1952 at age 72 from an accident. By 1954 she was back at the Sanitarium as head dietitian. It seems quite likely that Lenna might have resumed her vegetarian diet in 1952 or 1954.

Miss Cooper died at a nursing home in Battle Creek at the age of 86 in February 1961 and was buried at Memorial Park Cemetery in Battle Creek in a family plot purchased by her brother.

We can surmise that she was probably a vegetarian starting in about 1898 or 1900 and she almost surely remained a vegetarian until 1918 when she left for her new job as dietitian with the Army. After that we just don’t know what her personal diet was like, although she may well have been a vegetarian until 1926, and again from 1952 or 1954 until her death in 1961.

632. *SoyaScan Notes.* 2018. Lenna F. Cooper’s degrees:

• Summary: 1. Lenna attended Drexel Institute in Philadelphia to study foods and food chemistry. She finished the two-year course in 1908.

2. In 1914 she enrolled at Teachers College, Columbia University [Manhattan, New York City] where in 1916 she was awarded a bachelor of science degree.

3. In 1926 Miss Cooper left Battle Creek to go back to Columbia to study for her masters degree. She was awarded her degree in 1927.

4. In 1927 she was awarded an honorary masters of Home Economics Degree from what was then Michigan State College.

5. In 1947 she received an honorary doctor of science degree at the Drexel Institute, Philadelphia. She could now be called “Dr. Cooper.”


• Summary: This web page begins: “The Academy of Nutrition and Dietetics’ Lenna Frances Cooper Memorial Lecture honors an Academy member who has been recognized as a notable and inspiring speaker. The member chosen to deliver the Cooper Memorial Lecture is an

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experienced speaker with the ability to communicate expert knowledge to a broad audience, as well as a dedicated Academy member whose unique experiences and contributions to the profession make him or her a role model in the field of nutrition and dietetics.

“Qualifications
“1. A member of the Academy.
“2. Be a recognized speaker: Ability to relate area of expertise to a broad audience. Spoken to diverse professional groups within the last three (3) to five (5) years. Reputation as a speaker of note.
“3. Has professional recognition and conduct: Contribution to the profession through service at the national, state, dietetic practice or member interest (DPG/MIG) groups or district/local levels. Unique experiences which are of unusual interest to the profession. Source of inspiration and outstanding role model.

“Topic to be selected by the speaker should be of widespread interest to Academy members and one normally associated with the speaker’s work.”

Below that are the scoring criteria for each of the main points listed above.

“Award presentation: The Lenna Frances Cooper Memorial Lecture is selected one year prior to the presentation. The recipient of this year’s award will present at next year’s Food & Nutrition Conference & Expo(TM).

Below that are links to Past Recipients and to Past Presentations. For example the first 4 recipients were:


Note: The titles of these earliest past presentations are not given. As of today, only past presentations from 2003 to 2016 are given. Address: Chicago, Illinois. Phone: 312-899-0040.


• Summary: Wm. Shurtleff went to the online Cleveland Memory Project, found an entry for American Dietetic Association (which was a closed folder) and clicked a link to contact the project, and filled out an online form.

He wrote: “I am looking for two things: (1) Coverage of the organizational/foundational meeting of the American Dietetic Association which took place in Cleveland in 1917 on Oct. 18-20. Roughly 90-100 dietitians attended to establish the new association, which still exists. (2) Photos relating to that association in the subject folder in the Cleveland Press Photographic Collection. I found the folder but I don’t know how to open it or view its contents.

Thank you, Bill Shurtleff–author, writing a book about Lenna F. Cooper, organizer of the initial meeting and one of the co-founders (along with Lulu Graves) of this important association.”

“Would You Like a Response?: Yes.”

“Please tell us how to reach you: Email me.

Mr. Barrow replied: “Thanks for the inquiry. I checked the Press Collection clipping files, but nothing that early was available. The Press photos, listed on that on-line page, aren’t available from that page, but only after being digitized and put up in Cleveland Memory, which hasn’t happened yet for that particular folder. Checking it, there are two photos: (1) four dietitians preparing buckeye-themed name tags for the 1965 convention, and (2) a group shot of eight dietitians in 1955. I could check the microfilm for 1916, to see if anything was mentioned, but I cannot promise I’ll find the time to make that search, with other duties pressing here. Cheers...”

Address: M.A. M.L.S., Head of Special Collections, Michael Schwartz Library, Cleveland State Univ., 2121 Euclid Ave. Cleveland, Ohio 44115.

An asterisk (*) at the end of the record means that SOYINFO CENTER does not own that document. A plus after eng (eng+) means that SOYINFO CENTER has done a partial or complete translation into English of that document. An asterisk in a listing of number of references [23* ref] means that most of these references are not about soybeans or soyfoods.
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