PREFACE

Dr. Hazel Katherine Stiebeling entered my life in 1937 when, as a teenager, I visited my uncle, Dr. Carl Eugene Parry, in Washington, D.C. Her friendship with Carl lasted from her arrival in Washington in 1930 until his death in 1958. He is the "Carl" referred to on page 11. In the meantime, my husband and I became based in Washington, and we simply adopted Hazel as part of our family. Birthdays and holidays were jointly celebrated for many years. Her influence on us will be long treasured.

Some time before her death, Dr. Stiebeling asked that I take her files and, after her passing, edit and submit the memoires on which she had worked to the various groups, associations and departments with which she had long been associated. This booklet is the result of my promise to her. The Autobiographical Sketches are Dr. Stiebeling's own writings. The ensuing sections are a compilation of material collected over the years in her and my files.

Dr. Stiebeling was, personally and professionally, an exceptional woman. Her great satisfaction was in the creating and sharing of ideas, knowledge and service. She found deep appreciation in a vast number of friends with whom she could share joy, sorrow, honest discussion and the beauties of the world around her. Through her strong religious faith she found awe and wonder in the sobering mysteries of life which led her to live in accordance with the highest and best she knew how to be.

Deborah P. Dale

A NUTRITIONIST GOES TO WASHINGTON

"If you consider it more important to join Them than to remain here, I think you should go when They want you to come." Thus ended a session with Professor Henry C. Sherman, head of chemistry in the Graduate School of Columbia University. I was trying both to negotiate the cancellation of my contract with that department and to win approval for requesting a 2-month postponement in the proposed start of a new job. Result: the cancellation of a long-planned summer vacation and the almost immediate uprooting of an interesting and comfortable life in New York City.

The date for reporting to the federal government had been set for 1 July, 1930, a Tuesday, the first day of Their fiscal year. I arrived in Washington on the day before and, on The Day, was duly welcomed, officially inducted and briefed on the duties and responsibilities of the new job. It happened, however, that I could not have access to my desk and files until the following Monday, as the entire Bureau was in the throes of being moved from World War I "temporary" buildings on the plaza west of the Union railway station to a new location at 13th and E Streets, N. W., on the top floors of the Warner Theater building. On Wednesday morning my understanding supervisor pondered aloud as to whether the briefings to date had suggested any matters that I could profitably discuss with former colleagues on the day before the July Fourth holiday. The hint was taken. I requested leave for July 3 and left for a long weekend with favorite people in New York! When early on Monday morning the overnight train from New York returned me to Washington, I found myself filled with eager anticipation of a new office with new colleagues on a new job. I was now Senior Food Economist in The Department of Agriculture's Bureau of Home Economics!

Perspectives widen with change in scope of responsibilities. Furthermore, constraints observed when doing nutrition research in the chemistry laboratory of a university differ from those encountered in dealing with food and nutrition problems in the public arena. My first assignment was a good introduction to my new situation. I was asked to study a mass of data collected over the preceding year of the food consumption of a group of farm families in South Carolina and the incidence among them of Pellagra, a disease induced by deficient diets. What additions or refinements in knowledge could emerge that would make for more effective management of food resources?

I had been in office only about a month when I was appointed to a new interdepartmental committee that was to

recommend action to be taken with State and private groups to deal with widespread problems of food and health arising from the continuing severe summer drought in the South and from growing unemployment following in the wake of the great depression. On this committee I found others from the Department of Agriculture - from the Extension Service, from the Office of Experiment Stations, from the Bureau of Agricultural Economics. Also there were professionals from other agencies: the U.S. Public Health Service, the National Institute of Health, the Children's Bureau, the Department of Labor, and the National American Red Cross. What a group to work with! What diversity of expertise represented! What a number and variety of tangents with government and with the public!

My problem: how best to integrate my specialized knowledge and experience into recommended programs of action. Brought up under the tutelage of Mary Swartz Rose and Henry C. Sherman, I knew that my input should be practical, flexible, but as specific and quantitative as possible. I began to formulate food budgets geared to the needs of those groups most adversely affected by existing conditions. I worked out and tested budgets expressed in terms of a dozen major types or groups of common foods which, when combined, would provide the nutrients (chemical entities) of kinds, amounts and proportions conducive to nutritional health, and which - equally important - could be transformed into meals that would be acceptable to families of a wide range of customary food habits. Food lists were drawn up for persons in 15 different age, sex and activity categories so that amounts could be calculated for any given family or institutional group. Later followed comparable diet plans for persons who could afford moderate-cost or even liberal diets. By well-designed programs of home food production for family use, many could enjoy a wider variety in diet than might be judged from the money income alone.

Agricultural economists calculated that this country's capacity to produce would find no problem in supplying demand if everyone in the population were consuming the nutritionally adequate diets that these food budgets described for use at their respective different money-expenditure levels; and that there would follow an increased demand for milk and for deep green- and yellow-colored fruits and vegetables, leafy greens in particular. But the meat industry was upset by the diet plans because the most economical budgets included less than average-per-caput amounts of lean meat. Wheat growers were unhappy because the most costly budgets included less of grain products than average-per-caput consumption.

Some members of Congress were influenced to attach to the 1934 agricultural appropriations bill an amendment to

prohibit the use of any money so provided to pay the salary of any person advocating the lessened consumption of any wholesome food. Loud protests came immediately from Experiment Station Directors all across the country and from personnel and organizations in the field of nutrition and related subjects. The amendment was deleted from the bill.

The original food budgets* have been refined over the years to reflect advances in knowledge of human nutritional requirements, of the nutritive value and relative economy of traditional and new forms of foods, and of the food consumption habits of various population groups. But the principle underlying the construction of food budgets continues to make them useful tools and/or helpful guides in many educational and administrative programs of food, agriculture, health and social welfare, whether undertaken by public or private organizations.

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* Diets at Four Levels of Nutritive Content and Cost by Hazel K. Stiebeling and Medora M. Ward. U.S. Dept. Agr. Circ. No. 296, 59p. illus. Washington, 1933.

* Food Budgets for Nutrition and Production Programs by Hazel K. Stiebeling, U.S. Dept. Agr. Misc. Publ. No. 183, 15p. Washington, 1933.

A—10 THE SUNDAY STAR, Washington, D. C.
SUNDAY, MAY 28, 1944.

New U.S. Nutrition Bureau Chief Wins Fame at Home and Abroad

By JESSIE FANT EVANS.

In advancing Dr. Hazel K. Stiebling from assistant chief to chief of the Bureau of Human Nutrition and Home Economics of the Agriculture Department, effective June 30, Secretary Wickard has chosen an outstanding food nutritionist. Her work is almost as well known in Europe and South America as it is in the United States.

Dr. Stiebling.

Dr. Stiebling succeeds the world - famous modern pioneer in food nutrition, Dr. Henry C. Sherman of Columbia University, who is returning to his academic pursuits.

During her 14 years of service with the bureau, Dr. Stiebling has made nutrition history in many fields.

In a spectacular way she brought home to America its nutritional needs in 1941 with her publication, "Are We Well Fed." Here, by means of simple charts and figures, she presented the nutritional standing of the Nation and its pepole in a plain and straightforward way. She found that one third of the Nation's population was poorly fed.

Develops "Four Diets" Plan.

For the scientist and the layman alike, she had demonstrated what people in various sections of this country, on the farms and in the cities, rich and poor alike, were eating, and what changes they needed to make in their diets to get more nourishment.

This study was preceded by her development of the so-called "four diets" plans at four levels of cost. These flexible dietary plans enable families and individuals at different economic levels to obtain the best possible nutrition for the amount of money they have to spend for food. At the same time, the plans make allowances for different food habits and tastes.

The methods worked out by Dr. Stiebling now are considered basic in nutrition planning in many countries throughout the world. They have special significance in making possible a closer gearing of food production to the nutritional needs of large or small populations groups, and have resulted in her being sent as a delegates to dietary conferences in Hungary, Yugoslavia, Czechoslavakia, Scotland, Geneva, Buenos Aires and Mexico City. She was a member of the technical secretariat of the United Nations Food Conference at Hot Springs, Va., and served as committee secretary for the discussion on consumption levels and food requirements.

"For significant contribution to the knowledge of the food habits of the people of the United States," Dr. Stiebling received the Borden Gold Medal and a prize of $1,000 in 1943.

The author of such informative pamphlets as "Better Nutrition a National Goal" and "Present-Day Diets in the United States," her findings about nutrition and food have been published in the Journal of the American Medical Association and many other professional publications.

Born on Ohio Farm.

Born on a farm near Hoskins, Ohio, Dr. Stiebling taught at the Kansas State Teachers' College, Emporia, before taking up graduate study at Columbia University, New York. After receiving her M. A. degree in nutrition and her Ph. D. in chemistry, she worked as an assistant to America's two great nutrition pioneers, Dr. Mary Swartz Rose and Dr. Henry C. Sherman.

"To fulfill its highest destiny, research must be so conducted as to push back the frontiers of everyday knowledge," she said. Another of her convictions is that the help derived from scientific food planning should be translated as speedily as possible into A, B, C simplicity for the homemaker, so that the children of a nation immediately benefit by it.

She is confident that the spurt given the general nutritional program by the war in both Great Britain and the United States cannot help but be generally effective when peace comes.

Although renowned for her work for better nutrition standards and food consumption, both at home and abroad, Dr. Stiebling remains a quiet, unassuming person, but she has the dignity and sureness of opinion which come from knowing a subject authoritatively.

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October 1944

U. S. Bureau of Human Nutrition and Home Economics

Dr. Hazel K. Stiebeling

Her diet plans at four cost levels, her studies of what people eat in various parts of the country and at different income levels, and her analyses of the nutritive value of their diets have made nutrition history.

Since 1936 she has represented this country at various international conferences on foods and nutrition and on agricultural planning and has acted as food consultant for the League of Nations.

As the United States moves toward ever closer working relations with the rest of the world it was fitting that on June 30, 1944, a woman of her imagination, creative mind, and world outlook should be made chief of the Bureau of Human Nutrition and Home Economics in the U. S. Department of Agriculture.

Women in World Affairs

MISS PERKINS

REP. NORTON

DEAN THOMPSON

As the nations of the world draw closer together and plan for peace, a number of American women have been named to represent the United States at major international conferences. Women distinguishd in their respective fields are now making their particular contributions to the broad, constructive pattern that is being outlined for the world by the United Nations Organization and related organizations. In addition to Mrs. Roosevelt, UNO delegate, the list includes other names long familiar to readers of *The Democratic Digest*. Among those who have attended recent international conferences are:

INTERNATIONAL LABOR ORGANIZATION—as delegate, Frances Perkins, former Secretary of Labor; as advisors, Representative Mary T. Norton of New Jersey, Dean of U. S. Congresswomen and Chairman of the House Labor Committee; Katharine F. Lenroot, Chief of the Children's Bureau, U. S. Department of Labor; Clara M. Beyer, Assistant Director of the Division of Labor Standards, U. S. Department of Labor.

UNITED NATIONS EDUCATIONAL, SCIENTIFIC AND CULTURAL ORGANIZATION—as delegate, C. Mildred Thompson, dean of Vassar; as advisor, Harriet W. Elliott, dean of women, University of North Carolina.

FOOD AND AGRICULTURE ORGANIZATION—as advisors, Hazel K. Stiebeling, Chief, Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture; Anna Lord Strauss, President, National League of Women Voters.

UNITED NATIONS RELIEF AND REHABILITATION ADMINISTRATION—as delegate, Ellen S. Woodward, one of the three members of the U. S. Social Security Board.

DEAN ELLIOTT

MRS. WOODWARD

MRS. BEYER

DR. STIEBELING