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## Book Review of *Delightful Dining* by Sister Beatrice Kiesel

Catholic Physicians' Guild

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## **A Report . . .**

**An S. O. S. . . .**

**From C. M. M. B.**

### **2,774,187 LBS. OF MEDICAL SUPPLIES SHIPPED BY CMMB TO 69 MISSION COUNTRIES DURING 1968**

Last year the Catholic Medical Mission Board shipped 2,774,187 lbs. of diversified medical supplies, instruments and equipment, valued wholesale at \$10,326,442 to 3,117 Mission distribution centers in 69 countries.

The 1968 shipping performance represents a 112,453 lb. increase over the 1967 shipment total of 2,661,734 lbs. valued \$9,559,870 wholesale. Included in these 1968 figures are 19 emergency shipments containing vaccines, anti-malarials, vermicide, and vitamins sent in response to urgent appeals from Africa, Asia, South America and Caribbean areas.

### **SOS**

Help give the physicians and surgeons overseas the tools of their profession! May we urgently request all physicians, dentists and hospital administrators to send us usable surgical and other instruments for distribution to hospitals overseas. Help us to help your colleagues overseas! Please send these instruments prepaid to the C.M.M.B. warehouse at 33-01 11th St., Long Island City, N.Y. 11106, with all correspondence to our headquarters at 10 West 17th St., New York, N.Y. 10011.

## **Book Review . . .**

**Delightful Dining**  
by Sister Beatrice Kiesel, C.J.P.  
Publisher: Herbick and Hold  
Pittsburg, Pa.

This is an unbelievable picture book of diets for the diabetic, the weight watcher and for good nutrition. It is the culmination of twenty-five years in dietetics by Sister Beatrice Kiesel who is Director of the Dietary Department of the Braddock General Hospital in Pittsburg, Pa.

Early in her career she found many patients who spoke and understood little English by virtue of migration from foreign lands. For these, her diets became the picture worth a thousand words as she pasted together colored cutouts from women's magazines and set them together as a meal. She made complete sets to meet the dietary prescriptions of each patient. The demand became so great that she has now assembled this easiest to follow diet book with calories counted and meals balanced.

The book contains a single page of rules, diets from 1000 to 2000 calories and even a page of substitutes for the sportsman.

The price per copy is \$4.00.

The photography is amazingly appetizing.