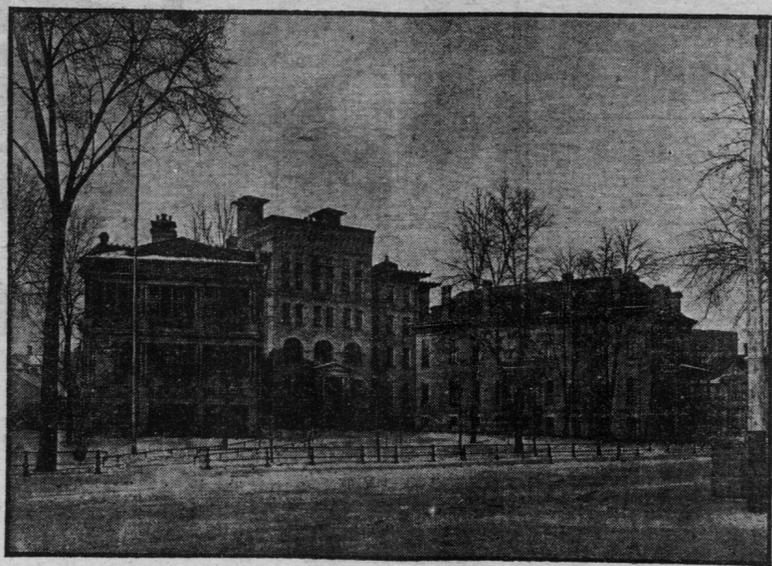


# FOR HALF A CENTURY ST. JOSEPH'S HOSPITAL HAS CARED FOR THE SICK

## ST. JOSEPH'S HOSPITAL



Exterior View From Corner of Exchange and Ninth Streets.

THE world has come to associate the Catholic sisterhood with such works of mercy as the care of the poor, the sick, the aged and the friendless. There are many Catholic institutions here in St. Paul, and each has its separate work, but the purpose is all the same—the alleviation of suffering and the brightening of lives.

One of the most important of these institutions is St. Joseph's hospital, which began its work of caring for the sick just fifty years ago. The first hospital was an unpretentious but comfortable building, which stood on a part of the site occupied by the present large building. It was opened in the summer of 1854, and served as a hospital for five years. In 1859 the hospital was moved to a building on Bench street, and an academy and day school was opened in the hospital building, but in 1863 the new academy was completed on Nelson avenue and the pupils were moved there, and the hospital sisters again took possession of the vacated building.

The present building situated on West Exchange street between St. Peter and Ninth street is not the building originally occupied by the hospital sisters, but a thoroughly modern and fire proof one to meet the requirements of a growing institution.

A modern hospital is always an interesting place, for in it are found all those modern appliances that science has given to the doctors and the surgeons for the curing of those ills that human flesh is heir to. To go through an institution like St. Joseph's with one of the soft-voiced nurses for a guide to point out and explain the uses and the purposes of the most modern inventions is to be profoundly impressed with the progress that has been made in the work of curing disease.

**Sunlight in Every Room.**

The hospital consists of a main building and two wings, so arranged that sunlight and fresh air has free access to every room and ward. The ground floor of the main or middle building is largely given up to executive

or administrative conduct of the hospital. Besides the offices, the parlors and reception rooms for visitors who call to see friends are on this floor.

On the second floor are both single rooms and suites, but the third floor gives over entirely to single rooms. The fourth floor is divided into two parts. The entire front of the building on this floor is occupied by the operating, sterilizing and consultation rooms. The operating rooms, two in number and modern in every respect, are finished in marble, glass, nickel and enameled metal throughout. The larger of these two operating rooms is shaped like an amphitheater and was constructed largely for the convenience of teachers and students, but in the arrangement nothing has been sacrificed that would tend to lessen the aseptic character of the finishings. Both operating rooms are supplied with electric lights, placed so that operations can be performed equally as well at night as in the day time.

To appreciate what cleanliness means one must visit the modern hospital. Here the scrubbing brush and soap take second place and the sterilizing apparatus is alone depended upon in the war that is constantly being waged by physicians and nurses against the merry microbes. In the sterilizing room at St. Joseph's are two sets of the most approved sterilizing apparatus, that cleanse chemically every instrument used in the operations.

**X-Ray Room.**

But quite as interesting as this sterilizing room and the two operating rooms, to the budding scientist, at any rate, is another room on the same floor that is used exclusively for the application of static electricity and X-ray work. Here cures are effected solely by means of this mysterious fluid, that promises to effect a great change in the field of locomotion. Very puzzling to the uninitiated are the various instruments and machines to be found in this room, but touched by the intelligent hands of the operator they become interesting and, in a measure, understandable.

Not far from this electricity room is the chemical and microscopic laboratory. In the basement of the main

building is the surgical dressing room and the Turkish bath room, both modern and complete down to the smallest detail.

The east and west wings of the hospital are each two and a half stories in height, and are divided into single rooms and wards. The buildings are all connected by corridors and there is

a roomy elevator by means of which patients are carried to the different floors. The hospital can accommodate 120 patients. No contagious diseases are admitted and suspicious cases are kept in rooms separate from the hospital until the nature of the disease develops.

**Serving Room on Each Floor.**

On each floor of the building there is a serving room in charge of a maid. Here are kept the dishes for each floor, and it is here that the nurse gets and arranges the food for her patients, which is sent up from the general dish kitchen on dumb waiters. The tea services used in the hospital are silver chiefly, and were designed by Mother Bernadine, the superior of the hospital. The crockery and glass are of quaint design, and though unornamented except for a narrow border, a scroll design about the top and bottom, are most attractive. Much attention is paid to dainty service, and this is the reason why only the prettiest china and the most attractive silver is used for serving the meals of the patients.

In the general diet kitchen the nurses are taught cooking. They meet in this room twice a week for that purpose. They are taught how to prepare all liquid foods and such solid foods as it is customary to serve to convalescents.

The governing board of St. Joseph's hospital consists of Archbishop Ireland, president; Dr. Charles E. Smith, Dr. J. A. Quinn, Dr. E. J. Abbott, Dr. S. D. Blase and Dr. J. E. Eriman. Mother Bernadine, the mother superior of the hospital, has been connected with the institution for twenty years. She oversees the work of twenty sister nurses and fifty-five young women who are members of the training school. Besides these and the large staff of servants, there are two operating room nurses, four internes and drugists. Three seamstresses, one sister and two girls are always busy at the hospital looking after the hospital linen and making the uniforms worn by the nurses.

**Receives Charity Cases.**

Although St. Joseph's hospital is without endowment of any kind, and although its only means of revenue is

that derived from the patients, it receives a number of charity cases. There are ten of these at present in the hospital. During the year just passed 2,640 cases were cared for at the hospital, 118 of them charity patients.

The training school is always an interesting feature of hospital work, and the St. Joseph training school is no

exception to this. Here, as in the other hospital training schools of the city, the young woman who wishes to become a nurse is received for two months on probation. If at the end of that time she decides that she wants to go on with the work, and the mother superior is satisfied with her progress, she receives her uniform, which consists of a short-sleeved white dress, white apron, white half sleeves and a most becoming white muslin cap. The uniform is a very attractive one, and transforms the plainest nurse into a most prepossessing looking young woman.

The nurses do not live in the hospital, but in an annex, a three-story brick building detached from the hospital, and facing Ninth street. The rooms are comfortably fitted up. In the good-sized recreation room there is a piano, inviting easy chairs and many pretty knock-knacks that give the place a homelike air.

**Standard of Nurses' Work Raised.**

St. Joseph's hospital was the first of the Western hospitals to extend the nurses training school to three years. The result has been a great improvement in the work of the nurses, the additional year imparting a proficiency that has raised the standard of the work to an appreciable degree. Twenty nurses were graduated from the training school last year. It was formerly the custom of the hospital to hold graduating exercises, but for the last two years these exercises have been discontinued for the reason that there is no room large enough in the hospital to be used for the purpose.

Within a year or so, it is probable that an addition will be built to the hospital, and when this is done some arrangement will undoubtedly be made by which a suitable auditorium will be placed at the disposal of the nurses for their graduating exercises. The lectures for the nurses are all delivered in the nurses' annex. Although their profession is an arduous one, these young women who devote their lives to the care of the sick are invariably a happy lot, and the St. Joseph's annex is the center of cheerfulness as well as busy life.

**Air of Comfort Prevails.**

The feature of St. Joseph's hospital that is apt to impress the visitor most is the air of comfort that prevails in

every part of it. Some of the private rooms are most luxuriously furnished, all are attractive enough to rob illness of the appearance of comfort is concerned these rooms are no more attractive than the wards. The latter have their share of sunlight, they are spotlessly clean and cozily fitted up, and they reflect, quite as much as the most elaborate rooms and suites, the effort of those in charge of the hospital to make it modern in the best sense of the word.

There is no suggestion of gloom anywhere. The corridors are wide and well lighted, the small reception rooms on the different floors are homelike rather than formal, the white uniformed nurses are invariably cheerful looking and were it not for the fact that quietness prevails in the building one would never associate it with serious illness. Yet here goes on daily a struggle with disease, a struggle that demands constantly the closest and most alert attention of the nurses and the best skill of physicians and surgeons. That the struggle almost invariably ends disastrously for disease is the best proof of the efficiency of St. Joseph's hospital.

**Recovers Lost Bone.**

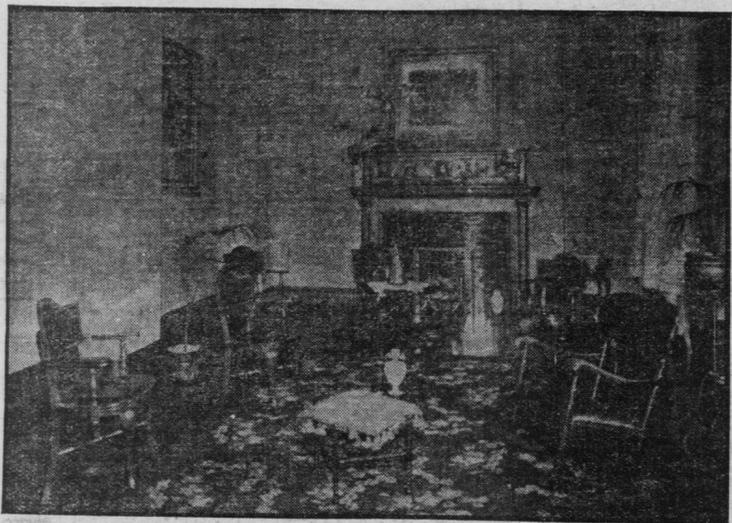
After nearly forty years, Jacob S. Miller, an old soldier of this city, has just received a piece of bone taken from his left shoulder by the late Dr. Norman S. Teal, of Kendallville, Ind., on July 21, 1864, at the battle of Peach Tree Creek, Atlanta, Ga., when Mr. Miller was wounded. The piece of bone is about three inches long.

Although a terrific windstorm was raging at the time, the surgeon operated in the open air at night by torchlight. Dr. Teal was much gratified over his success, and after the war, when he lectured on surgery, he frequently exhibited the piece of bone before students.

Nearly thirty years ago Mr. Miller asked Dr. Teal for the piece of bone, but the doctor would not part with it. Dr. Teal died about five years ago, and recently his son, Dr. George A. Teal, consented to return the bone to Mr. Miller.

Mr. Miller was a corporal in Company D, Seventy-ninth Pennsylvania regiment, and is now sixty-four years of age.—New York Herald.

### RECEPTION ROOM



On the Ground Floor of the Main Building of St. Joseph's Hospital.

### A PRIVATE ROOM



On the Second Floor of St. Joseph's Hospital.

## RECIPES OF ST. PAUL HOTEL CHEFS FOR PET DISHES

### Knights of the Kitchen Take Pride in Inventing New Combinations of Food—Some Popular Dishes and How They Are Made.

"The glory of the kitchen (the cook, that holds cookey a trade from Adam!"—Ben Jonson.

AN American cities this "glory of the kitchen" should be, no doubt, the chef of a big hotel, where living is no less delightful than expensive, where food and the setting forth thereof attain their true importance; where the "manager" agrees with the guests and Lord Byron, that "Since Eve ate the apple, much depends on dinner."

But even at the best hotels do not taste the same. There are dishes fit for politicians, fit for kings and fit for gods. There may be, from time to time, dainties appropriate for goddesses.

Especially there are new dishes, culinary improvements in sign of modern progress, even gastronomic discoveries, to shed luster on the age. For a new dish is a genuine acquisition. It increases the wellbeing, the happiness, of multitudinous posterity. Like a new thought, a new dish may enrich the whole future, and food is much more likely to be understood than fancy. Recognizing this distinction, a famous member of the French judiciary exaggerated little when he said: "I regard the discovery of a new dish as far more important than the discovery of a new star; we have stars enough; we can never have enough dishes."

**Fads in Feeding.**

At the present time, nevertheless, the rage of fads obscures the reality of life. Truth falls into a modern well, bored by improved machinery, a well far deeper than her ancient hiding place. The facts of food become morbid shadowy from day to day. A professor in London declares we eat too little. Especially, he says, we should eat more meat; more chopped meat, the longer we live; from the sausage flows the spring life. A Chicago expert insists we shouldn't eat at all. She improves her patients by depriving them of breakfast; she invigorates them by confining them to breakfast; she endows them with Olympian vitality by fasting them for thirty days.

No false prophets for the cook, that he of hoary wisdom. He prefers to listen to practical military experts. He accepts the views of judges whose

dicta may sway the fate of nations—that, to be healthy, an active man of thirty should eat 300 pounds of food each year; 200 pounds of meat and fish and fowl, 600 pounds of vegetables.

**Dinners of Old.**

That is, the average man will eat about two and one-quarter pounds of food every day. He will enjoy his meals. He will eat enough food. He may not demand the amiable abundance of our ancestors. He might not consent to become a guest of a St. Paul landlord if hotel dinners and hotel dinners were now as hearty as the dinner for two at home described by Samuel Pepys. On a September afternoon



PHILIP VINCK, Chef at Ryan Hotel.

In 1660—the world dined early two hundred years ago—Mr. Pepys left little on the table after a certain dinner cooked by the pretty wife whom he petted and fretted, "poor wretch!" and yet this dinner included, "A leg of mutton, a lot of veal, a dish of fowl, three pullets and two dozen larks in a dish, a great tart, a neat's tongue, a dish of anchovies, a dish of prawns and cheese."

No policy of gorging would be encouraged by St. Paul chefs. "Zat ees see quan-ti-tee, not see qual-i-tee!"

ty must be moderate, yet sufficient. As to quality, it is best expressed in superior dishes, exceptional achievements, for which each cook is personally reputed.

These individual triumphs, often distinguished by the names of the several hotels, will interest, and probably instruct, domestic cooks.

**Oyster Patties a la Waldorf.**

At the Ryan hotel, for example, Chef Philip Vinck consented to make known the following recipe for oyster patties a la Waldorf:

Take some oysters and blanch them. Then make a pullet sauce out of the oyster juice. Cut some celery and lemons into small dice. Take the hearts out of the oysters, put the celery and lemon inside and season well.

Fill the patty up well and serve on a small plate with a piece of lettuce.

This recipe for leg of mutton, a la Reider, is also by Mr. Vinck.

Pinch the mutton well with garlic. Roast rare or medium to taste. Boil some macaroni until well-done in salted water. Drain well, and cut the macaroni into two-inch lengths. Take the juice of the roast and finish the macaroni in it.

When serving put the roast on a large platter with some water crosses. Place the macaroni in a large dish and sprinkle with Parmesan cheese.

Below is a recipe, fresh mushrooms a la Merchants, by E. R. Shimmer, chef of the Merchants hotel:

Wash half a dozen large mushrooms, and saute in butter. Warm a pint of pure cream and with a little flour add to the butter from the saute. Season to taste and serve on toast. Another one of Mr. Shimmer's dishes is spring chicken, a la Maryland.

**Chicken a la Maryland.**

Take a young chicken, quarter and bread with fresh bread crumbs. Fry and serve with cream sauce, potato croquettes, a strip of bacon and a corn fritter. To prepare the fritters, take a can of corn, two eggs, salt, pepper and nutmeg. Add flour and milk enough to make a batter. Then fry.

To make the croquettes, mash your potatoes, add a couple of eggs, salt and pepper. Form into a pyramid, bread and fry.

To prepare the cream sauce, heat the cream. Melt a little butter in a pan, add flour and the hot cream, salt and pepper, and bring to a boil.

the pan so that the hash assumes the shape of an omelet. When a fine color, drain off the butter and turn the hash into a long dish the same as an omelet. This recipe makes a very fine dish for breakfast.

**How to Make Chicken Croquettes.**

Another one of Mr. Jacobson's favorite dishes is called "chicken croquettes, exquisite," and is prepared as follows:

Put two ounces of butter into a saucepan, melt, add two ounces of flour, stir well and let cook slowly until slightly brown. Then moisten with a pint of chicken stock and stir continuously until it comes to a paste. Set it aside to boil slowly, and dispartate for ten minutes. Remove from the fire. Now add to the above mixture the meat taken from a fat

bird parts, wipe them in a cloth and lay them in a vessel to season with salt and pepper. Add parsley, chopped mushrooms, lemon juice and a little melted butter. Let it marinate for two hours and then dip them in frying batter. Immerse each oyster in batter, and then plunge at once into very hot frying fat. Fry them a fine color, drain, salt and dress them on a napkin. Set quartered lemons around and a bunch of parsley on top. To be served with a light tomato sauce.

To prepare the batter for the above recipe:

Into two cups of flour, stir a pinch of baking powder, a pinch of salt and a little sweet oil. Add three whole eggs, half a pint of milk and beat well.

**Waiting Unnecessary.**

The novelist Thomas A. Janvier has lived for a number of years in France, and has collected many folk tales and anecdotes of the French peasantry.

"I heard a story of a physician the other day," Mr. Janvier said recently. "He was practicing in the village of Provence, and one morning, stopping his gig, he entered into a condescending talk with the tombstone maker.

"While the talk went on the tombstone man did not cease to work. He had a chisel in one hand and a mallet in the other. He was carving upon the tomb the words, 'Sacred to the Memory of—,' and the rest he would leave blank.

"This proceeding for some reason amused the physician. Watching the stonecutter, he laughed heartily.

"Why," said the other, "do you laugh?"

"Because your way of work amuses me," the physician said. "Do you always cut upon your tombstones the beginning of the obituary and then wait?"

"No," said the stonecutter, "not always. When there is someone sick and you are treating him I keep right on."—Los Angeles Times.

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**Stage Managers.**

Stage managers still consider it necessary to keep the actors bustling about the stage in a meaningless, unnatural and distracting manner. In life I do not speak three or four sentences to my friend on one side of the room and then with him elaborately cross the room before I continue my discourse. Why should I do so on the stage?—The Academy.

**Convinced.**

Jones froze his ears this morning." "How?"

"Looking at the thermometer to find out how cold it was."—Detroit Free Press.

## THE NATIONAL GUARD

General orders No. 3, issued this week by Adj. Gen. Libby, announces the dates for the annual inspections of the companies of the Minnesota National guard as follows:

- Company A, First infantry, Minneapolis, March 21.
- Company B, First infantry, Minneapolis, March 22.
- Company C, First infantry, Minneapolis, March 23.
- Company D, First infantry, Minneapolis, March 24.
- Company E, First infantry, Minneapolis, March 25.
- Company F, First infantry, Northfield, March 26.
- Company G, First infantry, Faribault, March 27.
- Company H, First infantry, Owatonna, March 28.
- Company I, Second infantry, Austin, March 31.
- Company J, Second infantry, Mankato, April 1.
- Company K, Second infantry, New Ulm, April 2.
- Company L, Second infantry, Crookston, April 3.
- Company M, Second infantry, Rochester, April 4.
- Company N, Second infantry, Zumbrota, April 5.
- Company O, First infantry, Red Wing, April 6.
- Company P, Second infantry, Winona, April 7.
- Company Q, Third infantry, Anoka, April 8.
- Company R, Third infantry, Crookston, April 11.
- Company S, Third infantry, Brainerd, April 13.
- Company T, Third infantry, Duluth, April 14.
- Company U, Third infantry, Duluth, April 15.
- Company V, First infantry, St. Paul, April 18.
- Company W, First infantry, St. Paul, April 19.
- Company X, First infantry, St. Paul, April 20.
- Company Y, First infantry, St. Paul, April 21.
- Company Z, First infantry, St. Paul, April 22.
- Company AA, First infantry, St. Paul, April 23.
- Company AB, First infantry, Princeton, April 25.
- Company AC, First infantry, Stillwater, April 26.
- Company AD, Second infantry, Fairmont, April 27.
- Company AE, Third infantry, Olivia, April 29.

The inspections will be made by Maj. William Gerlach, and state property of every description will be examined.

A report recently gained prominence that the war department was to discourage the organization of batteries of artillery. Such is not the case. Assistant Secretary of War Oliver says the war department will increase the artillery organizations throughout the United States. In regulations recently issued a field battery will consist of one captain, two first lieutenants, one second lieutenant, one first sergeant, one quartermaster sergeant, one stable sergeant, six line sergeants, twelve corporals, two cooks, two musicians and ninety-one privates, a total of 120. The minimum strength will be fifty-three enlisted men. This may result in some changes in the Minnesota artillery. It has been demonstrated that to have efficient artillerymen a systematic schooling extending over a much longer period than that of the infantry is necessary. Much study is necessary to become familiar with the mechanical part of the artillery, while a short period of drilling familiarizes the infantryman with his work, so that he may enter the service.

The late battalion inspection in some instances developed the fact that non-commissioned officers were not so thoroughly familiar with their duties as they should be, especially when put in

command of a squad or section. Commanding officers are, in a degree, responsible for this, for the reason that they do not give the non-coms the opportunity to command on drill nights that is necessary. The late annual in-

spection proved that many companies were very lame in this respect.

The First infantry, Illinois National guard, Chicago, has perfected plans for spending one week at the St. Louis fair immediately following the week of encampment at Springfield.

**Company C, First Infantry Notes.**

Private C. R. Meacham has been promoted to be a corporal, to fill the vacancy caused by the promotion of Corporal Eddy to be sergeant. Corporal Arneson has also been promoted to a sergenty.

First Sergeant E. R. Simons, who has seen fourteen years' service in Company C, has resigned, and been reduced to the ranks at his own request.

Sergeant Fred Tiffany, company treasurer, has been appointed first sergeant, and Private Milton Grosscup elected company treasurer in his place.

**Russian Squadron Afar.**

ISLAND OF PERIM, Red Sea, Feb. 13.—Mail advices received here from Jibuti, French Somaliland, say that the Russian squadron which passed Perim Jan. 27 has sailed at Jibuti, and will wait there until Feb. 18 for the Russian warships due at Jibuti from Suez.

Important items for you on the want page. Don't neglect to read them.