

FITNOTES:

Since I've been given the opportunity to retire, I've decided to do so, or at least to give it a try. It seems like I should be able to capture something to pass on to you after 25 years with the company, but I'm afraid that condensing all of it into unforgettable nuggets of wisdom just isn't my bag.

Now, I get time to smell the roses.

In reflection, had I known that time would go by so quickly, I would surely have paid more attention to preparing myself for this day.

I think it's unusual for a physician to have been at four different DuPont sites, as I have. And I think it's amazing how, at different plants in completely different departments, the handprint of the DuPont company has been so unmistakably consistent. Wherever I've been, the truly remarkable people who make up our company have shown pride in belonging to an organization that wants to produce "nothing but the best" in every product. This pride is a common thread that connects each of the locations in my memory.

Somehow, the pride now extends into the individual's desire for better health. It seems that we are becoming more and more aware of the importance of taking care of ourselves, and the company is a leader in promoting that idea.

Naturally, most of such efforts come through the Medical Department.

My personal conviction has long been



Dr. James S. Stout

that good medicine is more prevention, less medication. Now, I can't help regretting that my participation ends just when the game really seems to be going my way.

It has been a source of great personal pleasure to play as a member of the team, and in parting, I wish each of you good fortune in your efforts to better health.

John Brown Receives Accomplishment Award

John Brown was presented an Accomplishment Award on February 12, 1988, by Chuck Smith, for his salesmanship in bringing his Quality Suggestion Program on board.

"John's efforts in bringing this program from idea conception to incorporation has provided us with things of lasting value. Also, John has provided us with a system to assure we will continue to have improvements," said Chuck Smith.

He worked on his plan, to have a system which guaranteed follow-up answers, for about a year. Presentation after presentation was made, forms designed and printed, a network put into place to handle suggestions, a videotape produced, directed and edited, all at the hands of John Brown.

Throughout the entire process John contended that "Quality Improvement is too important to be made into a game." "Our very existence," he said, "depends upon improving quality."

He was surprised to receive the award. "I did not expect it," he said. "It's always good to get acknowledgement. But, I really was not looking for an award, just a means of improving our jobs."

Commenting on the award Chuck Smith added, "The whole concept of the Quality Suggestion System is the kind of thinking we are seeking."

The suggestion program has already shown very good results. A high percentage of suggestions, here-to-date, have been approved. When asked why he thought such a large percentage were approved, John answered, "Approval of



John Brown shown here holding Award envelope he received for salesmanship in the Quality Suggestion System.

a suggestion is just the beginning. Implementation is the key. Just because a suggestion is approved does not mean the suggestion will become reality. Remember, the suggester has a vital role to play in getting from approval to implementation. I've got several ideas working through the new system myself. Some have been turned down, some approved and a few are pending. But one thing is for sure; I do get answers and so will anyone else who submits a suggestion. The program works!"



Cook's Corner



With Wilma Johnson

This column is being prepared in February, when my mind is on keeping warm — and on good food, of course; something solid for a cold winter's day. So, here's a recipe my neighbor gave me for an easy, hearty, one-dish meal that's also absolutely delicious!

Judy Henderson's CHINESE PEPPER STEAK

2 lbs sirloin steak (trim away all fat and cut into one inch squares)
 ¼ cup cooking oil
 3 green onions, cut up
 2 bell peppers (cut into ¼ inch wide strips about an inch long)
 1 cup tomatoes, cut up
 1 16 oz can bean sprouts, drained
 ½ cup soy sauce
 1 tbsp sugar
 ¼ tsp salt
 ½ tsp black pepper
 1 cup flour
 6 cups water

Put the cut-up steak in a bag with the flour, salt and pepper; shake until the meat is well covered. Brown in oil; add water, sugar, soy sauce, peppers, onions, tomatoes and bean sprouts. Simmer for about an hour. Serve over rice. (6 to 8 servings)

Mrs. Paul Kaster fixed this next recipe for us, and it is super nourishing — although Pizza for breakfast is an idea that takes some getting used to!

Patty Kaster's BREAKFAST PIZZA

1 lb hot sausage or ground beef
 1 pkg crescent rolls (8)
 1½ cups frozen Hash-browned potatoes (thawed, loosely packed)
 1 cup (about ¼ lb) sharp cheddar cheese, shredded
 1 cup (¼ lb) shredded Swiss cheese
 5 eggs
 ¼ cup milk
 ½ tsp salt
 ¼ tsp pepper
 2 tsp grated Parmesan cheese

Make the crust by unrolling the rolls and arranging, with points in, in a 12 inch pizza pan. Press the pieces together and up around the rim to close all gaps and perforations. Brown the meat and drain excess fat. Spoon the meat over the crust and sprinkle with potatoes, then top with the cheddar and Swiss cheeses. Beat the eggs, milk, salt and pepper together; pour over meat and cheese. Sprinkle with Parmesan, bake at 375 degrees for 25-30 minutes. Even better if you sprinkle a half cup of chopped onions and peppers over it after adding the cheese.

After all that good nutrition, I just have to include ONE dessert. I've made it several times, and it's marvelous. Be sure to notice who gave me the recipe!

BEN SHIFLET'S EASY STRAWBERRY CAKE

1 box yellow cake mix
 1 box strawberry Jello
 ¾ cup Wesson oil
 1 pkg frozen strawberries (thawed)
 3 eggs
 1 cup chopped nuts

Blend everything together and dump it into a large greased and floured tube pan. Bake at 325 degrees for 1¼ to 1½ hours. If you want it fancy, top with Kool-Whip and decorate with fresh strawberries.

I try every recipe before I pass it on to you, and Jane Fleming's recipe for Rum Cake sounds fascinating . . . well, maybe next time. Enjoy! And send me your favorite recipes to share with everyone. Spring is coming!

—Wilma