

THE BLUE AND GOLD  
TRIANGLE  
OF LAMBDA KAPPA SIGMA



JULY, 1945

# NATIONAL YEARLY PROGRAM



- OCTOBER 1      Deadline for *Triangle* material for  
Fall Issue.
- OCTOBER 14     Founders' Day. Send Greetings to  
Miss Ethel J. Heath, 58 Dwight  
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- NOVEMBER 15    Fall Issue of *The Blue and Gold  
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- FEBRUARY 1     Deadline for *Triangle* material for  
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- MARCH 1        Send list of *Triangle* subscribers, to  
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- MARCH 10      Send dues to Grand Secretary.
- MARCH 15      Spring Issue of *The Blue and Gold  
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- MARCH 15      Hygeia Day, Professional Program.
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Summer Issue.
- JULY 15        Summer Issue of *The Blue and Gold  
Triangle*.

The  
Blue and Gold Triangle  
of  
Lambda Kappa Sigma

*Managing Editor*, VIRGINIA LEBOSOL

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#### IOTA CHAPTER

The TRIANGLE is happy to present this photograph of the members of Iota chapter. We extend, too, our belated congratulations on the chapter's twenty-fifth anniversary which they observed on April 9, 1945.

*Standing:* Ruth Etter, Bobby Ashley, Margaret Hildebrandt, Betty Gathmore, Jo Ann Kirkpatrick, Betty Jennings, Belle Standifer, Beth Terrel, Narcissus Carameros. *Seated:* Anna Simmons, Blanche Sommers, Louise Pope, Virginia Lennon, Jean Brown, Jo T. Mankiller, Dorothy McMakin.





MISS HARRIET LESCAUSKI

*Second Vice-President*

Our second vice-president, Harriet Lescauski, was graduated from the University of Illinois, College of Pharmacy, in 1933. During her undergraduate days she was a loyal and active member of Gamma chapter. Upon graduation she became affiliated with Gamma graduate chapter and has served as its president and vice-president. At the present time she is serving as the treasurer of Gamma graduate. Harriet is proud to say that she has attended every convention and regional meeting of Lambda Kappa Sigma since 1933.

Since graduation she has managed her own retail drug store in Chicago.

## COLLECTED DEFINITIONS

BY BURTON CHANCE

A co-ordinator is a man who brings organized chaos out of regimented confusion.

A conference is a group of men who individually can do nothing, but as a group can meet and decide that nothing can be done.

A statistician is a man who draws a mathematically precise line from an unwarranted assumption to a foregone conclusion.

A professor is a man whose job is to tell students how to solve the problems which he himself has tried to avoid by becoming a professor.

An efficiency expert is a man who knows less about your business than you do, and gets paid more for telling you how to run it than you could possibly make out of it even if you ran it right instead of the way he told you to.

A consultant is an ordinary guy who is a long way from home.

An economist is a man who has a Phi Beta Kappa Key on one end of his watch chain and no watch on the other.



## JOTTINGS

According to Dr. C. R. Fellers and J. J. Powers, research scientists of the Massachusetts State College, a tablet of vitamin C added to a jar of home-canned peaches will prevent the product from turning dark. The vitamin will work with any fruit but applesauce.

During the past year a number of new uses of nylon contributing to the health, safety and protection of combat personnel were introduced, particularly in the tropics where nylon withstands the effects of humid climate, such as mildew and mold. Mosquito netting, hammocks, clothing, and even shoelaces are made of nylon for use in the South Pacific war theater.—*The Du Pont Magazine*.

Following use of a spray containing the synthetic plant hormone 4-chlorophenoxyacetic acid it is possible to grow seedless varieties of tomatoes, squash, peppers, cucumbers and eggplants. The taste of seedless tomatoes is said to be slightly sweeter than that of the ordinary variety.—*Monsanto Magazine*.

## BOOSTER'S LIST

*The following chapters have contributed an extra five-dollar donation to the TRIANGLE.*

Alpha Chapter.....Boston, Mass.  
 Gamma Chapter.....Chicago, Ill.  
 Epsilon Chapter.....Baltimore, Md.  
 Eta Chapter.....Philadelphia, Pa.  
 Lambda Chapter.....Los Angeles, Calif.  
 Mu Chapter.....Pullman, Wash.  
 Xi Chapter.....Providence, R. I.  
 Pi Chapter.....Newark, N. J.  
 Chi Chapter.....Seattle, Wash.  
 Alpha Graduate.....Boston, Mass.  
 Gamma Graduate.....Chicago, Ill.  
 Eta Graduate.....Philadelphia, Pa.  
 Omicron Graduate.....Philadelphia, Pa.



### Individual Donations

Barbara Hynes Collins.....Gamma Graduate  
 Harriet Lescauski.....Gamma Graduate  
 Bessie Burda Machek.....Gamma Graduate  
 Virginia L. Osol.....Eta Graduate



### Chapters Having 100 per cent Subscription to the BLUE AND GOLD TRIANGLE

Alpha	Eta	Xi
Gamma	Lambda	Chi
	Mu	

## AMINO ACIDS

(Continued from page 3)

Alanylglycine may in turn react, either through its  $\text{NH}_2$ - or  $-\text{COOH}$  group, or both, with other amino acids until a peptide chain of indefinite length is produced; such chains may contain several hundred amino acid "residues" and a given protein molecule may be made up of several peptide chains which are bunched together. The molecular weights of protein molecules range from about 15,000 to several million.

*Physiological Importance*

While amino acids serve as the building blocks of protein structural tissues it must not be assumed that they have no other physiological uses. Quick emphasizes this fact succinctly: "A striking similarity exists between amino acids and vitamins. Both take part in important physiological mechanisms; and the lack of an adequate intake of either results in a more or less defined pathological state unless the organism can synthesize the deficient compound. As an example, lack of ascorbic acid in the diet causes scurvy in the guinea pig but not in the chick; glycine on the contrary, when absent from the food, brings about retarded growth and other injurious effects in the chick, but no demonstrable disturbance in the guinea pig. Only our accustomed mode of thought prevents us from regarding glycine as a vitamin for the chick and considering all the so-called essential amino acids as categorically similar to the vitamins. The pathological state produced by methionine would undoubtedly be called an avitaminosis if it were not known that this compound has the structure of an amino acid. These facts are not presented as an academic argument, but merely to emphasize that every amino acid is probably as essential for normal physiological function as are the vitamins."

From many experiments, beginning with those of Willcock and Hopkins in 1906, and Osborne and Mendel in 1914, it has been established that for normal growth of both animals and humans certain amino acids are required in the diet. Earlier experimenters used various proteins of known amino acid composition, supplemented by more or less pure amino acids, in the diet of various animals to determine which acids are required for normal development. Rose, a contemporary investigator, utilizes mixtures of pure amino acids rather than specific proteins. The evidence, gathered from several sources, indicates that

of the 22 nutritionally-significant amino acids, 12 may be omitted from the diet of the rat (provided sufficient amounts of the 10 remaining acids are included) without inducing any unfavorable symptoms. Elimination of any one of the 10 "essential" acids promptly resulted in the appearance of deficiency symptoms which, however, disappeared when the missing amino acid was included in the diet. Accordingly, the 22 amino acids may be classified as essential (indispensable) or non-essential (dispensable) for normal growth of rats. The essential acids are: arginine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophane, valine; the non-essential acids are: alanine, aspartic acid, citrulline, cystine, glutamic acid, glycine, hydroxyglutamic acid, hydroxyproline, norleucine, proline, serine, tyrosine. An essential amino acid is defined as one which cannot be synthesized by the animal organism out of materials ordinarily available at a speed commensurate with the demands for normal growth. It must not be assumed that the non-essential acids are not necessary for growth; the difference is that they can be synthesized in the body if sufficient quantities of the essential amino acids and the other necessary food factors are ingested.

Exclusion from the diet of growing animals of one or more of the essential amino acids results in various visible symptoms. Loss of appetite, decline in weight, and death occur when any one of the acids, except arginine, is omitted. When the animal is fully grown, determination of "nitrogen balance" is a most valuable tool for studying the role of amino acids in nutrition. Nitrogen balance occurs when the amount of nitrogen eliminated from the body over a given period of time equals that ingested in the food during the same interval. Practically all the eliminated nitrogen is found in the urine and feces, with much smaller amounts (usually neglected) being excreted in perspiration. In growing individuals the mass of protein in the body is increasing and more nitrogen is consumed than eliminated; such an individual is said to be in positive balance. Conversely, in malnutrition, starvation, fevers, and wasting diseases more nitrogen is excreted than consumed; an individual in such a state is reported to be in negative balance. It has been found that if an essential amino acid is omitted from the diet of test animals, a negative nitrogen balance results since the animal cannot utilize amino acids unless all the required ones are present.

Rose has also conducted studies of the amino acid requirements of man. The essential amino acids were furnished in proportion and in

amounts based on requirements for animals. All other food requirements were supplied by highly purified and adequate amounts of starch, fats, inorganic salts, and vitamins. After nitrogen balance was maintained for a period the essential acids were left out of the diet, one at a time. In this manner it was found that a negative nitrogen balance promptly occurred when any of the acids was omitted, with the exception of arginine and histidine. Accordingly, man requires only 8 of the 10 amino acids essential to the rat. Deficiency symptoms which became apparent when any of the 8 essential amino acids was omitted were irritability, fatigue and lack of appetite.

It is apparent, therefore, that for man at least 8 amino acids acquire especial importance in the dietetics of both the healthy and the sick. Just as the properly-fed, healthy individual probably receives all the vitamins he needs in his foods, so the same person doubtless synthesizes all the amino acids he needs out of the daily normal protein intake, and from these amino acids synthesizes the proteins peculiar to man. But the individual who, for one reason or another, is unable to utilize food proteins, administration of at least the essential amino acids is indicated. Among the clinical conditions in which amino acid therapy may be indicated are the following: Nutritional edema (also called war edema, hunger swelling, famine edema, alimentary dropsy, and prison edema), anemia, diseases of the liver, Bright's diseases of the kidney, ulcers, pregnancy, and various protein deficiency states encountered in pediatrics and geriatrics. Surgical cases of almost every kind are likely to involve protein undernutrition before, during, or after operation. In burns, skin tissue destruction results in an increased excretion of urinary nitrogen (negative nitrogen balance); simultaneously with cellular tissue damage, skin capillaries become permeable to plasma proteins. Protein ingestion, particularly in the form of amino acids, materially hastens the convalescence of burn cases. For those patients who exhibit allergy to protein foods, amino acid feeding often avoids the characteristic unfavorable phenomena.

The physiological utilization of amino acids is not limited to protein fabrication. Quick lists at least 4 distinct functions for glycine, for example: (1) It is a constituent of many proteins; (2) it combines with cholic acid to form the bile acid glycocholic acid; (3) it takes an integral part in the synthesis of creatine (essential for muscle contraction); (4) it conjugates with a large number of aromatic acids (for the purpose, some experimenters believe, of detoxifying the aromatic acids). There is

good evidence that thyroxine, epinephrine, histamine and, perhaps, other hormones are derived from amino acids.

#### *Available Forms*

There are now available limited quantities of each of the amino acids in relatively pure form. Aside from their use in research such material finds little practical application because of the relatively high cost and some uncertainty of supply. The most popular form in which amino acids are used are the *protein hydrolysates*, which are made by hydrolyzing a protein like casein, for example, until it is almost completely converted to amino acids and then, after purifying the product, administering it as a mixture of amino acids. Typical protein hydrolysates are prepared by acid or enzyme hydrolysis and are offered in forms suitable for oral and parenteral administration. Such products contain all the essential amino acids, and, apparently, possess the same physiological actions as a combination of the several pure amino acids.

Commercially-available protein hydrolysates include the following: *Amigen*, a product of Mead Johnson and Company, which is described as an enzymic digest of casein and pancreas; it is available as a powder for oral use, and in 5 per cent and 10 per cent solutions for parenteral use. *Aminoids* is the product of The Arlington Chemical Company; it is a mixture of amino acids and polypeptides derived from milk, beef, wheat, and yeast, together with carbohydrates. Two products for oral use, one chocolate-flavored, are offered, in powder form. *Parenamime*, made by the Frederick Stearns and Company Division, is a pure solution of amino acids (15 per cent) derived by acid hydrolysis of casein and is fortified with tryptophane. It may be used either orally or parenterally.



# CHAPTER REPORTS

## ALPHA CHAPTER

After surviving a rugged pledge week, eight girls were welcomed on April 18th as new members of the sorority. The initiation ceremony followed the annual banquet, which was given in the State Suite of the Copley Plaza Hotel in Boston.

The new members are: Virginia Shea, a senior; Mary Cheetham and Marie Concemi, sophomores; Rosetta Amodeo, Bella Baker, Donna Hadammek, Josephine Marcinkiewicz and Eleanor Owens, freshmen. After the initiation ceremony, the newly elected officers were installed. The officers are: Maryrose Coffey, President; Lillian Duffy, Vice-President; Betty Mahoney, Secretary; Phyllis Matsur, Treasurer. The other officers are to be elected next fall.

The new members were welcomed two evenings later—at Alpha’s semi-formal dance, “On the Marble” at M. C. P.—given in honor of Mrs. M. W. Quimby who was recently chosen as a patroness of the chapter. Did we have fun!

BETTY MAHONEY.



## BETA CHAPTER

Beta has spent a good part of this year replenishing our very anemic treasury— but by combining pleasure with our work we had some very enjoyable times.

We started the ball rolling by having an informal dance, announced as the Fall Frolic, with a fortuneteller in native Grecian costume as an added attraction. This spring we sponsored a bridge party which was enlivened by the presence of our male colleagues who enjoyed their favorite games of pinochle and poker. Refreshments were served, prizes given, and the evening was a huge success—both financially and socially.

Immediately after the opening of the new semester on July 1st we are planning to have rush week and initiate the new members.

Beta looks forward to a progressive and more active chapter next year.

JEAN BEATY.



## GAMMA CHAPTER

Due to the six months vacation which some of our members received, Gamma chapter has not been very active. Besides investigating the intricacies of pill-making, we have been busying ourselves for the past three months preparing four prospective members for initiation. The rushing was climaxed with a candlelighted pledging ceremony. Then, after the informal initiation, a pajama party was held for the prospective members.

Hello to all the other chapters from Chicago.

GLORIA BELL.

## EPSILON CHAPTER

Epsilon has been busy enlarging her treasury. In May we held a raffle, the lucky winner receiving a twenty-five dollar war bond.

Occasionally we have had a social gathering instead of the regular business meeting. In April the social gathering was held at Johnson's Mecca where we had dinner and lots of fun together.

Epsilon now has four major projects under way—a card and bingo party, a USO dance, a visit to wounded veterans at a nearby hospital and, lastly, a new membership drive. This just about covers the news from Epsilon to date.

VIVIAN SCHOEN.



## ETA CHAPTER

At the beginning of the semester Eta initiated Ann Buchanan as a new member. After the initiation ceremony we had dinner at LeFren Restaurant and then went to the theater.

Later in the semester we held a skating party at the Adelphia Rink; many other students of the College, as well as our own members, attended. This party provided an evening of great entertainment, and contributed substantially to the treasury.

Organization of an Interfraternity Council at the College has occupied much of the extracurricular time of Jane R. DeWees, Lillian Giuliani, Cecelia McCormick, and Edith Corson, who served as Lambda Kappa Sigma's representatives. Past-Presidents Jane R. DeWees and Lillian Giuliani were elected secretary and treasurer, respectively, of the council.

We are closing the season in a blaze of social activity; first, there is to be a farewell dinner at Palumbo's for our seven senior members, later Lillian Giuliani will entertain us at her home in Llanerch and, still later, our chapter and Eta graduate will have a "hamburger spree" at Virginia Osol's home in Cynwyd.

EDITH CORSON.



## IOTA CHAPTER

We invited nine new members into the chapter in April. The old members entertained the new ones at dinner following initiation. The following were initiated: Margaret Hildebrant, Jean Brown, Bobbye Ashley, Betty Gathman, Betty Jennings, Beth Terrell, Anna Simmons, and Dorothy McMakin.

The following officers were elected in May: President, Louise Pope; Vice-President, Betty Jennings; Secretary-Treasurer, Jo Ann Kirkpatrick.

Iota chapter is looking forward to an active and successful year.

LOUISE POPE.



## LAMBDA CHAPTER

Lambda chapter had hoped to give the list of new officers for this issue of the BLUE AND GOLD TRIANGLE, but election will not be until next month, so we will have to wait until the next issue.

This past week we had a joint meeting and dinner with our graduate chapter at the home of Mrs. Kirschner. The graduate chapter planned and served dinner for us, and a lovely time was had by all. About thirty girls were present.

Also of interest is the popcorn ball sale that our pledges had, headed by Vivian Anctle, pledge captain. Popcorn balls were sold to the entire University, and approximately \$40.00 was cleared. It was a lot of fun, as well as a good money-making project.

Our pledges are really active, because they also cleaned all the windows in the laboratories on the third floor of the Pharmacy Building, as a pledge project.

This month we are having a cigarette raffle for the College of Pharmacy, and a carton will be raffled off every day for a week.

In a few weeks the actives and the pledged are going to see the operetta, *The Desert Song*, and we are all looking forward to it. Also the pledges are giving a dinner for the actives, at which time they will present the traditional "Pledge Skit."

Lambda chapter extends to all chapters that have the summer "off" a very pleasant vacation; we will be thinking of you as we continue to study. Goodbye 'till the next issue.

BEVERLY LIECHTY.



#### MU CHAPTER

In February we had so much fun entertaining our pledges as well as the other girls in Pharmacy. We forgot about the sugar shortage and made fudge, played games, danced and had a superb time.

On Friday, May 18th, we initiated new members. This brought our active membership to thirty-five. Also on May 18th we had a banquet honoring Rho Chi and Lambda Kappa Sigma initiates.

Our pledges and members have been very active in campus affairs and have brought recognition to our chapter. Mary Alice Yoke, a pledge, was recently tapped for Pi Kappa Delta, a debate honorary society. Alice Van Eaton, another of our pledges, was tapped for Spurs. Two of our members, Lorna Foss and Mary Frances Mc Kernan, have been pledged to Rho Chi. The star of the annual Fish Fan Pageant at Washington State College was none other than our own Catherine McKenzie. We have had a very active and enjoyable semester and next year we hope to do even more.

There always comes a sad part of the year—graduation. We will lose five of our very active members. One of these will be our President, Margaret Miller, who has done wonderful work in our chapter.

See you next fall—Bye now.

HELEN GROULX.



#### XI CHAPTER

What a grand time we have been having! Xi chapter recently initiated seven new members. March 26th was "Hacking Day." We had loads of fun putting the prospective members through various antics—I'm sure they didn't mind because they were all treated to sodas later. The following week the formal initiation candlelight ceremonies were held, after which we enjoyed a movie.

In observance of Hygeia Day we had a grand time meeting the members of Alpha chapter at a banquet arranged at the Narragansett Hotel.

We wish to thank Mrs. Galassi for her much-appreciated guidance in helping us to reach our goal—a more progressive and active chapter.

With summer just ahead, Xi wishes all a pleasant vacation.

ESTHER WASKIEWICZ.



#### OMICRON CHAPTER

During this past term, we have pledged six new girls: Delphine Beckir, Lillian Russell, Elaine Rutkowski, Lillian Stanislawski, Florence Tchor and Barbara Williams. Following a dinner at the Wardel Sheraton Hotel, the pledges were formally initiated at a candlelight ceremony. We were happy to have many of the graduate girls as our guests on this occasion. Omicron chapter has a new sorority room, and we have been having a lot of fun trying to furnish it. We had absolutely nothing to begin with, but with the help of our sponsor, Miss Graham, who trudged many a weary mile looking for furniture to fit our purse, we now are able to sit on other things besides the hot radiator or the cold floor. A shower was held for our room, and we received everything from playing cards to a hot plate. We were much pleased to have several of the graduate girls attend. From the graduate chapter, we received our draperies. It was such a beautiful gift and one that had seemed to be out of our reach for the time being, that we cannot adequately thank them. At present, the College of Pharmacy is preparing for our annual Pharmacy Picnic which is to be held at Belle Isle. This is one day on which we really let out all our pent-up energy and forget about our finals which will be upon us the following week. Also, we are making plans to celebrate the graduation of June Warnke, our President, with a dinner party, after which we will see the civic light opera *The Pink Lady*. Since most of us are staying home this summer, or attending school, we plan to continue our meetings and activities over the summer holidays.

VIRGINIA EVANS.



#### UPSILON CHAPTER

Our chapter has had a very successful year. We initiated three new members. Among our social activities were a rush party, a formal pledge party, the initiation and annual formal birthday dinner of the chapter. One Saturday night we united with the Mortar and Pestle for a Chinese dinner, and then sponsored the regular Saturday night dance in the Student Union Ballroom. On "Tapping Night," May 15th, our 1945-46 officers were announced; they are: Mrs. Alice Lewis, President; Rosemary Sampson, Vice-President; Margaret Thoma, Secretary; Jeanette Powell, Treasurer.

Upsilon extends best wishes for a happy summer vacation to all our sorority sisters and to the Grand Council.

MARGARET THOMA.

## CHAPTER OFFICERS

- ALPHA—Massachusetts College of Pharmacy, Boston, Mass.  
*President*, Miss Maryrose Coffey, 179 Longwood Ave., Boston 15, Mass.  
*Secretary*, Miss Betty Mahoney, 179 Longwood Ave., Boston 15, Mass.
- BETA—Union University, College of Pharmacy, Albany, New York  
*President*, Miss Jean Beaty, 310 Washington Ave., Albany, N. Y.  
*Secretary*,
- GAMMA—University of Illinois, College of Pharmacy, Chicago, Ill.  
*President*, Miss Irene C. Nowak, 1722 W. 48th St., Chicago 9, Ill.  
*Secretary*, Miss Gloria Bell, 11211 South Park Ave., Chicago 28, Ill.
- DELTA—Pittsburgh College of Pharmacy, Pittsburgh, Pa.  
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*Secretary*, Miss Vivian Schoen, 2543 Park Heights Terrace, Baltimore 16, Md.
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*Secretary*, Miss Eunice Dahm, 1355 30th St., Des Moines, Iowa
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*Secretary*, Miss Esther Wasckiewicz, 53 Ellen Street, New Bedford, Mass.
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- PI—Rutgers College of Pharmacy, Newark, N. J.  
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*President*, Miss Eva Lorentz, 1629 Ingram St., Indianapolis, Ind.  
*Secretary*, Miss Joan Rosner, 1050 Winton Ave., Indianapolis, Ind.
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*Secretary*, Miss Ruth Hanson, 2709 2nd North, Seattle, 9, Washington.

## GRADUATE CHAPTERS

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128 Colwyn Lane, Bala-Cynwyd, Pa.

*First Vice-President*.....MRS. CAROLINA GALASSI  
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3337 S. Morgan Street, Chicago 8, Illinois

*Third Vice-President*.....MRS. ERMA PATRICK  
610 Steptoe St., Pullman, Wash.

*Fourth Vice-President*.....MRS. JULIA PISHALSKI  
5347 Chene Street, Detroit 11, Mich.

*Grand Secretary*.....MRS. P. H. DIRSTINE  
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*Grand Treasurer*.....MRS. PAUL GEISLER  
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*Two-Year Member-At-Large*..MISS CORA CRAVEN  
57 Oregon Ave., Lawrence, Mass.

