

Ruth N. Klippstein

January 4, 1923 — May 14, 1993

A member of the Cornell University Faculty since 1961, Ruth Klippstein was a leader in nutrition education for the public. Through her work in Cooperative Extension she trained county-based professionals and developed printed and audio-visual educational materials on many topics including dietary guidance, food fads, organic and health foods, the nutritional value of foods, and food safety. Ruth was nationally recognized for her expertise related to home food preservation and for many years worked to advocate research and outreach to provide consumers with recommendations for safe methods of preserving foods at home. She developed the Food Value Wheel, a schematic for dietary guidance that was widely adapted by other nutrition educators. She was also one of the first nutrition education specialists to address vegetarianism and the nutrition education needs of the elderly. Her bulletin, *The Sodium Content of Your Food* (1981), was the basis for consumer education programming by the Food and Drug Administration and the U.S. Department of Agriculture.

Born in Ohio, Ruth received her Bachelor's degree in nutrition from the University of Cincinnati in 1944 and her Master's degree in nutrition and physiology from Michigan State University in 1946. She moved to Oregon in 1946 where she worked as a research assistant in nutrition prior to becoming an extension agent in Lane County. She became an assistant professor and nutrition extension specialist at Oregon State University in 1957 and held that position until moving to Cornell in 1961.

At Cornell, Ruth held the positions of assistant professor (1961-64), associate professor (1964-76), and professor (1976-85). For several years, she was the department extension leader and she taught an undergraduate course in Extension nutrition education methods. She was appointed professor emeritus in the Division of Nutritional Sciences in 1985. Soon after she retired, she received an award from the Extension honorary, Epsilon Sigma Phi, and was recognized by the New York State Extension Home Economics Association for her accomplishments. She left Ithaca to fulfil her long-time dream of returning to Oregon and living on the banks of the McKenzie River.

Ruth was involved in many professional activities. She was an active member of the New York State Nutrition Council for many years and chaired the Council from 1971-73. She served on the New York State Heart Affiliate Hypertension Committee and chaired the State Heart Affiliate Nutrition Committee from 1983-85. She was often called on by the media and policy-makers for advice in the areas of her expertise.

Throughout her career Ruth was a proponent of informal teaching methods and the leadership roles women needed to take in nutrition, health, and agriculture. She believed strongly that Cooperative Extension programs should take a proactive role in addressing issues and using innovative and appropriate teaching methods. She worked within the Cooperative Extension system as an advocate for change. In her own programs she tried to anticipate upcoming issues of importance to the public such as food fads, inflation, and energy usage, in order to have educational programs ready to address consumers' needs.

Ruth was active in the Presbyterian Church. With support from the National Council of Churches, she spent a 1967 sabbatical leave in Thailand as a consultant to nutrition education programs. She was a member of the Agricultural Missions Executive Board from 1970-72.

Ruth was respected and will be fondly remembered by her colleagues for her sense of humor, the support she provided for young faculty members and extension agents, her commitment to Cornell University and Cooperative Extension, and the role model she provided for working mothers. She is survived by her sister, Dr. Jeanne Nitchals of Cincinnati, Ohio; her daughter, Marjory Crouse of Atlanta, Georgia; her son, Rick Klippstein of Clinton, New Jersey; and three grandchildren.

Ardyth Gillespie, Martha Mopes, Carole Bisogni