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1954 Twisp, Washington

Carolyn Brown Dodge

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Envelope:

Mrs. E. H. Robinson
Route 1 Box 22
Sidney
Montana

Letter #2 (blue ink that switches to green halfway through, big blue clip)

Twisp, Washington

Feb. 8, 1954 –

Dear Carol & all: I've gotten way behind with my letter writing & have decided the only way to catch up is to answer in their proper order. I do diverge once in awhile because I get a yen to write to some one person more than the next in line. So it is today. I brot three or four letters along to answer but had a juicy story to read & couldn't leave it alone. So haven't done so well with the letters. It is 6 P.M. now and I suppose we'll go eat soon. Boynton & I came here yesterday P.M. and he's been spudding all day. If I were to ride along I'd be cold & he'd have to quit his talking because he'd know I wasn't comfortable so the best thing is for me to stay at the Motel & let him spud as it seems best. Altho Twisp is a town of only 750, the motel & restaurant services are above average because of a healthy hunting industry in the fall. We've been here several times before & this A.M. the cook & waitress at the restaurant welcomed us like old friends. Everyone is extra friendly & many speak to us as we walk down the street. Makes me think of Montana. We were here in December right after their first snowfall & they said then that they wouldn't see the ground until May. Well – they have snow OK but May is a long way off too. Road clear & dry tho which is more than I can say for the last time we were here. We have snow too but have had a wonderful winter. Snow came while Jack was home — & he home from

10th to 21st that is — he was home when he wasn't in Seattle. It (she) — surely had fascinations for him over there but we were glad for him to do as he wished. He looked so good – 20 lbs lighter, 2 ½ or 3 inches slimmer, tanned, bright eyed & happy. J's at Fort Bliss at El Paso Texas now & his work with radar. He hopes he can do well enuf to rate more schooling for if he goes to school & stays in the states awhile longer, wedding bells will ring this summer. Boynton & I have a lot of fun kidding about “expecting a daughter.”

I've been wondering about this diet deal for you. We were to have had our final meeting today to see out before & after pictures. Each of us had pictures taken after 4 months of the original intensive weekly weighing deal. Then the pictures taken at the end of a year. We weighed once a month the past eight months. The four months of weighing weekly gets you on the ball. The desire was for 2 pounds weekly loss & no one quite did it but we felt that those who lost 30 to 40 lbs in the year had really done OK. I don't know how much the greatest loss was but will get the dope when I get home, weight in etc. I was to give a program on it at club Wednesday but got a substitute since when we travel I don't dare depend on being back for some definite time. It might not work & the strain is too great — when someone else can do it. Oh yes – we are to weigh in each 6 months for five years!

I've been wondering if you wouldn't do well with Family Circle diet book from the Safeway store. They have the best calary counter I found. I do think there is real advantage in a group working together — getting the normal weight to be reached & striving to reach it together. Nearly all of us went thru the business of people telling us we were over doing the diet stuff & not to go too far. But as the weight goes off — the clothes are made to fit, the folds of skin even off – the folks comment more on how well you've done & the lift you get is wonderful. One week I was asked four times if I'd been sick because I looked so thin. I didn't

like this sick business but maybe it was a bad week. My fellow dieters are most complimentary, my doctor please - & my husband proud as punch. What more can you ask.

Tues. A.M. We'll start home this A.M. we think. Dodge is telephoning now & will go to see a couple of guys before we start. A little cooler this A.M. but thermometer said 18° above at 8:15 so not so bad either. Its foggy but fog usually clears some a little later.

I've been thinking about this diet thing. The first week we were on this project we simply listed the food we ate — every spoonful of it — and checked our weight — adjusted our intake then to see what was needed. Most went to a 1200 to 1400 calorie diet to see how that worked for a week or so & some had to go to 1000 to lose the desired 2 lbs per week. I think my overall average weight loss was 1.36 lbs per week. Not bad considering that the three weeks I was in Montana & for 3 weeks following I stood still. Altho I didn't gain while I was gone — it seemed to take awhile to get back on the beam for weight loss. One doctor who is very diet minded said he would rather see a half pound per week loss because he thot it stayed off better that way. Most of us would rather get it off faster tho. Its still a struggle to keep it off it seems. The thing to do tho is to try to get your group lined up. Seems to be moral support in a group deal. Figure about 1/3 of your calorie intake for each day should come in each meal. My noon meal lighter now, but ordinarily I have about a 300 calary breakfast & 400 or 450 supper. Oh yes — list each meal in a book — with calorie count of each item & total it at end of day. Its good to weight or measure the food on your plate to start with. I fudged a little there for I made the least of my diet program because of Mother's fussing. But I did eat much the same as the family. I quit putting the dressing on salad & ate mine mostly without. I didn't use gravy — or if I did — it was very small helpings. I ate the canned fruit without the syrup. I seldom ate bread except for my breakfast — but that was always true. My vegetables were dressed up with onion or celery or their salts — or

with accent or a couple of tablespoons (for the whole can or whatever) of canned cream of mushroom or celery soup for variety. The protein is the secret of eating & losing without loss of pep & energy. I do best with an egg for breakfast. If I eat cereal it's a small helping (& a matter of principle) – with just a dash of sugar & a measured teaspoonful of cream.

Well – its Sunday – Valentines day. I didn't forget this but have been busy & decided I'd think this deal over before writing more. We had no sample diets but I'm sending you a Leverton diet I had here & you might find it helps you – with some adjustments to suit each individual. From our point of view – this diet uses much more bread than we did. As I said, I eat bread for breakfast only usually & would prefer much different lunches usually than is shown here. We tried for protein each meal. I preferred a half cup of whole milk (or near whole) to a whole cup of skim — since our skim is hard to have. I did try to pour the pitcher full of milk for the table then fill my glass from the bottle since I thot it was weaker that way. We aren't ice cream eaters much but if that's it – I eat it in limited amount. And surely the calorie value of ice cream can vary a great deal. In the 2nd day diet list for lunch – I would think that you would be better off to eat the tuna salad than the bread & butter — but pour the oil off of the tuna & use lemon or vinegar rather than dressing for yours. So you can have the tuna salad with the rest of the family — only mix theirs separately from yours. Or I use a tomatoe juice dressing with lemon, onion worchestire & mustard in it or a French dressing made with heavy mineral oil instead of Wesson oil. The mineral oil may have caloric value but my dietetics book I had at Bogeman used it in a low calorie dressing & we can't tell the difference. So little dressing used anyway.

In the 3rd day lunch menu – I think the deviled egg would be more valuable to you than the jam. I think 1 tbsp of jam is 50 or 75 calorees - & surely a develed egg would be around 100. And in the dinner on that day – I'd think a baked apple would be preferable in filling value – to

the potatoe chips or hard candy. These are the things you'll hash over when you get together. If the gals bring their calorie counter menus with them you can go over their meals with them & decide where to cut down if they gain instead of lose etc. There were too many of us to do much of this but could always get help if we waited to talk things over.

When I go out to meals I try to eat what is there & take no seconds and adjust my meals next day to square it up. Oh yes – when your cooking & hungry & lick your fingers or sample too much – it's a good deal to use that time to chew on celery or carrot sticks or to drink your portion of milk then. We were not restricted on water for in the long run it doesn't put on fat but might add temporary weight. One woman in our group has a dropsy condition & when that bothered her she'd weigh 4 or 5 lbs. more than otherwise but would have good loss when that cleared up. I always feel heavier (I am heavier then) & stuffier at “that” time of the month too & our leader said that was when she was always hungry. Once when I had some kidney trouble & had to take quantities of liquids I gained that week but did very well next week.

As the near normal weight is reached the pounds come off slowly. In fact the first month usually has best showing & that is a good thing because that's when you need the lift of showing some loss.

If you can start a four month program with weekly check ups – and keep calorie count then perhaps a monthly check as we did it should fix eating habits so that weight can be kept down. We were all Home Ec. Club members & I hear the leader really lowered the boom Monday for many had back slid. I was 136 lbs when I went in Wednesday. She wasn't there so I didn't get to talk to her. A new class has just started & those not down to normal & who are still trying are joining the new group & feel they can be benefitted with weekly weighing again. I suppose I have repeated myself a lot – this has been written over such a long period of time. I am

going to send you my notebook but would like it back sometime. No hurry – I didn't put amounts down mostly after the start but I had scales to weigh meat etc. You can see I'd fall off the shelf often too when company came & I listed "drinks" or "beer." My birthday – April 25 – looked bad to start with but I knew about the clam feed & held off for it — then are the relishes & clams & forgot the garlic bread so even then didn't do too bad. The other nite we had a crab feed & then too – I concentrated on crab & raw vegetables. I don't crave bread usually – The parties where rich lunch is served is bad but so far I eat what's served. Once a graham cracker & whipped cream deal that they said was 1000 calories preserving. I sure cut down the rest of the week. That was after I quit keeping the notebook. Sometimes — doing that book just got left out when I was busy. The theory was to take it to the table but I had aversions about making so much of it.

Well – I've got to quit. Sorry it took me so long to write but hope this dope helps you some. Any other thing I can do I'll be glad to — Wish I could be there to hash it over but you'll do it OK. Don't get this change of clothes size with little weight loss. Exercises? But you get plenty of exercise. I wear a 14 now & a size 26 girdle – can you imagine it's a stretchy girdle but larger size just too sloppy for comfort — And a half size smaller & an inch shorter stocking!

Bye now — Carolyn

