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1954 April 8

Carolyn Brown Dodge

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Envelope:

Mrs. Boynton Dodge

Route 2

Ellensburg, Washington

Mrs. E. H. Robinson

1318 Felton Street

San Diego

California

Letter #3 (black ink, highlighter yellow clip)

April 8, 1954

Dear Carol: The trouble I have getting up in the morning, I should be in bed now instead of starting this, but am restless & maybe writing a little will help me get ready to sleep. Was just down to the barn with the pail for milk in the A.M. Its cold outside tho the report was for 30° to 35° tonite. The wind blowing some tho & that is chilling. It really blew today. Our windbreak helps us but I was in town & it was miserable to be on the streets. Even the locker felt better than outside for a few minutes anyway. We've had frost almost every nite & a great deal of wind day times so far from comfortable. At least there should be no hurry to plant tho many have their grain in. We haven't & aren't anywhere near ready either.

I keep thinking about your dieting problems & hope your trip doesn't make it too hard for you to follow along on it. Do you have any dropsy condition or any retention of liquids I wonder? A lady doctor on the coast who specializes in weight control, has her patients use lemon juice with cream of tartar in it to work off the excess liquids. I'll try to get the proportions for you. It is surely nothing that would be harmful & might prove helpful. We had one gal in our

group who would lose six pounds one week & gain four the next. She had been near a stroke condition & had been dieting for several months when she started with us. I don't know how she is now but the last I saw her she didn't look like she was losing much. Her chart was the most inconsistent of anyones & we were all curious what she might be doing really. She made quite a gay thing of our diets, clipping every cartoon she saw that applied to dieting & passing them around and always telling her experience. But her results were so poor. I think you'll find you'll start to go down again soon. You need more than 650 calories tho for the activities you take part in. In fact, it seems to me that as active as you are you should lose on 1200 or 1400 calories. How do you feel? What is your goal. I would imagine 155 lbs. Is that right? Maybe as spring work starts you'll feel like its doing more good again — & even the scaled will go along with you. The group business helps tho for when you hear that the rest are hearing that “Lose no more, don't overdo it!” business you know its not just you. Not until the last month have people quit saying that I look like I'd been sick or look so thin. I know my flesh is firming up more & for the most part feel good. I even eat an occasional piece of cake now. Its easy to overdo tho. This week – I have a family again & have to cook three a day & the scales show that upward trend. Should be back on schedule next week tho. This time of year always seems a little harder too. The canned vegetables don't appeal so much, the frozen ones about shot & somehow the spinach, cabbage, celery & carrots even seem to lack something. It happens every year. Bet you'll enjoy the fresh produce in California tho.

Mother should have run down to San Diego to stay with your Mother. Would have been good for both of them. But I'm glad your getting the trip & hope you can enjoy it a lot. Better go home by way of Ellensburg. We've got bull calves all ages & you could take one home with you if you'd like — — in a suitcase, in a box or what do you suggest.

Fri. A.M. Just had a flood. For some reason, the pasteurizer water bath ran over rather than drained off when the cooler water was running and the towel drawer, cutlery drawer, silverware drawer were all full of water as well as the table top & the floor so I have an unscheduled cleaning job to do. I was in the basement taking a batch of clothes from washer & putting another one in while milk cooled & an angel food cake baked. Now can write while floor dries then will have to get at it before noon so it isn't such a mess when crew comes to eat.

Out temperature was 22° last nite. Chilly – Carol, my friend says the lady doctor has her take the juice of half a lemon with 1 teaspoon of Cream of Tarter with a half glass or more of water night and morning. That relieves the waterlogged condition this friend has and she is feeling much better. She has arthritis & the lemon is known to be good for arthritis. She has taken this stuff for nearly a year now that I know of & is much improved in her weight & the local doctors have said loss of weight would help her arthritis. To start with she took the lemon C.T. treatment three times a day — now twice. Others I have talked to use it only once a day. So maybe you'll want to experiment. I think its worth a try & quite plainless. Women from E'burg have gone to this Seattle doctor for years but she uses pills to appease the appetite & the ones I know have mostly gained their weight back as soon as they quit pills. I can see how easily the weight comes back if you don't watch. I see a couple of extra pounds now so am watching.

Well – the floor is dry so guess I'd better be at it again. Have a good vacation & if you can come home via E'burg do so. We'd love it. I owe you two weeks of entertainment, care & consideration & I'd sure like to lavish it on you. How much fun we could have, visiting & seeing the country. And here we wouldn't even have to fret about what the next relative might want to plan. Couldn't you really enjoy that???

Bye now & Love Carolyn

