

38 Pine Ave.,  
Long Beach, Calif.

Friday Sept 11, 1925.

Dear mother

Your lovely letter written last Sunday came in the noon mail today. I am so sorry to hear of the baby's sickness but very glad to hear that she is on the road to recovery. We hope she is entirely well by now.

I wish it were going to be possible for us to spend the fall with you in Oberlin, but I cannot see any way it can be managed. We would like to visit with you & would like to take care of you & the house, & <sup>take</sup> the responsibility of the house, but without money, I don't see any possible way to do it. Business has been awfully poor in Long Beach this year & I am even a little behind with bills at present. If I am unable to sell the studio the Christmas business at least will get us above our debts again. Attending to the shading of the farm, & then the orchard has taken a lot of time away from business, & now I must take still more time to trade the orchard for something more profitable, or if possible sell it.

Sat. Sept 19.

Today's Will's birthday. I wish I could give him a present - but maybe it is just as well I cannot because he never did like to get presents. Has he gone back to O.S. N. yet? We wish him many happy returns of the day.

Coral is away on a trip with the Scumbys. She left on Wednesday & I expect to go to Beverly Hills on Sunday to get her. They were not sure where they would go but expected to go to see the big trees at the Sequoia National Park, which is between two hundred & fifty - and three hundred miles from here. Mary also has a friend from Oklahoma visiting her.

I wish you all could see the preserves, jellies & jams etc. that Coral has done up this summer. We used the cull pears & peaches from our orchard, also grapes & blackberries which grew there. Then I traded <sup>cull</sup> pears for more grapes to make jelly with, and we had lots of figs from the Scumbys orchard also. They still have lots of figs that are going to waste. Altogether Coral has done up twelve dozen quart & pints of fruit - apricots, peaches, pears, cherries, blackberries, figs & cucumbers - and over a hundred jars of all sizes of jellies & jams & marmalades.

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Early in the summer I bought a big box of the loveliest sweet navel oranges, for fifty cents, + Coral made an awful bunch of orange marmalade. The oranges, + fifty cents worth of cherries + seventy-five cents worth of strawberries are all that we spent on all this fruit! Except of course for jars + sugar. We even got twenty-one pounds of sugar free as a premium at a special sale at a store one day! The apricots we got from a neighbor near the orchard on a trade for peaches.

For once in our lives we have had all the fruit we wanted. Coral had never picked any fruit before in her life + she certainly enjoyed picking the peaches. In fact I believe Coral had never even seen peaches, cherries, pears, apples, apricots, or plums growing before. I wish some of our Chinook friends could have some of the fruit that is wasted in the orchards here!

You wanted to know what I have done about my health. I went to Dr. Elaine Litt who is a cousin of Mrs. Schade, both good friends of ours. He was graduated a year ago from an Osteopathic College in Los Angeles + is now a practicing Osteopath + surgeon. He outlined a form of diet for me to go by which proves very successful as long as I follow it. I am not supposed to eat any bread or cereals, milk, sugar, meat etc etc, but live ~~entirely~~ on vegetables + fruits. One of my principal troubles is that I have

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been unable to properly digest my food when I had eaten the wrong combination together. If I should eat an egg + a piece of toast for breakfast along with any fruit, before noon I would be so bloated, + belching wind so much, that I felt as if I would burst. As soon as I would eat I would be all right again for an hour or two + then start to bloat again. Isn't that the limit?! as long as I eat only vegetables + fruits (not all fruits tho) I feel fine but cannot seem to get enough energy from them alone, so of course I eat richer things part of the time + wish I had it! It seems to be chronic. This sedentary occupation of course is largely to blame, after having been working at manual labor outdoors all my life heretofore.

Coral + I went in swimming in the ocean as often as possible when the days were long enough + we felt fine, but now it gets dark shortly after six - you know there is no twilight here to amount to anything + it makes us so disgusted - as soon as the sun goes down it gets dark!

It is awfully nice to get letters from you mother + I hope you can find time to write again soon. I certainly wish we could spend the fall + winter with you. Love to all Selden.