

Baguio Sep. 29.

Dear Grandma Team -

We enjoyed your long and unusual letter. I cut parts of it and sent to mother because she has H. B. P. too and I thought your ideas on diet very good. She lives in a Danish home now - some of her friends - and I imagine it is pretty tough to stay on her diet - to live with such hospitable people. My kids all eat such quantities of fruits - and raw vegetables - which probably accounts for their healthiness - I never bend and give them maybe one lemon drop a day - but they won't eat chocolate bars etc. other kids like. But meat milk & eggs - are very popular - John

and Nora are salad eaters, and John loves green onions like his pa. I encourage onions as I think onions discourage worms - and give it to the dogs - a plenty.

Fabian looks fine again. Am sending you two pictures taken at a ^{birthday} ~~society~~ ~~Filipino~~ of 4 swanky Filipinos -

John & I are going to town soon. The other kids are all at school. Today every one wearing a red dress - quite by accident. They are all working hard at music except John & Sally. I give Evelyn & Beiriam daily lessons too.

It is fun for all. There is always a bunch a round the piano.

Will write a long letter next time
love from Ruth.

I am writing to your Big Boy - when I get back from tour. R