

UNITY SCHOOL OF CHRISTIANITY

OFFICE OF THE PRESIDENT

Chas Fillmore

917 TRACY AVENUE - KANSAS CITY 6, MISSOURI

July 18, 1949

Mrs. Adele Woodruff,
135-42 40th Road
Flushing, New York

Dear Mrs. Woodruff:

It was a pleasure to have your letter and I am sorry that I was not at home when you called for I would have enjoyed visiting with you. Thank you for your comments on the healing meeting of June 21. As my talk was for that day only, it was not prepared for publication, but I am glad to know that the message has been of assistance to you. Rest assured my blessings are with you and the beloved assistant who has stepped over into the invisible side of life. Her work in Truth here will be a staff of support in her continued unfoldment.

I am very glad to give you a general outline of my diet and to thank you and Doris at the same time for your very kind comments. Tell Doris my diet consists mostly of fresh, green vegetables such as green beans, peas, spinach, corn, beets, lettuce, tomatoes and so forth.

Usually I have a potato each day (baked, preferably). My cooked vegetables are seasoned with butter and cream, and for frying and baking I use butter, margarine, or olive oil. Also I use vegetable salt for seasoning. Fried foods are used only very occasionally. Of course I do not eat meat, but I do eat fish of various kinds, and eggs. I like soybean butter and also when I can get it I drink goat's milk. For bread, I use Rye Krisps and when not available I substitute Triscuits. Plenty of fresh fruits of all kinds have a place in my diet, and when fresh fruits are not to be had I use canned fruits.

I have a drink of carrot and celery juice about every day; sometimes I have beet juice, lettuce juice, or tomato juice. Also I drink alfalfa tea, desert tea, and so forth. I eat no pastry, no salad dressings, or rich foods of any kind. This will give you an idea as to the nature of my diet but it can be varied as you choose.

May you and all with whom you are in contact be ever richly and graciously blessed as you follow and practice Truth in all your ways.

In His Name,

Cora Fillmore