

Denison, Texas

December 26, 1878

Dear Dr. Kellogg,

I return these recipes to you to see through the press. You will deliver them to W.C.W. when you have supplied the parts missing and added one to make the forty.

I think they should be numbered to make more attractive and "Big" to the purchaser.

I think your selection is excellent. I suggest for the fortieth, the particulars about restoring those who are drowned, with the illustrations.

Also in the Health department I think would be well to introduce in connection of hog eating, (rather softly in this land of swine), illustrating in connecting your illustration of the Trechina. I do not know how to spell.

I wish you to add four more hints to make up the fifty.

With many thanks I return this excellent selection to you.

Please excuse this soiled paper. We are having snow and cold weather, which chaps my hands. And I treated them with marrow from an ox's skin, (Is that bad?) and have soiled my paper.

Your obedient servant,

(Signed) James White.

P.S. Let the members of patience, studying of Sanitarium asked some time since, and general news of your health and prosperity as a fraternity compose the main features of your next. J.W.