

*Health Recipes  
for  
Plain Living  
and  
High Thinking*

*Based on the teachings of Paramahansa Yogananda*

*"Thy Self-Realization Will Blossom Forth From Thy Soulful Study"*

# Your Praeceptum from

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SELF-REALIZATION  
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## NAUGHTY BABY OF THE DIVINE MOTHER

By Paramhansa Yogananda

In the hall of life, decorated with mountains, cataracts, and wild scenery, I have played long. When tired of play, each time I cried for Thee, Thou didst drop to me, through the window of my desire, new dolls of fame, friends, prosperity--to quiet me. Now, this time, Divine Mother, I will play the naughty baby. I will sob unceasingly. No more toys of earthly pleasures shall stop my cries. O Divine Mother, Thou wouldst best come soon, or I will wake all creation with my cries. All Thy sleeping children will wake and join me in a chorus of wails. Forsake the busy-ness of the housework of Thy creation! I demand attention. I demand Thee, and not playthings!

--From "Whispers from Eternity"

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# YOGODA NUTRITIONAL GUIDE

## PINEAPPLE CRUMB PUDDING

2 cups crushed pineapple  
2 cups graham cracker crumbs  
2 cups cooked brown rice  
1 cup brown sugar  
butter.

Into a well buttered baking dish place a layer of rice. Sprinkle the rice generously with sugar and dot with bits of butter. Over the rice place a layer of pineapple; sprinkle with sugar and cover with a layer of cracker crumbs. Dot the crumbs with butter. Add another layer of rice as before, then a layer of pineapple, a layer of crumbs, etc., until all the ingredients have been used. Finish with a layer of crumbs on top. Bake in a moderate oven twenty to thirty minutes. Serve with cream.

## Yogi Drugless Method of Curing Chest Colds

**T**AKE this treatment immediately before retiring: Wring a Turkish bath towel out of very hot water. With the damp, hot towel, rub throat and chest until the pores are open and the towel gets cold. Then wipe with a dry towel. Repeat this five times. Then, with the towel prepared as above, rub and wipe abdomen, back of chest, and hands and feet, four times. Put feet in hot water, as hot as you can stand. Then wipe your whole body with a dry Turkish towel. Get into bed and cover up with plenty of warm blankets. Repeat this every night until chest cold is gone.

Drink fruit juices (natural temperature, not cold) in the morning. Eat plenty of lettuce at your heaviest meal, which should be at noon. Eat fruit and ground nuts at night. Don't drink or eat anything just before going to bed. Be very strict in observing the laws of continence.

Opening the pores of the body allows the unbalanced heat in it to pass through the skin surface. This extra heat, unless it is let out, passes through the mucous membrane of throat and lungs and causes ulcers and pus formations.



## RECIPES

### SPECIAL CABBAGE SALAD

2 cups chopped cabbage	1 tablespoon white mustard seed
1/2 cup chopped raw carrots	1 tablespoon celery salt
1/2 cup diced celery	1/2 teaspoon mineralized salt
1 tablespoon chopped green onion	French dressing

Mix and serve in bowl lined with crisp cress or lettuce leaves.

### COCOANUT APRICOT BALLS

3/4 cup apricots	1 tablespoon orange juice
1 cup shredded cocoanut	1/2 teaspoon orange rind, grated
3/4 cup pecans	1 tablespoon lemon juice
1 teaspoon lemon rind, grated	

Steam apricots five minutes and grind or chop them very fine. Add cocoanut, pecans, juice and rind. Mix well and form into balls. Roll in more cocoanut and chill in refrigerator for several hours.

### SCALLOPED ASPARAGUS

2 tablespoons butter	1/2 cup asparagus liquor
1/2 cup milk	1/2 cup whole-wheat cracker crumbs
1/2 cup grated cheese	1/2 cup additional cracker crumbs
Vegetable salt	mixed with
2 cups cooked asparagus	1-1/2 tablespoons melted butter

Melt butter in pan, add one-half cup cracker crumbs and salt. Mix well, add milk and asparagus liquor and cook over a low flame until smooth and thickened. Add grated cheese and cook until melted. Drain and cut asparagus into one inch lengths and fold carefully into the above mixture. Put one-half of the buttered crumbs in the bottom of a buttered casserole, pour in the asparagus mixture and cover with remaining buttered crumbs. Bake in a hot oven until brown.

### CAULIFLOWER (Spanish Style)

Cook two tablespoons onion and parsley, chopped, in melted butter. Add two cups stewed tomatoes and heat through. Put steamed head of cauliflower in baking dish and pour the tomato mixture over it. Heat in oven before serving.

### ASTOR FRUIT SALAD

Arrange 32 large strawberries, 16 tablespoons pineapple cubes and 2 oranges on crisp lettuce leaves. Beat together 1/2 cup olive oil, 4 tablespoons lemon juice, and 4 tablespoons grated cheese and pour over salad. Serves 4.

### HONEY CUSTARD

Add 1/2 cup pure honey to 3 slightly beaten egg yolks and beat well. Add 2 cups milk and pour into buttered custard cups. Set in pan of hot water; bake in slow oven until firm.

## MAPLE MOUSSE

1-1/2 cups maple syrup  
2 egg whites

1/2 pint whipping cream  
1/4 teaspoon vanilla

Boil syrup to a thread. There should be 1-1/4 cups after boiling. Pour hot syrup slowly over beaten egg whites, beating constantly. Continue beating until mixture is stiff enough to hold its shape. Chill thoroughly and fold into stiffly whipped cream. Add vanilla, turn into freezing tray. Pecans may be added before freezing.

## MUSHROOM AND TOMATO OMELET

6 eggs  
1 cup mushrooms, sliced very thin  
3 cups strained tomatoes  
2 tablespoons onion, chopped

1/2 cup milk  
2 teaspoons raw sugar  
Vegetized salt

Combine tomatoes, onions, sugar, salt. Simmer for 5 minutes. Add mushrooms. Cook 5 minutes more. If fresh mushrooms are used, saute them in butter before adding to sauce. Make plain omelet with eggs and milk. Pour part of sauce over omelet just before folding. Fold, place on hot plate. Pour remainder of sauce around omelet and serve.

## BANANA PUDDING

5 sliced bananas  
2 eggs  
1-1/2 tablespoons butter  
1/2 cup raw sugar  
3/4 cup evaporated milk

1/2 lemon, grated rind and juice  
1-1/2 teaspoons vanilla  
Fine whole-wheat bread crumbs  
3/4 cup water  
1/4 teaspoon salt

Put layer of sliced bananas in well-greased baking dish. Dot with bits of butter sprinkle with lemon juice, cover with bread crumbs. Repeat layers until all bananas are used. Mix milk and water, add lemon rind and scald. Combine the slightly beaten eggs, sugar and salt. Pour hot milk over egg mixture, add vanilla and pour over bananas. Set dish in pan of hot water. Bake in moderate oven until set -- about 20 minutes.

## CASSEROLE OF EGGS

6 hard-cooked eggs, sliced  
3 tomatoes, sliced  
1/2 cup grated cheese

12 whole-wheat crackers, crumbled  
1 teaspoon butter  
1-1/2 cups Vegex broth

Arrange alternate layers of sliced eggs and tomatoes in buttered baking dish and sprinkle with salt. Stir desired amount of Vegex into boiling water. Pour this broth over 3 crumbled crackers, add 1 teaspoon butter and beat until smooth. Stir in 1/2 cup grated cheese and pour mixture over egg and tomatoes. Sprinkle with crumbs, dot with butter and bake 20 minutes in a hot oven.

Persons seeking to calm and control the mental and physical processes by yoga meditation will find their efforts enhanced by abstinence from stimulants such as coffee and tea. Moderation should be the rule. Several brands of coffee from which most of the caffeine has been removed are now available, as are a number of other products from which can be made tasty hot drinks that produce no stimulating or other harmful effect in the body.

Neither tea nor coffee should be given to children.



## CREAMED EGGS AND MUSHROOMS

4 tablespoons whole-wheat flour	1/2 cup diced mushrooms
1 teaspoon chopped pimentos	1/2 teaspoon minced onion
1/4 teaspoon paprika	1/4 teaspoon salt
1-1/2 cups milk	2 hard-cooked eggs, diced
1-1/2 cups hot boiled rice (brown)	1/2 teaspoon chopped parsley
3 tablespoons butter	

Melt butter, add mushrooms and brown. Add flour and blend well. Add seasonings, eggs, and milk. Simmer 5 minutes. Pour over hot brown rice.

## SPINACH WITH LEMON SAUCE

Soak spinach 30 minutes in large pan of cold water. Lift spinach out of water. Rinse through 2 or 3 more waters, each time lifting spinach out. Cook in tightly covered, heavy pot without adding more water than clings to the leaves. Cook 5 to 8 minutes. Chop and serve with garnish of hard-boiled eggs and lemon sauce.

## LEMON SAUCE

2 tablespoons butter	1 teaspoon salt
2 tablespoons whole-wheat flour	1 tablespoon raw sugar
1/4 cup lemon juice	3/4 cup spinach liquor or water
1/4 teaspoon grated lemon rind	

Melt butter, add flour, and stir until smooth. Add other ingredients and cook slowly until it thickens.

**GLAZED ONIONS** Boil small white onions until tender and drain. (Save liquid for soup.) Melt 1 tablespoon butter, add 3 tablespoons brown sugar and 1 teaspoon water. Blend mixture in a frying pan over low heat, add onions, stir occasionally until onions become slightly brown and glazed.

## LENTILS AU GRATIN

1 cup lentils	2 ounces butter
1 small onion, chopped	2 ounces grated cheese
1/2 cup whole-wheat bread crumbs	Nutmeg
2 ripe tomatoes, chopped	Vegetized salt

Cook lentils for 20 minutes in 2 cups of boiling water and drain. Brown onion in melted butter, add tomatoes, salt, nutmeg, and lentils. Put mixture into deep baking dish. Cover with crumbs and grated cheese and bake until brown.

## VEGETABLE ROAST

1 cup chopped nut meats	1-1/2 cups stale whole-wheat crumbs
1 cup diced celery	1-1/2 cups whole-grain cereal
1 cup grated raw carrots	2 teaspoons poultry seasoning
1-1/2 cups solid-pack tomatoes	2 teaspoons vegetized salt
2 medium sized onions, chopped	

Mix all ingredients and pack into buttered mold or bread pan and bake 45 minutes in moderate oven. Serve with brown sauce.

## SAUERKRAUT AND APPLES

1 No. 2 can sauerkraut	2 tablespoons whole-wheat flour
1 large raw apple	3 or 4 whole cloves
3/4 cup water	3 tablespoons butter
2 tablespoons brown sugar	

Melt butter, add flour and stir until smooth. Add sauerkraut, water and seasonings and simmer about 20 minutes. Cut the apple very fine and add just before serving.

### SPANISH STRING BEANS

2 pounds fresh green beans  
2 cups cooked tomatoes  
1 green pepper, chopped  
1 clove garlic, chopped  
1 large onion, chopped

2 tablespoons butter  
1 tablespoon lemon juice  
Vegetized salt  
Smoked seasoning powder

Wash beans, remove strings, and cut into small pieces. Brown onion and garlic in butter, add beans, cover closely and cook until dry. Add rest of ingredients, cover, and cook slowly until tender.

### CHEESE NOODLE RING WITH BRUSSELS SPROUTS

1 6 ounce package whole-wheat noodles  
1-1/2 cups grated cheese  
1 cup scalded milk  
1 teaspoon vegetized salt  
3 eggs

Break noodles into 1 inch pieces and cook in boiling salted water until tender. Drain and rinse with cold water. Add cheese, salt, beaten eggs and milk and mix well. Pour into a greased ring mold, set in pan of hot water and bake in moderate oven about 45 minutes. Unmold and fill center with buttered Brussels sprouts.

### BAKED SPICED APPLE RINGS

Wash large, firm baking apples, core and cut in 2 or 3 thick slices. Stick 4 cloves in each slice and arrange in a shallow baking pan. Sprinkle with brown sugar and a little cinnamon or nutmeg. Add 1 cup water and bake in a hot oven for 30 minutes or until apples are tender, basting every 10 minutes with syrup in pan. Remove apples from oven, sprinkle with raw sugar and place under a low broiler heat to glaze the tops of the apples.

### VEGETABLE SOUP

8 carrots  
4 onions  
8 tomatoes  
14 stalks of celery  
1 large bunch of parsley  
5 green peppers  
2 cans okra or equal amount fresh okra  
3 dried chili peppers  
Vegetized salt  
5 quarts of cold water

Put cleaned parsley in kettle with sliced tomatoes and chili peppers. Put carrots, onions, celery, and green peppers through food grinder, and combine all ingredients. Add the cold water and boil, covered, until tender.

### BAKED FRUIT

Drain 8 cooked peach or pear halves, roll in corn flake crumbs, and place in buttered baking dish, cut side up. Dot with butter, and bake in moderate oven until crumbs are brown. Serve with lemon spice sauce.

### LEMON SPICE SAUCE

1 cup boiling juice from fruit  
1-1/2 tablespoons lemon juice  
1/2 cup raw sugar  
1 tablespoon cornstarch  
2 tablespoons butter  
Nutmeg  
Vegetized salt

Mix sugar and cornstarch in top of double boiler. Gradually stir in hot fruit juice. Cook 5 minutes after mixture begins to thicken. Add butter, lemon juice, nutmeg, and salt.

### CHINESE OMELET

3 cups chopped onions  
1/2 teaspoon sugar  
4 tablespoons butter

3 tablespoons corn starch  
4 eggs  
Vegetized salt or soy sauce

Melt sugar in heavy frying pan. When it starts to brown, add butter and onions. Cook slowly until onions are soft and yellow. Season with salt or soy sauce, and add corn starch. Beat eggs until thick and light. Pour into hot onion mixture. Drop by spoonfuls onto hot greased pan and brown lightly on both sides. Serve with parsley

### APPLE CABBAGE SALAD

1 small head red cabbage  
1/2 small head white cabbage  
4 large, tart apples  
1 cup celery diced

Vegetized salt  
1/2 teaspoon paprika  
Sour cream dressing  
Finely chopped nuts

Core apples, but do not peel. Shred the red and white cabbage and dice the apples and celery. Mix together and add salt, paprika, and dressing. Sprinkle top with finely chopped nuts and serve very cold.

### BRAZIL NUT ROAST

1 loaf whole-wheat bread  
1/4 pound butter  
2 onions, chopped  
1 egg

1 teaspoon Vegex  
1/2 pound ground Brazil nuts  
1 teaspoon fresh sage  
Vegetable stock

Cube bread and toast in oven until a golden brown. Cook onions to a golden brown in melted butter. Combine all ingredients, mix well, cover, and let stand for one half hour. Put mixture into a well-greased baking dish and bake for 25 minutes. Serve with Vegex gravy or well-seasoned tomato sauce.

### STRAWBERRY ICE

3 cups berries  
1/2 cup raw sugar  
1/8 teaspoon salt

1 teaspoon vegetable gelatin  
1-1/2 tablespoons lemon juice  
3 cups water

Wash, hull, and crush berries. (Other berries may be used in place of the strawberries.) Boil the sugar, salt, and water 5 minutes and pour over gelatin. Add lemon juice and berries and cool. Put through a sieve and pour into the refrigerator tray. Stir well when partially frozen. Freeze until solid.

### CORN PUDDING

2 tablespoons butter  
2 tablespoons whole-wheat flour  
1 cup milk  
1/4 teaspoon vegetized salt

1/4 teaspoon celery salt  
2 eggs beaten  
1 teaspoon chopped parsley  
1-1/2 cups corn

Melt butter and add flour. Add milk slowly and stir constantly over a low fire until creamy. Add rest of ingredients and pour into buttered baking dish. Set in a pan of hot water and bake 35 minutes in slow oven. Serves 2.

### MAPLE APPLE SAUCE

Peel, core and slice 6 tart apples, place in a sauce pan with 1/2 cup water and cook slowly until apples are soft. Add 3/4 cup of maple sugar or sirup and 1 tablespoon of orange juice and cook until apples are soft enough to press through a strainer. Beat well and serve either hot or cold.

## SPINACH RING WITH CREAMED EGGS

2 cups cooked spinach	1 teaspoon onion juice
4 egg yolks, well beaten	1/2 teaspoon mineralized salt
1 teaspoon lemon juice	1/8 teaspoon nutmeg

Mix all together and put into a buttered ring mold. Place in pan of hot water and bake in moderate oven about 30 minutes. Turn out on serving plate and fill with creamed hard boiled eggs.

## CAULIFLOWER WITH BROWNE CRUMBS

1 medium cauliflower	1/2 teaspoon mineralized salt
1/2 cup fine whole-wheat bread crumbs	Dash of nutmeg
8 tablespoons butter	

Trim cauliflower leaving one row of leaves on head and soak in cold salted water to draw out insects. Plunge cauliflower into boiling salted water and cook rapidly in open vessel until just barely tender. Brown butter, add seasoning, and bread crumbs. Cook one minute and pour over the hot cauliflower head.

## BROWNE TOMATOES

Mix 1/4 cup whole-wheat flour, 1/2 teaspoon mineralized salt and 1/2 teaspoon paprika and sprinkle on 8 slices of tomatoes. Brown tomatoes quickly on both sides in 4 tablespoons butter, sprinkle with 1/2 cup grated cheese, cover and cook for about eight minutes.

## ASPARAGUS SHORTCAKE

Divide whole-wheat biscuit dough into two equal portions and roll into rectangles about 5 by 12 inches. Spread one layer with softened butter; cover with other layer. Cut crosswise into 2 by 5 inch strips and bake in a hot oven about 15 minutes. Split shortcakes and put freshly cooked asparagus stalks between layers. Cover with cheese sauce.

## PINEAPPLE-APPLE DESSERT

1 cup crushed pineapple	4 tablespoons maple syrup
1 cup grated apple	Juice of 1/2 lemon

Mix, chill, and serve in sherbet glasses with cream.

## COCOANUT-BRAN FLAKES CUSTARD

1-1/2 cups bran flakes	1 teaspoon grated orange rind
1/2 cup finely cut shredded cocoanut	1 teaspoon vanilla
3 eggs, slightly beaten	1/4 teaspoon mace
4 cups milk, scalded	1/4 teaspoon mineralized salt
1/2 cup raw or brown sugar	

Combine eggs, sugar and salt. Stir milk in gradually. Pour into greased baking dish. Combine remaining ingredients and fold into custard mixture. Place dish in pan of hot water and bake in moderate oven 1-1/4 hours, or until knife inserted comes out clean. 8

### PEANUT BUTTER TOMATO SOUP # 1

Put 3 cupfuls of tomato juice on the fire and heat. Blend another cupful with 1/2 cup peanut butter, salt, and 1 tablespoon whole-wheat flour. Cook a chopped onion slowly in 1 tablespoon of butter. Combine all and serve with whole-wheat toast.

### VEGETABLE PIE

Heat 3 tablespoons of butter, add 3 tablespoons of whole-wheat flour, 2 teaspoons vegetized salt, and 1 teaspoon sugar. Gradually stir in 1-1/2 cups vegetable liquid which has been seasoned with a little Vegex. Cook until thick and smooth, stirring constantly, and add 1 cup diced carrots and 2-1/2 cups cooked lima beans. Pour into a greased baking dish, cover with fluffy mashed potatoes, and bake in hot oven until brown. Other combinations of vegetables may be used if desired.

### DATE-ORANGE MOUSSE

Chop 1/2 cup pitted dates, add 1 cup water, and cook 10 minutes, stirring constantly. Press through a coarse sieve or potato ricer. Add 1/2 cup orange juice, 1/4 cup honey, and 4 well-beaten egg yolks, stirring vigorously. Add 1/4 teaspoon salt and cook over boiling water 15 minutes, stirring occasionally. Cool. Add 2 tablespoons milk and 1/4 teaspoon vanilla to the date mixture and blend until smooth. Fold lightly into 1 cup whipped cream and pour into freezing tray and freeze.

### COMBINATION RAW VEGETABLE SALAD

Combine 3 parts chopped lettuce, 1 part chopped green pepper, diced tomato, and minced green onion. Serve with any desired dressing.

### APRICOT ICE CREAM

Combine 1 cup unsweetened apricot puree, 1 cup raw sugar, 1 cup rich milk, 1 teaspoon lemon juice, and a pinch of salt. Whip 1 cup heavy cream and fold in mixture. Freeze.

### CREAMED EGGS DE LUXE

1 cup brown rice	6 hard-cooked eggs, quartered
2 cups well-seasoned medium white sauce	2 teaspoons chopped parsley
1 cup cooked green peas	1/4 each celery salt and paprika

Cook rice and place in ring around platter. Add other ingredients to hot white sauce, and pour mixture in center of rice ring.

### CREOLE MUSHROOMS

1/2 pound fresh mushrooms	2 tablespoons chopped green peppers
3 tablespoons butter	1/4 teaspoon mineralized salt
3 tablespoons whole-wheat flour	1-1/2 cups cooked tomatoes
2 tablespoons chopped onions	1/2 cup cooked brown rice
2 tablespoons chopped celery	

Cut washed mushrooms into slices and brown in butter. Stir in flour, then add rest of ingredients. Cover and simmer ten minutes.

## RINK TUM DIDDY

1 cup canned tomato soup	1/8 teaspoon paprika
2 tablespoons chopped onions	3 tablespoons butter
3 tablespoons catsup	1 egg, beaten
4 pieces whole-wheat toast	1/2 cup grated cheese

Cook onions in butter, add other ingredients except egg, and cook in top of double boiler until cheese is thoroughly melted and blended. Stir in beaten egg and serve on buttered whole-wheat toast.

## STUFFED ONIONS

6 large onions	3 tablespoons catsup
1 cup soft whole-wheat crumbs	1/4 teaspoon paprika
2 tablespoons chopped celery	1/4 teaspoon salt
1 tablespoon chopped green pepper	3 tablespoons melted butter

Peel onions, parboil fifteen minutes, drain and rinse in cold water. When cool, carefully remove centers, combine rest of ingredients and stuff onions. Bake in moderate oven for 20 minutes.

## PINEAPPLE MOUSSE

2 tablespoons vegetable gelatin	2 tablespoons lemon juice
2 cups crushed, canned pineapple	2 cups whipped cream
1 cup raw sugar	

Prepare gelatin according to directions. When cool, add rest of ingredients, stirring well to dissolve the sugar. Pour into refrigerator tray and let stand in freezing compartment for 4 hours.

## CHEESE AND VEGETABLE SALAD

To 2 cups cottage cheese, add 1 cup minced parsley, 2 cups chopped radishes, 2 cups finely shredded cucumber, and 1 teaspoon vegetized salt. Mix lightly. Serve on finely chopped cabbage with cream dressing. Use either sweet or sour cream and add lemon juice and honey to taste.

## LIMA BEAN CURRY

2 cups cooked lima beans	1/4 cup tomato sauce
4 tomatoes, sliced	1 small sour apple, chopped
2 tablespoons butter	Vegetized salt, and dash of paprika
1 onion	1 tablespoon curry powder

Cook tomatoes in butter until brown and place in a ring in baking dish with beans in center. Cover with sauce and seasonings. Bake in moderate oven 10 minutes.

## PINEAPPLE-COCOANUT CREAM

1-1/2 cups crushed pineapple	1-1/2 cups whipped cream
1/2 cup shredded cocoanut	Few drops of vanilla

Mix chilled ingredients. Garnish with cherries and sliced pineapple.

## CORN CHOWDER

1 cup corn	1/4 cup chopped onions
1 cup water	2 tablespoons chopped pimientos
4 tablespoons butter	3 tablespoons whole-wheat flour
2 cups milk	1 tablespoon minced parsley
1/2 cup chopped celery	Vegetized salt

Brown celery and onions in 1 tablespoon butter, add pimientos, corn, water. Cover and simmer 20 minutes. Melt rest of butter, stir in flour and milk. Cook until slightly thickened, add to corn mixture. Add parsley just before serving.

**SAVORY OKRA** Cook 1 quart washed and sliced okra in boiling salted water for 3 minutes. Drain and rinse in cold water. Cook 1 small minced onion in melted butter until soft and yellow. Add 3 tablespoons lemon juice, 1 cup strained tomatoes and any herbs desired and mix lightly. Turn into a baking dish, cover and bake in a moderate oven about 1 hour.

## MUSHROOM SOUFFLE

Chop fine 1 pound mushrooms, saute in 2 tablespoons butter. Blend with 4 tablespoons whole-wheat pastry flour and 1 cup cream until smooth. Cook slowly until thick. Pour slowly into 4 beaten egg yolks. Fold in beaten whites. Pour mixture into well buttered baking dish and set into pan of hot water. Bake in moderate oven 20 to 30 minutes. Serve with your choice of vegetables.

## SPINACH AND CARROT SALAD

1 cup shredded raw carrots	Few drops of onion juice or chopped chives
1/2 cup shredded raw spinach	Lettuce, salt, and French dressing

Mix vegetables with dressing, serve on lettuce with mayonnaise if desired.

## APPLE STREUSEL

2 pounds tart apples	1/2 cup brown sugar
1 cup whole-wheat flour	2 tablespoons raw sugar
1/2 cup butter	1/2 teaspoon nutmeg or cinnamon

Peel apples, remove core and seeds, cut into eighths. Place apples as close as possible in parallel rows in a well buttered coffee-cake pan. Mix raw sugar and nutmeg, or cinnamon, and sprinkle over apples. Mix flour and brown sugar, cut in butter and rub mixture to crumbs with finger tips. Sprinkle over and between the apples and pat to make a smooth surface. Bake about one-half hour, or until apples are tender, use a hot oven.

## BAKED CURRIED CORN

2 cans, or equal amount of freshly cooked, golden bantam corn	1 egg yolk
4 tablespoons butter	1/2 cup cream
4 large tomatoes	Vegetized salt
1 teaspoon curry powder	Paprika

Beat egg yolk, add cream and melted butter. Season with vegetized salt, paprika and curry powder. Heat mixture thoroughly over very low fire.

Wash, peel and cut the tomatoes into eighths. In a large, buttered earthen casserole put a layer of corn, then a layer of tomatoes. Repeat layers until all is used and finish with corn on top. Pour cream mixture over all, and bake in a slow oven for thirty minutes. Serve from casserole. Sauteed mushrooms may be added to this dish if desired.

## RED PIMENTOS STUFFED WITH SPINACH (A Spanish Dish)

Cut the top off of each fresh, sweet red pepper, or pimiento, and remove seeds. Cook them in olive or sesame seed oil until tender and then stuff them with the spinach mixture which is prepared as follows: Wash spinach thoroughly and put into a heavy saucepan without water. Add a little vegetable salt, cover and cook over a slow fire for about five minutes. Drain and squeeze out all the water. Then put spinach into a frying pan with a little oil and one chopped clove of garlic. Stir well and cook about five minutes. Fill the pimientos with the spinach mixture and stand them in a baking dish. Moisten them with a little well seasoned vegetable stock and bake for ten minutes.

## DATE CARAMEL PUDDING

1-3/4 cups milk, scalded	1/4 cup brown sugar
1/2 cup dates, sliced	1 teaspoon vanilla
1 egg	1/4 cup chopped nuts
2 egg yolks	2-1/2 tablespoons cornstarch
Pinch of salt	1/4 cup cold milk

Scald dates with milk in double boiler. Mix cornstarch with cold milk, add salt, and stir into the hot milk. Stir continuously until thickened. Cover tightly and cook for fifteen minutes. Beat egg and yolks slightly; stir in sugar and a little of the hot pudding. Stir this mixture into the milk and date mixture and stir for one minute. Remove from fire and allow to cool. Add vanilla and nuts and put into molds. Chill and serve with cream.

## BAKED MUSHROOMS

Remove crust from slices of whole-wheat bread, and butter the bread. Arrange in a flat baking pan and place mushrooms, cup side up, on top of the bread. Put pan in hot oven for five minutes. Then put a little butter and salt in each mushroom cap. Return to oven for another five minutes and then serve on a very hot platter.



## RUSSIAN SALAD

1 cup diced cooked beets	1 tablespoon chopped green onion
1 cup chopped cabbage	1/4 teaspoon vegetized salt
1/2 cup cooked diced carrots	1/2 cup well-seasoned French dressing.
1/2 cup cooked green peas	

Mix well and chill the ingredients. Serve on lettuce or cress.

## SPINACH NUT LOAF

Mix together 1 finely chopped onion, 1 bunch chopped spinach, and 1 tablespoon chopped parsley, and steam until tender. Add 1 cup finely ground nuts, 1 beaten egg, 1 cup dry whole-wheat bread crumbs, and mix into a loaf. Put into a well-buttered baking dish, cover with crumbs, and dot with butter. Bake about 25 minutes.

## BANANA DELIGHT

4 bananas	1 tablespoon lemon juice
2 tablespoons butter	2 tablespoons orange juice
1/2 cup dark brown sugar	1/4 cup pecans

Peel, scrape, and halve bananas. Brown for 3 minutes in melted butter. Place in shallow baking dish. Add the rest of the ingredients and bake 15 minutes in a moderate oven. Serve warm with or without cream.

## HEALTH CHEESE CAKE

1-1/2 cups graham cracker crumbs	1/2 cup undiluted evaporated milk
2 tablespoons melted butter	1 teaspoon vanilla
3/4 cup honey	1/4 teaspoon salt
3/4 pound cottage cheese	1 tablespoon soy bean flour
3 eggs, separated	(buy at Health Food Stores)

Mix crumbs, butter, and one quarter cup of the honey until well blended. Press this mixture on bottom of well greased cake pan. Press cheese through a wire sieve, add beaten egg yolks, honey, milk, vanilla, salt, and flour. Mix lightly, then fold in stiffly beaten egg whites. Pour this mixture over the crumbs. Bake at 350 degrees F. for 30 minutes or until firm and slightly brown.

## DATE AND NUT BREAD PUDDING

2 cups stale whole-wheat crumbs	1/2 cup nutmeats
1 quart of scalded milk	1/4 cup melted butter
1 teaspoon vanilla	2 eggs, slightly beaten
1/2 cup brown sugar	Pinch of salt
1/4 teaspoon mace	1 cup chopped dates

Soak the bread crumbs in milk and set aside to cool. Add other ingredients and bake one hour in buttered baking dish. Serve with vanilla sauce.

### WINTER VEGETABLE SALAD

1/2 cup finely chopped celery  
1 cup grated carrots

2 tablespoons minced parsley  
1 tablespoon chopped green onion

Mix with French dressing or mayonnaise.

### DIXIE EGGS

3 tablespoons butter  
3 tablespoons whole-wheat flour  
1-1/2 cups milk  
3 hard boiled eggs, diced  
1 teaspoon chopped onions  
1 tablespoon chopped pimentos

1/4 teaspoon vegetized salt  
1/4 teaspoon celery salt  
1/4 teaspoon paprika  
1 egg yolk, beaten  
1 tablespoon chopped green peppers

Melt butter and stir in flour. Slowly add milk and seasonings and stir constantly until it thickens. Add the rest of the ingredients, cook one minute. Pour over buttered whole-wheat toast and serve.

### OATMEAL-APPLE BROWN BETTY

Place alternate layers of oatmeal and sliced tart apples in a well-buttered baking dish and sprinkle each layer generously with cinnamon and sugar. Add pinch of salt and dot top with butter. Bake in a moderate oven for about one hour.

### SCALLOPED CELERY AND CHEESE

3 cups celery  
1 cup grated cheese  
1 cup buttered whole-wheat bread crumbs  
3 tablespoons soy bean or whole-wheat flour

1-1/2 cups milk  
3 tablespoons melted butter  
Vegetized salt

Cook celery in slightly salted water until just tender, and drain, saving one-half cup of liquid. Combine the melted butter and flour, add milk and celery liquid. Season to taste. Cook over hot water until thick, stirring constantly. Place layer of celery in well buttered baking dish, cover with sauce, then grated cheese and bread crumbs. Repeat layers with crumbs on top. Bake in a moderate oven for thirty minutes.

### GRILLED MUSHROOMS SPANISH STYLE

Sprinkle the cleaned mushrooms freely with olive oil and a little vegetized salt. Let stand for about three hours and then grill them and put them on a hot dish. Heat the oil in which the mushrooms were marinated and add a finely chopped clove of garlic and a little chopped parsley and cloves and cook slowly for two or three minutes. Add a little lemon juice and pour over the mushrooms.

### RAW VEGETABLE SALAD

Mix one cup each, shredded carrot, cabbage, and celery. Add three table-  
spoons chopped green pepper, one grated cucumber, and one bunch thinly sliced  
radishes. Blend with French dressing and serve on lettuce.

### BROWNED PARSNIPS

Coat six cooked parsnips in melter butter, arrange in buttered baking dish.  
Sprinkle with salt and celery salt. Bake in hot oven.

### STEAMED WHOLE-WHEAT PUDDING

2 cups whole-wheat flour  
1/2 teaspoon soda  
1/2 teaspoon salt

1 cup milk  
1/2 cup unsulphured molasses  
1 cup finely shredded apple

Mix ingredients in order given. Put in covered, buttered mold. Steam 2-1/2  
hours. Serve with whipped cream or any plain pudding sauce.

### STUFFED BEET SALAD

Cook medium-sized beets in their skins until tender. When cold, peel, cut  
a thin slice off the bottom so they will stand up, scoop out the inside, leaving  
about 1/2 inch of shell. Mix together equal parts of diced celery, cooked green  
peas, and a little boiled dressing or mayonnaise. Then fill the beets, place a  
slice of hard-boiled egg on top of each beet, and serve them on a bed of lettuce  
or cress.

### BRAISED SAUERKRAUT

Chop a carrot and an onion and brown them with 2 or 3 cloves in butter. Add  
bouquet of thyme, 1/2 bay leaf, parsley, and a little taragon. Add this to sauer-  
kraut, and bake in covered baking dish until tender.

### STEAMED CABBAGE WITH GREEN PEPPERS

Cut in quarters a fresh, green, medium-sized head of new cabbage, and place  
it in cold water for half an hour. Drain and shred the cabbage. Remove the seeds  
from one large green pepper, cut in strips and mix it with the cabbage. Then put  
the mixture in a heavy saucepan without water, add a little vegetized salt, cover  
the pan tightly and cook the cabbage over a very slow fire for about 15 minutes.  
Add butter and serve. Cabbage cooked in this way retains all of its valuable  
minerals and vitamins, as well as its flavor.

### ORANGE AND APPLE SALAD

2 cups sliced oranges  
1/2 cup diced celery  
1/2 cup diced apples

4 tablespoons French dressing  
1/4 teaspoon onion juice

Mix the chilled ingredients and serve on watercress or lettuce.

## RISOTTO

1/2 pound brown rice	1/2 clove garlic, chopped fine
1 quart rich vegetable stock	1 pinch rosemary
6 fresh mushrooms, sliced	1/4 pound butter
1 cup tomatoes	1 cup Parmesan cheese
1 medium sized onion, chopped	Vegetable concentrate for seasoning

Brown onion lightly in 3 tablespoons butter, add garlic and mushrooms and cook for 2 minutes. Add chopped tomatoes and cook 2 minutes longer. Stir in rice and vegetable stock. Cook slowly for 25 minutes, stirring frequently. Add seasoning, remaining melted butter, grated cheese, and serve.

## STUFFED WINTER SQUASH

Cut 2-1/2 pounds of banana squash lengthwise, discard seeds and bake in moderate oven until tender. Remove pulp from shell, mash, and add the 3 tablespoons butter, 2 tablespoons cream, and 1/4 teaspoon salt. Return to shell and bake 15 minutes in oven.

## OATMEAL DATE PUDDING

1 cup rolled oats	1/2 lemon, juice
1/2 cup unsulphured molasses	2/3 cup water
2 eggs	1/2 teaspoon baking soda
1/2 pound chopped dates	1/4 teaspoon salt

Mix, place in buttered mold, steam 3 hours. Serve with pudding sauce.

## GARDEN SALAD

Toss the following ingredients together with either French dressing or mayonnaise.

2 cups chopped cabbage	1/2 cup chopped green onion
1/2 cup sliced radishes	1/2 cup chopped green pepper
1/2 cup chopped tomato	

## BAKED PRUNE AND ORANGE PUDDING

2 cups cooked prunes, stoned	1/4 teaspoon ginger
2 medium-sized oranges	1/4 teaspoon cinnamon
1 cup raw or brown sugar	1-1/2 cups graham cracker crumbs
1 cup prune juice	

Cut prunes into small pieces. Peel oranges, remove membrane, and cut into small pieces. Mix sugar, ginger, and cinnamon. Place layer of cracker crumbs in bottom of buttered casserole; add layer of prunes, then a layer of chopped orange, and half the sugar and spice mixture. Repeat layers and pour prune juice over all. Cover and bake for 35 minutes. Serve hot or cold with cream. Serves 4.

## CREAM OF CELERY SOUP

1 cup diced celery	3 cups water
3 tablespoons chopped onions	3 cups milk
2 tablespoons chopped green peppers	4 tablespoons butter
2 tablespoons chopped pimientos	4 tablespoons whole-wheat flour
1 teaspoon vegetized salt	

Put celery, onions, peppers, pimientos, and salt in the water and simmer for 25 minutes. Mash thoroughly. Melt butter, add flour and stir in milk slowly. Lastly add celery mixture. Cook for 5 minutes.

## GARBANZO BEANS WITH CHEESE

Cook 2 cups garbanzos until soft and drain. Put layer in buttered baking dish and sprinkle with  $\frac{3}{4}$  cup grated cheese, 1 tablespoon chopped onions, and green peppers. Repeat with another layer and dot with butter. Bake in hot oven until cheese is melted and thoroughly blended.

## CANDIED CARROTS

Cut carrots in two lengthwise and steam until almost tender. Place in a buttered baking dish and pour over them a sirup made by boiling  $\frac{1}{4}$  cup water and  $\frac{1}{2}$  cup brown sugar for 5 minutes. Dot with butter and brown in a hot oven.

## GRAPE TAPIOCA

1- $\frac{1}{2}$ cups pure grape juice	Pinch of salt
1 cup raw sugar	2 tablespoons lemon juice
1 cup water	2 tablespoons butter
$\frac{1}{2}$ cup minute tapioca	

Combine grape juice, sugar, and water. Heat to boiling and stir in the minute tapioca. Add salt and cook in top of double boiler until transparent. Stir in the lemon juice and butter. Pour into a mold. Chill; serve with cream.

## DEVILED MUSHROOMS

Chop 1 quart of mushrooms, season with a little vegetized salt and a little lemon juice. Mix together the yolks of 2 hard-boiled eggs and 2 raw ones. Stir in a pint of whole-wheat bread crumbs and a tablespoon of melted butter. Add mushrooms and fill baking shells with the mixture. Cover with crumbs and dot with bits of butter. Bake until browned. Serves 6.

## GREEN PEAS, FRENCH STYLE

Cook 2 small, sliced onions slowly in some melted butter, but do not brown. Add 1 quart of fresh peas and a bouquet of small pieces of thyme, parsley, and half a bay leaf. Add  $\frac{1}{2}$  cup water and cook very gently for 5 to 10 minutes, or until done. Makes 4 to 6 servings.

## LENTIL SOUP

1 cup lentils	1 large onion, sliced
2 cups vegetable stock	1 teaspoon vegetized salt
2 cups water	1/4 teaspoon nutmeg
1/2 cup carrots, sliced	2 cups milk
2 tablespoons butter	Smoke flavored seasoning (vegetable)

Soak lentils in cold water for several hours and drain. Put lentils, stock, water, carrots, onion and seasoning in a saucepan. Cook slowly for two hours. Press through a strainer, return to saucepan and add the butter and milk. Heat to boiling point and serve.

## AVOCADO AND ORANGE SALAD

Peel avocado and slice crosswise. Peel three oranges and separate into segments, removing all membrane. Place alternate slices of avocado and orange on crisp lettuce. This salad is delicious without dressing, but a little French dressing made with lemon juice may be added if desired.

## LEEKS AU GRATIN

2 bunches leeks	vegetized salt
12 tablespoons grated cheese	butter

Cook whole leeks in boiling water until tender, about 15 minutes. Drain, cut in halves lengthwise and place in a buttered baking pan. Dust with vegetized salt, sprinkle with grated cheese, and dot with butter. Place under broiler to melt cheese.

## PUMPKIN CUSTARD

1 cup pumpkin (cooked)	1/4 teaspoon salt
1 cup milk	1/4 teaspoon ginger
1 egg	1/4 teaspoon allspice
1/4 cup raw or brown sugar	1 teaspoon cinnamon

Combine all ingredients except the egg and stir until smooth. Add slightly beaten egg and put into custard cups, filling them about 3/4 full. Set in pan of water and bake in slow oven from 20 to 30 minutes.

## SPRING SOUP

Melt 1 tablespoon butter in kettle and toss in 1 tablespoon each of dandelion greens, green onion, and parsley. Let cook in the butter for 2 minutes, but do not brown. Dust in 1 teaspoon flour and slowly stir in 2 cups milk. When well blended, add 2 cups of lightly steamed spinach. Season lightly, simmer (don't boil) for 3 minutes and serve.

## GREEN PEAS AND CARROTS FLEMISH STYLE

Melt 2 tablespoons butter in heavy saucepan and add 1/2 pound diced baby carrots. Cover pan and cook very gently after adding salt and 1 teaspoon raw sugar. When carrots are about half cooked, add 1 quart of shelled fresh peas. Keep closely covered and simmer until tender. Add fresh butter and more seasoning, if desired, and serve.

## CABBAGE AND TOMATO SOUP

1 can (or 6 large fresh) tomatoes	4 tablespoons butter
1 large onion, sliced	1/2 teaspoon vegetized salt
1 medium head cabbage, shredded	Vegetable powder, smoke flavor
1 quart boiling water	

Brown onion and cabbage slightly in melted butter. Add seasoning, tomatoes, and water. Simmer in covered saucepan for about 1 hour.

**BAKED ONION SOUP** Slice small onions very thin, one for each serving. Place in bottom of individual baking dishes. Add 1 teaspoon butter to each dish and set in hot oven until onions are a light brown. Then add to each dish 1 cupful of onion-flavored vegetable stock to which a little vegetable concentrate has been added. Top each with a round of whole-wheat toast and sprinkle thickly with Parmesan cheese. Cover and bake 10 minutes.

## SPINACH-WATERCRESS SALAD

Mix 1 cup chopped fresh spinach and 1 cup watercress, 1/2 cup minced parsley. Serve with French dressing on crisp lettuce.

## RAGOUT OF MUSHROOMS

Melt 1 tablespoon of butter and stir in 1 heaping tablespoon whole-wheat flour. Very slowly add 1 cup cold water, then 1 cup hot water, stirring constantly. Add 1/2 clove of garlic and small piece of shallot finely chopped, a sprig of thyme, a little piece of bay leaf and a pinch of salt. Stir until it becomes a thick sauce, then add 1/2 pound of fresh mushrooms. Bring them quickly to a boil, then simmer until mushrooms are tender.

## BAKED SPANISH ONIONS

4 large onions  
1 cup well seasoned vegetable stock  
Vegetized salt

Peel onions, sprinkle with salt and place in baking dish. Pour vegetable stock in bottom of baking dish. Cover and bake about 30 minutes until tender. Baste with juices in dish, brown under broiler and serve.

## AVOCADO AND BEET SALAD

2 large avocados  
1 cup diced beets, pickled in lemon juice  
4 tablespoons grated American cheese  
1/2 cup sliced green onions  
4 tablespoons mayonnaise  
Lemon juice  
Lettuce

Cut avocados in half lengthwise and sprinkle cut side with plenty of lemon juice and a little vegetized salt. Mix diced beets and green onion rounds and fill avocado centers with mixture. Blend mayonnaise and grated cheese and serve on top of salad. Place avocado halves on crisp lettuce leaves and serve.

## STUFFED MUSHROOMS

24 large fresh mushrooms  
2 medium sized onions  
2 green peppers  
2 cups soft whole-wheat bread crumbs  
Butter and grated cheese.

Wash mushrooms well but do not peel. Remove stems and chop fine. Chop the onions and green peppers (without seeds) very fine. Sautè the onion and pepper to a light brown, add chopped mushroom stems and bread crumbs. Brown delicately and season well. Fill the mushroom caps with this mixture and sprinkle grated cheese on top of each. Place in a shallow baking pan and pour a little hot water around them. Add 2 tablespoons of butter to the hot water and bake in a hot oven about 15 minutes. Serve on squares of buttered whole-wheat toast.

## PERSIMMON PIE

3 soft persimmons  
2 eggs  
1/2 cup raw sugar  
Pinch of salt  
2 cups cream

Wash persimmons and put through ricer. Beat eggs, add sugar, salt, cream, and mashed persimmons. Pour into a partly baked whole-wheat pie crust. Dot a little butter over the top and finish baking in a moderate oven until the custard is set.

## DATE AND PINEAPPLE PUDDING

1 cup finely ground whole-wheat cereal  
3-1/2 cups boiling water  
2 cups canned, crushed pineapple  
1/2 cup chopped dates  
1/2 cup butter  
1 teaspoon salt  
1 cup brown sugar  
1 egg, beaten

Put boiling water in top of double boiler. Add salt and slowly add cereal, stirring constantly. Cook over flame until mixture begins to thicken and then add dates and cook over boiling water for about 15 minutes. Cream sugar and butter together, add beaten egg and mix well. Add crushed pineapple and cooked cereal. Cook in double boiler about 5 minutes. Serve hot or cold with whipped cream.



## PEANUT BUTTER TOMATO SOUP #2

2 cups tomato juice  
3/4 cup peanut butter  
3 cups boiling water  
1 teaspoon vegetized salt  
1 teaspoon paprika

Add tomato juice slowly to peanut butter and mix until smooth. Add water and seasonings. Simmer for about 10 minutes and serve.

## SAVORY CHESTNUT STEW

2 tablespoons butter  
5 onions, medium sliced  
8 small carrots  
1 cup hot water  
vegetized salt  
8 pieces hubbard squash  
1 pound shelled chestnuts  
1 pint small peeled potatoes  
Bouquet of parsley, thyme,  
and 1/2 a bay leaf

Melt butter, add onions and carrots and let them brown slowly. Add cup of hot water and bouquet of herbs, squash, and chestnuts. A little later add the potatoes and salt. Simmer well covered for about 2 hours. Celery and mushrooms may be added if desired.

## AVOCADO AND PINEAPPLE SALAD

Peel and dice 1 large avocado, cut 2 slices pineapple in small pieces. Arrange on crisp lettuce. Mix 2 tablespoons lemon juice, 1 teaspoon lime juice, 1 teaspoon salt, and 1/4 teaspoon paprika, and pour over salad. French dressing may be used if preferred.

## PEANUT BUTTER-CHEESE RAREBIT

1 tablespoon butter  
1 tablespoon whole-wheat flour  
2 cups milk or tomato juice  
1/2 cup peanut butter  
1/2 teaspoon vegetized salt  
5 tablespoons grated American cheese  
2 teaspoons lemon juice  
1/2 teaspoon dry mustard

Mix peanut butter with milk until smooth. Melt butter, add flour, then slowly add peanut butter and milk mixture, stirring constantly until creamy. Add cheese and seasonings and stir until cheese is melted. Serve at once on buttered whole-wheat toast.

## CELERY SAUTÉ

1 bunch celery cut in 3-inch lengths  
8 tablespoons butter  
Vegetized salt  
1/2 cup hot water  
Vegetable concentrate for seasoning

Melt butter in frying pan, and add enough celery to cover bottom of pan. Cook slowly and turn frequently until celery is browned and tender. Add hot water mixture with about 1 teaspoon vegetable concentrate, cook 5 minutes and serve.

## LEEK SOUP

2 cups sliced leeks	1 cup milk
4 tablespoons butter	1 teaspoon vegetized salt
2 eggs	2 tablespoons minced parsley
1 small onion	3 cups boiling water

Mince the onion and brown in the butter. Add the leeks and boiling water and cook gently until the leeks are tender. Season and pour slowly over well-beaten eggs. Add the cold milk and heat to serving temperature. Sprinkle minced parsley on top and serve.

## INDIAN PUDDING

5 cups hot milk	1 teaspoon salt
1/3 cup yellow cornmeal	1 teaspoon ginger or grated lemon rind
1/2 cup unsulphured molasses	

Add the milk to cornmeal slowly. Cook for 20 minutes in double boiler, and add molasses, salt, and ginger. Pour into a buttered baking dish and bake in a slow oven for 2 hours. Serve with cream.

## STRING BEANS AND TOMATOES

1 pound string beans	1/8 teaspoon ginger
1 pound fresh tomatoes or 1 large can	2 tablespoons butter
1 medium sized onion	Grated rind of one lemon
	Vegetized salt

Wash and string the beans and cut in desired lengths. Brown the sliced onion in the butter, add the skinned whole tomatoes and raw beans. Cook in a covered saucepan until tender, add seasonings and serve. If necessary, add a very little hot water while cooking.

## CAULIFLOWER, CRESS, AND TOMATO SALAD

Cook one head of cauliflower, whole, with inside ring of leaves left on, in boiling salted water until just tender. Do not overcook. Set it aside to chill. Chop 1/2 bunch of watercress and add it to 1 cup of French dressing. Pour this over the chilled head of cauliflower. Surround with a border of sliced tomatoes and garnish with parsley.

## APPLES WITH CREAM

Shred raw Delicious apples. Add a very little brown sugar or honey and sprinkle of cinnamon. Fold in a small amount of whipped cream and serve very cold in sherbet glasses. The apples may be thinly sliced instead of shredded if desired.

## BAKED PEPPERS WITH MUSHROOMS

2 tablespoons diced onion	1 cup cooked peas
5 medium-sized peppers	1 teaspoon mineralized salt
1 cup diced mushrooms	1/2 cup butter
1 cup cooked lima beans	1/2 cup whole-wheat bread crumbs

Wash peppers, cut off the tops, and remove seeds and white membrane. Saute mushrooms and onion in butter. Add half of the bread crumbs; lima beans, peas, 1/4 cup pea liquid and seasoning to mushrooms and heat through. Stuff peppers, top with buttered crumbs and bake 30 minutes in a moderately hot oven. Peppers should be placed in a pan containing 1/2 inch of pea liquid. Baste with this liquid every 10 minutes. This makes sure that the pepper will be tender. It is sometimes wise to parboil the peppers before stuffing.

## GLAZED CARROTS

3 tablespoons butter	1/4 teaspoon mineralized salt
4 cooked carrots cut in half lengthwise	1 tablespoon water
1 tablespoon brown sugar	1/4 teaspoon celery salt

Brown carrots in melted butter. Add other ingredients, cover and simmer five minutes.

## PUMPKIN CUSTARD IN ORANGE SHELLS

1-1/2 cups canned or cooked pumpkin	1/4 teaspoon ginger
4 tablespoons brown sugar	1 egg
1/4 teaspoon cinnamon	1/4 cup milk
1/4 teaspoon nutmeg	6 orange half shells
1/8 teaspoon cloves	

Combine pumpkin, spices, beaten egg, sugar, and milk. Pile lightly into orange shells and bake in moderate oven until pumpkin begins to brown.

## ASPARAGUS-CRESS SALAD

Place layer of watercress tips in salad bowl, add layer of asparagus tips and then a layer of sliced tomatoes. Drip French dressing over salad and serve cold.

## CASSEROLE OF BAKED BEANS

2 cups baked beans (any kind)	1 green pepper, chopped
1 onion, chopped	1/2 cup grated American cheese
2 tablespoons butter	1/4 cup buttered whole-wheat bread crumbs

Brown onion and pepper in butter over low heat and add beans. Put layer of bean mixture in a buttered casserole and sprinkle with grated cheese. Repeat layers and top with crumbs. Bake in moderate oven about twenty minutes.

### NUT AND CHEESE ENTREE

3 cups hot boiled brown rice	4 tablespoons butter
2 cups milk	4 tablespoons whole-wheat flour
1/2 cup chopped nuts	1 teaspoon mineralized salt
1/2 cup grated cheese	A little chopped pimento
2 tablespoons chopped green pepper	

Cook the pepper in butter until soft, add the flour and salt. Gradually stir in the milk. Cook over a low fire until smooth and thick. Add the chopped nuts, cheese and pimento. Pour over the hot rice and serve.

### LIMA BEANS AND TOMATOES

Parboil 2 cups fresh lima beans and drain. Peel 3 large tomatoes, slice and add to the lima beans. Simmer in a covered pan until tender. Season with salt and melted butter and serve.

### CHOCOLATE AND PINEAPPLE DELIGHT

1 cup crushed pineapple	2 squares chocolate
1/4 cup pineapple juice	1-1/3 cups sweetened condensed milk
1-1/2 cups whole-wheat cake crumbs	1/8 teaspoon salt

Melt the chocolate over hot water. Add the milk and salt. Stir for 5 minutes or until mixture thickens. Remove from fire. Stir in pineapple and juice. Add crumbs. Pile in fancy dishes and serve chilled.

### GREEN BEAN AND CELERY SALAD

1 cup cooked green beans	1 teaspoon chopped onion
1 hard boiled egg, diced	1 teaspoon chopped pimentos
1/2 cup diced celery	1/8 teaspoon paprika
1/8 teaspoon mineralized salt	4 tablespoons salad dressing

Mix ingredients, chill, and serve on crisp Romaine lettuce.

### RICE DATE PUDDING

2 cups cooked brown rice	1/2 cup honey
2 eggs, well beaten	1/2 cup chopped dates
1 cup milk	

Stir milk into beaten eggs. Put alternate layers of rice and dates in a baking dish and pour the milk and egg mixture over all. Bake in a moderate oven for about 45 minutes. Serve hot or cold with cream.

### STRING BEANS FRENCH STYLE

Wash, string 1 pound of string beans, and cut lengthwise two or three times. Cook in boiling salted water or steam until tender, then drain. Melt 2 tablespoons butter, add beans and smoke-flavored seasoning, heat, and serve at once.

## MUSHROOMS AND TOMATOES

Toast slices of whole-wheat bread, cut them into round pieces two inches in diameter, and butter them. Peel some firm tomatoes, cut in thick slices and place them on the toast. Top each with a mushroom. Arrange in casserole, pour a little melted butter over them and bake in a hot oven for about five minutes. Baste well.

## BELGIAN CARROTS

3 cups diced cooked carrots	2 tablespoons butter
1 small onion chopped	2 teaspoons brown sugar
Minced parsley	Vegetized salt

Mix ingredients with juice from carrots. Place in casserole and heat.

## APPLE CUSTARD

2 cups grated apples	4 eggs
1/2 cup brown sugar	6 tablespoons brown sugar (additional)

Beat egg yolks and the one-half cup of brown sugar together. Cook for two minutes over boiling water, stirring constantly. Remove from fire and add grated apple gradually. Pour into a buttered casserole. Beat the egg whites stiff, and add the six tablespoons brown sugar and spread over custard. Bake in a moderate oven until the meringue is brown.

## MEXICAN CORN

2 cups cooked corn	1/2 cup grated cheese
1-3/4 cups stewed tomatoes	1/2 cup whole-wheat cracker crumbs
1 onion, chopped	2 teaspoons chili powder
2 tablespoons cooking oil	Mineralized salt
1/4 cup chopped celery	

Combine ingredients and put into buttered baking dish. Bake in moderate oven 30 minutes.

## AVOCADO MOUSSE

1 large ripe avocado	1/4 cup water
1 egg white	1/2 teaspoon vanilla
1/2 pint heavy cream	1 teaspoon lemon juice
7 tablespoons raw sugar	

Heat four tablespoons of sugar and the 1/4 cup water, stirring until sugar is dissolved. Boil 3 minutes and cool. Beat cream stiff and beat in syrup slowly. Remove skin from avocado, and mash (there should be about 1-1/4 cups). Beat until light 3 tablespoons sugar, egg white, and lemon juice. Fold in avocado, then beaten cream, and freeze.

## EGGS AND MUSHROOMS

3 tablespoons butter	1/4 teaspoon paprika
1 cup diced mushrooms	1/4 teaspoon celery salt
4 tablespoons whole-wheat flour	2 cups milk
3 hard boiled eggs, sliced	1 tablespoon chopped pimientos
1/4 teaspoon vegetized salt	

Brown the mushrooms slowly in the melted butter. Sprinkle the flour over the mushrooms and mix well. Add the rest of the ingredients. Cook slowly and stir constantly until the mixture is smooth and creamy. Pour over buttered whole-wheat toast and sprinkle top with minced parsley.

## CABBAGE AND PEPPER SALAD

1 cup finely shredded or chopped young cabbage	1/2 cup chopped green pepper
	1/2 cup chopped green onion

Mix with French dressing and serve very cold.

## DATE PUDDING--STEAMED

1 pound unsulphured dates, stoned	1/2 cup milk
1 cup soft whole-wheat crumbs	Pinch of salt
1/2 cup brown sugar or honey	1 cup whole-wheat flour
1 teaspoon vanilla	1 teaspoon cinnamon
1 teaspoon ginger	3 tablespoons butter
2 eggs	

Grind dates in food chopper. Mix all ingredients, adding the well-beaten eggs last. Stir well until thoroughly mixed and turn into well-buttered molds. Steam for 2 hours. Serve with hard sauce or any good cooked pudding sauce.

Nuts, figs, raisins,, candied peel, or prunes may be used instead of dates, or in combination with them.

## SPICED PEAR UPSIDE-DOWN CAKE

6 large winter pears	1/4 teaspoon ground cloves
6 tablespoons brown sugar	Rich whole-wheat biscuit dough
1/2 teaspoon cinnamon	

Butter 4 custard cups. Peel, core and slice the pears. Mix fruit with sugar and spices and divide among the custard cups. Roll biscuit dough to a half inch thickness and cut in rounds to fit the cups. Place over the pears and bake in a hot oven about 35 minutes. Run a knife around the edges of the cups and turn the cakes out upside down. Serve with cinnamon flavored lemon sauce, or whipped cream.

## FRESH VEGETABLE SALAD

2 thinly sliced tomatoes	1/2 cup diced green peppers
1 cup sliced cucumbers	1 teaspoon vegetized salt
1 cup diced celery	1/2 cup French dressing (made with
1/4 cup finely chopped green onions	lemon juice)

Mix and thoroughly chill all ingredients and serve on cress or lettuce.

## MUSHROOMS IN RAMEKINS

1 cup diced mushrooms	1/2 teaspoon vegetized salt
2 tablespoons butter	1 teaspoon chopped parsley
2 tablespoons whole-wheat flour	1/2 teaspoon onion juice
1 cup milk	1 cup whole-wheat bread crumbs,
1/2 cup chopped ripe olives	buttered

Melt two tablespoons butter, add flour, and gradually add milk, stirring constantly until mixture thickens. Add salt, parsley, onion juice, olives and mushrooms. Pour into buttered ramekins, and cover with the buttered crumbs. Place ramekins in a pan of hot water and bake in a hot oven for thirty minutes. Garnish with parsley.

## AVOCADO -PINEAPPLE ICE CREAM

1-1/2 cups of mashed avocado	1/2 teaspoon salt
3 cups milk	1 teaspoon lemon extract
2/3 cup raw sugar	1 cup heavy cream
1/2 cup crushed pineapple	1 teaspoon vanilla

Scald milk, sugar, and salt; add cream and cool. Put peeled avocado through a sieve. Combine with milk, pineapple and flavoring. Beat until well blended. Freeze. Makes about two quarts.

## RAW-VEGETABLE NUT SALAD

1 cup finely chopped celery	1/2 cup chopped or ground walnuts
1 cup ground raw carrots	Mayonnaise.

## ASPARAGUS Au GRATIN

2 cups asparagus, cooked	4 tablespoons whole-wheat flour
1 cup asparagus water	3 tablespoons butter
1 cup grated cheese	1/2 teaspoon vegetable salt
1 cup milk	

Melt butter, add flour and salt. Use 1 cup asparagus water, adding it to butter and flour. Add milk; cook over hot water, stirring constantly until thick. Add cheese and stir until melted. Arrange asparagus in buttered casserole. Pour the cheese sauce over and sprinkle with buttered crumbs. Bake in moderate oven about 20 minutes.

## VEGETABLE HAMBURGER

1 cupful of lentils.  
4 cupfuls water.

Boil one hour. Then put the cooked lentils through a meat chopper. Add two cupfuls of finely cut onions, two eggs beaten well, two teaspoonfuls of Savita, one teaspoonful salt, one-half teaspoonful pepper, and two tablespoonfuls of cooked beets, mashed with a fork. Make this mixture into small cakes and fry slowly in butter. This will serve five persons.

## LEMON PIE

1 cupful whole wheat flour  
1 teaspoonful baking powder  
1 teaspoonful salt  
 $\frac{1}{4}$  cupful butter  
 $\frac{1}{8}$  cupful water

Butter a large Pyrex pie plate thoroughly. Cover with the above mixture, molding into shape. It cannot be rolled. The crust can be made the day before needed. Bake about three-fourths of an hour in a slow oven.

### Filling

Mix two cupfuls of sugar with the juice of two lemons and the grated rinds, and one cupful of water. In another dish stir four eggs (saving two of the egg whites for the meringue) with one cupful of water and two large tablespoonfuls of cornstarch. Mix thoroughly, then put together with one teaspoonful of butter in a double boiler, stirring constantly for about twenty minutes, or until thick. Then pour into the crust, let stand four hours until set, decorate with one-fourth pint of cream and the two egg whites, the cream and egg whites to be beaten separately until stiff, then put together. Serves eight persons.

## SOUTHERN SOUP

(Service for Five People)

One-quarter cup Pearl Barley. Soak in  $\frac{1}{2}$  cup of water over night. Add to one quart water, 2 cups onions diced about  $\frac{1}{2}$  inch; one cup of green onions cut about  $\frac{1}{2}$  inch;  $\frac{1}{2}$  cup of fresh or canned tomatoes;  $\frac{1}{2}$  cup of celery; 2 large bay leaves or 3 medium sized;  $\frac{1}{2}$  teaspoonful of garlic, cut fine;  $\frac{1}{2}$  teaspoonful thyme. Boil gently one hour, then add  $\frac{1}{8}$  lb. butter, melted and browned, and  $\frac{1}{4}$  cup of cream. Salt and pepper to taste. In each service dish place 3 or 4 inch-square pieces of La Sierra Soy Loaf.

## HEALING COLDS

### BY PROPER DIET

When you catch cold, fast for two days. Remember that during a cold the extra poisons of your body are being thrown off. If you add more food to your system, you help to obstruct the poison-eliminating system of Nature by clogging up the circulation with extra food chemicals.

If you cannot bear up under a complete fast, eat apples or pears or grapes, but refrain from eating acid fruits. Do not eat anything at night. Do not drink hot or cold water. Drink only two glasses of tepid warm water daily. I do not believe that to drink too much water during a cold is good, for the extra water taken comes out constantly through the mucous membrane, making the nose run too much, and causing irritation and accumulation of pus there.

Fasting during a cold is very good, for it helps Nature to effect her own cure without interruption from any source. It is very good to use some laxative suitable to your system at the beginning of a cold.

A good four-hour sun-bath with the rays of the sun falling directly on the epidermis of the body has been known to cure a cold in one day. Sensitive skinned people should protect their skins by smearing olive oil, or something similar, over their bodies before taking a sun-bath. The best hours for sun-baths are between 11 a.m. and 3 p.m.

## NEWTON PIPPIN DESSERT

(Service for Five People)

Place 4 cups Newton Pippin apples, peeled and cut up; one cup orange juice; one cup sugar; one teaspoonful orange peel, cut fine, in granite or pyrex, in oven; cook until apples are soft, then take apples from juice and place in a large granite pie dish; cover with one cup ground walnuts,  $\frac{1}{4}$  cup brown sugar, and a large tablespoonful butter cut in slices; sprinkle  $\frac{1}{2}$  teaspoonful cinnamon over the top. Place back in oven and brown very delicately; take out and spread 2 tablespoonfuls of ground pistachio nuts on top.

Sauce for Individual Service:

Make of juice left over from apples added to top milk or cream, making  $\frac{1}{2}$  pint in all.



## Health and Food Recipe

You may eat a whole dinner, very palatable, very satisfying and filling, and yet you may be eating a dead meal.

Experiments show that mice can live eight weeks on water alone, but only six weeks on white bread.

Without the presence of vitamins in food, your meal is dead. It is a meal which you eat to deceive yourself. For instead of nourishment you invite disease.

Diseases are born of our ignorance of the laws of the body and mind. Right eating, moderation and exercise will practically banish disease from the face of the earth. Vitamins are the brains of the food you eat. They direct the digestion and absorption of food while the food builds the different tissues. No matter what you eat, never forget to include vitamins in your menu. Vitamins are condensed life force. They are subtle electricity stored to replete the body battery with fresh energy. They are tabloids of energy. Do not eat vitamin-killed boiled dinners. Vegetables have been ripened and cooked in Nature's kitchen with the cosmic fire—ultra-violet rays. Why do you want to cook them again? Scientific experiments show beyond question that cooking destroys the vitamins. Without vitamins, the swallowed food goes into the stomach without direction. Vitamins direct the building of various tissues from food. Therefore, make it a point to remember the following articles to include in your daily food, and you will say good-bye to disease. The following are the garland of pearls of health laws gathered from beneath the vast ocean of study on dietetics:

1. A carrot a day (with a part of stem and roots—unscrapped—only thoroughly washed). Chew it well. Nature made it hard to strengthen your teeth by chewing. It is sweet and luscious once you get used to the taste. You will soon find cooked carrots absolutely tasteless, in addition to their being only the corpse of the carrot from which the vitamin soul has departed.
2. A lemon a day.
3. An orange a day.
4. An apple a day.
5. A glass of almond milk or any nut milk.

(Grind two tablespoonfuls of nuts thoroughly and mix with water).

6. Chopped green-leafed vegetables daily.
7. Unsulphured dates and raisins—one handful daily.
8. Avoid white flour and over-eating.
9. Keep colon clean.

10. Whole wheat bread, fresh cheese and a glass of milk are beneficial if you work hard during the day.

One should not have a starvation meal or eat less than one needs of the right articles of food. A man of sedentary habits like a writer or office worker should eat small quantities several times a day rather than a few large meals a day—and should fast occasionally. A man working in the mines should eat more, of meat substitutes, nuts, milk, etc. Adding one or two boiled eggs or one quart of milk a day or six tablespoonfuls of almonds with water or milk, would help the gathering of strength to fight hard work. Drink a glass of orange juice and nuts whenever you can if you want more tissue.

A common blunder of vegetarians is to eat an insufficient amount or to eat a "dead meal" of cooked vegetables, minus all the vitamins. Eating meat is not worse than eating just a boiled disintegrated hash of vegetable corpses. By eating boiled vegetable dinners, vegetarians lose strength and inwardly want to go back to a meat diet. The menu I have outlined above contains the minimum food for an individual. Distribute the articles of food during breakfast, lunch and dinner, but do not omit any one of the kinds of food mentioned in it. Following this menu saves one from the trouble of reading elaborate diet books and from the invasion of sudden diseases arising from the omission of one or more of the sixteen elements and vitamins which the body requires for sustenance.

Avoid wrong combinations of starch and meat, or starch and milk.

Rules for happy, healthy living include (besides exercise, pure air, sunshine and right eating) the mental habits of heartfelt smiles, creative ability, concentration, good character, conservation of sex energy, and keeping of good company.

### *Royal Spinach Salad*

Wash raw spinach leaves thoroughly, then chop them finely with a knife. Mix the juice of an orange and sprinkle with a tablespoonful of ground nuts. Delicious.

Treat tender raw asparagus tips likewise.

### *Hot Nut-Meat Soup*

Mix two tablespoonfuls of finely ground nuts (almond or peanut butter or any nut) with half a glass of hot water. Add a little salt,  $\frac{1}{2}$  teaspoonful of sugar, a pinch of black pepper and a teaspoonful of fried onions. One tablespoonful of cream. Three drops of lemon. Put little square pieces of whole-wheat toasted bread floating on top of soup served in soup-plates.

## CUTHEEREE

### Ingredients

- ½ pound rice
- ½ pint dried split peas
- ¼ teaspoonful ginger
- ⅛ teaspoonful of mace and salt
- 4 hard-boiled eggs
- 12 small boiled onions, or onions sliced and fried.

### Method

Soak the peas in water over night, then wash them well, and wash the rice. Cover the peas with water, add the ginger, mace, and salt to taste, cook until half done, then add the rice. Cover closely, and cook slowly until the rice is swollen and tender, stirring very frequently towards the end of the cooking, when nearly all the water should have evaporated. Serve garnished with hard-boiled eggs cut in halves and surround with small boiled onions or slices of fried onion.

## HEALTH CANDY

Grind ⅓ pound of almonds. Mix with brown sugar. Form into small lumps and cover with melted chocolate. Pistachio nuts may be used instead of almonds, or a combination of raisins and almonds, or raisins and pistachio nuts may be used.

## STARCHLESS DESSERT

Chop ½ head of lettuce fine. Add one tablespoonful of honey and one tablespoonful of whole pignolia nuts. Combine and serve in individual mounds topped with whipped cream.

## APPLE CHUTNEY

### Ingredients

- 3 qts. sliced apples (sour apples are best)
- 4 medium onions
- 4 medium green peppers
- 1 medium red pepper
- 3 small hot red peppers (dry)
- 1 cup raisins
- 3 cups vinegar
- ¼ cup lemon juice
- 1 lemon rind, ground
- 3 cups or 1 lb. brown sugar
- 1 glass tart jelly (currant or cranberry preferable)
- 1 tablespoon ginger
- 1 tablespoon salt
- 1 teaspoon ground cloves.

### Method

Put the onions and peppers through the food grinder. Add to the sliced apples. Add the vinegar and jelly. Simmer over a slow fire until the apples are tender. Then add the other ingredients and cook until well reduced, stirring constantly to prevent burning. Pour into sterilized jars and seal.

## MAPLE WALNUT CRUSTLESS PIE

Make in a large Pyrex or enamelled pie dish. Dissolve on slow fire one cupful raw sugar, one tablespoonful water, one tablespoonful butter, and one-eighth teaspoonful salt. Add this to a bowl containing two full cupfuls of walnut meats ground after measuring, and three-fourths of a cupful of pure maple syrup. Butter the pie dish and pat the mixture in with a large spoon. On top pat in one cupful of walnut meats ground fine, two-thirds cupful of raw sugar, two tablespoonfuls maple syrup, and on top of all one tablespoonful of butter cut into thin slices. Then slowly brown very delicately under a toaster. In a cream pitcher put two tablespoonfuls of maple syrup and one-half pint of cream, or half cream and milk. Serve as sauce individually. It is better made the previous day, as it blends perfectly and hardens over night. Serves eight persons.

## LA SIERRA GARBANZOS SPANISH

- 1 full cup of Green Peppers.
- 1 cup Spanish Onions.

Slice and fry in butter until almost tender; then add one cup of canned or fresh tomatoes; 1 tablespoon Chili powder and ¼ teaspoon salt. Simmer about five minutes; then add one can La Sierra Garbanzos or any other brand. Cook slowly about ten minutes. Serve hot. Will serve approximately five persons.

## MOCK CLAM CHOWDER

Owing to a mistake in the January issue we are reprinting here a corrected copy of this recipe.

- Two tablespoonfuls salad oil;
- One cupful tomatoes, raw or canned;
- One cupful diced potatoes;
- Two cupfuls celery, with plenty of green part cut fine;
- Two cupfuls green onions; one quart cold water;
- Two teaspoonfuls sea salt or Parkelp;
- One teaspoonful salt;
- One-fourth teaspoonful pepper.

Put all in saucepan, heat to boiling, and then simmer for one hour. Add two hard-boiled eggs cut fine, one small can sliced mushrooms, one-fourth pint of cream and one thin slice of vegetable bologna if available, cut fine.

Serves eight persons.

### Health Recipe

Masticate your food well; drink no ice-water while eating, as it cools down the temperature 30 degrees and may cause indigestion. Do not mix starchy foods with liquids (i. e., eat no bread with milk, et cetera) as liquids dilute the saliva required to assist digestion.

Fast one day a week. If complete fasting is difficult for you, then fast on orange juice.

Reducing by fasting sometimes upsets the stomach. This condition can be prevented by frequent drinking of a small glass of buttermilk or orange juice mixed with a small amount of lemon juice.

A glass of orange juice with a beaten yolk of one egg makes an ideal breakfast.

#### *Raisin Drink*

Mash up two tablespoonfuls of raisins which have been soaked in hot water. Mix with one glass of water and a quarter of one lemon. Shake. This drink gives "pep."

Mash up one-half avocado; add to it half a mashed raw tomato, one-quarter of a finely-chopped raw onion, half a finely chopped raw green pepper. Add the juice of one-quarter of a lemon. Mix them and serve on lettuce leaves. This raw-food dish has food value superior to that of meat, and lacks the latter's impurities.

#### *Milk Curd*

Curd is one of the best substitutes for meat. It is made by curdling one quart of milk, heated in a double boiler, by adding the juice of one orange and one-half a lemon at the time the milk begins to boil. When the milk separates, the solid curd will be found floating over slightly green water beneath. Drain the curd through a cheese-cloth and let it drip for a half-hour.

### HEALTH RECIPE

#### *Bathing Daily in God's Ocean of X-Ray*

When the sun shines everything seems to smile with its halo of golden rays. Gloomy, dark places seem to forsake their mystery-dreaded atmosphere. The sun seems to cheer the mind. It is the life of all Nature's living children, the trees, flowers, and human beings.

We are proud of our sky scrapers and often remain there with seeming satisfaction, banished, imprisoned, and pigeon-holed, walking on velvet cushions, stuffed with rich food, without exercise and above all without the life-giving sunlight.

Scientists put some chickens in ordinary glass houses, and some others in small glass houses fitted with quartz glass. Within a month, the chickens in the quartz glass houses were twice as healthy as the chickens in the ordinary glass houses. The latter began to decline fast. Ordinary glass shuts out the ultra violet rays, whereas the quartz glass does not. The ultra violet rays are not only life-giving but they are the best killers of all forms of bacteria. How can we live safely in rooms fitted with ordinary glass? This is the reason that most indoor resorters, self-elected prisoners of darkness, business men and women, suffer from catarrh and colds and emaciation.

An ordinary bath cleans the body pores and keeps the sweat glands working properly, eliminating impurities. So the Hindu savants say that the person who bathes daily and keeps the pores of his body open, helps his increased body heat to escape through these pores.

Sunlight and ultra violet ray baths are also necessary to fill the tissues and pores with life-giving energy from without. They redden the hemoglobin of the blood, recharging it and making it richer and healthier. As an ordinary bath washes away and clears the bacteria and dirt from the human body, so also the ultra violet rays in the sunlight not only cleanse the body of bacteria but also destroy them. The ultra violet rays are the death rays which penetrate the homes of enemy bacteria hiding in the finger nails and body pores, and scorch them out.

By all means, if you have not time for a walk, open your glass windows and let your life-giving, soliciting friend, Sunlight, fall on you and bathe you all over. Keep on jumping up and down, if you are afraid of catching cold, but each morning do bathe in the ocean of X-Ray which God has created for you. Without a daily bath in God's sea of X-Ray, you cannot be healthy. And remember, only healthy persons are happy.

#### CHITCHKEE CURRY

##### Ingredients

- 2 onions, sliced
- 1 1/2 pints cooked vegetables: cauliflower, turnip, carrot, green beans, potato, or any other vegetable in season.
- 1 tablespoon curry powder
- 1 cup boiled rice, or more if needed
- 1/4 lb. butter.

##### Method

Heat the butter, fry the onions, sprinkle in the curry powder, cook ten to fifteen minutes, add the vegetables, which have been diced, and heat thoroughly. Add a little water, if needed. Serve the curry with boiled rice.

## HEALTH RECIPE



The origin of almost all of the diseases which I have mentally healed thru the power of God, I find in over-eating, improper eating, misuse of sex life, lack of exercise, and above all in bad environment.

Disease warns one that nature's physical laws are being broken. Nature speaks to man through her laws.

The careful man, following health laws, suffers rarely compared with the careless man who does not discriminate about his diet. Eat less, eat finely ground nuts, raw vegetables and lots of fruit; and exercise. Walk daily. Bathe your body in the bacteria-killing sunshine every day. Now that winter and its healthful outdoor sports are here, take time to go skating, skiing and walking. Breathe the fresh, crisp, invigorating air of winter. By these means, methods of physical and mental healing will be unnecessary, for disease will be dispelled.

Even then, the doctors and mental healers will be kept quite busy and successful if they concentrate on keeping people well. Let the doctors receive good fees for keeping their patients well. The Chinese pay their doctors for keeping them well, and when they get sick, payment stops.

Obey God's physical laws of hygiene and proper eating, and keep yourself mentally disinfected by the strong faith that nothing can harm you, that you are ever protected.

One of the main causes of arthritis, rheumatism and many other diseases is auto-intoxication, which is due to faulty elimination. Uneliminated, decayed food stays like a paste of glue on the walls of the intestines and is absorbed into the blood. Disease naturally follows.

Progressive doctors are endorsing the plan of a fruit juice or complete fast, one day each week. Another sensible medical recommendation which will improve the health of the average man who lives on the ordinary diet, is to evacuate the intestines and flush the bowels completely once or twice a month by a day of drinking only vegetable juices or two or three quarts of water. This general house-cleaning is helpful. To flush the drains and pipes of the arteries every now and then is to prevent them from becoming clogged with poisons.

Almond candies, according to the Hindus, are very helpful in building moral character. Give nut candies to your children.

Give to your friends good candies which will strengthen them and not cause them to add slabs of flesh to their bodies. Every extra pound of flesh in the body overworks the heart and causes it to pump the blood through one mile of artery in order to irrigate the added undesirable territory.

### PECAN DATES

Stuff California dates with very finely ground pecan nuts, one teaspoonful of ground nuts to each date. For variety you can use pistachio or almond nuts. These are the best candies you can eat - - Nature's candies.

### FRUIT SALAD DRESSING

Butter the size of an egg,  $\frac{1}{2}$  cup of sugar, the juice of one large orange, juice of  $\frac{1}{2}$  lemon, 2 eggs,  $\frac{1}{2}$  pint of whipped cream.

Cook the butter, sugar, lemon and orange juice, and eggs well beaten, in double boiler until smooth, let cool, and then fold in the whipped cream.

Delicious with any fruit salad, especially salads containing sliced orange and pineapple, or sliced grape fruit and seedless raisins.

### MOCK LAMB LOAF

Soak  $\frac{1}{4}$  cupful of barley in  $\frac{3}{4}$  cupful of water over night. Then add 3 cupfuls of water,  $\frac{1}{4}$  cupful of ground walnuts, one bay leaf, one teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of pepper,  $\frac{1}{2}$  clove of garlic,  $\frac{1}{4}$  teaspoonful of thyme, and one tablespoonful of butter. Let simmer for about two hours. Then strain, leaving the liquid for gravy. To the thick mixture add  $\frac{3}{4}$  cupful of ground onions and one egg. Place in a well buttered pan and bake for one hour. Service for about four persons.

### YOGODA STRAWBERRY ICE CREAM

(Makes 2 Quarts)

- 1 pint cream
- 2 tall cans evaporated milk
- 1 pint whole milk
- 6 eggs
- 2 cups sugar (vary to taste)
- $\frac{1}{2}$  lb. marshmallows, cut in quarters
- Pinch salt
- 1 qt. strawberries, crushed with a little sugar (more berries if desired)

Beat eggs, add sugar, milk, evaporated milk, and salt. Heat in double boiler until hot but not to boiling. Cool. Add crushed berries and cream. Freeze.

The cream may be whipped and added after the mixture begins to freeze.

## ITALIAN SOUP

Cook in 3 tablespoonfuls of butter for five minutes: One chopped onion,  $\frac{1}{4}$  cupful of chopped carrot, and  $\frac{1}{4}$  cupful of chopped celery. Add  $\frac{1}{3}$  cupful of white flour,  $\frac{1}{2}$  teaspoonful of peppercorns, one small bay leaf, three sprigs of thyme, and three cloves. Cook for three minutes, then add one can of tomatoes, and cook for one hour slowly. Rub through a strainer, then add one quart of hot vegetable stock, some salt and pepper, and one cupful of broken pieces of macaroni which has been cooked for over 30 minutes and then drained.

## SQUASH IN SPANISH STYLE

Slice five to six tender scalloped squash without peeling them. Cut up one medium-sized onion, one tomato, and one small sweet pepper. Add salt to taste. Cook all together in just enough salted water to keep them from burning. Ten minutes before serving, add three to four ears of sweet corn cut from the cob, or about one cupful of canned corn, and one tablespoonful of butter. There should be enough liquid left to cook the corn. Heat well and serve. Do not cook too long. Zucchini may be used in place of squash.

## NUT AND COTTAGE CHEESE LOAF

Mix thoroughly one cupful of cottage cheese, one tablespoonful of lemon juice, one tablespoonful of butter, one-fourth teaspoonful of white pepper, two tablespoonfuls of finely chopped onion, one cupful of chopped nuts, two tablespoonfuls of catsup or tomato juice, one teaspoonful of salt, one cupful of bread crumbs, and half a teaspoonful of vegetable flavoring. Put into a greased pan. Bake in a moderate oven until brown, or for about forty minutes.

## HEALTH PUDDING

Mix one cupful of cooked whole wheat with two cupfuls of milk, one cupful of seedless raisins, two beaten eggs, two tablespoonfuls of butter, one teaspoonful of cinnamon, and half a cupful of sugar if necessary. Put into a well buttered baking dish, and bake in a medium hot oven until firm. Serve with cream or vanilla sauce.

## Food Recipe

### Making a Hindu Curry

When curry powder (Major Gray's) is mixed with either fish, egg, vegetables, etc., it is called fish curry or egg curry or vegetable curry. The curry powder is a mixture of turmeric and a few other spices.

Do not eat curry every day as it causes thirst and too much love of taste. But once in a while it is good to use, as it stimulates the generation of saliva and the flow of the digestive juices.

Take a teaspoonful of curry powder and mix it well in a tablespoonful of water. Then fry it in one tablespoonful of hot melted butter for a few minutes until it becomes a little brown and the water almost evaporates. Now mix this well by stirring it in a glass of hot water. Boil the curried water for ten minutes. Add two tablespoonfuls of raw whole wheat flour gray and boil for four or five minutes. Add a tablespoonful of melted butter and a quarter teaspoonful of salt. Then pour this on the boiled sliced eggs or boiled or fried vegetables and then heat curry and eggs or vegetables on the fire for five minutes.

• • •  
Eat more ground-up raw vegetables, finely ground-up nuts (pecans, almonds, pistachios) and bits of fruits. The best meat substitute is ground nuts.

Include sunshine and oxygen in your menu.

When you are tired, it is not only food or sleep or rest which can revive your energy. The internal way of dispelling fatigue is to vibrate your body by your will-power. You will also be surprised to find that if you run for ten minutes, or bask for half an hour, in the sunshine, your fatigue will be removed.

### Nut-Paste Pies

A whole-wheat pie-crust filled with Heinz's peanut butter makes a delicious pie. It is a good substitute for meat and far more wholesome than most pies.

An even better filling is a paste of thoroughly ground-up pecans, or almond butter, to which brown sugar and cinnamon have been added.

### Vegetable Eggs

Make little balls, imitation egg-yolks, of boiled and mashed yellow split peas, or steamed corn meal, mixed with a pinch of sugar, salt, powdered mustard and onion juice or finely chopped raw onion. Cover the "yolk" with mashed potatoes, rolling it on your palm to make it look like an egg. Dip these vegetable eggs into a deep pot of hot Crisco. When they are cooked, place them on absorbent paper to drain off the Crisco. A paste of English mustard is sometimes served with these eggs.

Fresh solid curd, mixed with a little dry flour (to hold), is even better than mashed potatoes as a covering for the "yolks." Curd looks like the white of an egg, and corn meal, or especially yellow split peas, look like the yolk, and make a perfect vegetable "egg."

## STUFFED MUSHROOMS

Wash 14 large mushrooms well, skin them, remove the stems close to the caps, and chop the stems fine. In a skillet melt two tablespoonfuls of butter, add the chopped mushroom stems and three-fourths cupful of chopped celery, cook for five minutes, then stir in two cupfuls of fine bread crumbs, two teaspoonfuls of onion juice, one teaspoonful of salt, and a little pepper, and one tablespoonful of chopped parsley. Turn the mushroom caps gill side up, and fill them with mounds of the stuffing. Place the stuffed mushrooms in a shallow pan, pour around them two tablespoonfuls of melted butter, cover closely, and bake in a moderate oven for about forty-five minutes. Toward the last, remove the cover and let the crumbs brown lightly on top, or set the pan of mushrooms under the flame of the broiling oven for a few minutes to brown. Serve on rounds of buttered toast.

## REAL FRUIT LOAF

Mix two cupfuls of raisins with one cupful of honey, one-half cupful of Pignolia nuts, and one-half a cupful of Pistachio nuts. Put all through a grinder, then form into a round loaf about four inches in diameter. Wrap in waxed paper and put away in a tightly covered receptacle. When needed, cut in slices. It can be used the next day, or it will keep for several weeks. It is delicious served with fruit salad or vegetable salad.

## ENGLISH TOFFEE DESSERT

Stir one tablespoonful of lemon juice into  $\frac{2}{3}$  cupful of condensed milk. It will thicken, then add  $\frac{1}{4}$  cupful of ground English Toffee. Place waxed paper in a cake dish and cover with graham cracker crumbs. Add a layer of the milk mixture alternately with the cracker crumbs—about  $\frac{1}{2}$  cupful, to which has been added  $\frac{1}{4}$  cupful of ground Toffee. Add the cracker mixture last. Cover with waxed paper and leave in the icebox for 10 or more hours. Serve with whipped cream. This will serve about four persons.

### Health Recipe

Do you run everyday? If, when you run or go upstairs, you feel a pain in the chest or are quickly out of breath, take care. You have a lazy heart, suffering from lack of proper exercise. Begin to take daily walks and increase your speed until you can run without panting. Then run every day.

## Oranges and Bananas

A bowl of orange juice and pulp served with a banana sliced to paper-like thinness, is not only delicious but nourishing and can take the place of meat. Bananas contain more nutrition than fish, lobsters or crabs. They are grown by nature and free from all poisons.

### Cheese Salad

Small squares of your favorite cheese served with chopped hearts of lettuce and topped with thousand island dressing, is appetizing and healthful. If desired, add a few nuts or raisins or pieces of sliced orange. Now that summertime is here, live as much as you can on fruits and raw foods.

## HERMITAGE AVOCADO

Remove a large clove of garlic, which has been cut in halves and placed in  $\frac{1}{2}$  cupful of butter (covered) the night before. Melt and brown the butter and one tablespoonful of finely cut green onions. Mix gently with one cupful of spoon-scooped avocado, being careful not to break the pieces; salt and pepper to taste and serve on toast.

## SESAME CAKES

Cream  $\frac{1}{3}$  cupful of butter and  $\frac{2}{3}$  cupful of sugar; add one egg, mixing thoroughly; then dissolve  $\frac{1}{4}$  teaspoonful of baking soda in one teaspoonful of water. In this mixture stir gradually one large cupful of rice flour. Make into one-inch cakes about  $\frac{1}{2}$  inch thick, and sprinkle a few Sesame seeds on top of each cake. Place in a well-buttered pan and bake in a moderately hot oven, (about 375 degrees) for 35 minutes. These little cakes may be stored away in glass jars and will keep nicely for many days.

## NUT CUTLETS

Finely chop one cupful of walnut meats. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour, and blend well. Add one-fourth teaspoonful of salt and a dash of paprika. Gradually add one cupful of milk and stir constantly until smooth and creamy. Add one well beaten egg and stir until the egg is set. Then add one tablespoonful of onion juice, two cupfuls of sifted bread crumbs, and one cupful of chopped walnut meats; set aside until cold. Then shape into cutlets, egg and crumb them, and fry in deep fat. Drain on unglazed paper and serve with tomato sauce if you wish.

### Raw Tomato Cream Soup

"Put tomatoes and celery through food chopper, proportion being three cups tomato pulp to one cup each of celery and peanut butter. Put the ground tomato pulp and celery through sieve, then add peanut butter, creaming it into the liquid until smooth and without lumps. Now add two tablespoonsful parsley and one large clove of garlic, very finely minced, two tablespoonsful of oil, and beat all ingredients well together."

### Carrot Salad

Put two carrots through a meat-chopper. Mix with four tablespoonsful of orange juice and a few pieces of shredded pineapple and a tablespoonful of soaked seedless raisins. Serve on lettuce leaves with whipped cream on top. (Very delicious.)

### ONIONS BAKED WITH CHEESE

Slice 2 pounds of white onions into thin rings, then cook in boiling salted water until tender. Put 4 slices of toast in the bottom of a baking dish. Arrange on them a layer of the onion rings, then a layer of grated or sifted American cheese. Repeat, using 4 slices of toast again, the rest of the onions, and the rest of the cheese. You will need for this recipe  $\frac{1}{4}$  pound of the cheese, and 8 slices of buttered toast. Grated cheese can now be bought in packages.

Beat 2 eggs slightly, add 2 cupfuls of milk,  $\frac{1}{2}$  teaspoonful of salt, and  $\frac{1}{8}$  teaspoonful of pepper. Pour this over the mixture in the dish. Dot with one tablespoonful of butter, and sprinkle with paprika if you wish. Bake in a moderate oven (350 degrees F.,) for about 40 minutes. This will serve 8 persons.

### SAVORY VEGETABLE SOUP

Cook 2 tablespoonfuls of barley until tender. Chop one onion, 2 carrots, and 6 white potatoes, and add them to one can of tomatoes and one chopped red pepper. Cook for 2 hours, then add one chopped head of celery, one tablespoonful of oil, and salt to taste. Now add the cooked barley and put all the ingredients through a colander. Add one bay leaf 15 minutes before serving. Five minutes before serving add a little finely chopped parsley.

### DELICIOUS DESSERT

Two cups Delicious apples (with peels left on), measured after grinding;  $\frac{1}{2}$  pint bottle Maraschino Cherries, juice included;  $\frac{1}{2}$  cup Pistachio Nuts. Send all through chopper then add cup sugar. Serve with whipped cream with a few ground pistachio nuts. Serve four.

### TOMATOADE

Mix together equal quantities of lemonade and tomato juice. Serve chilled, with a thin slice of orange in each glass.

### CHINESE SALAD

To one-third cupful of mayonnaise add one teaspoonful of thick tomato juice, one teaspoonful of lemon juice, one-third teaspoonful of cinnamon, one-third teaspoonful of white sugar, and one-fourth teaspoonful of allspice. To this mixture add one cupful of quartered Chinese water chestnuts and one cupful of one-fourth inch diced cucumbers. Serve on crisp lettuce leaves to five persons.

### CREOLE MOLDS

To be served with salad for a cold lunch.

Combine one cupful of sliced okra with one cupful of sliced green peppers, one-half cupful of rice, one quart of water, one large bay leaf, one-half a cupful of fresh or solid canned tomatoes, and salt and pepper to taste. Let come to the boiling point, then simmer for three-quarters of an hour. Remove from the fire and add one tablespoonful of butter and one tablespoonful of Savita. Place in teacups and leave on ice over night. This is service for five persons.

### CREOLE OKRA SOUP

Make like the above recipe but use only one-fourth cupful of rice. This also will serve five persons.

### SAVORY NUT ROAST

Chop fine enough nut meats to make  $1\frac{1}{2}$  cupfuls, then add them to 4 cupfuls of bread crumbs,  $\frac{1}{2}$  cupful of chopped parsley, one teaspoonful of pepper,  $\frac{1}{2}$  cupful of chopped onions, one No. 2 can of tomatoes, one teaspoonful of salt, 2 cupfuls of chopped celery, 2 eggs, 2 tablespoonfuls of fat, and the juice of one lemon. Bake and serve with one cupful of tomato sauce.

### SCOTCH APPLE PIE

Pare some apples and slice them thin; put into a pie pan and heap up in the center. Mix one teaspoonful of baking powder with 2 cupfuls of white flour, a pinch of salt, and sugar to taste. Work in 2 tablespoonfuls of butter and use enough milk to make a stiff batter. Spread the dough over the apples; place in the oven and bake until the apples are tender. Turn bottom side up onto a hot plate, put dots of butter over the apples, sprinkle thickly with sugar, and flavor with nutmeg. Cover with whipped cream and serve.

## FOODS FOR BEAUTY

From the "East Bengal Times" of February 13th, 1932. ("Good foods are good foods all the world over, for white man and brown, the homebody and rover.")

Of course, it requires a little knowledge of what foods are useful for definite purposes to plan a menu that will improve your complexion and help to keep your hair glossy and healthy.

Take carrots, for example. Did you know that one pound of carrots eaten every day will not only help your complexion to become beautifully clear and fine, but will also, by some mysterious process, sometimes make the hair glossy and gleaming and brighten the eyes?

Celery is an unfailing eye brightener, while cherries, if they are eaten when sweet and fully ripe, are often rejuvenating in their effect. It is consoling to be able to add, in these "canning" days, that the canned variety is almost as effective.

Dates, raisins, and figs help to give a clear glow to the skin and to keep blemishes at bay. Figs are particularly good, and have a whitening effect on the skin (as do cucumbers), especially if they are eaten stewed at breakfast.

Grapes are considered by many food experts to have a distinctly bracing effect on the blood and help to prevent those ugly, thickened little veins.

To obtain a glowing rosy skin, free from blemish, supplement your beauty treatment by eating raw lettuce, or spinach cooked without soda. Tomatoes help to clear the skin, while onions are splendid for giving colour to pallid cheeks.

Some of the most successful beauty foods can be taken in the form of sandwiches, watercress, and cucumber (which can be applied to the skin as well to hasten the process).

### Food. Recipe

Vegetarians should eat abundantly of bananas, cream or milk, ground nuts, cheese, cocoanuts.

1. Grated green cocoanuts with Thousand Island dressing, served on lettuce leaves.

2. Half of the heart of a lettuce chopped and mixed with honey, two tablespoonfuls of whipped cream and ground nuts on top, makes an ideal dessert. It is better than pies and cooked desserts.

3. Raw food is nature-and-sun-cooked food with even temperature. Use it abundantly. But if you eat cooked food, let it be steamed or baked food without loss of the natural juices, which boiling evaporates.

## HALUA

(A Delicious Dessert from India)

- 1 cup fine wheat cereal
- 2 tablespoons butter
- 2 cups milk
- 1 tablespoon sugar
- 12 almonds blanched and sliced lengthwise
- 1 tablespoon pistachio nuts sliced
- ½ teaspoon cardamom seed ground
- 1 teaspoon sliced citron
- ½ cup soaked seedless raisins
- Pinch of salt

Brown the cereal in butter until yellow. Stir continuously, and when evenly toasted add 1 cup milk to allow particles of grain to expand and soften. As mixture thickens, add the other cup of milk, stirring constantly. While still over a slow fire, add sugar, almonds and other ingredients. The pudding may be eaten hot or molded and eaten cold with cream.

## FRIED STUFFED EGGS WITH CURRY SAUCE

- 6 hard boiled eggs
- ¼ cup soft crumbs
- 2 tablespoons butter
- Salt, pepper, mustard, cream
- 2 tablespoons water
- 1 uncooked egg
- Soft fine white crumbs

Remove shells and divide eggs in halves lengthwise. Press yolks through a sieve. Sprinkle with dry mustard, pepper and salt to taste. Add the crumbs, butter and enough cream to make the mixture of a consistency to handle. Fill the whites and put the halves together. Beat the water and egg, dip and crumb the stuffed eggs, using the soft white crumbs. Fry in deep fat. Serve with a cream curry sauce, made by adding to ordinary white sauce one level teaspoon curry powder and one tablespoon butter to which an onion has been fried, to each cup of sauce.

## GREEN AND WHITE SALAD

- 1 cup crisp, shredded cabbage
- 1 cup crisp raw spinach, chopped
- ¼ cup chopped sweet pickles
- 2 tablespoons chopped parsley
- Mayonnaise

Have all the ingredients well chilled. Combine them with mayonnaise dressing and serve in mounds on crisp lettuce leaves.

Eat less, chew well. Think not of your taste alone, but of your health. Summer is coming; eat fruits plentifully. Walk or run daily. Bathe daily. Avoid starches. Life can be much simplified by a simple diet. The time saved can be used on better things than catering to the body.

## COTTAGE CHEESE LOAF

- 1 cup cooked kidney beans
- 1 cup cottage cheese
- ½ cup ground nuts
- 1 cup whole wheat bread crumbs
- 1 cup boiled brown rice
- 1 tablespoon chopped onion
- 1 tablespoon melted butter.

Mix the ingredients and form a loaf. Brush it over with tomato sauce, and salt and pepper liberally. Bake in a slow oven for 35 minutes. Serve with white sauce to which has been added minced sweet red pepper to taste.



### SWAMI PUDDING

- 2½ slices whole wheat bread  
(½ inch thick)
- 1 cup seedless raisins
- ½ cup sugar
- 3 eggs
- ½ tsp. vanilla extract
- 3½ large-cups milk
- 1 large tblsp. butter
- Pinch of salt

Remove dark part of crust from bread. Cut bread in ½ in. squares and crisp, but do not scorch, in oven. Add melted butter. Stir bread in it till butter is all soaked up. Place in bottom of pudding dish. Cover with raisins (well washed). Beat eggs, add salt, sugar, vanilla and milk and pour over bread and raisins. Cut tiny pieces of butter over the top of pudding and cook in very slow oven until custard is barely set. Serve with cream, (plain or whipped) and jam or honey.

NOTE: Too long cooking or too hot oven makes the custard tough.

### ORIENTAL DELIGHT

(A Dessert)

Make a soft custard as follows:

- 3 egg yolks
- 3 tablespoons sugar
- 1 pint rich milk
- 1 tablespoon vanilla extract
- 1 teaspoon lemon extract

Put yolks into a bowl. Do not beat the yolks. Stir the sugar into them gradually. Heat the milk in a double boiler until boiling. Add it slowly to the egg and sugar. Turn the mixture into the double boiler and cook over a slow fire until the mixture thickens. Stir constantly. Do not allow the milk to boil or it will curdle. When the mixture coats the spoon, it is thick enough. Cool, and add extracts. Chill in refrigerator.

Have ready parfait glasses or other dessert dishes. Put in each glass 3 chopped dates or nuts and some sweet jelly. When ready to serve, fill the glasses with the custard and sprinkle with chopped nuts.

**Food Recipe.** Grate a fresh cocoanut fine. Mix it with one cup of cream whipped with the yolk of an egg. This is an excellent substitute for meat in strength-giving qualities.

Sliced egg-plants slowly baked in the oven, covered with a little tomato sauce, make a delicious and healthful dish.

The contents of one can of whole wheat grains, mixed with a little honey, and topped with whipped cream, is a meal in itself.

### SALAD

- 2 c. grated carrot
- ¼ c. chopped sweet pickle
- ¼ c. chopped olives (green or ripe)
- ¼ c. chopped nutmeats

Mix ingredients and combine with enough cream mayonnaise to moisten thoroughly. Serve on crisp lettuce leaves.

### DESSERT

Select four firm, ripe bananas. Slice each in thirds lengthwise and saute each slice in butter until a light brown. Sprinkle the slices lightly with cinnamon and place them in a buttered baking dish.

Make a sauce of the following ingredients:

- 1 c. chopped dates
- 2 tablespoonfuls honey
- 1 tablespoonful lemon juice
- ¼ c. hot water.

Pour the sauce over the bananas and bake in a moderate oven (350° F.) fifteen to twenty minutes. Remove from oven, sprinkle with ground nuts and serve hot with cream.

### CHEESE AND NUT LOAF

Cook two teaspoonfuls of chopped onion in two tablespoonfuls of butter for four minutes. Mix one cupful of grated American cheese with one-cupful of chopped English walnuts, and one cupful of whole wheat bread crumbs. Add two-thirds cupful of hot water, the onions and butter in which they were cooked, the juice of half a lemon, two well beaten eggs, half a teaspoonful of salt, and a pinch of pepper. Mix well and bake for thirty minutes in a moderate oven. When ready to serve, sprinkle with tomato sauce and garnish with parsley.

### NUTMEAT LOAF

- 1 cup English walnuts
- 1 large potato
- 1 large onion
- 1 large carrot
- 1 cup cooked rice
- 1 cup milk
- ½ cup tomato juice
- ½ cup chili sauce
- ½ cup chopped parsley
- 4 tablespoons butter
- 1 tablespoon curry powder
- ½ teaspoon salt

Put nuts, potato, onion and carrot through the food-chopper. Add the rice, milk, tomato juice, chili sauce and the seasonings. Mix well. Turn into a well buttered baking dish and bake one hour in a moderate oven: (350 F.)

### QUICK COFFEE CAKE

2 c. sifted whole wheat pastry flour	½ c. milk
2 tsp. baking powder	1½ tbsp. melted butter
¾ tsp. salt	4 tbsp. brown sugar
½ c. sugar	1 Egg, well beaten
6 tbsp. butter	1 tbsp. whole wheat flour
	½ tsp. cinnamon

Sift flour once, measure, add baking powder, salt and sugar, and sift again. Cut in shortening. Combine egg and milk; add to flour mixture, stirring until mixture is blended. Turn into greased 9-inch layer pan, spreading dough evenly. Brush top with melted butter. Sprinkle with mixture of brown sugar, flour and cinnamon. Bake in hot oven (400 degrees F) 25 to 30 minutes.

### TOMATO, PRUNE, WATERCRESS SALAD

Skin tomatoes, slice and place on crisp cress. Put mayonnaise, thinned with cream, on each slice. Stone cooked or softened prunes and insert blanched almonds. Place a prune on each slice of tomato. Serve very cold.

### BROCCOLI OMELET

2 tbsp. butter	1 tbsp. onion juice
1 c. cooked chopped broccoli	1 tsp. vegetized salt
1 c. cooked rice	1 tbsp. minced parsley
1 c. crumbled whole wheat bread	Bakon Yeast
grated cheese (optional)	

Melt butter in frying pan. Mix all ingredients and pour into frying pan and cook slowly until brown on under side. Fold over like an omelet. Turn out on hot platter and garnish with parsley.

### BROCCOLI-MACARONI CASSEROLE

5 oz. whole wheat macaroni	1½ c. seasoned white sauce
1 c. grated cheese	Buttered whole wheat crumbs
1 bunch broccoli	Vegetized salt

Boil macaroni in salted water, drain. Boil broccoli in salted water, drain and cut up. Pour some of white sauce in bottom of buttered casserole, then add layer of broccoli, layer of macaroni, layer of cheese. Repeat layers and sprinkle top with buttered crumbs. Bake until browned and serve in casserole.

### BEST-EVER GINGERBREAD

1 c. sugar	1 tsp. ginger
1 scant c. salad oil	½ tsp. cinnamon
1 c. best molasses	½ tsp. cloves
1 c. boiling water	1½ c. whole wheat pastry flour
½ tsp. salt, vegetized	2 eggs

Combine in order given, dissolving soda in the hot water, and adding the 2 well beaten eggs last. Bake in a well greased square or oblong pan in a moderate oven (350°) about 40 minutes. Serve hot or cold with whipped cream or cream cheese icing. Serves about 12.

### BAKED SPINACH

Chop 2 or 3 pounds of well-washed raw, crisp spinach rather fine. Put it into a baking dish with a tight-fitting cover, sprinkle with Bako Yeast (seasoning powder), dot with butter, cover and bake 15 to 20 minutes in a moderate (375° oven).

### CHOCOLATE SOUFFLE

5 egg whites  
½ c. sugar

2 oz. unsweetened chocolate  
½ c. ground nuts

Beat egg whites until stiff and dry. Fold in sugar carefully. When well blended, fold in melted chocolate and finally fold in the ground nuts. Pour mixture into well-greased top part of double boiler. Cover and cook over hot water three-quarters of an hour. Serve with sauce or whipped cream.

### CORN AND MACARONI CASSEROLE

2 c. cooked whole wheat macaroni  
1 c. cheese sauce  
3 tbsp. minced green peppers  
½ tsp. vegetable salt  
1 c. cooked corn

Mix all ingredients and put into a buttered casserole. Top with buttered whole wheat bread crumbs and bake for 30 minutes in a 350° oven.

### PERSIMMON FLUFF

1½ tbsp. granulated vegetable gelatin  
¼ c. cold water  
¼ c. boiling water  
½ c. sugar  
½ c. orange juice  
1 c. persimmon pulp  
whites of 2 eggs

Soak the gelatin in cold water for 5 minutes, then combine with the boiling water and sugar, and stir until dissolved. Add the orange juice, and the persimmon pulp. Cool until nearly firm, then fold in the stiffly beaten egg whites and pour into mold lined with lady fingers or strips of sponge cake. Chill and serve with whipped cream or custard sauce.

### CAULIFLOWER AND TOMATO SALAD

Slice raw cauliflower paper thin. Peel tomatoes and cut in small pieces. Toss together with French dressing. Serve on crisp cress.

## PEA CUTLETS

2 c. dried peas  
1 egg  
1 grated onion

Chopped parsley  
Whole wheat crumbs

Steam peas until tender, and pass through a strainer. When cold add egg, onion, parsley and enough crumbs to make a stiff mixture. Turn onto a platter, and shape like small cutlets. When cold, broil in egg and bread crumbs.

## SPICY APPLE SOUFFLE

1/3 c. quick-cooking tapioca  
1/2 c. sugar

1/2 tsp. vegetized salt  
2 c. milk

Cook in top of double boiler five minutes after it reaches scalding temperature. Remove from heat. Add:

2 tbsp. butter  
1/4 tsp. cinnamon  
1/4 tsp. nutmeg  
1 1/2 tbsp. lemon juice

1 c. grated raw apple  
3 egg yolks, beaten thoroughly  
3 egg whites, stiffly beaten

Turn into greased baking dish, place in pan of hot water and bake in moderate oven (350°) 1 hour, until firm. Serve hot with whipped cream.

## LIMA BEANS AND MUSHROOMS

4 tbsp. butter  
2 tbsp. chopped celery  
2 tbsp. chopped onions  
1 c. diced mushrooms  
1 1/2 c. cooked lima beans

3 tbsp. cream  
1 tbsp. minced parsley  
1/2 tsp. vegetized salt  
1/3 tsp. paprika  
pinch of seasoning powder

Brown the celery and onions lightly in the melted butter. Add mushrooms, cook 5 minutes, stir in other ingredients. Blend well and simmer 5 minutes before serving.

## CHOCOLATE WHEAT PUDDING

1/3 c. uncooked whole wheat cereal  
1 c. milk, scalded  
1 egg  
1/2 c. raw sugar  
1/4 c. coconut

2 tbsp. cocoa  
1 tbsp. butter  
1/2 tsp. salt  
1 c. water

Combine milk and water. Combine well-beaten egg yolk, cereal, cocoa, sugar, salt, and butter. Add to liquid. Cook in double boiler until mixture thickens, stirring occasionally. Fold in stiffly beaten egg white and pour into well-oiled baking dish. Sprinkle coconut on top. Set in pan of warm water and bake in moderate oven (400°) until browned. Serve with whipped cream.

### SPICED BEETS

2 bunches beets  
3 tbsp. butter  
2 tbsp. lemon juice  
1 bay leaf

3 tbsp. raw sugar  
 $\frac{1}{4}$  tsp. cloves  
 $\frac{1}{2}$  tsp. vegetized salt

Pare raw beets and shred or grind. There should be about 3 cups. Mix lemon juice, sugar, salt and butter; add to beets with bay leaf and cloves. Cook slowly in a covered saucepan 35 minutes, or in the oven in a covered casserole. Remove cloves and bay leaf.

### STEAMED CARROT PUDDING

$\frac{1}{2}$  c. butter  
1 c. sugar  
 $1\frac{1}{2}$  c. grated raw carrots  
1 c. grated raw potatoes  
 $\frac{1}{3}$  c. strained orange juice  
 $\frac{1}{2}$  c. seeded raisins

$\frac{1}{2}$  tsp. salt  
1 tsp. soda  
1 tsp. cloves  
 $\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{2}$  tsp. mace  
1  $\frac{1}{3}$  c. whole wheat pastry flour

Cream butter and sugar. Add carrots, potatoes, raisins, the flour mixed with soda and spices, and the orange juice. Pour into oiled and floured mold and steam two and one-half hours.

### DAHL (East Indian Lentils)

1 c. lentils  
1 c. unpolished rice  
2 tbsp. butter  
1 large onion  
2 cloves garlic  
1 tsp. curry powder

$\frac{1}{2}$  tsp. mixed spices  
6 crushed cardamom seeds  
2 tsp. vegetized salt  
 $\frac{1}{4}$  tsp. paprika  
1 lemon for garnish

Soak lentils over night, salt and cook until tender. Boil or steam the rice. Brown the onion and garlic in the melted butter, add the curry powder and the spices and cardamom seeds tied in cheesecloth, and all to lentils and simmer ten minutes, then remove the spices. Make a ring of the rice on a hot platter and heap lentils in the center. Cut the lemon in eighths or smaller and garnish. Serve with a green salad.

### EGGS--CHINESE STYLE

2 tbsp. chopped onions  
 $\frac{1}{3}$  c. chopped celery  
4 tbsp. butter  
2 hard cooked eggs, diced  
 $\frac{1}{2}$  c. cream  
 $\frac{1}{4}$  tsp. paprika

4 tbsp. whole wheat flour  
1 c. milk  
 $1\frac{1}{2}$  c. grated American cheese  
cooked rice or noodles

Brown onions and celery in butter. Add flour and mix thoroughly. Add milk slowly and stir until thickened. Add cheese, eggs, cream, salt and paprika. Cook slowly 5 minutes stirring constantly, and serve on rice or noodles.

### CHEESE GOULASH

3/4 c. minced onion	3/4 c. milk
3/4 c. chopped green pepper	1 1/2 c. grated pimiento cheese
3 tbsp. butter	1 1/2 c. grated American cheese
3/4 c. condensed tomato soup	3 egg yolks, well beaten
Whole wheat Melba toast or crackers	

Cook onion and green pepper in the butter until tender. Add the soup and milk, and stir until thoroughly heated. Add the cheese and stir until melted. Stir in the egg yolks and serve on the toast. Serves 6.

### PRUNE NUT SOUFFLE

2 tbsp. butter	1/2 c. sugar
4 tbsp. flour	1 c. prune juice
3 tbsp. lemon juice	2 egg yolks, beaten
1 c. chopped cooked prunes	2 egg whites, beaten
1/3 c. nuts	1/2 t. vanilla
	1/4 t. vegetized salt

Blend melted butter and flour. Add sugar, prune juice and lemon juice, and cook until thick and creamy. Add beaten egg yolks and beat thoroughly. Fold in cooked prunes, nuts, vanilla, salt and beaten egg whites. Pour into a greased baking dish, set dish in pan of hot water and bake 40 minutes in a 350° oven. Serve cold with whipped cream.

### CHEESE BLINTZES

2 eggs	1 1/2 c. cottage cheese
1 c. cold water	1 egg
1/2 tsp. vegetized salt	1 c. whole wheat pastry flour

Beat 2 eggs very thoroughly, add cup of cold water, salt and flour. Beat until batter is smooth. Pour batter on greased and heated iron pan tipping pan on all sides to cover bottom with thin layer of batter. Bake on one side only until thin cake blisters, then tip out in one piece on board.

Mix 1 1/2 cups cottage cheese with 1 egg and salt. Cut cake in squares, place filling in center of each square, folding over opposite corners to make a rectangle or square. Place in greased pan and bake until crisp and browned. Serve with powdered sugar, cinnamon, sour cream, or grated American cheese.

### PINEAPPLE CUSTARD

3 egg yolks	3/4 c. irradiated evaporated milk
1/4 tsp. vegetized salt	
2 tbsp. raw sugar	3/4 c. crushed pineapple

Beat egg yolks, add sugar and salt and beat well, then add milk and pineapple. Cook over boiling water, stirring frequently until mixture coats spoon, about 5 minutes.

### OLIVE BEAN CUTLETS

1 c. sliced ripe olives	2 eggs
2½ c. thick navy or soy bean puree	1/3 c. milk
7 to 8 c. soft whole wheat bread crumbs	vegetable fat
Bakon Yeast	8 thick sauted unpeeled apple rings

Combine olives with bean puree, 1½ cups of the bread crumbs and Bakon Yeast, and blend thoroughly. Form into 8 cutlets. Roll in bread crumbs, dip into thoroughly beaten eggs and milk, and again into crumbs to form thick coating. Fry in deep hot fat to a golden brown. Serve with apple rings.

### APRICOT SOUFFLE

6 oz. dried unsulphered apricots	6 drops almond essence
1 tsp. maraschino juice	½ oz. almonds, chopped
3 oz. raw sugar	3 egg whites, whipped

Soak apricots overnight in sufficient water to cover. Stew gently until tender and reduce to a smooth clear pulp. Add essences and almonds. Whip sugar into beaten egg whites and fold into fruit puree. Pour into buttered dish and bake for 10 minutes in a moderate oven.

### CREAMED MUSHROOMS AND EGGS

2 tbsp. butter	3 tbsp. whole wheat flour
1 c. diced Proteena	1 can cream of mushroom soup
4 hard cooked eggs--dice whites and put yolks through sieve	

Melt butter and brown Proteena. Remove Proteena and blend flour with butter. Pour in soup and cook until thick. Add diced egg whites and Proteena. Serve on hot whole wheat biscuits or toast. Sprinkle egg yolks on top and garnish with cress.

### ASPARAGUS TIMBALES

25 or 30 asparagus tips, cooked	¾ tsp. vegetized salt
1½ c. warm milk	½ tsp. paprika
4 eggs	1/8 tsp. celery salt
1 tbsp. chopped parsley	few drops lemon juice

Grease 5 deep custard cups and place 5 or 6 well drained asparagus tips, heads down, around sides. Combine other ingredients, except parsley, and beat with wire whisk. Turn custard mixture into asparagus lined cups; set in pan of hot water and bake until firm, about 20 minutes in slow oven (350°). Invert baked timbales on hot platter, close together, garnish with Hollandaise sauce and parsley.

### AVOCADO SALAD PLATTER

2 avocados, peeled, cut into eighths and sprinkled with salt and lemon juice  
3 pimientos, stuffed with cream cheese, chilled and sliced  
1 large orange shell, notched and filled with mayonnaise  
16 stuffed ripe olives, impaled on picks  
20 asparagus tips, cooked  
12 short celery stalks stuffed with Roquefort cheese  
12 slices tomato

Place around orange shell on large lettuce-garnished platter.

### SOY BEAN SOUFFLE

- |                           |   |
|---------------------------|---|
| 1 c. soy beans            | 3 eggs, separated                           |
| 2 tbsp. butter            | 1/8 tsp. paprika                            |
| 4 tbsp. whole wheat flour | 1/2 onion minced                            |
| 1 c. milk                 | 1/8 tsp. sweet marjoram                     |
| 1 tsp. vegetized salt     | 1 tbsp. chopped parsley or<br>celery leaves |

Boil the soy beans according to directions, mash and rub through a strainer. Melt butter, blend in flour, add milk slowly and cook one minute, stirring constantly. Add bean pulp and allow to cool. Then add beaten egg yolks and seasonings. Fold in stiffly beaten egg whites. Place in a buttered baking dish and bake 30 minutes at 350°.

### RAGOUT ESPANOL

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 small spring cabbage           | 1 small stick celery, diced   |
| 2 large Spanish onions<br>butter | 1 green pepper, diced         |
| 1/2 lb. tomatoes, diced          | 2 cloves garlic, chopped fine |
| 2 med. cooking onions            | olive oil                     |
|                                  | paprika                       |
|                                  | 2 hard boiled eggs            |

Cut cabbage into quarters and cook slowly in very little water (no salt) for 20 minutes. Slice and cook onions in butter until yellow, but do not brown. Place all ingredients, except eggs, in a casserole with 2 oz. butter and 2 tbsp. of olive oil; add 1/2 cup water. Bake for 1 hour, adding a little water when necessary. Serve on a flat dish, top and garnish with triangles of whole wheat toast. Serve with baked sweet or white potatoes.

### SOY BEANS AND CORN--Southern Style

- |                                   |   |
|-----------------------------------|---|
| 2 c. cooked soy beans             | 2 c. tomatoes                             |
| 2 c. corn, canned or cooked fresh | 2 tsp. vegetized salt                     |
| 1 c. grated cheese                | 1 scant c. buttered whole<br>wheat crumbs |

Put alternate layers of the beans, corn, cheese and drained tomatoes into a greased baking dish. Mix the salt with the drained tomato juice and pour over the mixture. Cover with the buttered crumbs and bake in a moderate oven (350°) for 30 minutes, or until the crumbs are brown.

### CAULIFLOWER SOUFFLE

- 1 c. thick white sauce made with milk or cauliflower water
- 4 egg yolks beaten
- 1 c. cooked cauliflower, cut in tiny pieces
- 4 egg whites beaten stiff

Combine white sauce, egg yolks and cauliflower. Cool and fold in beaten egg whites. Pour into a buttered casserole and bake 20 minutes in hot oven, 400°.



### ASPARAGUS WITH CHEESE

- 1 can asparagus tips cut in short lengths, or equal amount of fresh asparagus, cooked
- 1 c. blanched almonds, cut in strips
- 3 tbsp. butter
- 3 tbsp. whole wheat flour
- 1 c. milk and juice from asparagus
- 1 c. grated American cheese

Make cream sauce with butter, flour, milk and asparagus liquid. Season well and add asparagus, almonds and cheese. Let stand over hot water until thoroughly heated, without stirring. Serve in patty shells or on buttered whole wheat toast.

### BAKED SOY BEANS

- 2 c. soy beans, cooked
- 1 c. strained tomato pulp
- 1 tbsp. whole wheat flour
- 1 tbsp. chopped onion
- 1 tbsp. chopped parsley
- vegetized salt
- paprika
- brown sugar or honey if desired

Make a sauce by mixing the flour with tomato pulp and vegetables and heat until the mixture thickens. Add sweetening if used, and pour over beans in a casserole. Bake in a moderate oven, 350°, until brown.

### CORN SCRAMBLE

- 4 tbsp. butter or vegetable oil
- 1 tbsp. minced onion
- 1 tbsp. minced green pepper
- 1 No. 2 can whole kernel corn
- 1 can condensed tomato soup
- 3 eggs, beaten
- ½ tsp. vegetized salt
- 6 slices hot buttered whole wheat toast

Heat butter, add onion, green pepper, corn, and tomato soup and heat to boiling. Reduce heat, add beaten eggs, salt and cook stirring constantly until set but not firm. Serve at once on hot toast. Sprinkle with grated cheese if desired. Serves six.

### BAKED MACARONI WITH ASPARAGUS

- 1 c. whole wheat macaroni
- 4 tbsp. butter
- 3 tbsp. whole wheat flour
- 1 tsp. vegetized salt
- 2½ c. milk
- 2 c. cooked fresh asparagus, cut in one-inch pieces
- 3 oz. snappy cheddar cheese, grated
- ½ c. fresh mayonnaise
- ¾ c. whole wheat crumbs, buttered

Cook macaroni in boiling salted water until tender; drain. Melt butter, add flour and salt; mix well. Gradually, stir in milk. Cook until thickened, stirring constantly. Add cheese; stir until melted. Remove from fire; add mayonnaise, stirring constantly. Arrange alternate layers of drained macaroni and cooked asparagus in greased casserole. Cover with cheese sauce, then with buttered crumbs. Bake in slow oven (300°) until brown. Serves 8.

### MUSHROOM POTATO PIE

3 c. fresh mushrooms, chopped	3/4 c. green peas
3 tbsp. butter	1 egg beaten
1 1/2 c. cream sauce, use liquid from cooked mushroom stems	4 c. mashed potatoes

Saute mushrooms in butter, add cream sauce and peas and reheat. Add beaten egg to mashed potatoes. Line oiled baking dish with potatoes and pour mushroom-pea mixture in center. Cover with layer of potatoes and bake 20 minutes in 375° oven until lightly browned.

### WHOLE MEAL SALAD

2 c. diced nut steak	1 can drained kidney beans
No. 1 1/2 can whole kernel corn	1/2 tsp. vegetized salt
1 small onion, diced	1 red unpeeled apple
1/2 c. chopped celery	2 hard cooked eggs
1/2 c. whipping cream, whipped	green pepper cases
1/2 c. mayonnaise	lettuce
juice of 1 lemon	

Make dressing by combining whipped cream, mayonnaise and lemon juice. Mix other ingredients. Serve in green pepper cases on crisp lettuce.

### ASPARAGUS CUSTARD

1 lb. cooked asparagus cut in three-inch pieces	4 eggs, beaten
3 tbsp. butter	1/2 tsp. vegetized salt
3 tbsp. flour	1/2 tsp. onion juice
1 c. milk	Paprika
	Celery salt

Put asparagus in greased casserole. Make cream sauce of butter, flour, milk and seasonings. Add the beaten eggs after sauce has cooled. Pour over asparagus. Set in pan of hot water and bake in oven, 350°, until custard is set--about one hour. (Other vegetables such as celery, broccoli, cauliflower, peas or onions may be used instead of asparagus.)

### SCALLOPED EGGS AND ONION

2 c. finely sliced onion	1/2 c. milk
2 tbsp. vegetable shortening	3/4 tsp. vegetized salt
6 eggs, beaten	chopped parsley

Cook onions (covered) in shortening until soft but not brown. Place in greased baking dish. Mix beaten eggs, milk and salt and pour over onions. Bake in 350° oven, in pan of hot water until firm in center, about 30 minutes. Garnish with chopped parsley. Serve plain or with well-seasoned sauce. Serves four to six.

### SHREDDED WHEAT DRESSING

3 crushed shredded wheat biscuits	1 c. cooked wild rice
$\frac{1}{4}$ c. butter	2 tbsp. minced parsley
$\frac{1}{2}$ c. diced celery	2 tsp. poultry seasoning
1 c. sliced mushrooms	vegetized salt
$\frac{1}{4}$ c. diced onion	$\frac{1}{2}$ c. vegex stock

Place crushed shredded wheat biscuits in mixing bowl. Melt butter in frying pan, add celery, mushrooms, and onion and cook gently over low fire until onion is yellow and soft. Stir cooked rice into oven mixture, then add to shredded wheat biscuits. Add seasonings & stock.

### VEGETABLE ROAST WITH DRESSING

Spread slices of gluten steak (a vegetable product now obtainable in most grocery stores) lightly with Vegex and place layer in buttered baking dish. Cover with shredded wheat dressing, or your favorite dressing, well seasoned. Repeat layer of gluten steaks and layer of dressing. Pour brown Vegex or mushroom gravy over all and bake in a moderate oven. Serve with gravy. Garnish with spiced peaches or grilled pineapple slices.

### IMPERIAL ASPARAGUS

2 tbsp. chopped celery	1 c. cooked asparagus
1 tsp. minced onion	$\frac{1}{3}$ tsp. vegetized salt
1 c. diced mushrooms	$\frac{1}{4}$ tsp. paprika
3 tbsp. butter	$\frac{1}{3}$ c. grated cheese
3 tbsp. flour	1 hard cooked egg, chopped
2 c. milk	$\frac{1}{2}$ tsp. parsley, chopped

Cook celery, onion and mushrooms in melted butter 5 minutes, add flour, then slowly stir in milk. Cook 2 minutes, stirring constantly, add asparagus, salt, and paprika. Pour into a buttered baking dish and cover with grated cheese, chopped egg and parsley. Bake 20 minutes at 350°. Serves four.

### MOLASSES RICE PUDDING

$\frac{1}{3}$ c. rice	$\frac{3}{4}$ c. chopped dates
2 c. milk	$\frac{1}{4}$ tsp. vegetized salt
2 egg yolks	2 egg whites
2 tbsp. molasses	1 tbsp. sugar

Cook rice and milk in double boiler until tender. Pour over beaten egg yolks. Add molasses, dates, and salt. Beat egg whites stiff, add sugar gradually. Fold into rice mixture. Chill. Serves 4.

### GOLDEN CASSEROLE

$\frac{1}{2}$ c. yellow corn meal	$\frac{1}{2}$ lb. Old English cheese
$\frac{1}{2}$ tsp. vegetized salt	$\frac{1}{2}$ c. milk
$2\frac{1}{2}$ c. water	paprika

Make old-fashioned corn meal mush of the corn meal, salt and water. Cool in shallow pan and cut into one-inch cubes. Melt cheese in top of double boiler. Add milk and stir until sauce is smooth. Place alternate layers of cubed mush and cheese sauce in casserole, and bake 20 minutes in a very moderate oven. Sprinkle with paprika.

## VEGETABLE SAUSAGE

Pare and dice one large eggplant. Cook in boiling salted water (steam) until tender, drain, cool, and mash. Add one slightly beaten egg, one grated onion, one-half teaspoonful of poultry seasoning, and a little vegetized salt. Sift in enough whole-wheat flour to make a stiff batter when dropped from a tablespoon. Fry in small amount of vegetable oil or put in greased pan and bake until brown in a hot oven.

## BRAISED BROCCOLI

1/4 cup shredded carrot  
1 pound broccoli--washed and  
cut into small pieces

1/4 cup minced onion  
Vegetable stock seasoned with  
vegetable concentrate

Put carrot and onion in bottom of buttered baking dish. Add broccoli. Cover with the well seasoned stock. Cover and bake until tender. Spinach or Swiss chard may be used in place of the broccoli.

## DATE BUTTERSCOTCH PUDDING

Cook one-quarter cup of quick-cooking tapioca in two and one-half cups hot salted water in double boiler until clear, about fifteen minutes. Stir frequently. Melt three tablespoons of butter in saucepan, add six tablespoons brown sugar and stir until melted. Add tapioca mixture, one-half teaspoonful vanilla and one cup pitted dates cut in small pieces and one-quarter cup chopped nut meats. Pour into buttered baking dish and bake in slow oven. Serve cold with cream.

## BRUSSELS SPROUTS WITH CHESTNUTS

Steam 1 quart Brussels sprouts in boiling salted water until barely tender, drain. Put 1 pound chestnuts to cook in cold water and boil five minutes. Remove skins and cut in halves. Arrange alternate layers of Brussels sprouts and chestnuts in buttered baking dish. Dot with butter and moisten with water. Bake 30 minutes in moderate oven.

## SWEET POTATOES SCALLOPED WITH APPLES

2 cups cold boiled sweet potato cut in 1/4 inch slices  
1/2 cup brown sugar  
1-1/2 cups sour apples, sliced  
6 teaspoons butter  
1 teaspoon salt  
2 tablespoons red cinnamon drops

Put layer of potatoes in buttered baking dish and cover with layer of apples. Dot with butter and sprinkle with sugar and salt. Repeat layers, sprinkling top with cinnamon candies. Bake about one hour in moderate oven.

## COCOANUT CUSTARD

Soak 1 cup whole-wheat bread crumbs in 1 cup milk and mash well. Soak 1 cup grated cocoanut in 3 cups hot milk for 1 hour. Mix together and add 2 table-  
spoons melted butter, 2 eggs, slightly beaten, 4 tablespoons raw sugar or honey,  
a little salt, and grated rind of 1/2 lemon. Put mixture in pudding dish, set in  
pan of hot water, bake in moderate oven until well set and brown.

### CHINESE TOMATO SOUP

1 quart stewed tomatoes  
1 small onion  
2 stalks chopped celery  
1 teaspoon vegetable concentrate  
Vegetable salt (to taste)  
1 egg, slightly beaten  
2 teaspoons minced parsley

Put tomatoes, onion, celery, and salt into pan and cook for 20 minutes. Strain, add vegetable concentrate and heat again. When soup is boiling rapidly, pour in the egg through a coarse strainer so that the egg forms long threads when it touches the soup. Add parsley. Simmer a few minutes without stirring so the egg will cook. Serve.

### SPECIAL FRUIT SALAD

1/2 cup cocoanut  
2 bananas  
3 peeled and sliced oranges  
mayonnaise --serve on lettuce

Peel, scrape and cut bananas in halves lengthwise and then across. Arrange lettuce on plates and place orange slices on lettuce. Sprinkle cocoanut on oranges. Roll each piece of banana in cocoanut and place on top of orange slices. Serve with mayonnaise.

### MUSHROOMS AND PEAS CREAMED

3 tablespoons butter  
1 cup fresh mushrooms  
4 tablespoons whole-wheat flour  
2 cups milk  
1 cup cooked peas  
Vegetized salt  
A little chopped parsley

Cook mushrooms in melted butter until brown. Add flour and cook slowly until browned. Add other ingredients, stirring constantly, and cook until thick and creamy. Serve on buttered whole-wheat toast or in potato nests.

### BEEF CELERY SALAD

One cup each, chopped celery, ground raw beets, watercress tips in small pieces. Mix with French dressing.

### UNCOOKED FRUIT CAKE

1 pound pitted dates  
1 pound seedless raisins  
4 ounces dried peaches  
4 ounces dried bananas  
8 ounces almonds

Cut the bananas into small pieces. Mix all ingredients thoroughly and put through food chopper. Press the mixture firmly into an oblong dish or mold and allow to stand for an hour or longer to harden. Slip out onto a plate and slice.

## BAKED SPINACH AND CHEESE ROLL

Cook three quarts of washed spinach for five minutes without adding water. Just cover and the moisture on the leaves will be enough. Drain, add one table-spoon of butter, chop fine, and add one third of a pound of American cheese, grated, seasoning, and enough whole-wheat bread crumbs to make a stiff mixture. Shape into a roll and bake in a moderate oven until brown. Baste occasionally with melted butter and water.

## CREAM OF CORN AND TOMATO SOUP

1 can corn	butter
1 cup cream	2 cups tomatoes
1 minced onion	1 teaspoon whole-wheat flour

Brown onion in butter, add corn and tomatoes and cook about 20 minutes. Put all through a colander. Stir flour into a little melted butter, add cream. Mix all together, season with vegetized salt and heat long enough to cook flour.

## ROAST VEGETABLES

Onions--quartered	Cabbage
Carrots--quartered lengthwise	Tomatoes
Celery--cut in pieces	Butter
Potatoes--quartered	

Mix all vegetables together and season with vegetized salt. Put in roaster and pour plenty of melted butter over all. Add a little water and cover. Put into hot oven and when vegetables begin to cook, lower heat and allow to roast slowly until done.

## MAPLE CUSTARD

Yolks of 3 eggs beaten slightly	2 cups milk
1/2 cup maple sirup	

Mix in order given and put into well buttered custard cups. Set in pan of hot water and bake for about 1 hour in a slow oven.

## ZUCCINI WITH CHEESE

- 6 zucchini (Italian squash) sliced thin without peeling.
- 1 onion sliced thin
- 1 tomato, peeled and sliced
- 1 green pepper chopped

Place layer of squash in buttered baking dish. Season. Add layer of onion, tomato, and pepper. Dot with butter, cover with grated American cheese. Bake one hour.

**AN EXCELLENT IRON DESSERT** For young and old: A handful of sun-dried raisins furnishes a powerful addition to any meal, and is a commendable substitute for the messy baked conglomerations that usually pass for desserts.

**RED, WHITE AND BLUE SALAD** Grate fresh, small and young beets fine. Place them in a ring upon a salad plate. With in this, put a mound of cottage cheese which has been mixed with raisins that have soaked enough water to make them appear nice and plump; the raisins giving the bluishness of grapes.

#### **CAULIFLOWER PATTIES**

Steam the cauliflower, removing from cooker while still crisp. Grind it in a food chopper, into which has also been added one onion, a green pepper, and celery tops. A dash of your favorite dried herbs may be added for seasoning. Form into patties, immerse in a beaten egg, then dip in dried bread crumbs. Broil quickly. Top with a spray of parsley.

**BEEF TOPS** Wash thoroughly, preparing like spinach, mincing to desired size. Steam gently. Add butter or olive oil and lemon (half and half) when serving. A bit of your favorite powdered flavoring herb may be added.

**CREAM OF CELERY SOUP** Clean, cut into short strips, and steam gently the desired amount of celery. When tender, add cream, minced parsley, and any left over vegetables. May be thickened with powdered okra if desired. A bay leaf or dash of cardamom gives tangy flavor.

**NUT AND RAW GREEN PEA SALAD** Mix 2 cups of tender raw peas, 1 cup of raw diced celery, 1/2 cup of chopped walnuts, salt and mayonnaise. Chill, and serve on lettuce or cress, top with a dab of mayonnaise and chopped parsley.

**DATE CUSTARD** Pit and quarter 2 cups of dates. Beat yolks of 2 eggs, add 1 cup of milk and dates. Bake for about 30 minutes, or until firm, in a glass baking dish. No sweetening is needed. Serve cold with cream.

**FLAKED WHOLE-WHEAT** A very nourishing and healthful breakfast dish is made of flaked whole-wheat (cooked like oatmeal) with wheat germ sprinkled over the top. Add honey and cream.

**ORANGE AND TOMATO SALAD** Peel and slice tomatoes and oranges. Arrange alternately in a ring on a bed of crisp lettuce with a mound of onion-flavored mayonnaise in the center. This makes a very colorful and delicious salad.

**APPLE SNOW** Beat together 3 cups of finely grated or ground apples and 1/2 cup of whipped cream. Sweeten with honey or serve with a sauce made with maple sirup and lemon juice.

**STUFFED CELERY** Mix together two tablespoons raw peanut butter, one tablespoon each of very finely minced parsley and tomato pulp. Add a little minced onion if desired. Mix well and stuff in tender stalks of celery.

**WHOLE WHEAT CEREAL** Soak whole wheat kernels or cracked wheat over night. Next morning, steam them in a double boiler. They may be served with a little butter, or cream and honey, or bananas, or sun dried fruits such as figs, dates, raisins, or prunes. These are tasty and nourishing combinations.

**STEEL CUT OATS ---THESE ARE AVAILABLE IN THE WHOLE GRAIN OR CRACKED VARIETY.** The latter is faster cooking. Serve as above.

**NATURAL BROWN RICE** If you have always used boiled white rice, there is a treat in store for you. It is not necessary to soak rice over night, but sufficient time must be allowed for steaming thoroughly. Do not add too much water, nor stir the cooking rice too frequently, then each kernel will stand up firm, as the Chinese are wont to prepare it.

**BUCKWHEAT** This makes an appetizing change from the usual cereals or the ground buckwheat usually used in pancakes. Buckwheat grits are the best, preparing and serving as above recipes.

**BARLEY** Barley grits are something new. Most of us know only the "pearled" barley. Be sure to purchase the whole grain barley.

**CORN** Dried corn makes a delicious dish during the winter months. Soak the corn for half an hour, after which steam it in the same water. When tender, it may be served as a side dish--merely adding butter, or a bit of cream --or made into more pretentious dishes by adding savory herbs, minced vegetables such as celery, green peppers, etc.

**RICE PATTIES** To the desired amount of steamed rice, add steamed vegetables that have been ground or well chopped. An egg may be added if desired. Form into patties, dip into powdered herbs, then dried whole wheat bread crumbs. Drop them into an oiled pan, and put under a flame for a short time, just long enough to broil them slightly.

**WHOLE-WHEAT SAUCE OR GRAVY** Mix one tablespoon whole-wheat flour in a little water and cook gently for five or six minutes; then add two tablespoonfuls of butter and mix into a smooth paste. A little bit of cream blends well. Put this into a double boiler to cook for about half an hour, stirring occasionally; herbs--for flavoring--should be added just before serving.

**WHOLE-GRAIN BAKING** Whole-wheat or rye bread, rolls, muffins, pie crust, cakes, cookies, biscuits, crackers, macaroni, spaghetti, and other dishes where flour is used, may all be made according to your favorite recipe, not forgetting, of course, to use the whole grain flour and natural brown sugar or honey.

Americans prefer an occasional deviation from the dry cooked rice of Chinese cookery. The following provides this:

To one cupful steamed rice, add two cupfuls steamed and diced vegetables, such as celery, carrots, asparagus. Just before serving, add a bit of thyme and powdered garlic. Cream or milk as desired. Minced parsley adds to mineral value and color.



### MINERAL BROTH

Dice, shred, or grind some parsley, spinach, celery, carrots, endive, and potato skins. Add water for the amount desired. Slowly bring to the boiling point, then let simmer. Strain and drink. Okra or other green vegetables may be added.

### NOURISHING SOUP

Prepare tomatoes (fresh or canned) as for a stew or bowl of soup; simmer and strain. Beat the raw yolk of an egg into this. It is a wonderful "pick up" food, nourishing and easily digested, for one who has a so-called heart condition.

### CHAYOTE CROQUETTES

Halve, remove seed, and steam chayote. When tender, scrape from skin; mash; add beaten egg, minced garlic, a little salt, and dried bread crumbs. Form into croquettes and dip in bread crumbs. Broil a short time in vegetable oil. A sauce may be served with it, also broiled onions. This is a comparatively new vegetable, rich in iron.

**UNFIRED APPLESAUCE DESSERT** After removing the core, grind apples with peel in a nut butter grinder. Add cinnamon to taste. Pile it into a dessert glass; top it with whipped cream; over this sprinkle ground nuts.

### A TASTY VEGETABLE DISH

Into a heated pan--into which vegetable or olive oil has been poured--add shredded cabbage and carrots, covering with a tight lid, immediately. Permit the pan to get good and hot, then turn down fire to a tiny flame. This steaming process cooks the vegetables completely in a short time, and eliminates possibility of gas discomfort which boiled cabbage usually creates in the intestines. The carrots should be shredded a little finer than the cabbage. Broiled onions, powdered garlic, thyme, sage, marjoram, minced parsley, or any of your favorite flavorings may be added when about ready to serve.

### OKRA AND TOMATO STEW

Slice some okra; pour over this some canned tomatoes; simmer gently. Add bay leaf, sprinkle lightly with powdered garlic. A few caraway seeds will add to the taste. This can be served as a side dish, or as a soup.

### CANDIED PARSNIPS

Steam parsnips until tender, add vegetable oil and a little honey. Brown under a flame, slowly. Before serving sprinkle with minced parsley.

**DRESSING FOR STEAMED VEGETABLES** The most palatable, nourishing, and most simple way to serve cooked vegetables is merely to add a small cube of fresh butter. Minced parsley may be strewn over the top. Also, grated cheese lends a distinct flavor and adds considerably to the food value of the dish.

## COOKED VEGETABLE SALAD

Crisp cupped lettuce leaves  
Cooked zucchini  
Cooked or raw spinach and apples marinated in French dressing.  
6 strips cooked carrots  
3 slices of tomato sprinkled with minced green pepper or parsley  
2 halves of stuffed or deviled egg

Arrange zucchini, chopped spinach, tomato slices, in lettuce cups, separating them with carrot strips. Place eggs in the center. Or, zucchini, and spinach may each rest on a slice of tomato with eggs in the center.

## SKIN-BEAUTY SALAD

Upon a large plate, place a few leaves of deep, green Romaine lettuce. In generous mounds, place on the lettuce leaves some grated cucumber (with skin), minced parsley, chopped celery, raw spinach leaves, and over all, sprays of watercress and grated carrots.

**HEALTH MAYONNAISE:** 1 chilled egg. Either the yolk, or both yolk and white, may be used. Beat, slowly adding olive oil or vegetable oil. When thick enough, and the desired amount is made up, then thin with lemon juice and sweeten with honey.

**MINT FLAVOR:** Add minced mint leaves to the above.

**THOUSAND ISLAND DRESSING:** Same foundation as the Health Mayonnaise recipe, adding tomato, green pepper, and so forth.

**FRENCH DRESSING:** Olive oil, or vegetable oil, and lemon juice in approximately equal amounts. Blend well. A bit of honey or brown sugar to taste. Minced garlic may be added, or the bowl rubbed with garlic.

**ALMOND BUTTER DRESSING:** Skin and grind the almonds; thin with water or fruit juice. Honey may be added.

**SOUR CREAM DRESSING:** Sour cream may be procured from a dairy, or left-over cream may be allowed to sour. Ground nuts sprinkled over the top adds to the food value and attractiveness.

**YOGHURT DRESSING:** To yoghurt add cinnamon and brown sugar, to taste. Just right for fruit salad.

**BANANA DRESSING:** Mash thoroughly some ripened bananas. Thin with orange juice. This is quite a delicious spread for head lettuce. Bits of broken nut meats, or ground nut meal, may be sprinkled on top.

**DATE DRESSING:** Wash, pit, and mash some dates. Add a little water, and simmer slowly. May be thinned with fruit juice.

## SKIN-BEAUTY TEAS

To a bunch of well-washed parsley add one quart of distilled water. Simmer until the leaves and stems are well withered. Let stand in a covered pot until cool. Strain. Drink several glasses full a day for several days in succession. Parsley vibrates with the kidneys; flushing the organs of elimination.

Another excellent idea is to grind carrots, parsley, celery, cucumbers (always using the skin), or spinach, separately. Squeeze the juice and drink daily. If you have an electric vegetable juicer, or live where there are many stands selling fresh vegetable juices be sure to take advantage of your good fortune.

Never discard potato skins. Make a broth of them by adding distilled water and simmering gently for about 45 minutes. This is an invaluable source of important minerals.

**YOUTH COCKTAILS** 1. Grind large juicy cucumber, skin and all. Strain; drink juice. This is a powerful rejuvenator. Cools the blood, clears the skin, and builds hair and nail cells. 2. Put watermelon through potato ricer. Drink freshly prepared glassful occasionally. Great curative qualities.

## LIVER COCKTAIL TONIC

Grind the whole tomato in a food chopper. Drink the thick mixture several times a day between meals. Tones up sluggish liver, and gives feeling of renewed energy.

## TOMATO SALAD

Upon a bed of Romaine lettuce, place sliced tomatoes. Over this lay sprays of watercress and a few leaves of peppermint. Add French dressing or mayonnaise to taste. Avocado may be added if a more nourishing dish is desired.

**VEGETABLE STEW** Prepare and cube a number of the following: Carrots, celery, squash, sweet potato, string beans, okra, peas, asparagus, cauliflower, Brussels sprouts, parsnips. Steam lightly; add olive oil, minced garlic, your favorite herbs. Put into a medium hot oven, and bake. Sprinkle with minced parsley when serving.

## GRAPEFRUIT TONIC

This is an excellent flusher for the gall bladder and liver: Cut two medium-sized grapefruit, skin and all. Cover with a quart of distilled water. Let stand over night. Strain and drink the juice.

## WATERMELON COCKTAIL

Watermelon contains a large quantity of potassium and will flush the kidneys. On a hot day, make a meal of it, all you want, nothing else. A colorful cocktail and very beneficial one is made by squeezing the juice of a melon. Drink a glassful. In India this is a popular drink, being served with the dinner as we serve lemonade.

## ROASTED VEGETABLES

Put a generous amount of butter into a good-sized baking pan and heat it. Add layer of halved onions, then, in succession, a layer each of: chopped celery, potatoes sliced, carrots sliced, leaves of cabbage, and sliced tomatoes. Season vegetables, and turn over in the hot butter until surfaces are seared as much as possible. Add small amount of water. Cover and place in the oven. After the cooking is well started, turn down fire and let simmer until tender. Serve with gravy.

## CURRIED EGGS WITH BANANAS

2 tablespoons butter	1/2 small apple, ground
1/2 tablespoon onion, finely chopped	1-1/3 cups scalded milk
2 tablespoons flour	4 hard-cooked eggs
1 teaspoon curry powder	2 bananas
1/2 teaspoon salt	Grated cocoanut
1/8 teaspoon pepper	2 cups boiled rice

Melt butter, add onion, and cook for three minutes. Add flour mixed with the curry powder, salt and pepper. When smooth, add the apple, stir, and cook for three minutes. Add scalded milk, stir until the sauce boils, put over hot water, and add the hard-cooked eggs cut in eighths. Peel and scrape the bananas, cut diagonally in four slices, and saute in butter until golden brown. Sprinkle with grated cocoanut either fresh or canned. Serve on each plate a scoop of hot boiled rice, a portion of the curried eggs, and two slices of bananas. The bananas take the place of a vegetable with this menu. This recipe will serve four people.

## REFRESHING SUMMER SALAD

Finely shred four young carrots. Then slice two young green onions. Mix with three-quarters cup of cottage cheese, and season. Shred enough spinach to make one cupful. Combine the spinach with mayonnaise and the cheese mixture shortly before serving. Pile on bed of lettuce. Garnish with a wreath and crown of cooked, chilled noodles, and top with a dab of mayonnaise and a bit of grated carrot.

## MAPLE WALNUT CRUSTLESS PIE

Dissolve on slow fire one cupful raw sugar, one tablespoon water, one tablespoon butter, one-eighth teaspoon salt. Add this to a bowl containing two cupfuls of pure maple syrup. Butter the pie dish and pat mixture in with spoon. On top pat in one cup of walnuts ground fine, two-thirds cup of raw sugar, two tablespoons of maple sirup, and on top of all, one tablespoon of butter cut into thin slices. Then slowly brown delicately under a broiler. May be served with sweetened cream.

## DELICIOUS VEGETABLE SOUP

Cook one onion, 1/4 cup carrots, 1/4 cup celery in 3 tablespoons butter for five minutes. Add 1/3 cup flour, 1/2 teaspoon peppercorns, small bay leaf, 3 cloves, 3 sprigs thyme. Cook three minutes, add can tomatoes, and cook one hour slowly. Strain; add quart hot vegetable stock, salt, pepper, and macaroni.

**HEALTH HINT** Food should not be eaten according to hereditary, national, and individual habits. Hereditary habits of eating foods are often bad from the point of view of general dietary laws of food combinations or food chemistry, and should be gradually overcome. Such habits of eating make the human system demand wrong foods.

God wants His children to enjoy health and happiness, but they create disease and sorrow by breaking His laws. God is harmony; but when man, made in His image, tries to lead an inharmonious life, he hurts himself. God never punishes man. Man punishes himself by reaping the results of his self-created wrong actions.

There are diseases which result from breaking hygienic laws, with consequent bacterial invasion. There are maladies which result from disobeying mental laws, with consequent attacks of the mental bacteria of fear, anger, worry, greed, temptation and lack of self-control. There are diseases which arise from ignorance. Do not forget that ignorance is the mother of all physical, mental and spiritual diseases. Abolish ignorance by contacting God; and forthwith body, mind and soul will be healed of all maladies.

**DIETARY HINTS** 1. Fast one day a week on unsweetened fruit juice and take a suitable laxative--not a drug. Use an herbal laxative, or one prescribed by your doctor. 2. Observe the following suggestions as a dietary regime: In the morning, use orange juice and ground nuts. Luncheon should be the heaviest meal of the day. Combine for your lunch, any fresh salad, any kind of cooked vegetable (using green leafy vegetables frequently), any protein except beef or pork, and whole-wheat bread and butter. Milk should be taken between meals. At night use fruits and nuts. 3. A three-day fast once a month on unsweetened fruit juice, with a laxative each day, will expel almost all poisons, and will do much to make the body strong, healthy and youthful.

**DIETARY HINTS** Daily walks provide gentle all-round muscular exercise, stimulate the circulation, and encourage deep breathing. To increase their benefit, try the following breathing exercise: As you walk, inhale, counting one to twelve. Hold the breath twelve counts, then exhale, counting one to twelve. Do that at least twenty-four times every time you are out walking.

**MEALS AND OCCUPATIONS** Lunch for people with sedentary habits:  
Eat a raw ground vegetable salad, a different one every day. Grind the vegetables. Use one handful of any ground nuts with the salad. Six prunes, dates, or figs, make an appetizing addition. A portion of cooked vegetables or a little fresh cottage cheese will round out the meal.

Lunch for active people with normal health:  
A big raw vegetable salad every day with orange and cream or nut dressing. Use a different vegetable every day; they may be sliced, ground or shredded. A piece of whole-wheat bread or a bran muffin and butter. One cooked vegetable. Six prunes or dates or figs make a healthful dessert. Eat five tablespoons of ground pecans with lunch or half an avocado.

**HEALING LAWS** Obey God's physical laws of hygiene and proper eating, and keep yourself mentally disinfected by the strong faith that nothing can

harm you--that you are always protected. There is a Syrian proverb: "The enemy of man is his stomach." Remember that this bodily machinery has been given to you to enable you to accomplish certain works on this material plane, and that you should take care of it as your most precious possession. The chief abuse of the body lies in overloading it with unnecessary food. Do not think that satisfied hunger means satisfied body needs. The proper combinations and quality of food should also not be overlooked. A supply of raw fruits, vegetables, and nuts should be included in the regular diet. Try fasting one day a week on unsweetened fruit juice.

**ELIMINATION** To have a healthy body one must maintain bodily cleanliness inside as well as out. Poisons or waste products are eliminated through four organs, and each must have proper care and attention. These four organs of elimination are the skin, the lungs, the kidneys and the bowels. They will be treated separately.

**THE SKIN** About one quarter of the water taken into the body is eliminated, along with a large quantity of waste products, through the pores of the skin. To keep the skin functioning properly, wear light, loose clothing. Take a warm bath each night to wash off the accumulated waste of the day and to allow the skin to breathe at night. Take a tepid or cold shower in the morning to keep the skin in tone and to help it to react properly as a heat regulator.

**DIET LAWS** The normal medium in which the body performs its functions is alkaline. When, as a result of improper diet, overwork, lack of rest, lack of fresh air, and so forth, the body becomes acid, we are ill. The alkali which the body needs at this time to neutralize the acid condition is supplied through food and drink. The alkaline chemicals neutralize and eliminate the acids formed by activity and by an excess of acid-producing foods. Alkalinity means health and immunity to disease.

In order to keep the body in an alkaline condition, at least eighty percent of our diet should be chosen from the foods which have an alkaline reaction. A few of the foods which have an alkaline reaction are: Tomatoes, lettuce, celery, watercress, cucumbers, beets, eggplant, spinach, strawberries, asparagus, carrots, pears, soy beans, leeks, chard, figs, cantaloup, citrus fruits, peaches, apricots, watermelons, squash, dairy products, apples, grapes and dates.

#### **YOUR SKIN**

A truly beautiful skin is a symbol of internal cleanliness. It supplements the internal flushing system known as the urinary tract and shares its burdens when, through ignorance and neglect, we trespass against the laws governing physical equilibrium.

The eliminative channels carrying off the bodily waste might be compared to the sanitation principle of a large metropolis. Visualize the devastating chaos that would ensue were congestion to cripple the whole sewerage system of New York City.

But just as I frequently assure awakening souls that it is never too late to begin spiritual development, so I can say that it is never too late to begin a regime of skin rejuvenation. Remember, always, that the countless cells of the whole

skin area, as well as the entire body itself, are undergoing a constant process of birth, maturity and decay; and, like the snake, we can shed or discard the old skin completely, though of course more gradually, rebuilding a whole new skin tissue within a year.

The following foods may be classified as specific skin foods, use an abundance of them in salads, and as vegetable cocktails: carrots, watercress, parsley, celery, cucumbers, and spinach.

**A LOVELY SKIN** While a lovely skin depends primarily upon good health, and the essentials of its acquisition and maintenance start with purification from within, there are numerous aids to the complexion which we shall give in the Praecepta from time to time. Pimples mean clogged pores; unsightly growths indicate excess carbohydrates in the diet (starches and sweets); wrinkles are nature's hunger cries for vitalizing foods, iodine, and oil. A dry skin wrinkles faster than that which is well lubricated.

Oil, particularly olive oil, as an aid to skin beauty, has been used throughout the ages. It is chronicled that chief among Cleopatra's secrets of beauty and rejuvenation was the generous use of oil of the olive. Secure a good brand of yellow olive oil. Use with strained lemon juice, half of each. The lemon prevents unseemly hair growth and assists the oil in penetrating. Another excellent facial skin builder and a good base for powder is oil of almonds.

The face of the average individual is a complete reflection of all the physical and emotional upheavels that transpire within. The remainder of the body-skin, we know, does not register the degree of wear and tear that is taking place--at least not to the unpracticed eye. There is, unquestionably an important tie between the inner and outer man enclosed within the boundaries of the skin, the medium through which "our light so shines."

**DO'S** Give your skin a daily air bath, as well as a sun bath.

Take daily friction baths with a rough towel.

Work up a good perspiration by some sort of exercise.

An excellent astringent can be made at home thus: Beat egg white until stiff; cover face and neck with it and leave it on four or five minutes. Wash off with cold water. After a few applications notice the effect upon former flabby skin tissue.

An oatmeal pack is soothing, healing and nourishing. It adds an aliveness and luster that nothing else can. Be sure to secure the whole grain product, known as steel cut oats. Either raw cereal which is mixed in water, or left over cooked cereal may be used.

**DON'TS** It is sometimes advisable to cut down the use of fats if the skin is too oily, for a period at least.

Use distilled water while the skin and kidneys are inoperative. It dissolves

and flushes, and does not add further to whatever encumbrances of hard deposits already exist in the bloodstream.

Don't take prolonged tub baths unless expressly for therapeutic purposes. While they do relax, they also have a tendency to dry the skin, besides being demagnetizing. Best time to take hot baths is at night, unless, or course, in an emergency.

Never wear tight elastic in clothing, as this interferes with circulation.

Never use the lard-base cold creams sold on the market. Many vegetable base creams are now available. Or, you may prepare your own. Use either almond oil, olive oil and lemon, or the vegetable oils as a foundation.

**GROWING YOUNGER** One grows younger seeking truth. If the search has been a sincere and persistent one, we are bound to stumble across the very thing that was needed for our rehabilitation, which ultimately, whatever the road traversed, is the finding of the kingdom within, and working from that base.

We are, or should be, just beginning to live when the first half of life has passed. The storms and passions of youth, resulting from misdirected sense-activity, have subsided, succeeded by a more or less even tempo of maturity and the conservative use of the life forces. Impulse, eager seeking after pleasure and dramatic striving for self-expression of personality have given place to an impersonal quality of desire to lose ourselves in service to our fellowmen, in whatever niche we happen to find ourselves placed by destiny. And with this new attitude comes a conscious seeking to develop that "something within one's soul."

Proper exercise, frequent revitalization periods, an abundance of good fresh air by day and night, meditation, correct mental attitude--these and many more must be included in the curriculum, but the matter of food nourishment plays such an important role in the acquisition and maintenance of health that we stress it by constant repetition. Oftimes, merely cutting down the quantity habitually eaten daily will alleviate discomfort and solve your individual health problem. Test your will power when called upon to resist or accept excess sweets and starches; use your better judgment in the frequency with which flesh food is taken. Through eating an abundance of alkaline foods, we can go far toward arresting physical decay and restoring a condition of youth to prematurely aging body cells--if, simultaneously, the acid-forming foods are for a period eliminated, and when later resumed, used sparingly. The physiognomist watches and studies the mouth to determine character. Truly, it can be our undoing if we permit it to affect us; what goes into it as daily food; what comes out in the form of words; what expression rests upon it--contempt and defeat or radiance.

Self-Realizationists must cease to think in terms of birthdays, or look back at the past years with sighs of regret. Just as, at the last day of school, the diligent student is happily expectant--having learned his lessons--and now passes on to another grade, ready for the next step in his educational development, so at the second half of life we should find ourselves in fuller possession of our faculties and talents--radiant, vitally forceful, efficient, zestful for new worlds to conquer, and eager to pass on whatever wisdom we have gleaned through experience, and through study, meditation and inspiration. Instead, all about us we see broken bodies, disillusioned and confused mental slants on life, and spiritual floundering. 60



**SALAD DRESSING** Ofttimes the best food, from the standpoint of nourishment, mineral and vitamin value, goes begging because of the manner in which it is prepared and presented. Tastefulness and attractiveness are two essentials never to be ignored by the one who has the responsibility of looking after the physical well-being of the family.

Particularly is this true of the one outstanding item of a meal, that of the raw, live food. Its success is made or marred by the way in which it is served: first, appearance; second, taste--and the latter is wholly dependent upon the dressing or sauce accompanying or added at the last moment.

If the knowledge of correct nutrition is to become infectious and spread its protective wings over new disciples of some succeeding generations as well as the present one, it must be disguised somewhat in its presentation to those who have heretofore shown evidence of normal appetite being disturbed, yea, even destroyed.

Cleverness, artistry, and a sense of nutritional balance and proportion, and recognition of the element of good taste that has nothing to do with the taste buds astride the tongue, are requirements of a successful diet-guide. Usually this guidance is left to the wife or mother. The actual food value of the raw salad, as well as the appearance therefore, may be enhanced by the proper dressing; and there are so many to choose from that monotony need not creep in to jeopardize the popularity of this absolutely necessary item of the daily ration.

Vinegar, pepper, mustard, catsup, excess salt, and other condiments usually accompanying the salad, destroy the very therapeutic value originally intended.

**ORGANIC CHEMICALS** The youth principle is found in the following list of organic chemicals, six of the sixteen of which the body is chiefly composed: Iron, silicon, iodine, fluorine, sodium, and potassium. We are listing the food items rich in these elements under each chemical. Make them a part of your daily dietary consideration.

**IRON** Needed by the anemic; in hemorrhages; retarded mental development. Oxygenizes the blood. Found in: Egg yolk, raisins, red cabbage, spinach, chard, grapes, black cherries, rice bran, carrots, blackberries, whole-wheat, lettuce, grapefruit, watermelon, cucumbers, loganberries, strawberries, beet tops, peas, olives.

**SILICON** This is the chemical that has much to do with the building and nourishing of the hair and nails. With the chemical sodium it nourishes the ligaments. It is a strong antiseptic and alkalizer. Needed by persons with tuberculosis. Found in: Cucumbers, oats, barley, rye, wheat, leafy vegetables, lentils, carrots, pear, strawberries, olives, walnuts, figs.

**IODINE** Feeds the glands and increases their activity. Prevents the body poisons from injuring the brain. Lack of it causes the arteries to break down, wrinkles, varicose veins, and so forth. Found in: Sea foods, pineapple, spinach, egg yolk, onions, potato skins, tomatoes, beets, garlic, strawberries.

**FLUORINE** Contains the properties that cement the bone and tooth structure. Essential in all decaying diseases. It is a strong antiseptic. In this list is mentioned goat's milk. The goat is not subject to tuberculosis, and is rec-

commended in cases where milk is needed and there is an allergy to cow's milk. Found in: Watercress, goat's milk, Roquefort cheese, Swiss cheese, cartilagenous chicken or lamb broth, oats, cabbage, mackerel, garlic, egg yolk, spinach.

**SODIUM** With silicon, nourishes the ligaments. Gives endurance, energy, and swiftness of movement. Reduces hard deposits in blood stream. Found in: Celery, spinach, carrots, Swiss chard, tomatoes, walnuts, okra, string beans, radishes, apples, lentils, peaches, cucumbers, beet greens, almonds, pecans, olives, figs, egg yolk, melons, milk, strawberries.

**POTASSIUM** It is the healer. Needed in cases of chronic fatigue. Found in: Peas, leafy vegetables, carrots, asparagus, whole grains, lentils, peaches, strawberries, olives, potato skins, celery, herbs.

**CURATIVE FOODS** "And God said, Behold, I have given you every herb-bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so." --Genesis I. 29-30.

**ALFALFA** My student and personal friend, the late Luther Burbank, famous plant wizard, said that alfalfa contained some of the most important nutritive substances known, and would become the future food of man. Alfalfa is an ancient Arabic name meaning "father of all foods." It is recorded that hundreds of years before Christ the Persians invaded Greece with the help of horses which had foraged on alfalfa.

Apparently, the extent of its healing and nourishing value can be accounted for by the fact that it has the longest roots of any plant known, sometimes attaining a growth length of fifty feet. Therefore, it may be readily seen that a root which plows that depth into the bowels of the earth is bound to absorb powerful magnetic qualities, probably extracting minerals of more concentrated and intensified strength than those nearer the earth's surface.

This fact, coupled with the hay-like manner of its cultivation and drying process in stacks, which literally saturates it with vitamin D (the sunshine vitamin), establishes an electro-magnetic polarization within its very fiber that results in as powerful a plant as can be imagined. However, contrary to the accepted belief, it does not belong to the hay family. It is a legume like the pea and bean, and, being a leguminous plant, feeds upon the nitrogen of the air, in this way receiving its large percentage of protein (the builder). It is the richest of all leaf vegetables.

Until recently, in America, it was used only to feed and fatten pigs, and was found to produce such fine specimens of bone structure, and growth in general, as well as elimination of the usual hog diseases, that some enterprising pioneer figured that what was good for the baby pigs might have the same effect upon human babies, since which time it has earned a reputation as a miraculous healer and builder for mankind.

Because of its high potassium content (37%) it is especially a specific for all adverse female conditions (potassium being, as you recall, the female chemical), and should be freely used by the pregnant and nursing mother, the maturing young woman, and those in middle life. However, its virtues are not confined to one sex; it is highly recommended as a remedy for many other disorders. It also contains a large quantity of the chemical chlorine, known as the laundryman of the body, destroying pus, preventing constipation, aiding the secretions, assisting in the formation of digestive juices, preventing pyorrhea and gangrene, neutralizing acidity in the body, and has many other purifying qualities.

A delightful, and very healthful tea may be made from alfalfa. For each cupful of tea desired, use one tablespoon of alfalfa. Put it into cold water and slowly bring it to a boil. Simmer; steep; strain. Honey may be added to taste. Orange juice squeezed into it gives a delightful aroma and taste.

A teaspoonful of dried, powdered alfalfa may be taken daily, either just washed down with a glassful of water or sprinkled over a salad, or added to orange juice. The tomato is conceded to be one of the most important vegetables, from the standpoint of alkalinity and wealth of important vitamins needed by the body. It is easily digested, attractive to the eye, pleasant to the taste, and highly recommended as a curative food. It is an excellent substitute, periodically, for orange juice.

One of the most interesting laboratories in the world is located right within each individual--the liver. Incidentally, it is the largest organ and has a tremendous amount of work to do as well as important duties to perform. Usually the time comes when it has been over-worked; in which event, like an over-worked horse or a human being it rebels and lies down on the job. In the liver, together with the spleen, iron is stored and utilized for its normal needs or for an emergency, when there has been any undue loss of blood. Therefore, it is essential that the liver's health is considered, that overeating be avoided, and that an occasional rest period be given to this important organ. The last duty is best accomplished by a strict fast on high-vibrating fruits or vegetable juices, or both. Among these, there are very few, indeed, that seem to work upon that organ with the same efficacy as tomatoes. Indeed, the tomato is a curative specific for most liver conditions. Lemon is another liver- tonic, but though its antiseptic value is incomparable, it cannot be taken in as large quantities as the tomato.

The tomato is one of the few foods that does not lose its mineral properties with cooking or canning. Nevertheless, keeping any food as near its natural state as is possible is the ideal.

"This above all: to thine own self be true,  
And it must follow, as the night the day,  
Thou canst not then be false to any man." --Shakespeare.

#### NO TIME FOR MYSELF

Often I get this answer from self-sacrificing mothers and hard-working fathers--good self-effacing people who have gotten into a rut of thought and action,

servicing those dependent upon them for consideration and sustenance: "But, Master, I have practically no time for myself." This is a mistaken slant--a makeshift alibi--and shows very poor organization and utilization of the twenty-four hours.

I am not advocating neglect of the duties at hand; that, of course, would be contrary to the laws of spiritual development. I am entreating my students, in whatever walk of life, to devote some portion of each day to personal physical improvement. Only thus can progress in spiritual unfoldment be speeded up. No point is gained by personal neglect; in fact, evolution is retarded in that way.

The care we give ourselves enables us to render greater service to mankind; otherwise, it is the case of one blind man leading another. Again, we can view it in this manner: Life itself is God-given; our physical vehicle comes from the same source; how can we then conscientiously abuse or neglect that which is lent to us for the period of our sojourn on earth? While we cannot force salvation upon another, we can do our best to set an example of well-being; and bodily health being a magnet which draws others' eyes toward us, it thus inspires them the more.

Whether we are blessed with it from the beginning of our pilgrimage in this life, or acquire it, good health is a symbol of progress. Sometime, somewhere, in eternity, we have striven for it, worked for it. If we are suffering now, then health is a treasure that we have lost--if not in this life, then in past incarnations--and its absence points out an important lesson that we came here to learn via the route of bad heredity, ignorance, gluttony and indifference. There is no accident in life, only action motivated by a previous cause.

Through the years these little health nuggets have been gathered from information gleaned through inspiration, observation, laboratory experiments and application. Our hope is that you will make them a part of your health campaign. Resolve to heal yourself, whatever the difficulty; supplanting wrong habits with good, and adhering to them with all the power of will that you can muster.

**COMBINING FOODS PROPERLY** To obtain the best results from your food, the matter of properly combining the items used at one meal, and reducing them to the very minimum, should be given careful consideration. The fewer the items used at one meal, especially if one has any digestive difficulties, the better. Even of fruits, it is well to use but one at a time. In fact, frequent meals composed of only one fruit are an excellent idea. They are filling, satisfying, and have much food value, as well as being an important source of vitamins and minerals. Use any fruit in season.

The reason for simplicity in meals is easily seen when we consider that there are five separate digestive fluids in the body, designed to meet the problem of handling the variety of foods we need. In the mouth, the first process of digestion of starches and sugars takes place. That is why it is of so much importance that we thoroughly insalivate carbohydrates. In the stomach, proteins are taken care of. Further on, the bile manufactured by the liver and gall bladder takes care of the fats. The pancreatic juices assist in the further digestion of the carbons, as well as the proteins and fats. The intestinal juices work upon all the foods, preparing them for more complete state of digestion and assimilation.

**DO'S:** Use a mono-diet occasionally to give vital organs a much-needed rest.  
Use but one starch at a meal.  
Combine proteins with fruit; vegetables with bread.

**DON'TS:** Don't use more than one protein at a meal.  
Example: Fish and cheese, eggs and milk.

Don't use starches and citrus fruits together.

Example: Lemonade and bread.

Don't use proteins and starches at the same meal.

Example: Fish and bread; cheese and bread. (*PIZZA*)

**GOOD COMBINATIONS:** Buttermilk and dates. Milk and fruit. Vegetables and bread. Fish and tomatoes, and other non-starchy vegetables.

**HYDROGEN (Part 1)** Foods, too, are subject to the law of vibration, and it is incumbent upon us, as students of Self-realization, to cultivate the quality of discrimination, and make our choice from among those having the highest rates of vibration, thus taking our fate out of the hands of chance. Tree foods are the highest vibrating and most spiritual of all and at least sixty per cent of our diet should consist of fruits and nuts.

Hydrogen, the most radiant and high-vibrating of all the organic chemicals, giving us power to live on the higher planes, is found in citrus fruits, pineapples, peaches, melons, and succulent vegetables such as tomatoes. Lemons, especially, are truly a supreme gift of the gods and their uses are legion. As an antiseptic they have no equal, being highly efficacious and superior to the various mixtures sold for the purpose.

Mankind needs an abundance of hydrogen. It has the power to penetrate into each minute cell, preventing congestion, inflammation, pus, poor circulation, influencing nerve conduction and secretions, assisting perspiration, acting as a cooling process, and so forth. In fact, no matter what the acid condition, it can be neutralized by hydrogen properly administered, elimination of toxins being impossible without some form of this chemical element. In the realm of natural healing it is a potent medicine, giving life, pep, and radiance.

**HYDROGEN--Part 2** (The following natural remedies have been tested, proven efficacious, and advocated by various leading Nature-healers of the day, among the bio-chemists, naturopaths, osteopaths and chiropractors.)

Some authorities advise laying a slice of lemon against the sore spot when you have a toothache; hard city water can be softened by the addition of a little lemon juice; a bilious attack will often respond quickly to a sour lemonade; lemon packs have given wonderful results in cases of necrosis of the bone, also appendicitis attacks; put a felon into lemon; when there is a wound, use lemon water, applying olive oil first if the skin is broken, the strength of the lemon solution to vary with the degree of injury and the fortitude of the patient.

When no standard remedy is at hand, burns may first have thick applications of olive oil, then a little strained lemon juice. Cataracts are sometimes said to respond to lemon packs over the eyes: one-half lemon juice and one-half distilled water (with olive oil smeared over the skin first). In this condition, the lemon

packs should be alternated with epsom-salt solution packs. In the kitchen, lemon should always be substituted for vinegar, as the latter dries up the red corpuscles.

By the token that all things are good in their place, there are, of course, occasions when much citrus fruit is contra-indicated, temporarily at least. Especially is this so of the lemon, which thins the blood. In the case of the anemic, the very thin person, the aged, or whenever there is a tendency to profuse bleeding, or ulcerated stomach, in these, and a few other conditions, it should be used with discretion, and then only under capable guidance.

When considerable citrus fruit is taken, as in an eliminative diet or fasts where it is the only food taken, we have found it advisable to take one to three glasses of salt water per day in order to prevent soreness within. Normally, the stomach's business is to manufacture hydrochloric acid, but often this power has been diminished through years of wrong living, and salt and fruit acid, taken at intervals, will neutralize the poisons stirred up; for that is the power of hydrogen, to penetrate and stir up.

**HYDROGEN--Part 3** Visitors to California, and other places where citrus fruits are grown, usually make the mistake of drinking too freely of these fruit juices (suddenly stirring up too much latent toxins) without any idea of properly combining them, eliminating certain foods, or making the necessary preparations for such a change in the diet. Consequently they experience a severe reaction and blame it on the citrus fruit, which is not to blame. When citrus fruits cannot at first be assimilated, we would suggest that vegetables in large quantities be taken to prepare the body for the eventual use of fruits. These may be taken in raw juices, broths, salads and steamed form. Always, citrus fruit drinks should be slowly sipped to insure insalivation.

Cooking lowers the antiseptic and nutritive value of citrus fruit. Hydrogen is a subtle, delicate and elusive element, and easily vanishes into the ether. We must warn our students against preparing a large quantity of fruit juice and putting it away for future use.

In the United States, where citrus fruits are plentiful and inexpensive, we are using too much fruit juice to the exclusion of the pulp and skin. The ideal way is to make a meal upon one fruit, the orange, for instance, eating even a little of the peel, which possesses a volatile oil that is beneficial in small amounts.

**LIMES** Are an antidote for brain-fag and inflammation of brain. Serve limeade occasionally, sweetened with a little honey; it is a powerful cleanser.

**ORANGES** Contain calcium; also, because of their sugar content they should be used by thin persons rather than the other citrus fruits. Orange juice is wonderful in the treatment of all nervous conditions; it gives one courage, and assists in taking away inflammation from the brain. Whenever you have a lot of work to do, drink lots of orange juice.

**GRAPEFRUIT** Have a combination of the qualities of lemons and oranges, and contain natural quinine.

**PINEAPPLES** Have the same vibration as the heart. They do not contain as high an acid as lemons and oranges, limes or grapefruit, but have many marvelous attributes: Having iodine, they nourish the glands; they are a natural antiseptic for the bowels, sore throat, sore tonsils, and fever. The pineapple contains some chlorine, therefore has great cleansing qualities. Its dissolving properties enhance its value as a reducing food. It is easily obtainable canned, without sugar, being prepared for the market right in Hawaii on the plantations where it is tree-ripened.

**YOUR HEART** All about us we hear the expression "heart trouble." The poor, dear, much imposed-upon heart is, in truth, the last thing to give up, after all the accusative "slings of outrageous fortune" have been flung at its exquisitely organized mechanism. The heart is king of the muscular kingdom, and as such demands its proper quality and quantity of nourishment and relaxation, neither of which it has received when it gives evidences of abnormality. The truth is, you can never have heart trouble without a bad stomach, faulty kidney elimination, or clogged intestines. The main cause of heart trouble is gas pressure, the result of incompatible mixtures of food, bits of which accumulate through the years and form hardened crusts of mucous in the ridges of the intestines.

Cardiac affliction is often accompanied by puffiness in the feet; when the heart leaks, the feet and ankles swell; a mucous condition is the cause, mucous that should have been removed by the liver. Kidney and heart troubles are closely associated; when the kidneys fail to eliminate properly, the heart has added burdens saddled upon its normal duties. When red corpuscles are lacking to keep the heart filled, the heart becomes dry, shrivels up, and the blood leaks through its valves.

**YOUR HEART (Part 2)** Coffee, tea and drugs that either stimulate or suppress heart action should be shunned. As a rule, the too free use of starches is the chief offender, while Nitrogen and Potassium are the heart's special refueling needs. We have already given a list of Potassium foods. Those containing Nitrogen (always to be combined with fruits and non-starchy vegetables) are: Cheese, fish, fowl, nuts, legumes, soy beans, dairy products, mushrooms and eggs. Watermelon contains a wealth of Potassium. Grapefruit and oranges are good; honey vibrates with the heart.

The main causes of heart difficulties may be summed up as follows: Gas pressure, lack of Nitrogen and Potassium in the diet, excess of starches, insufficient relaxation, smoking, adhesions caused by prolapsus and operations, intestinal kinks, worry, anxiety and apprehension neurosis.

Warm packs over the bowels, followed by gentle massage of the whole area, will do much toward breaking up these crusts of old impactions. Light treatments are often useful. Inhibiting the left side of the tongue will sometimes aid in a heart attack.

Verily, some seem to enjoy ill health--the fear it puts into the minds of loved ones, the special attention, care, anxiety and solicitude it receives from

others; and it is a recognized physiological and psychological fact that of the catalogue of disease-sufferers no group seems to bear the banners with a sense of recognition almost akin to a defensive pride in possession, as do those persons who constantly warn us: "I can't do this or that; I have a weak heart."

"Be thou whole," commanded the Master. "Take up thy bed and walk." And I am challenging my students in Self-realization not to rest resignedly upon their haunches of physical incompetency. However, acceptance of these suggestions must necessarily be left entirely to the individual; that is what your will is for. Christ left it to the individual to make his own decisions.

**HEALTH VIA CHANGE** Is your alibi still: "What was good enough for my father and my father's father is good enough for me?" The changeless law of the universe is change. Nature's panoramic drama provides overwhelming evidence to the skeptic: the seed, its growth, maturity, and eventual barrenness of the plant; the ebb and flow of the tides; the moon's phases; dawn, noon, twilight, darkness; succeeding generations--or incarnations--of man; even continents reaching their zenith and disappearing--Atlantis, Mu, etc. Man, too, free agent only up to a certain point, must resignedly abide by the ultimatum of this divine decree, or foolishly bruise himself against the wheel of useless resistance which but serves to slow down his own rate of vibration and evolution.

But we cannot reach for the new while still holding on the apron strings of the old. Once awakened to yesterday's mistake, we must shed its residue, substituting now whatever our present power of conception whispers is the right path. What matter that yesterday's dream seemed the perfect state? Merely an illustration of the fact that it was what you were ready for yesterday. Today, this year, finds you the product-essence of last year's vintage of thought and deed, result of a constant step-by-step change. Today you stand upon the threshold of greater understanding, mastery of self, achievement, than the day before; and yet, are you not expecting, nay, silently pleading for, the removal of more veils that obscure true vision from your sight?

Harnessing the electrical power that abounds everywhere was many steps ahead of fire produced by rubbing two stones together; and the intermediate steps toward the present use of these energies were necessary. They were the ultimate of man's capacity at that period of his progress in evolution. Other times, other manners and methods, other means of locomotion, other architecture, other discoveries, applications, and so forth. No post-mortems or we are lost! Lot's wife longingly looked back--and behold! Again I reiterate, it is not given to us to reach for the new while holding onto the old. Let go! Dare to take your next step forward. This must be demonstrated in the matter of health as well as with spiritual understanding.

**HEALTH VIA CHANGE** Often I am informed by the struggling soul: "Oh, asthma--or tuberculosis or diabetes--runs in the family." I do not need to be further told of the self-hypnotic expectant resignation to an identical doom. But this, dear students, is not the way to truth; it is a jellyfish philosophy. What is true, is that if you continue to live as your father did, who died of cancer, you, too, may expect to follow in his footsteps. In the study of



planetary philosophy, there is a reminder that "the stars incline but do not compel.

I do not maintain that it is easy; like everything else worth attaining, you must work for it! But there is a saying that "any old fish can float down-stream, but it takes a live one to swim up-stream." It is the individual's job to free himself from the shackles of undesirable hereditary tendencies, whether habits of wrong thought, or habits that lead to ill health.

If my words are finding fertile soil in which to germinate, take inventory of your stock, rearrange your life, change your habits of living, and keep physical step with your ever-changing spiritual understanding and developing mental power.

If bacon and eggs, coffee, cornbeef hash, white sugar, hot dogs, hamburgers, condiments, white flour products, liquor, tobacco, and the rest of the lifeless, devitalized, acid-forming, low-vibrating food imitations still form the coals with which you keep alive the embers of your blood-stream, then you are still tenaciously clutching your crude tools of yesterday--tools of ignorance--afraid to exchange the ox cart for motor power.

**HOW TO MAKE A START** For the person in good health, the day's ration should be divided as follows: 60% fruits and vegetables, 20% protein, and 20% starches and sugar. Let us imagine that it is the maid's day off and we are precipitated into the kitchen from the parlor, the office, the teacher's desk, the artist's studio, the department store counter, the field, the truck, the minister's sanctum, or anywhere, everywhere, from all walks of life.

We have before us, then, two plates: One, the large dinner plate, whose duty heretofore has been to be served chock-full of concentrated, acid-forming "good solid nourishing foods;" the smaller one, by half, is just about able to hold a lonesome leaf of lettuce and a slice of tomato, answering to the name of "salad." Now, let's switch about, building the meal around the salad: the high vibrating, colorful source of minerals and vitamins, such as green lettuce, watercress, parsley, spinach, green and red peppers, celery, tomatoes, cabbage and so forth.

On the small plate we will have any of the concentrated builders chosen from among: Meat (lamb or chicken, but not pork or beef), fish, dairy products, eggs, nuts, legumes, mushrooms, or meat substitutes. If meat are used, from ten to fifteen may be reckoned as a portion for an adult; if meat, the equivalent is 1 / 4 pound; fish, a little more; two eggs, and so on.

#### TWO SAMPLE HEALTH MEALS

Number 1. Bowl of vegetable soup  
2 coddled eggs  
Large salad; olive oil dressing  
1 or 2 steamed vegetables, sweet butter  
Fruit juice or vegetable gelatin dessert

- Number 2. Glass of fresh celery juice  
 Gluten steak or Choplet or Glutenburger with tomato sauce  
 Steamed vegetables, butter  
 Large salad

A HEALTH INSPIRATION; HEALTH ADMONITION      Self-Realization teachings do not advocate developing the spiritual at the expense of the physical well-being and personal attractiveness. Indeed, throughout the Praecepta you will so far have noticed the stress put upon the true understanding and conscientious care to be given the body in all its phases. Contrary to the mental attitude taken by many teachers, the aesthetic side of life, we believe, is also to be regarded as a supplement to physical comfort. In fact, beauty in all its myriad forms must have been originally included in the divine plan, for we see such evidences everywhere; in the flowers and trees, the birds, the sky, the face of a child, a voice, and even the creative arts. Why, then, if God has seen fit to recognize its worth and power, should we make an effort to eradicate beauty from our lives in the name of spiritual attainment?

The old idea of a long-faced missionary sent out to save and redeem lost souls, going among his fellow-creatures clad in ugly, drab costumes of nondescript material and color, is not a true picture of the ideal of spiritual quality we wish to implant in the hearts of students of Self-Realization Fellowship. Beauty and strength of body expression is man and woman's heritage--a gift from the gods. If it has been denied, or withdrawn because of lack of knowledge of how to retain it, it should be cultivated. And so, let me remind you that it is never too late to make the start. There is but the eternal now, in this as in everything else.

While it is not the intention of this department to give formulas for the attainment of beauty, I do admonish my students to realize that God manifests upon the physical plane as well as upon the intellectual and spiritual planes, and no point is gained by disregarding the physical laws, or that which will enhance personal appearance, if always tempered with good taste. It is my desire to arouse your pride in this direction, so that you will devote a reasonable amount of your time daily to the cultivation of your physical body, with which you must live while you are on this earth plane.

It is better to have faith in God and obey His dietary laws than to have faith in God and disobey the laws of proper diet and health.

The life in the body depends directly upon the cosmic energy which comes down the antenna of the medulla, and is stored in the cerebrum and plexuses. Indirectly, the bodily life depends upon food, oxygen, sunshine, and so forth, but the soul, being identified with the body, thinks that food is the only source of life. But when one learns to live by will power and energy more and more he realizes, as Jesus did, that man's body battery does not depend upon bread alone (solids, liquids, gases, sunshine and food) but upon every word (vibrating energy) that proceedeth out of the mouth of God (medulla) through which the operator-will draws vibrating energy (Word) into the body. When you die, your soul will live by energy from God. It will not have to live by strawberry shortcake, eggs, toast, and all earthly gross food. You can't carry a bundle of crackers and soup to heaven.

The actual proof that the body can be gradually sustained by cosmic energy is proven by the following: Whenever you are tired, you can replace some energy by drinking milk or eating food; but the next time you are tired, instead of eating food, try the recharging or tension exercise gently for ten minutes. When you are used to the exercises, you will find that your tired feeling will leave you without eating food. This is an unfailing method of removing fatigue by cosmic energy, in place of food.

(a) Physically charge your body by rousing cosmic energy through will power, as in the tension exercises.

(b) By feeling the ever-new Bliss-God in meditation, stamp immortality on your changing life and make it changeless. As waves change, but the ocean does not, so birth, childhood, youth, age and death will dance in your consciousness like dream-waves without changing the one unforgettable ever-conscious ocean of Cosmic Consciousness.

You actually begin to live after fifty, so live well now that you may enjoy your life after fifty. Eat more alkaline foods, eliminate properly, and fast one day a week on orange juice.

Thought habits are compelling, yet you must remember that it is you who create them. If you can create bad habits, you can dislodge them by creating good habits. To break a habit, you must remember that it grows from the repetition of an inner thought or in response to some outward company. Therefore, change your bad company to good company, and substitute good thoughts in place of evil thoughts, if you want to break an evil habit. You can never break a bad habit if you keep feeding it by bad company, bad habits, and evil actions. Remember the temptation of bodily pleasures--never fed, they are ever satisfied, and ever fed, they are never satisfied.

**HEALTH** Tomatoes vibrate with the liver. Tomato juice diets are very helpful in eliminating body poisons and strengthening the power of digestion.

Study Health Culture information. Use "Watermelon Cocktail." Fast 1 to 3 days on watermelon. Very cleansing and healing.

Learn to combine foods properly. Read the "Do's and Don'ts" again.

Foods act like poison when not combined properly. Harmless nourishing food by wrong combination becomes poisonous. For example, olive oil is good and nuts are good, but when you fry nuts in olive oil, or any other good oil, they become indigestible, acting as poisons in the body.

When the heart stops beating, one dies or finds his life switched off from the five sense-telephones of touch, smell, taste, sight and hearing. In sleep also, due to the slow action of the heart, a state of partial death or sleep, or switching off the energy from the nerve-telephones, is accomplished. Death is the permanent switching of the life force from the five sense-telephones by an unconscious method. Sleep is a partial switching of the life force from the five sense-telephones by an unconscious method. Self-Realization Fellowship techniques show a conscious way of withdrawing life force partially from the senses and muscles and heart, or completely from the entire body, as in death; then reinstalling it into the senses, mus-

cles and heart, or into the entire lifeless body. In sleep, life energy retires from the sensory motor nerves and muscles into the heart and spine. In death, the life force and consciousness leave the body. But by this special technique, one can switch life force on or off at will from any part of the body or the entire body. The purpose of the technique is to quiet the heart.

Remember, it is not only the yogis of India (yoga means union and yogi--one who scientifically tries to unite his soul with God) who have proved this. For St. Paul said: "I protest by the rejoicing that I have in Christ (Consciousness) I die daily (withdraw the life force from the heart, or die and live again at will)".

Q. What causes the heart to beat and work fast?

A. Restlessness, worry, wrong eating, overwork, strenuous activity, running, violent emotions, sudden shocks and fears, and stimulating chemicals. In order to quiet the heart, one must not be restless like a child (because of restlessness the heart of a child beats faster).

WHY CONCENTRATE BY QUIETING THE HEART      Calmness, calmness-producing food, and moderate regular activities are conducive to making the heart calm. 1. Eat less carbonized food, with an abundance of and predominance of fruits and vegetables. 2. Sit calmly and practice the concentration lesson, removing all bodily activities. 3. To remove activity from the diaphragm, circulatory organs, lungs and so forth, practice the technique of watching the breath. a) When motion is removed from the outer and the inner body b) decay stops, c) venous blood ceases to increase. d) When venous blood ceases to increase the heart slows down, for it does not any longer have to send dark impure venous blood to be purified in the lungs. e) When the heart is not given the work of pumping blood, energy which makes the heart work slows down and begins to flow back toward the brain instead of toward the senses and the five sense-telephones. f) When this happens, then, as in sleep, the life force automatically withdraws itself from the senses and the muscles and five nerve-telephones toward the brain. Then the life force is switched off from the senses of sight, hearing, taste, smell and touch. g) Then sensations are unable to bother the attention in the brain. h) Then this attention is free from the disturbances of the sensations and thoughts, and becomes ready to be used 100% on selected material or spiritual objects.

Concentration by quieting the heart you do every day unconsciously in sleep. In addition, I ask you to concentrate by consciously quieting the heart, as taught in the technique of watching the breath.

Q. What does it mean "to die daily"?

A. By Self-realization technique, as mentioned by St. Paul in Corinthians, this clause means consciously to switch off the life energy from the bodily lamp into the dynamo of Spirit, or switch on the life force again into the body-bulb.

HEALTH: Do not over-do the drinking of citrus fruits. Prepare the body by taking vegetable juices first. Sip citrus fruit juices to insure insalivation. Cooking destroys the food value of citrus fruits. Eat a little of the peel with the entire orange and some seeds.

**HEALTH:** Live on 20% protein, 60% fruits and vegetables, and 20% sugars and starches, if you would be healthy. Eat fruits most of the time, and very few eggs. The best meats are lamb, chicken or fish. Always eat 9 oz. lettuce to 3 oz. of meat. Never eat more than 3 oz. of meat at one time. Eat large servings of raw vegetables and small servings of cooked food and protein.

**NATURE** There is an occult maxim: "Nature unaided fails." That which a  
**UNAIDED** man possesses, whether talents or substance, must receive his con-  
**FAILS** sideration and loving care, else it will languish and wither, eventu-  
ally being taken from him. Particularly is this true of health-wealth. When once lost, unnecessary suffering as well as oftentimes irreparable damage results, frequently all efforts to recapture its blessings being frustrated. Your body, the temple wherein dwells the Infinite Spirit, may be likened to a radio instrument through which It must express on this earth plane. To ignore or wantonly<sup>to</sup> abuse the instrument's requirements is to deny the eternal laws governing its rhythmic functioning, opening the way to static, hazy, confused "messages;" thus, much of the original beauty of the Voice is lost.

Sharing equal importance are the three elements of the Eternal Trinity of Spirit (body, mind, soul). When once the consciousness is awakened to the laws of this Trinity, and the correct regime for the daily curriculum is planned and adhered to, gradually a sense of well-being ensues, akin to that experienced when, after a prolonged period of confinement in ill-ventilated quarters, a trip into the hills is taken and one breathes the exhilarating air of the open spaces.

Mr. Average-Man-of-the-Masses concerns himself with the accouterments of his wardrobe to the exclusion of that which it enshrouds. As the student progresses in Self-realization more and more will that stupor of ignorance and indifference be sloughed off. It is not our purpose or desire to disparage our students' indulgence in the dictates of fashion--within bounds-- influenced, naturally, by good taste, environment, and climatic conditions, demands of social station, and so forth. Indeed, artistic creativeness, color harmony, fineness and daintiness of texture, and appropriateness of costume for the occasion, have their undeniable place in the scheme of things. What we do advocate, nay plead for, is an awakening of at least equal consideration of the fundamental needs of the physical inner-man. And this brings us to the nucleus of our present inspiration, which is, that proper internal cleansing and nourishment is to the body what meditation is to the Spirit.

**A GOOD INTERNAL MORNING WASH** To a glassful of distilled water, add the juice of a fresh lime. Use this upon rising; and after drinking, give the stomach a sort of churning exercise, meanwhile visualizing a washing process taking place in the area of the navel.

**CALCIUM** In Praeceptum No. 13, we have listed six of the sixteen chief chemical elements of which the body is composed, and the foods that contain them, together with the importance of each in the human economy. Praecepta Nos. 18, 19 and 20 carry the story of the chemical hydrogen. We would suggest that our students draw up a chart to which they may refer when making up their daily menus, or when considering special individual requirements. This does not apply exclusively to the housewife or cook, whose responsibility it is to assemble the nourishment for the family, but this scientific information concerns students of both sexes, young and old.

We shall now deal with that most fascinating element which goes to make up the skeletal structure and teeth--calcium. Frequently this chemical is referred to as the staff of life, the Gibraltar in man, and so forth; and it may well be so considered--for calcium is to the body what the riveted steel beams are to the skyscraper--the foundation. Upon a solid structure depends the whole physical man; but the great tragedy of the Age is that during pregnancy, infancy, and childhood, when the proper foundation for the human structure is in the making, the elements which would supply the needed chemicals are missing in the diet, and the potential master is nurtured on makeshift material which is woefully deficient in this most necessary building material.

This is disgraceful evidence of the ignorance of the human race. The animal world is not guilty of like appetite-perversion, that robs it of its God-given power of discrimination in supplying its true needs, in a wholesale deference to its acquired preferences. What a long distance we have traveled, away from nature and truth, and in a matter that should be of first consideration--because the body houses the imperishable Spirit.

The expectant mother must have an abundance of calcium, in order that the foetus will not draw from her own body's supply. This explains why, during pregnancy and after, women are an increasingly dependable source of income to the dentist.

You should take no chances on omitting calcium from your diet. Trust not to luck that what tastes so good is good. This does not mean that what is good must of necessity be unattractive to the taste buds of the mouth, a fact which is thoroughly demonstrated in a later lesson.

**CALCIUM--Part 2** To the average person, the word calcium is associated exclusively with milk. While milk is an important source of this chemical element, it is by no means the only one, nor, in many cases the best, depending, of course, upon the quality of the product, the manner in which it is used, and the physical condition of the individual who is to use it.

There are many foods, rich in this essential substance, calcium, as will be shown by the following list: Black walnuts, egg yolk, dairy products, leafy vegetables, citrus fruits, celery, parsley, okra, radishes, rhubarb, turnips. Many other foods have traces of it.

Calcium deficiency is responsible for a host of ills: Bad teeth, rickets, catarrh, tuberculosis, foot difficulties, troubles with tendons, bad posture; indeed, the entire body framework is dependent upon calcium for its building material. The person who constantly worries is a living advertisement of calcium deficiency, for, when sufficiently supplied, this lime quality gives courage, strength, will power, resistance and reliability. Coagulation of the blood needs calcium. Were it not for this element in the blood, we would bleed to death when we have a tooth pulled.

It might well be pointed out here, that, in order for calcium to be assimilated, phosphorus and the sunshine element, Vitamin D, must not be missing from the diet. Also, that sugar seems to have an affinity for absorbing calcium, from

which fact it is not difficult to draw our own conclusions about the principal cause of poor teeth here in America. To those who have a subconscious fear of inherited disease, take heart at the assurance that you need have no apprehensions as long as your body is properly chemicalized.

**CALCIUM MENUS** The list of calcium-bearing foods given in the preceding lesson presents a breadth of possibilities from which to choose a healthful meal for the most discriminating appetite. For example, cottage cheese and pineapple is an excellent combination for those desiring to accentuate calcium in their diet. A few ground nuts may be sprinkled over the top. Add black olives, a generous colorful salad served with homemade mayonnaise or French dressing, one or two steamed non-starchy vegetables, and you will have a beautifully balanced meal, at once healthful, satisfying, nourishing, and comparatively inexpensive. Another excellent calcium meal is a glassful of buttermilk and a handful of dates. This may be extended if greater variety is desired, by adding a salad. Also steamed vegetables such as beets, okra, cauliflower, spinach, parsnips, or asparagus may be added.

Nuts offer a powerful source of high-powered calcium quality. In black walnuts, for instance, (always to be served with a glassful of fruit juice, preferably orange juice) we have a splendid food for the growing child. A small handful, or the equivalent of two tablespoonfuls may be considered as a portion, always depending, of course, upon the age and physical condition of the individual. The walnut tree, we know, is one of the hardiest and most enduring of the tree kingdom, and, naturally, its nut partakes of those qualities.

**MAGNESIUM** In Praeceptum No. 30 we completed the story of calcium, giving a somewhat condensed, descriptive picturization of that chemical element, its functioning in the body structure, the imperative need for its consideration, particularly in the formative years of the physical structure, a list of foods containing it, and, lastly, sample menus presenting suggestions as to how calcium may be used in balancing meals.

It is but fitting that, immediately following the presentation of the study of calcium, the story of magnesium be analyzed because of the fact that, in all manifestations of nature, calcium is accompanied by its tiny parcel of magnesium.

The fact that there is a vast disparity in the amounts existent in the human body (the ratio is about 50 to 1) does not in the least minimize the importance of even so small a percentage. In an individual weighing, say, about 150 pounds, about 3-1/2 ounces would be the magnesium content woven into the normal, complete bodily harmony.

Seemingly it is a negligible amount, isn't it? Yet ignore it as a constituent element in the physical laboratory and we have our answer in such disease problems as acidity, constipation, reduced glandular, brain, and lung power, and many other evidences of physical degeneracy.

Like calcium, (its relation to which is subtly akin to the efficient hand-maiden accompanying her busy mistress, and without whom the innumerable duties simply could not be accomplished) it is of paramount importance to see that magnesium is adequately represented in the diet, both as to quality and as to quantity, during childhood, when the skeletal structure is being built.

A lack of this precious substance renders the bones less flexible, causing them to be more easily fractured, for magnesium possesses the quality of cementing. It is a bone-hardener, and this comparatively small quantity marks the difference between a firm bony body-frame and decay-resistant teeth, and those that are sad evidences of the ignorance or lack of discipline.

**MAGNESIUM--Part 2** Mothers, please do not fail to consider the foods containing the chemical element magnesium when planning your children's meals, if you would have them sweet-tempered. A lack of it is responsible for the nervousness and mental irritation that affects the disposition and accounts for the so-called "high-strung" problem child. It has a cooling effect, soothes the nerves, and calms the emotional strain, because it counteracts the bodily acidity that saturates the brain.

If the individual is tense, the muscles taut, the ligaments brittle, with cracking joints, these are unmistakable signs of magnesium starvation. Hernia and rupture can be prevented by a sufficient amount of this chemical in the blood, through food. The recalcitrant liver lacks magnesium. An abundance is needed in intestinal intoxication and constipation, for, with the chemical sulphur, it gives a reliable laxative effect. In fact, it is known as "nature's laxative."

The truth about this necessary factor of the blood's constituency is, that it has so many virtues that many a predicament that remains an unsolved mystery in medical science would submit passively to a temporary speeding up in the supply of magnesium in the diet. A plentiful supply would act like a magnetic potion. Many foods contain magnesium, in varying degrees. A partial list follows:

Acid fruits, apples, almonds, walnuts, lettuce, spinach, Romaine lettuce, raw egg yolk, peaches, cherries, garbanza beans, black figs, savoy cabbage, Brazil nuts, plums, string beans, endive, tomatoes, watercress, Swiss chard, beechnuts, caraway seeds, mustard seed, sorghum, rutabagas, huckleberries, avocados, raisins, watermelons, pecans, asparagus, beets and beet greens, red and white cabbage, Brussels sprouts, carrots, cauliflower, celery, chives, celery root, cucumbers, kale, leek, eggplant, okra, onions, parsnips, dried beans and peas, goat's milk, buttermilk, skimmilk, sea foods such as salmon and oysters, radishes, and whole grains such as wheat, oats, yellow corn, buckwheat, rye, and barley.

Seedy foods, such as tomatoes, okra, blackberries, dried peas and beans, and cucumbers, are especially rich in this quality. Naturally, fruits and vegetables may be used abundantly, and with less discrimination. However, when it comes to the nitrogen and carbons, (builders and energy producers, such as the raw egg yolk, fish, nuts, milk, dried beans and grains) smaller amounts should be used and more carefully considered in planning the balanced meal.

**CARBON** "One-third of what we eat keeps us alive; the other two-thirds keeps the doctors alive." If ever a truism applied to any one item of the human dietary, it applies to the matter of the average person's consumption of carbohydrates--starches and sweets. In fact, seldom, indeed, is there occasion to caution any one against ignoring this class of food. Rather, as a general rule, is the case reversed, with but few exceptions; and the warning against the too-



free use of it is one of the first commands the food scientist issues to the ailing patient, or to the open-minded disciple who would be a jump ahead of illness by learning how to prevent it.

An acquired taste from babyhood, when mushy cereal gruels generously covered with sugar formed an overwhelming percentage of the child feeding program, has built that craving demand into his system for this class of food, and has become an integral part of his natural make-up, just as surely as his environmental training accounts for his religious manifestations.

**CARBON** We have no fight with natural grains and sweets, in proper proportions.

They have their undeniable place in the diet, under normal, healthy circumstances. Our sole wish is to give our students a photographic clearness of the treachery of food temptation, the disastrous effects of excess stimulation via overeating of certain foods, particularly carbohydrates, and reminding you that the manner of living is constantly changing, thus requiring rapid readjustment of our eating habits as well as other activities. Other times and other methods: We daily see the unreliability of old customs in modern life.

In a finesse of individual selection, and control of the quantity utilized, despite personal likes and dislikes, lies an important factor in the ultimate expression and directing of that innate spiritual realization. This skill is gradually developed by intuition if the student is an earnest seeker. Hitherto, except for a few sages who understood the law, this has been almost an unknown quantity, but we assure you that it has a vast, unexplored realm of possibilities in the business of soul development, and its misuse is as dangerous as the dissipation of any other of the sense powers. Man is intended to understand, then manipulate, and control his appetites. Otherwise he will be controlled by them. The food appetite is one that can become an avenue of escape or imprisonment.

**CARBON** All foods contain some carbon, as it is the starch that holds the other elements together; but the percentage varies, and it is this percentage which determines the classification to which the product belongs. Those in the following list are classed as carbohydrates: All grains (cereals, flour, and flour preparations) which are wheat, rye, oats, corn, barley, buckwheat; legumes, which include dried beans, peas, lentils, garbanzas; sugar, honey, syrup, molasses, sorghum, maple sugar, dates, tubers, such as white and sweet potatoes; tapioca, sago; fruits, especially raisins, dates, and those high in fruit sugars.

Legumes are a combination of starch and protein, very excellent foods for those who can comfortably take care of them, but where there is a tendency to flatulence, and in certain ailments where there is a starch intolerance, or where the combinations of chemical elements are of paramount importance in the individual diet, they must be omitted temporarily, at least. Carbohydrates are a necessary group of foods, under normal circumstances, but they should be used in their natural or unrefined state. Likewise, sugar should be the natural brown quality. If you demand these natural foods, in time the demand will have gained momentum and started an endless chain of benefit to ourselves and to humanity.

**CEREAL RECIPES** In preparing grains, steaming is far superior to boiling them, not only because of the improvement in taste and appearance, but as to preserving the food value. The length of time depends upon the hardness of the grain used. Whole grain products can be secured at many large food stores and all health food stores.

**CHLOROPHYL** What is the first thing that occurs to one's mind when thinking of Spring? The color green, is it not? Green that is the outstanding pigment on nature's palette of exterior decorating, and must therefore have some significance of tremendous importance to humanity.

With Spring we associate the fresh leaves of dandelion, young grass, the budding tree, bush and vine foliage. In the science of food values, that coloring matter is known as chlorophyl, the green substance of plant life which has absorbed certain chemicals from the earth and in turn becomes the hemoglobin of the blood. From this it is not difficult to see the powerful inter-relation between green and life itself.

Green has a healing vibration; some modern hospitals use a soft shade of it in patients' rooms, and it is popular for interior decorating for other large public buildings. Where is the housewife who does not instinctively desire some green growing plant near her? Even in the winter, when flowers are scarce and expensive, a pot of geranium or ivy helps to satisfy that need for visible contact with nature. A bit of green pottery, a fruit basket, a cluster of leaves in an otherwise drab room will liven up that spot so that the eye will be drawn to it immediately upon entering, as if in search of a haven of peace, a place from whence to gather the magnetism of renewed vigor.

Often, for the overworked mental worker, merely the act of going out of doors, and resting the eyes upon some far distant patch of green, will instantly soothe and relax the whole nervous system, especially the eyes... tired from too close application to near-by objects.

All this has a deep meaning! Just as the parables of the ancient Hindu were a means, a prodding challenge to the unawakened soul to see Truth first through a story illustration, just so does wise nature surround us with a pronounced color frequency to egg us on to inquire: "Wherefore?" And eventually, in the silence, a whisper of inspiration presents itself to the consciousness, declaring that there is an invulnerable link between the vegetable kingdom and the human.

Green vegetables contain the highest percentage of alkalinity. The green leaves of cabbage, for instance, contain four times as much iron as the inner colorless leaves. Romaine lettuce is preferable to the common "garden variety" of lettuce, for practically each crisp leaf, vibrant with color, proclaims a high percentage of that green fluid referred to as chlorophyl.

**GREENS** A generation ago, about the entire extent of the salad, evidenced in the average household, was the then popular spring dish of lettuce, green onions, and cabbage shredded and wilted in a strong solution of vinegar and sugar. Thus, the good elements of the vegetables were destroyed by the acid immersion which passed for salad dressing.

We are growing in food knowledge, if only evidenced by the fact that vinegar is no longer used by those who have been enlightened by laboratory experimentation that vinegar dries up the red blood corpuscles, and the high-vibrating lemon is more and more "coming into its own" as a natural substitute where vinegar was formerly used in the preparation of food.

Another mistaken attitude exploded by the comparatively recent strides gained in the realms of New Nutrition (a combination of forgotten Natural Laws of Living and modern scientific research) is that greens are to be used only as a side dish or for garnishing, to be eaten as the whim of the diner dictates. This erroneous idea has given way to the now commonly accepted knowledge among biological chemists that there is nutrition in a plate of garden greens, and that they are a necessity in the daily dietary from the standpoint of mineral content and hygiene because of the tonic effect upon the blood.

Vegetables, especially the so-called salad greens, should be used twice daily; and in the spring, when they are plentiful, and may be secured fresh from the soil in most habitable parts of the world should form the larger part of every meal.

This fact is worthy of your most serious attention, for dietary requirements bear an indisputable relation to the health of the dense body, and therefore to its part in the ultimate reaching out of the soul toward the Godhead. An all-wise Creator has provided herbs, fruits, and vegetables with a specific purpose; and we who are striving toward a definite goal of development of the spiritual being must not overlook even so apparently lowly a first step--but none the less important--as to get and keep the physical house in order.

When, because of poor teeth, or a disturbed digestive apparatus, adequate chewing of raw vegetables cannot be accomplished, modifications--such as pulverizing them with the finest attachment of the food-grinder, steaming them gently to break down the fibrous elements, or even extracting the juices--are suggested.

**GREENS--Part 3** Do not confine your selection merely to a few of the old "stand-bys" when purchasing greens. Visit your markets and experiment with some of the unusual vegetables that may be available, some of which the following list includes: Leek, Swiss chard, kale, watercress, endive, dandelion, onions, mint, sorrel, beet tops, radishes and tops, Romaine, anise, parsley, nasturtium, turnip tops, spinach, celery, chicory, chives, red and white cabbage.

Others, not classified as strictly "salad greens" are none the less desirable in the menus, such as: Kohlrabi, asparagus, Brussel sprouts, artichokes, celery root, small green squashes, green pepper, and many others often confined to one particular locality exclusively. Those coming under the heading of herbs and root vegetables belong to another subject, which will be considered at length in future lessons.

You have probably noticed that some vegetables are decidedly bitter to the taste. This is due to the high percentage of the chemical Potassium contained therein. Especially is this true of the dandelion leaves, which are composed of 50% of the latter element, accounting for their pronounced alkalinity and blood purifying properties. This modest little plant, by the way, is seldom obtainable in the market-places of American cities; however, an excursion into the woods, or even one's own front lawn, will frequently yield a generous amount, which can be mixed right in with the other ingredients of the salad. Just another illustration that much that is good costs nothing but the effort required to go after it.

Always endeavor to secure your vegetables as near their pristine freshness as is possible, for the longer removed from the soil they are, the less potent is the precious nutriment content. The withering process which takes place is nothing more than a gradual evaporation of their super-abundance of vital force absorbed from the earth from whence they came. Canneries are, of course, acquainted with this fact, and endeavor to meet the situation of rapid deterioration by having their factories located near the scene of production in order to prepare and pack their products as soon after picking as is possible.

**GREENS--Part 4** Greens, especially in the spring, act as a potent tonic. "Thy food shall be thy medicine." The medicinal properties of vegetables, therefore, make it highly desirable, nay, imperative to the housewife (of whom there are many among our students) whose awakening consciousness has recognized her spiritual obligation to her family, to become acquainted with these values of the foods she daily uses in her household.

The common onion, for example, possesses a strong antiseptic quality that has been found of incalculable value in treating sore throat, croup and pneumonia, when used as a poultice or as a juice.

It is well to remember that the greener the leaf, the more iron, as a rule, it contains, and certainly most of us are deplorably deficient in this most essential of chemicals, which has so many duties to perform in the body. Also, the green-wat leaves are richer in Vitamin D, the sunshine vitamin we hear so much about everywhere, lack of which is the chief cause of anemia. Thus, if we make no conscious provisions for living closer to nature, as the divine plan originally intended, fail to take sun-baths and expose our bodies to the air, and spend most of our day indoors, the green leaf in our foods is an important way to secure this precious elixir that helps to keep the physical machinery working with a greater degree of smoothness and power than it otherwise would.

A satisfying, healthful, and colorful meal suggestion along these lines of live food is given herewith: Place crisp lettuce upon a plate; in the center a small mound of raw grated young beets; around this toss a mixture of greens composed of shredded cabbage, tender young spinach leaves, dandelion greens, red cabbage (finely shredded), red radishes and tops, diced spring onions and celery, all of which have been well marinated with home-made mayonnaise. The whole may be topped with a dab of mayonnaise again, and sprinkled over with minced parsley. So much for the salad dish. Now, with this, a choice of cooked artichokes, or carrots and peas, asparagus, broccoli or a baked potato, may be served. Black olives, whole wheat bread or peanut butter sandwiches (if potatoes are omitted) may be served, or cottage cheese, or eggs in any fashion desired. If a drink is desired a cup of alfalfa tea sweetened with honey, or a bowl of vegetable soup may be used. Here you have a delicious, wholesome, nourishing repast which will meet with such success you will want to repeat it often. This outline lends itself to inexhaustible variation for both the home-maker and the individual dining out, and the heretofore highly restricted diet of meat, potatoes, coffee, desert will fade into oblivion, where it rightfully belongs.

**GREENS** Forget the creamed sauces and the white flour gravies, as well as the salt and pepper cellars, in preparing vegetables. Eat your vegetables as near their natural state in which a wise mother nature presented them to us as is practical, merely adding a bit of fresh sweet butter, olive oil, home-made salad dressing, minced or powdered garlic, thyme, or any other of your favorite flavoring herbs.

Instead of giving all the honors, as heretofore, to the fruit bowl, give the vegetable platter the center of the table, and make it the *pièce-de-résistance*. You will be surprised to see how beautiful a table can be spread with the myriad colors the vegetable garden provides. And in this connection, we might point out, it is well to consider color always in presenting a meal to your family or selecting it individually when dining out, the same as you do when buying clothes or considering the interior decorating of your home.

An abundance of vegetables is also needed for the fiber or bulk they furnish, and which every meal should contain for proper assistance to the digestion, peristaltic action, assimilation, elimination, and other processes going on within the human machinery. Lack of bulk in the diet, which this cellulose supplies, is one of the chief causes of constipation, the mother of all ills, and this bulk is sadly lacking in the average diet of soft, mushy foods which, giving the intestines no actual work to do, results in an internal flabbiness known as intestinal stasis. The outer coats of grains, also, (or bran, as it is called) possess this cellulose, another reason for using the whole grains instead of the refined, devitalized white flour, white rice, and so forth.

We are not recommending that our students be converted to a raw vegetable diet; raw tubers and grains cannot be taken care of adequately by man, at least in the present stage of his development. Whether that was the case in a prehistoric age, and will be a repeated achievement in the future, remains to be seen, but from all indications gathered in the laboratories where actual results obtained point otherwise, man's assimilative abilities best fit him for a mixed diet of cooked and raw foods. Man's tooth formation also indicates this,

Through the use of vegetables, we revitalize the body and maintain its suppleness and youthfulness. An occasional leaf of lettuce added to a meal will not do the work. A constant supply of the various fruits of the garden, which the Master Chemist has provided for our nourishment, must be used, and our students are urged to become reconciled to this fact, readjusting their eating habits to include this all-important item.

Health and strength are not synonymous terms. A person may have cultivated great strength in his limbs or in certain muscles by the use of mechanical appliances, but he still may not have good health. The healthy action of the lungs and stomach, for example, is far more important than abnormal strength in the arms, legs, or back. Self-Realization lessons faithfully practiced will be found to be a sure and effective combatant for bodily diseases and inharmonious conditions of the mind, acting as a healing balm for nervous afflictions and abnormalities. By the aid of these lessons, the general vitality can be definitely raised, resulting in a wonderful development of tissue strength and unusual nerve vigor, thereby insuring a longer life. Memory and brain power can also be increased through greater blood supply. These lessons teach how to send the curative life energy consciously to any diseased body part.

**WEEK OF MENU SUGGESTIONS**      The following are menu suggestions for a whole week. Modifications, of course, must be made to fit the individual taste, physical condition, locality, and other requirements. If you are an abstainer from eggs, then omit them and substitute some other protein; if catarrhal, cottage cheese and other dairy products may be supplanted by other substitutes. Regardless of what may be served at the family board, you can manipulate your personal meal, particularly if there are plenty of vegetables and fruits, both cooked and raw.

- MONDAY:**      On rising--8 oz. glassful of orange juice.  
Breakfast--2 poached eggs, whole wheat toast, celery hearts.  
Lunch--Avocado and hard boiled egg mixed with celery, served on Romaine lettuce. This salad topped with mayonnaise.  
Glassful of tomato juice.  
Dinner--Bowl of vegetable soup, cooked squash, baked potato, butter.
- TUESDAY:**      Breakfast--Buttermilk and dates.  
Lunch--Cornbread, alfalfa tea, bananas and cream.  
Dinner--Soy beans in tomato sauce, baked eggplant, mixed salad, green onions.
- WEDNESDAY:** Breakfast--Two tbs. ground nuts in a glassful of orange juice and several figs.  
Lunch--Baked lima beans, cooked spinach, raw salad, glassful of lemonade.  
Dinner--Five or six cooked vegetables arranged on a large platter, with cottage cheese--over which a few nuts have been sprinkled--piled in the center, and ripe olives.
- THURSDAY:** Breakfast--Whole-wheat muffins, butter, sorghum; baked apple; coffee substitute.  
Lunch--Glassful of raw celery juice, raw apples.  
Dinner--Mushroom chop suey, alfalfa tea, carrots and peas, radishes.
- FRIDAY:**      Breakfast--Limeade, upon rising. Later, apples, nuts, raisins.  
Lunch--Steamed asparagus, sauerkraut, watercress and lettuce salad.  
Dinner--Vegetable croquettes, string beans, mixed salad, banana whole-wheat pie.
- SATURDAY:** Breakfast--Egg yolks in orange juice, dish of prunes.  
Lunch--Baked eggplant, large salad, stuffed dates.  
Dinner--Lentil soup, buttered whole-wheat and watercress sandwiches, carrots and peas.
- SUNDAY:**      Breakfast--Steel cut oats, cream; dish of stewed raisins and figs.  
Dinner--Vegetable soup; gluten steak with broiled onions; salad; custard dessert.

## PREVENTION BETTER THAN CURE

Disease signifies discomfort, and therefore we do not like sickness. Disease comes to us because of our conscious or unconscious transgression of the laws of health and hygiene, and we desire to be free of its pain and discomfort. Prevention is better than cure because every disease leaves its mark in some form, and it is only by following the laws of health that man can be happy. Without health, happiness is almost impossible. Therefore, learn how to live, and then act upon that knowledge if you would be happy and healthy.

No one is more willing to send to you vibratory healing for your health, your financial, and your spiritual condition, than your own Father, God. Since He has given you independence, you have failed to receive God's healing messages. Besides, you see, you have been over-confident in the limited man-made laws of healing, or man-made laws of prosperity, or man-conceived, theological, imaginary interpretations of how to know God.

When wealth only is lost, nothing real is lost, for if one has health and skill one can still be happy and can make more money, but if health is lost, then most happiness is also lost, and when the principle of life is lost, all happiness and all health are lost.

**PHYSICAL REHABILITATION** When one has decided to become, say, a teacher, all activities forthwith become subservient to that one proposition. The same occurs when any other role in life's drama has been chosen from all the rest; it is not incumbent upon us to learn all the various parts, but we must aim toward letter-perfection in what we have started to do. And so, if you have been ailing physically, there is no more legitimate ambition, or one that will pay greater dividends, than getting into the health consciousness, and making the attainment of health your one great material aim.

Make an ideal of recapturing the health you have lost through ignorance or weakness of will, and you will have started in on "cleaning up your own little back yard" of accumulated debris, which each soul comes into this life for, because every one has something to overcome. It will pay you dividends beyond your fondest dreams in the physical world of affairs; and, from the esoteric standpoint, it amounts to the overcoming of a delinquency--just the same as overcoming selfishness, cruelty or dishonesty.

Visualize the physical perfection to which you would attain. Refuse to become discouraged at apparently slow progress, for natural healing is not necessarily a rapid "cure" like cutting out the offending organ. Ripping out an appendix never eliminates the functional difficulties charged to the congested little "oil can" (which it truly is in the physical economy at the joint between the large and small intestines). It is but throwing an added burden upon organs which are usually already overworked.

Be persistent. Demand, and determine to rebuild your abused physical vehicle, just as you would rebuild your character if you were a disassociated personality suddenly awakened from a life of crime to awareness of conscience, had been led to see the wickedness of your ways, had decided to "right about" face, and repair the damage wrought upon society and yourself. 83

The earnestness with which you apply yourself will determine the degree of success to which you will attain. Consider it in your daily concentration period. Issue your commands to your servants of the body, that are standing at attention ready to receive your orders. Then, forget the matter (just as you post a letter, trusting to the postal authorities to execute your orders) and then go on about your other business.

After concentration upon the subject, (at which time you have presented your problems to the All-Powerful) ask for the needed help to develop you physically, mentally, spiritually and then leave it in the lap of the Creator, giving it a chance to be worked upon aside from the conscious mind. Clinging to our misfortunes merely delays the solving of them.

Remember, the body is the link between our higher and lower natures, the cart which carries within it the essence of all we may be, in fact shall be eventually. Why not speed up the transition?

While the acknowledgment of inadequate supply is negative and therefore not to be countenanced in our awakening and developing spiritual consciousness, there may be times in our lives when extraneous claims upon our personal funds are so pronounced as to make inroads even upon the family marketing budget. At such periods there is no necessity to reduce the sustaining power of the nourishment utilized, even though we must practice strict economy.

In fact, it is often that just at such an epoch in our lives the fundamental lessons of life, due to all, are first thrust upon us. To rebel or otherwise denounce an apparently unjust fate that has unmercifully reduced our circumstances, not only shows bad faith and poor taste, but thrusts our advancement back when we might just as well have learned the necessary lesson with grace and poise.

The old Nursery rhyme: "Rich man, poor man, beggar man, thief; doctor, lawyer, merchant chief" hints at the philosophy that the soul is destined to and must, work through all states of conscious demonstration, finding that which is sufficient to its needs and ideals only when it seeks. And so, if it is physical health you are in search of, now it can be regained only by much expended effort. Its possession has been forfeited somewhere along the way through abuse and disregard of existing natural laws.

So it is well to be fortified with the knowledge that it is not the so-called luxurious viands, the imported, preserved, or unseasonal delicacies, the expensive, scarce and delicately perishable foods that the body needs to keep it hearty, resistant to disease and pleasantly satisfied. Indeed, some of the most highly recommended items of nourishment, recognized by nutrition-scientists of every land, are such common universally used peasant foods as the potato, whole-wheat and other whole grain products, onions, tomatoes, cabbage, garden lettuce and radishes, lima beans, cottage cheese, eggs, buttermilk, and peas.

In fact, the truth of the matter is that the more we depend upon this homely class of foods for our physical sustenance (always demanding them in their pristine state of freshness, in proper combinations and restrained amounts) the better chance we have to avoid the eventual physical disturbance which we are inevitably courting if we deliberately refuse such enlightenment.



Now we are going to give illustrations of inexpensive, balanced meals as referred to in the preceding lesson. These can be repeated frequently, as they furnish the highly-prized mineral and vitamin content, as well as bulk, nourishment, color, and dining-enjoyment:

Bowl vegetable soup--Baked potato and butter (eat skin of potato)--Carrots and peas--Green onions, celery, radishes.

The baked potato may be used as a center design around which the meal is built, with varied accompaniments to suit the family, as well as what the season's market has to offer. The potato we have with us always, practically everywhere, and its dietary credits are high. We strongly recommend it when there is need to consider expenses without lowering the standard of nourishment.

Another inexpensive food which needs no introduction into the average home, and one that is rich in the minerals of which the body is composed, is the lentil. It is equally valuable as the main ingredient of a soup, a vegetable loaf, patties, or simply baked lentils. It lends itself well to numerous meatless dishes, and, being a leguminous protein, is an excellent substitute for animal protein. Lentils should therefore be used as the main dish of a meal, and when tastily prepared and accompanied by a large raw vegetable salad, with or without buttered whole-wheat bread, present a most refreshing change from the customary combinations.

Lima beans offer another splendid entrée number, inexpensive, popular, and highly alkaline and nutritious. Because of its exceedingly high alkalinity, many persons who cannot tolerate grains can very well use bread made of lima bean flour, which has recently been put on the commercial market.

The old idea of a balanced meal consisted of either meat, fish, or cheese as the center item around which to plan the dinner. From an economical standpoint, these foods are the most costly. From the viewpoint of adequate nourishment, and certainly from the purely esoteric standpoint, they are (with the exception of cheese) an unnecessary burden to the body, disease-producing, and evolution-delaying to the individual and to the race.

**IRON** In Praeceptum No. 13, iron was listed among several other chemicals, and a list of the foods containing this element enumerated. It was also pointed out that this is the chemical principle, lack of which is responsible for one of the oldest physical debilities on record: Anemia. Hemorrhages and other conditions that baffle diagnosis are often merely a result of a shortage of iron in the blood composition.

The subject of iron is of such vast importance when considering the elements of which the body is composed, that we must devote considerable space to it in an effort to elucidate clearly for the benefit of our students, so that they may acquire a clear mental picture of just how this elusive quality within the bounds of the human being's individual make-up might be classified.

From childhood most of us have heard the expression: "No iron in the blood," usually referring to one of our acquaintances who was pointed out as sadly lacking this forceful element. In fact, it has long since been a pet topic wherever the subject of health was up for consideration, and one that has stumped the whole medical profession, and is responsible for much information, good and bad, being dissem-

inated among the laymen as apparently new "discoveries" that were to revolutionize the whole realm of physical chemistry. Most of us can recall the far-heralded popularity of liver when first given to patients suffering from anemia. This is but one illustration of the periodic world-wide climax-reaching of excitement over what was supposed to have been the elusive Elixir of Life, succeeded by an almost parallel low-level period of indifference thereto.

When we consider that the process of blood-making is of such overwhelming importance to man, there is little wonder that so much "a-do" has from time immemorial been made of the subject; for it is iron that accounts for vernacular expressions such as "pep." It is iron that distinguishes between the pessimist and the lively, warm-blooded, active optimist. It is iron that protects us from that descent into a state of "frayed nerves." It is iron in a proper, required amount that creates ambition. It is iron starvation in the tissues--and absence of its coworker, oxygen--that is responsible for much of the wasting diseases, lifelessness, and listlessness.

AN ATTRACTIVE      Yolk of a raw egg beaten up into a glassful of orange juice,  
IRON MEAL            or grape juice. Dish of steamed spinach; beets. Salad of  
SUGGESTION          red cabbage and carrots. Black cherries; sun-dried raisins.

After contemplating all the duties that Mother Nature has apportioned to the chemical iron, a few of which were enumerated in the preceding Praeceptum, it is difficult to become reconciled to the scientific fact that a normal, healthy person weighing 150 pounds possesses about one-sixth of an ounce of iron! However, this pronouncedly small ratio does not in the least diminish the distinct importance of its many functions in the human composite organism. The absence, or reduced amount of any of the leading chemicals that compose the body, of which iron is one, results in a sub-normal, inferior condition of some part of the body and its functioning.

The sixteen elements (commonly accepted in the study of food chemistry as primarily composing the physical body of man) are not the final word in that world of physio-chemistry when the student desires to delve into the deeper strata of the fascinating world of alchemy. It has been estimated by divers scientists that the paramount sixteen elements, the basis upon which modern science works and makes its deductions, is extended to thirty-four, and again to some eighty-four elements, in varying traces of infinitesimal amounts, most of which man no longer possesses.

Through the Ages there has been much contention among advanced students of the inexhaustible subject as to just where and how these attributes and possessions of a superior race of man were lost. But as this sixth root race is meant to crawl before it, too, can walk, and eventually run, let us seriously attack and conquer the lesson presented before us in the matter of first getting this body, in which we are now demonstrating, in a harmonious sixteen-chemical-element balance, and thereby earn the right to go on to new worlds to conquer.

Now, as the element iron is that something which provides energy or "pep" as we have already referred to it, does it not follow that it is incumbent upon us

to consider it when the matter of bodily nourishment, or the "stoking" of the human furnace is being considered? And one of the important truths about it that we should always be cognizant of, is that being so tremendously active an element in the human economy, it is necessary to replenish it at frequent intervals; even though emergency supplies are stored in the liver and the spleen.

In the morning citrus fruit juices with ground almonds and honey are good for the brain and memory.

Forsake eating all forms of pig meat--bacon, ham, sausage, pork, also veal and beef, which contain uric acid and other uremic poisons. I mention all the different forms of pork because formerly when I told people not to eat ham, they ate bacon. When I told them not to eat either one, they ate sausage. When I told them to stop this too, they ate pork!

When I first came to America and went to a seaside beach resort, I saw the hot dog sign boards. I trembled as a mental panorama of chow dogs, delicate Pekingese, fierce bulldogs, faithful St. Bernards, yowling mongrels, thin racing hounds, and all sorts of dogs, passed through the meat chopper into the boiling pans and by machinery became converted into hot dogs. Imagine my relief, when I found that Americans did not eat perspiring puppies, steamed canines, and broiled bulldogs.

Avoid the regular use of all mild stimulants such as coffee, tea and tobacco, which contain caffeine, thein and nicotine. Strictly avoid using strong stimulants such as liquor. All strong stimulants intoxicate, drug and deteriorate the intelligence of the brain and memory cells, preventing them from recording noble ideas and sense-impressions in general. Constantly anesthetized memory cells lose their retentive power, and become inert and lazy. Intoxication obliterates the functions of the conscious mind by harmful chemicals, hence injures the brain--the memory organ. An affected brain produces impaired memory.

Isaac Newton, who had a tremendous memory, was a celibate. The vital essence is full of microscopic brain cells. Moderation in married life, and transmuting the vital force into muscular and brain energy, positively develops the strength of the brain. With the increased strength of the brain, the power of the memory increases.

Above all, whether married or unmarried, never allow your soul's reason to be overruled by your creative animal impulse. Remember, the greater your sexual discipline, and restriction of sex to its intended purpose--procreation--in married life, the greater will be the power of your memory, intelligence, and spiritual perception.

**IRON--Part 3** It may seem a rather severe and strenuous task imposed upon us to learn all these fundamental facts about bodily chemistry in advanced adult years, but we assure our students that these age-old truths will be the means of preventing untold misery in the present life, and also the storing up of karmic debts to be met with and paid off through the soul's progressive reincarnations.

Therefore, we urge that serious concentration and study be given the subject of Food Chemistry and its effect not only upon the bodily welfare, but on the eventual slowing down or speeding up of the individual's evolution. Those who have progressed this far cannot be content merely to "eat what we like" or confine ourselves to the dishes "Mother used to make." We have reached a milestone where mere appetite gives way to the consideration of the proper nourishment for the body. We have been awakened to the importance of learning the true art of selection, preparation, concoction, cooking and serving of dynamic foods to those who are dependent upon us as mothers, guides, cooks, companions. It is a subject which concerns us all, both sexes alike, all countries, ages, positions in life, regardless of the spiritual grade aimed at or attained.

Every act, thought, and movement of the body uses up the supply of certain chemicals. The brain worker utilizes the "juice" that keeps the human battery peacefully nourished; the muscular activities burn up certain other elements stored in the department of supply and demand. And always, by the same token that your automobile needs "gas" to keep up a running record, so this body of ours needs the combustion that results from the required supply of iron and oxygen.

Iron is needed for warm, heat-giving, red blood corpuscles, without which one's hold on the body is diminished. With it, in sufficient amount, the child is sparkling-eyed, ruddy cheeked, with colorful lips, healthily active and mentally responsive.

#### YOUR FAR-REACHING MEMORY

The art of developing memory is important for remembering not only all the good things of this life, but also those of all past lives. Through it you may remember your forgotten pure Self, the true image of God and the neglected pure Spirit within you.

The conscious mind works with the senses of sight, hearing, smell, taste, and touch during wakefulness, but sleeps at night. The subconscious mind works through memory during wakefulness and through dreams at night. It is awake during the day, working in the conscious mind making records for it, and it is also awake during sleep at night looking after the functions of the heart, lungs, and so forth, of the human engine, like an old janitor, as well as acting like a manager-operator of the mental dream-movies in dreamland. Superconsciousness works first in the subconscious mind and then in the conscious mind, without becoming entangled in them.

Stars, rivers, oceans, spiral nebulae, sun furnaces, cataclysms, cloud-bursts, lightning, yawning spaces, snow-white winters, flower-decked springs, leaf-carpeted summers, weeping rain, and sorrowful clouds, all stand ready to help us plan the drama of life and death, of coming and going, of appearing and disappearing, and perhaps of reappearing.

#### AFFIRMATION

I will do everything with deep attention. My work at home, in the office, in the world--all duties, small and great, will be performed well with my deepest attention.

**SILICON** In Praeceptum No. 13, we listed the foods that contain silicon, describing this chemical as one which has much to do with the nourishment and building of hair and nails (together with sulphur) as well as combining with the chemical sodium to supply the ligaments with their essential requirements. Silicon has much other important work to do in the body, therefore we honor it with a complete chapter in order that the student will have a thorough mental picture of its activities.

Remember, dear student, that in maintaining physical equilibrium there is the sin of omission as well as commission. Though, like the chemical iron, the amount of silicon in the human organism is seemingly infinitesimal compared to the other elements of which the body is composed, its reduction in quantity and quality makes a tremendous difference in the whole make-up.

Of silicon, about one quarter ounce is the average normal requirement. Its presence is a safeguard against lowered vitality--which handicap the individual who often is not aware of--so it amounts to a mighty precious quarter of an ounce of magnetic stamina.

As already suggested, it is a strong alkalinizer, needed by the tubercular person, and in many other wasting diseases. In fact, it possesses such a strong antiseptic power that its absence is one outstanding cause of epidemics and dread diseases. Nervous derangements and many negative blood conditions can be traced to a lack of silicon in food, for this element is a preventive of internal fermentation and putrefaction within the blood cells. It warms the blood, and forms an important link between it and the nervous system.

Another outstanding feature: silicon strengthens the eyesight and speeds up brain activity; surely then, in a busy world, where the tempo of life is already fairly strained and constantly increasing, this, alone, is a point to be reckoned with and provision made for its constant replenishing.

Everywhere, without exception, among civilized people in the world, we see unmistakable evidence of silicon starvation.

**Silicon--Part 2** The most pronounced evidence to the effect that silicon is missing in the average individual's chemical structure is the gallons of hair tonics sold yearly, without noticeably curbing the tragedy of baldness, premature graying, lack of color and luster--all unmistakable indications of degenerative phenomena which seem to be subject to no boundaries of either race, sex, color, age, or climate.

Where to seek the answer to this apparently unsolvable mystery? Only the diagnostician skilled in physiological chemistry knows the secret! Not until comparatively recently, since the subject of chemistry of the blood-stream and the maintaining of a true balance in its composition became an accepted science, did it occur to a few research students in the field of Dietetics and its relation to health, that the hair and nails were dependent upon certain elements contained in food to keep them in a process of building, by the same law that teeth and bones extract calcium from the foods eaten to keep them adequately replenished with nourishment.

All the hair tonics in the world won't do the work of the skins of fruits and vegetables and bran coating off cereals that we daily discard! The outer coats of rice, for example, or oats, are prolific sources of this valuable mineral, silicon. When you use white polished rice, you are forcing upon your digestive apparatus an impoverished product that is but a concentrated starch burden: and when you purchase the extensively advertised and distributed white and lifeless rolled oats, you are cheating your children of growth-inducing elements, laying the foundation for future diseases of the body, mind and nerves, with subsequent diminished capacity for true highest spiritual expression which must manifest through a physical vehicle.

When strawberry season arrives, make a meal of a whole box of them, merely washing them well, forgetting the cream, sugar, and shortcake that usually accompany them, offsetting any real good the strawberries might otherwise do.

Cucumbers are another splendid natural source of silicon, providing they are not peeled, with the remainder soaked in a brine of vinegar and salt. Try this new method of preparing them: Select a nice firm, fully ripened cucumber, grating it, peel and all, in a mound onto a salad plate. Whatever other salad vegetables are desired may be added around this mound. A dressing of oil and lemon (half and half) with a little honey for sweetening may be used if desired.

**FOOD PREPARATION** Certain foods do not lend themselves well to raw consumption and assimilation by the human digestive organs. This is especially true of starches and grains. The cells of starches need the breaking down process which the human teeth and digestive juices seem lacking in sufficient power to accomplish, especially when youthful vigor has begun to recede.

We wish to warn our students against intense faddishness in the matter of diet. Drastic reactions are apt to follow such experimentations. It is not wise to make radical changes which are in sudden, complete opposition to what has, in the past, formed the nucleus of one's habits of eating, unless fortified by adequate training and thorough understanding of the principles involved, as well as their relation to the individual concerned.

**FOOD PREPARATION--Part 2** We should cultivate a calm, clear-sighted deliberating quality of consideration of the subject of food preparation. Will power is needed in making the sacrifices entailed when it comes to giving up foods, and ways of preparing foods, that once had a strong appeal. Natural foods and methods of preparation must be substituted, and these substitutes must be thoroughly understood and adjusted to the individual requirements.

**FOOD PREPARATION--Part 3** In lesson 53 we warned that not all foods can be assimilated in their raw state. It should also be remembered that some of the arguments against cooked foods are no longer valid because more modern methods of storing, preparing and cooking enable the wise housewife to preserve the vitamin and mineral content of foods.

Vegetables and fruits should be stored in a cool, dark place, and if possible not prepared until the time they are to be used. When it is necessary to prepare

foods ahead, cover carefully to prevent loss of vitamins, and place in the refrigerator.

Let broiling and sauteing partially displace deep frying. Boiling should be done with a minimum of water, for the shortest possible time, and with the pot kept covered. Valuable vegetable pot liquors should be used in sauces or soups, or in vegetable juice cocktails.

One of the greatest improvements of all is the pressure cooker in which vegetables can cook in such a short time that much of the vitamins and minerals are preserved intact.

#### PROOF OF THE EXISTENCE OF GOD

The great proof of the existence of God can only be found within, by deeply, daily practicing some right method of meditation learned from a competent guru. Self-realization will never come through unexamined beliefs. God's light can never shine through closed doors of blind sentiment. Through the open windows of logical seeking, God may be found. Satisfaction in a belief about God without actually contacting Him is the death of wisdom and divine acquaintanceship. Do not remain idle and hidden behind the cloak of a denominational religion, and thus cease making a real effort to know God in this life. Do not die in ignorance, but die in wisdom--to live forever in God.

The whole-hearted practice of meditation as taught in these lessons brings deep Bliss. This ever-new Bliss is not born of desire. It manifests itself the moment all restlessness and other undesirable qualities melt away by the magic command of your inner, intuition-born calmness. Manifest this serenity always. When Bliss comes over you, you will recognize it as a conscious, intelligent, universal Being to whom you may appeal, and not as an abstract mental state. This is the surest proof that God is eternal, ever-conscious, ever-new Bliss.

#### AFFIRMATION

Today, with the soft touch of intuition, I will tune my soul radio and rid my mind of static restlessness, that I may hear Thy voice of Cosmic Vibration, the music of atoms, and the melody of love vibrating in my superconsciousness.

**MODERATION FOR HEALTH** "In all things, moderation" we are told. This admonition applies to health in all its various phases, whether work, rest, eating, recreation. Most of us over-do, at least in one direction. Many of us over-eat. Others have so great a love for their work that all else becomes subservient thereto. One's perspective narrows, the sponge of energy is being squeezed dry, when diversity of occupational interests is not being injected into the day's activities. Yet while it is well to indulge in some form of simple amusement here, too, moderation should be practiced.

Everything we eat, think, do and contact, reacts upon bodily health, and every once in a while it is well to take personal inventory. We should check up

on ourselves and see what we are really aiming toward. We should find out if we are honestly progressing toward that goal, at the expense of our health, thereby "gaining the whole world, but losing our own soul." For always remember that the physical body is the souls instrument of expression while sojourning on this earth plane.

**VITAMINS--Part 1** We now begin a discussion of vitamins, an adequate supply of which is absolutely necessary for growth and for the preservation of health and vitality. Authorities seem to agree that vitamins are produced in plants but that they cannot be made in the human body; it is therefore necessary to get them through natural foods. Vitamins have been described as "subtle, life-giving elements, which act in some mysterious manner upon the tissues and organs of the body."

If you would increase your immunity to disease and infection, and augment your supply of energy, see that you have an abundant supply of vitamins in your daily diet. They are essential food elements, and a chronic deficiency of one or more of them produces many borderline states of ill health, including among a long list: scanty, lusterless hair; dryness of skin; lack of energy; nervousness; susceptibility to disease and infection; pessimism; and a generally run-down condition.

Vegetables and fruits supply most of the best-known vitamins: A, B, B-2 (or G), C, D, and E; but they are also found in milk and eggs. In order to build up vitality and maintain health, a liberal amount of all vitamin foods should be included in the diet.

**VITAMINS--Part 2** Vitamins are elements of such vital importance that if any one of them is entirely missing from the diet for a few months the body is seriously affected. Each vitamin has a separate and distinct mission to perform which cannot be supplied by any other.

Vitamin A helps to prevent infection, stimulates growth, and will help to keep you free from colds. Its presence is needed to produce vitality, regardless of age. If the amount of vitamin A in the diet is very small the health suffers. Children on such a diet lose weight and are very susceptible to infection of any kind.

While adults require less vitamin A than growing children, it is still essential in their diet to prevent lowered resistance to infections, especially of the respiratory tract and lungs. There is a condition known as "night-blindness" which is due to a lack of vitamin A.

Good sources of vitamin A are yellow vegetables, such as carrots, pumpkin, corn, and squash. It is also found in green leafy vegetables such as lettuce, cabbage, spinach, and chard. Vitamin A is also present in tomatoes, pineapple, bananas, and in fresh dairy products.

Heat destroys vitamin A only when food is cooked in the presence of air. Vitamin A is soluble in fat. Remember carrots, egg yolks, spinach, cream, butter, and cod-liver oil when you want to get an optimum amount of vitamin A.



Get fresh young carrots and use them raw for the most part. Grate them and combine them with other foods in salads. Grind carrots, and squeeze out the juice and drink the life-giving cocktail. Shred fresh, tender spinach leaves to make a wonderful salad.

**VITAMINS--Part 3** Only two foods, wheat germ and brewer's yeast, are very rich in vitamin B. It is also present in whole grains such as wheat, rice, corn; in wheat germ, nuts, legumes; in leaf and root vegetables, tomatoes and fruits, particularly bananas and avocados; also in egg yolks and milk.

Because it is soluble in water, care should be taken to use the water that vegetables are cooked in. Better still, steam vegetables, or use them raw whenever possible. In general, a large number of foods containing vitamin B are necessary in the diet because it occurs only in small amounts in any food.

A deficiency of vitamin B, according to Colonel McCarrison in his book, "Deficiency Disease," causes "(1) A loss of appetite or a depraved appetite, that is, a craving for unnatural food. (2) Indigestion. (3) Bouts of diarrhea may alternate with constipation. (4) Colitis. (5) Loss of weight, weakness, headache, anemia, unhealthy skin, subnormal temperature, heart trouble."

**VITAMINS--Part 4** As we pointed out in the last Praeceptum, a shortage of vitamin B results in nervousness, poor appetite, constipation, tired feeling, and general weakness. In children it may cause a cessation of growth. There is probably more often a deficiency of vitamin B in the diet than of any other vitamin. Since the body does not store a reserve supply, some foods rich in this vitamin should be included in every meal. An extra supply is very necessary in the diet of expectant and nursing mothers.

Always remember that the process of refining grain destroys this vitamin, as it is the coatings and germ that contain the precious supply. Being water soluble, vitamin B is also destroyed by long cooking. Vegetables should be eaten raw or slightly steamed.

Vitamin B is dissolved in water, acid or alkaline solution, and in alcohol. Ordinary heat in cooking does not harm it, but it is destroyed by soda and by excessive amounts of salt.

**VITAMINS--Part 5** Vitamin B-2 or G is necessary for persons of all ages. One of the symptoms of its lack is premature old age. Its presence in the diet helps to prevent and to cure the disease called pellagra. It is now thought that many of the common skin disorders, such as psoriasis or eczema, may be due to a lack of a sufficient amount of this vitamin in the daily diet. A lack of this vitamin may also be the subtle cause of digestive disturbances, nervous depression, and a feeling of general weakness.

**VITAMINS--Part 6** Vitamin B-2 or G is closely allied with Vitamin B and is not destroyed by heat. However it is water soluble; therefore do not discard water in which your vegetables have been cooked, but use it for soups and sauces.

Good sources of Vitamin B-2 are: Cream, milk, eggs, brown rice, wheat germ, beet greens, dried peas, fresh spinach, tomatoes, turnip tops, watercress, avocados, bananas, citrus fruits, pears, and raisins.

**VITAMINS--Part 6** Vitamin C has been called the anti-scorbutic vitamin because its presence in the diet prevents scurvy, which develops slowly when the diet is completely lacking in Vitamin C for several months. A diet low in this vitamin causes irritability, headaches, pallor, lack of energy, and pains in the joints and limbs, which may be mistaken for rheumatism. In a more advanced stage, the gums bleed, the teeth become loose and the joints are swollen and painful. Vitamin C is necessary daily for good health, energy, and strong, firm gums.

Vitamin C is water soluble and is the most sensitive to heat of all the vitamins. The loss is more serious in the presence of oxygen and less when acid is present. For example: The Vitamin C in milk is destroyed by boiling, yet most of it is retained in tomato juice where the medium of acid is present. Fruits and vegetables that have been stored for a long time also lose some of their Vitamin C content.

Good sources of Vitamin C are: Cabbage, carrots, cucumbers, onions, fresh peas, peppers, potatoes, radishes, rutabagas, spinach, tomatoes, turnips (and tops), and watercress. Almost all fruits contain this vitamin in good amounts especially cantaloupe, citrus fruits, mangoes, raspberries, and strawberries. Fats and oils seem to be almost entirely lacking in Vitamin C.

**VITAMINS--Part 7** In order that the body may be able to use calcium and phosphorus to build strong bones and teeth, it must have an adequate supply of Vitamin D, which also helps to keep the muscles strong and the nerves steady.

The extreme penalty for a diet deficient in Vitamin D is rickets. The disease affects the whole body as well as the bones. The muscles become flabby, with lax ligaments. The whole nervous system is disordered, as is shown by frequent convulsions in stricken children. Even in the early stages the vitality is lowered and susceptibility to infections of all kinds greatly increases.

Vitamin D is fat soluble, and is the "sunlight vitamin." It is the most limited of all vitamins.

The best sources are fish oils and egg yolk. It is found in fair amounts in raw milk, leaf lettuce, fresh spinach, and bananas. Coconut oil and olive oil have a trace of it.

Sunlight has been found to be very beneficial because it activates a substance called "pro-vitamin D," or ergosterol, in the skin; the Vitamin D is then carried throughout the body by the blood. For this reason it is well to take a daily sunbath if possible.

It is essential for good health, strong teeth and bones, and general well-being of both children and adults that they have an adequate supply of Vitamin D. Its lack is considered the most serious dietary deficiency.

It is helpful to remember that egg yolk, raw milk, leaf lettuce, fresh spinach, and bananas are listed by some authorities as containing all the vitamins in varying amounts.

**VITAMINS--Part 8** Vitamin E is called the anti-sterility vitamin because its lack in the diet of some animals causes inability to produce young. It is fairly well distributed in natural foods and we are not as likely to have a diet deficient in it as in the other vitamins.

Vitamin E is fat soluble; its best source is wheat germ. Other sources are: Swiss cheese, egg yolk, raw milk, whole oats, whole rye, whole-wheat, leaf lettuce, fresh spinach, watercress, bananas, and most oils, such as coconut, corn, olive, peanut, sesame, soy bean, and especially wheat germ.

**VITAMINS (9)** Here are some general points to be remembered about vitamins. They are the real, vital element in food. You may eat a whole dinner, and find it very palatable, very satisfying and filling, and yet you may be eating a dead meal. Without the presence of vitamins in food, your meal is dead. In eating it you deceive yourself, for instead of nourishment you invite disease.

Always remember that vitamins are necessary for proper growth and development of the body; for maintaining health and energy, and for protection against infection of various kinds, including colds.

In order to get your regular supply of vitamins, your menus should be made up mainly of fresh fruits and vegetables, whole grain cereals and flour, and dairy products. Since heat destroys some of the vitamins, you should eat every day plenty of raw fruit and vegetables, either plain or in salads, fruit cocktails and desserts.

**THE PROTECTIVE FOODS** To maintain the highest state of health and an abundant supply of energy, along with a high resistance to infection of all kinds, it is necessary to have an adequate daily supply of all the vitamins and mineral salts. Luckily the same foods supply both and they are called the "protective foods" because they protect you from the deficiency diseases which have been discussed separately under the individual vitamins. You can make up your own list of protective foods by referring to the lists given with the vitamins.

It is the home maker's duty to prevent the troubles due to nutritional deficiencies by properly planning menus which supply all of the necessary food elements. If such a condition exists in your family do not try to treat it yourself, but consult an expert who will prescribe the particular diet necessary. Of course, now that you know some of the basic facts about nutrition, you will plan your menus so that they will be varied, interesting, appetizing and nutritious, and will keep your family in the pink of condition.

#### AFFIRMATION

"His healing light has been shining within me, around me, but I have kept the eyes of my inner perceptions closed so that I beheld not His transmuting light. I will plunge the gaze of my faith through the window of the spiritual eye and baptize my body in the healing light of Christ Consciousness." 95

## PRAYER

"O Father, I pray that my storm tossed soul may find the silver lining of Thy presence behind the clouds of my indifference, and the moon of Thy hope may gleam in my heart. Thou art slowly rising on the horizon of my mind; mists of ignorance are clearing with the coming of the moonbeams of Thy love. O Father of Light, my shipwrecked soul rejoicingly beholds Thy shores of Bliss."

## SCIENTIFIC TECHNIQUES AND PRINCIPLES

### THE YOGA METHOD OF DIET

The following menus are given for the general health, expulsion of hidden poisons from the body, for reducing or growing tissues, and for helping in the healing of diseases through the proper diet. If used judiciously, they will eliminate poisons from the body and bring perfect health, strength, and vitality. Try out the various breakfast-lunch-dinner recipes and follow what best suits your individual health. You should eat like a normal individual, respecting and gradually molding special hereditary eating habits. Habitual vegetarians, or people with vegetarian heredity, may do without meat or fish or chicken, eating only plenty of nuts and cheese, instead of meat; or milk, eggs, and gluten products as meat substitutes. But all students must positively stop eating all forms of beef, veal, and pork products. Do not make a habit of eating any kind of meat. Gradually learn to get accustomed to more ground nuts, bananas, fruits, milk, and raw vegetables.

Remember, it is not always that which goes into you, but that which comes out of you, that makes you what you are. Some people may eat meat and still be holy and self-controlled, and some may eat only vegetables and fruits and be knaves and lead uncontrolled lives. Eating just boiled vegetables for dinner with no uncooked food is not right, but devitalizing and weakening. Be sure to eat more "nature-cooked" raw vegetables, fruits, dates, and nuts. Above all, eat right, think right, and meditate and live in divine joy, night and day.

**IDEAL BREAKFASTS** 1) Orange juice and ground nuts. 2) Grapefruit and ground nuts. 3) Two hard-boiled egg yolks in orange juice. 4) Tomato juice and egg yolk. 5) Watermelon juice and ground nuts. For laxative effect: 6) Bran, milk, honey, and ground nuts. 7) Cantaloup, bran, milk, and ground nuts. 8) Berries, ground nuts, cream, and honey. 9) Pineapple juice, cream, honey, ground nuts, and chopped pineapple. 10) Glassful of milk and honey. 11) Ground almonds and honey mixed in glassful of water.

Breakfast for Thin People Drink a pint of raw milk (certified), or drink one big glassful of orange juice with four tablespoonfuls of ground pecans. Or take three yolks of hard-boiled eggs in a big glassful of orange juice, or drink a pint of milk with two tablespoonfuls of honey. Or eat a bowlful of oatmeal with cream and two bananas, and a tablespoonful of honey.

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Drink a glassful of water with breakfast, or drink a glassful of cream with two bananas and a tablespoonful of honey, or eat a handful of soaked unsulphured raisins, and a glassful of cream mixed with a tablespoonful of ground pecans.

**IDEAL LUNCHES** 16 leaves of spinach, 3 ounces ground pecans, any chopped vegetable (raw with salad dressing)--or--1/2 head of lettuce, salad of ground carrots and dressing.

Lunch for Thin People One tablespoonful of olive oil between meals or cod liver oil after every meal. Eat a large raw vegetable salad with cream, orange juice, and ground nut dressing. Eat one good portion of cooked food. Eat ten unsulphured figs or ten prunes or ten dates, or a handful of raisins. Eat four tablespoonfuls of ground pecans with your vegetable salad. Eat a big portion of fresh cottage cheese. Drink a glassful of cream or milk between lunch and dinner. Eat two slices of whole-wheat bread or bran muffins with plenty of butter.

Lunch for Fat People Eat a large salad of any ground vegetable well mixed with orange juice dressing. Eat ten leaves of spinach with a little Thousand Island dressing. Eat six water-soaked dried unsulphured prunes or figs, or six dates. Eat very little or no boiled vegetables. Do not eat eggs. Do not drink water with meals. Eat your biggest meal at lunch time but do not overeat. Eat a different vegetable salad every day. Grind raw vegetables and mix with orange juice. Do not eat any bread or butter.

**DINNER SUGGESTIONS** Meat substitutes:

- 1) One tablespoonful of ground raw pine nuts with one glassful of orange juice.
- 2) One tablespoonful ground raw cashew nuts with one glassful of orange juice. (Any raw nuts may be used in this way.)
- 3) Boiled eggs with half a head of lettuce.
- 4) Fresh cottage cheese with half a head of lettuce.
- 5) Nut loaves, nut products in general.

Diet for Vital Strength Eat four tablespoonfuls of thoroughly ground almonds and two oranges, or eat three slices of fresh pineapple plus a handful of ground pecans. Or drink a glassful of milk with a handful of soaked raisins. Or eat one banana with one tablespoonful of ground nuts, or six unsulphured prunes (water-soaked), one tablespoon of nuts may be added. Eat one orange and one raw carrot every day.

Fast one day every week on orange juice or milk and take a suitable laxative. Fast three consecutive days every month on orange juice, using suitable laxatives. Sleep six hours every night. Breakfast alone or in peaceful company after meditation. Eat very lightly of starches and cereals. Do not overeat at any time. Sometimes omit breakfasts. Briskly walk a mile a day. Keep company with cheerful people.

**GENERAL INFORMATION** Almonds give vital strength; pistachio nuts give fat;

pine and cashew nuts give harmonious development of all parts of the body; peanuts for elimination and general strength.

You can prepare gravy with whole-wheat flour, using ground cashew or pine nuts. Make it just the way you make ordinary gravy.

These dietary rules and menus are those recommended by ancient and modern yogis of India. Many eminent physicians and health authorities in modern India and in the West also endorse similar rules for health.

While a diet of raw food has been found to be beneficial both for reducing and for maintaining a state of good health, nevertheless one should not switch abruptly from cooked food to raw food. One who is used to cooked food should introduce raw food gradually into his diet, thus enabling his digestive system to become accustomed to digesting raw food without any trouble. Start by taking one meal a day of raw food, and the other one or two meals a day of cooked food.

#### FOOD IN THE FUTURE

The future food of the world will all come by receiving different rays from Cosmic Energy, cosmic rays, electrons, atoms, and air, drawn through different openings of the body.

1. If one constantly keeps his mind concentrated upon the point between the eyebrows (at the Christ Center) and sees there the spiritual eye and commands it to recharge the body with strength, it will do so. By doing this, people would cease to grow old.

2. Drawing energy from the cerebrum and medulla oblongata by connecting the tip of the big tongue with the little tongue (uvula).

3. Energy may be drawn from the sun by covering the whole body with a piece of thick blue silk or a blanket and keeping the medulla oblongata exposed with the sun shining there, on the back of the head. Concentrate upon the back of the head and feel it getting warmer and warmer. Feel the energy being stored in the brain and distributed through the body.

4. Take a sun bath and concentrate deeply upon the sunbathed surface of the body, and drink the sunshine in through every pore of the body. Concentration upon the sun rays gives one hundred times greater results than taking a sun bath absent-mindedly.

5. Sit upright on a chair. Close your eyes. Expel the breath quickly, but start inhaling very slowly through nostrils, thinking that your brain, lungs, heart, spine, stomach, abdomen, thighs, legs, arms, and so forth, are being filled with air. You can also inhale quickly and fill the whole body with the atomic power in the oxygen.



## EASY REFERENCE TABLE OF VITAMINS

Vitamin	Lack in Diet Results in	What They Do	Best Sources
A	Lowered resistance to infections of eyes, ears, and sinuses; lack of full growth; sediment and stones in kidney and bladder; diarrhea.	Prevents infection, stimulates growth, adds vitality and helps to prevent colds. Protects outer eye.	Butter, cream, raw milk, egg yolk, cheese, yellow and leafy vegetables, tomatoes, avocado, apricots, oranges.
B	Inflammation of nerves, body emaciation, loss of appetite, decreased peristalsis, deficient flow of milk in nursing mothers, symptoms of fatigue, indigestion, colitis, loss of weight, and general weakness.	Prevents beri-beri, and polyneuritis. Protects nerves.	Wheat germ, yeast, whole grains, nuts, leaf and root vegetables, tomatoes, avocados, citrus fruits, dates, pineapple, prunes.
B-2	Inflammation of the skin and mouth. General malnutrition; premature old age.	Prevents pellagra, premature old age and skin disorders.	Yeast, wheat germ, raw milk, beet leaves, spinach, tomatoes, avocado, citrus fruits, cream.
C	Scurvy, bleeding of gums, tooth decay, loss of weight, pains and swelling in joints, irritability and pallor.	Prevents scurvy, promotes general good health, energy and strong, firm gums.	Cabbage, peas, rutabagas, spinach, tomatoes, watercress, cantaloupe, citrus fruits, strawberries, raspberries.
D	Rickets, bone deformities, failure of calcium metabolism, disordered nervous system, weak ill-formed teeth.	Promotes good health, strong teeth and bones.	Raw milk, leaf lettuce, fresh spinach, bananas, fish oils.
E	Loss of reproductive power and disturbances during pregnancy.	Prevents sterility; may help to prevent cancer.	Egg yolk, wheat germ, leaf lettuce, spinach, watercress, bananas.

### AFFIRMATION

"The perfect light is perfectly present in all my body parts. Wherever that healing light is manifest, there is perfection. I am well, for perfection is in me."

## HOW TO REJUVENATE YOURSELF (Advanced 1)

Proper foods in the right combinations are necessary for the sustenance of the body; they exert a decided influence also upon the brain. The spiritual brain, the active brain, and the material brain are all affected by food, and can form different combinations:

- 1) Spiritually-active brain,
- 2) Intellectually-active brain, and
- 3) Materially-active brain.

All food that is eaten produces a sensation on the palate, as well as certain chemical effects on the body and brain. Food sensations determine a specific mentality. Foods such as dried meat products produce gross material reactions that develop the material brain and animal mind, whereas eating raw fruits and vegetables produces spiritual qualities in the consumer and develops a spiritual mind and brain.

The quality of the food's taste and color is reported to the brain through the nerves of taste and sight, and is experienced as specific pleasant or unpleasant sensations. These sensations are elaborated into perceptions and conceptions. Repeated conceptions about foods form definite mental habits and manifest themselves as material, active, or spiritual qualities.

Proper diet is very important in building vitality. Eating plenty of ground nuts, and fresh vegetables, and drinking fruit juices will help. Every day, for beneficial results, eat green-leafed vegetables, including a carrot with part of its stem, and drink a glassful of orange juice (including pulp) with a tablespoonful of finely ground nuts. Mix a good salad dressing of thoroughly ground nuts, cream, and a few drops of lemon juice, orange juice, and honey, to use on many salads. A little curry sauce with boiled eggs or vegetables, once in a while, is a good salivary stimulant.

Each one of the many billions of cells within the human body is a tiny mouth taking nourishment. The life force, identified with the body, creates within us a desire to derive energy from the circulation and from meat and other foods taken into the stomach. The life force must be trained to draw energy from more subtle sources. The body's energy requirements can be supplied partly by sunshine and oxygen, which are absorbed by the pores. For this reason, the surface of the skin must be kept scrupulously clean at all times.

**FASTING AND SPECIAL DIETS** Most diseases can be cured by judicious fasting under the guidance of a specialist. Fasting may be divided into two main groups: partial fasting and complete fasting.

**PARTIAL FASTING:** In this group, four general subdivisions may be mentioned.

- 1) Limiting the diet to certain foods.
- 2) Abstaining from certain foods.
- 3) Limiting the food intake as to quantity.
- 4) Limiting the number of meals to one or two per day.

Some of these forms of fasting may be combined. For instance, to cure disease or reduce weight, a person may abstain from certain foods altogether, and limit the intake of other foods, and so forth.

#### MORE SPECIFIC SUBDIVISIONS ARE:

**LIQUID DIET:** For one or two days a week, and whenever one does not feel hungry, the food intake may be confined to (1) milk, (2) orange juice, (3) or any other unsweetened fruit juice.

**RESTRICTED DIET:** This diet is confined to (1) raw fruits, (2) raw vegetables, (3) lightly cooked vegetables, including juice in which they were steamed. No bread or other starchy foods or sugar; no meat, eggs, or fish; nothing but the foods mentioned in 1, 2, or 3, and only one meal per day at noon. Remember to drink plenty of water while on this diet.

**OXYGEN DIET:** Inhaling and exhaling deeply from 6 to 12 times every hour, filling the lungs with fresh air down to the lower lobes. This method may be practiced outdoors, while alternately slowly walking and resting. When weather conditions necessitate indoor practice, the windows should be kept wide open. Of course, warm clothing should be worn during the winter season as a protection against the cold. This fast aids spiritual growth. Oxygen fasting should not be undertaken by weak individuals or invalids.

**COMPLETE FASTING:** Complete fasting should not, as a rule, exceed ten days and should not be attempted for more than three days unless it is under the supervision of a specialist. However, abstaining from food for one day each week or for three consecutive days each month, has brought beneficial results. Water must be taken in abundance during complete fasting, to replace the fluid lost by evaporation through the pores, and so forth.

**NINE-DAY DIET:** The Nine-day Cleansing and Vitalizing Diet has proven a most effective method for ridding the system of poisons. It consists of the following foods:

Citrus fruit--1-1/2 grapefruit, 1-1/2 lemons, and 5 oranges.  
1 glassful orange juice with herbal laxative. This is to be taken every night at bedtime while on diet. For best results, take 1/2 teaspoon at first then later increase the amount to 1 teaspoonful.

- 1 cooked vegetable with juice (amount optional)
- 3 cups of vitality beverage (1 cup at each meal)
- 1 raw vegetable salad

#### **VITALITY BEVERAGE**

- 2 stalks celery, freshly ground
- 5 carrots, ground (including part of stem)
- 1 bunch of parsley, chopped
- 1/2 quart dandelion, turnip greens, or spinach chopped
- Cooked in 1 quart of water with no salt or seasoning of any kind

The Vitality Beverage may be prepared in two ways, the first way being preferable.

1) After putting the celery and carrots through a food chopper, boil them lightly in the water for 10 minutes. Then add selected greens and parsley and boil 10 minutes longer. Then strain the mixture.

2) Use the same ingredients, but do not cook them. After putting them through the food chopper, strain them. Drink one cupful of the beverage, prepared by either method, at each of the three meals.

This beverage has been found to be a very effective tonic in cases of rheumatism, various stomach disorders, including acute indigestion, chronic catarrh, bronchitis, and nervous breakdown. While on the cleansing diet, strictly abstain from all spices, candies, pastries, meat, eggs, fish, cheese, milk, butter, bread, fried foods, oil, beans--in fact, all foods not mentioned above. If one feels the need of additional nourishment, one may take one tablespoonful of thoroughly ground nuts in half a glassful of orange juice.

Following the nine-day diet, one should be especially careful in the selection and quantity of the food intake the first few days, and should resume a normal diet gradually. One should begin by adding a portion of cottage cheese to the meal. Almonds, egg yolk, baked potato are among the first foods to be added. One should not overeat, but gradually increase the amount and variety until one is again on a normal diet. It should take at least four days to return to one's normal diet.

If one is not successful in ridding the body of all poisons during the initial attempt, he may repeat the cleansing diet after an interval of two or three weeks.

Each night at bedtime, while on the cleansing diet, it has been found beneficial to soak 20 minutes in 1/2 tubful of warm water in which 5 cups of Epsom salts have been dissolved. It is helpful also to take a salts bath every now and then for several weeks after finishing the cleansing diet.

**REDUCING DIET:** Practice recharging exercises six times, twice a day, and the stomach exercises twenty times each, three times a day.

Command your will, during tension, to burn up the superfluous tissues. Practice the running exercise fifty to two-hundred times a day. Eat mostly raw vegetables and one boiled yolk of an egg a day. Abstain from starchy food, fried foods, and sweets. Do not drink water with meals. Every three days fast one day on orange juice.

Extremely stout people have derived much benefit from fasting on orange juice seven days and then going on the nine-day cleansing diet, a normal diet being resumed gradually thereafter. If there should be need for further reduction of weight, this procedure may be repeated after an interval of two weeks.

**FATTENING DIET:** The following foods are of high nutritive value and have been found beneficial for those who wish to gain weight. Some of them should be added to the usual dietary each day.

Bananas with cream	2 eggs
Oatmeal with cream	1 large raw vegetable salad
1/4 glass cream	1 tablespoon olive oil
2 slices whole-wheat bread	3-1/2 ounces butter

Weight has also been gained by eating bananas in abundance, and, for one month, drinking two glasses of water (moderately hot or cold, not iced) with each meal.

**GENERAL RULES:** To have faith in God's healing power through the mind, and yet obey dietary laws, is better than just to have faith in God and mind and disregard dietary laws. Every day, for beneficial results, eat green-leaved vegetables, including a carrot with part of its stem, and drink a glass of orange juice (including pulp) with a tablespoonful of finely ground nuts. Mix good salad dressings made of thoroughly ground nuts, cream, a few drops of lemon juice, orange juice and honey with all salads. Thousand-Island dressing is good. A little curry sauce with boiled eggs or vegetables, once in a while, is a good salivary stimulant.

**FOOD COMBINATIONS:** For best results, one should abstain from all beef and pork products. Do not make a habit of eating even chicken, lamb, or fish. Nuts, cottage cheese, avocados, eggs, milk, cream, and bananas are very good meat and fish substitutes. If you do eat chicken, lamb, or fish have a large vegetable salad with them.

Do not eat too much white sugar. Raw sugar is preferable, and honey is best of all. Eat only Nature's candies, such as un sulphured figs, prunes and raisins. The ingestion of excessive quantities of sweets causes intestinal fermentation. Remember also, foods prepared from white flour, also polished rice and too many fried foods, are injurious to your health.

Try to include in your daily diet as much raw food as possible. Cooked vegetables should be eaten with the juice in which they were steamed.

Fast regularly, using your best judgment as to proper diet in accordance with the instructions given above. Eat less, and follow dietary rules when you eat. Make sunshine, oxygen and energizing exercises a part of your regular daily diet.

**DAILY DIET:** Your daily food intake should include as many items as possible from the following list of foods which contain all the elements needed for the proper maintenance of the body. If you do not include all the fruits mentioned in a single day's diet use larger portions of those you do serve. Serve different fruit on different days.

1 apple	3 baked or steamed yellow or green vegetables with juice
1 grapefruit	1 raw carrot
1 lemon	6 leaves of raw spinach
1 lime	1/4 head lettuce
1 orange	1 teaspoon olive oil
1 glass orange juice (with pulp)	1 glass milk
1 tablespoon ground nuts	1 tablespoon cottage cheese
1 slice pineapple	1 egg
6 figs, dates, or prunes	1 teaspoon honey
1 handful of raisins	

Eat at least some of the foods listed under "Daily Diet" every day, distributing them over your three meals. For instance, you may take the milk at breakfast, bread and egg and vegetable salad at noon, and the ground nuts and fruits at night.

Catarrh of the alimentary canal often results from overeating at night, also from eating excessively of candy or other foodstuffs which have an irritating effect on the mucous membranes of the stomach, duodenum, and so forth.

Individual food habits may be taken into consideration, but if they are bad gradually change them. At any rate, add some of the foods in "Daily Diet" list to what you are used to eating. Omit those foods mentioned above which do not agree with you, eating only very lightly when you feel the need of nourishment, and gradually accustoming yourself to a more wholesome diet.

You may increase or decrease the quantities given in the list in accordance with your individual needs. It is, of course, obvious that the person doing strenuous muscular work requires more food than the sedentary worker.

Whenever one is hungry, he may take a large tablespoonful of thoroughly ground nuts in half a glass of water or in a glass of orange juice. When thirsty, drink a glass of orange juice or water, (preferably distilled or boiled water if pure water is not available). However, nature's distilled water--undiluted fruit juice--is best. Do not drink too much water with your meals. Ice water should be taken very sparingly at any time, but especially during and after meals, as it lowers the temperature of the stomach and dilutes the digestive juices, thus retarding digestion. Never drink ice water when you are overheated.

**MAGNETIC DIET:** As a rule, the word "food" is used only in connection with physical nourishment, but there are other kinds of food, namely, mental energy, or concentration, and divine wisdom. The first (material food) recharges the body battery; the second (concentration) recharges the mind battery; the third (divine wisdom) the soul battery.

Have you ever analyzed your magnetic mental diet? It consists usually of the thoughts which you are thinking as well as thoughts you are receiving from close thought contact with friends. Peaceful friends always produce healthy magnetic minds. It is easy to tell whether a person feeds on a quarrelsome or a peaceful environment. Inner disquietude and worries, due to the wrong sort of friends or unappreciative immediate relatives, produce an unwholesome, gloomy mind. The magnetic diet also consists of such food substitutes as rays and oxygen, which can be easily assimilated and converted into energy by the latent life forces. Magnetic foods give energy more quickly than solids and liquids, which are less easily converted into life force. Vitamins are different kinds of rays. When you are eating, you are eating energy. The ultraviolet rays which one absorbs in one whole day at the beach exert a beneficial vitalizing effect on the body which lasts about three months. Sores and wounds can be cured by exposing them for one-half hour daily to the sunlight. The treatment with artificially produced ultraviolet and infrared rays also supplies the body with magnetic nourishment. Much benefit may be derived from it if it is taken under the guidance of a specialist. In order to receive electronic energy from the ether, expel the breath, remain calm while sitting in the erect posture, and feel the electronic energy surrounding your body and entering through your body cells; or receive energy through your fingers while your hands are lifted over your head.

Rubbing the whole naked body vigorously and rapidly with the palms before taking a bath generates life force and is very beneficial. Occasionally charging the body with electricity by holding onto two electrodes of a battery is a good method of supplying the body with free energy. The electric current should be very weak. Bathing in a sunlight-heated or ultraviolet-ray-saturated water is also very beneficial. When using a sun lamp on the affected body part, concentrate your entire thought upon the feeling of warmth and know that you are absorbing the energy into the atomic composition of the body, and thus electrifying your cell batteries.

### THE INFLUENCE OF DIET UPON DISPOSITION

The kind of food you eat has a great effect in developing a good or a bad disposition. It is not easy to have a good disposition if you are ill, and you are made ill by eating the wrong food, so study carefully the subject of food as related to your particular needs.

The body needs sixteen elements for its sustenance, but people every day omit at least six to ten of these elements from their food. That is the reason that disease has its uncontrolled sway everywhere. God never created disease. We create it through continued wrong living. A stucco house loses its plaster through the decaying influence of the weather. So does the body constantly decay, and for that reason needs proper repairing with the right kind of food materials.

Every day the tissues must be supplied with the right kind of body-building materials. In plastering a house, if you mix less lime in the sand or just make a plaster of sand and water and smooth it on your walls, in a short time the plaster will begin to fall off, although at first you may not have noticed anything wrong with the looks. Similarly, our bodies decay when not "plastered" with the right kind of blood containing the correct kind and quantity of body-building elements. The body begins to lose vigor, the tissues become flabby, the skin begins to wrinkle, and the cells begin to lose their building power. So you must be extremely cautious, and arrange your breakfast, lunch, and dinner in such a way that you can always be sure you are giving the body the proper food substances. As it is important to introduce the right food into the system, it is still more important to develop the powers of digestion, oxygenation, chemicalization, elimination, crystallization, metabolism, and assimilation.

Therefore, in connection with food hygiene we must consider two things:

- a) Selection of proper food materials.
- b) Awakening of vital forces by proper exercise.

All the proper food materials can be classified under the following:

Vitamins, mineral salts, carbohydrates, proteins, and fats.

**MINERAL SALTS** have great tissue-building powers.

**CARBOHYDRATES** consist of compounds which include sugar, starch, and cellulose. They also contain carbon, hydrogen, and oxygen.

**PROTEINS** consist of animal and vegetable proteins necessary in the construction of all living cells. These contain carbon, hydrogen, nitrogen, oxygen, and sulphur.

**FATS** consist of oily matters found in vegetable or animal foods. These are extremely necessary for oiling the joints, and lubricating the cells, and limbs to prevent wear and uncomfortable friction. Thus, your food during the day must consist of the above elements, plus those special foods which you require for the building of special tissues as listed below:

**MINERAL SALTS**--all fruits and vegetables, especially leafy vegetables.

**CARBOHYDRATES**--grain products, potatoes, legumes (peas and beans), corn, winter squash, tapioca, honey, sugar, sweet fruits.

**PROTEINS**--animal proteins (meat, fish, milk, cheese), protein flour, legumes, nuts.

**FATS**--vegetable fats (olive, corn oil), animal fats (butter and cream), nuts (nut oils), legumes (peanut and soy bean oil), avocado.

**VITAMINS** There are lots of energy-producing vitamins in all raw fruit and vegetables. When you eat them in this form all the energy and chemicals enter right into your blood without being lost. Light steaming is sometimes advisable, but remember that nature is the best cook. She prepares all vegetables and fruits with ultraviolet rays and distilled water.

Avoid white flour, as it acts like glue and obstructs the expulsion of bodily waste materials. Rough food, such as bran, is very good to free you of constipation if your intestinal tract is not easily irritated. Remember, constipation is the most dangerous disease. If you are used to eating meat, fish, poultry or any of the other forms of meat, and you think your system demands it, you may eat lamb, chicken, or fish, occasionally. Aim, if possible, for little or no meat in the diet.

**VALUABLE FOODS FOR THE BODY** Tomatoes, grapefruit, bananas, raw spinach, unsulphured figs, carrots, apples, lemons, oranges, nuts, butter, whole-wheat bread, olive oil, nuts or nut butters, lettuce, dates, eggs, milk, and cream.

**BLOOD-BUILDING AND PURIFYING FOODS** Tomato juice, orange juice, and lemon or lime juice. Lemon is the best disinfectant. It kills many germs in the stomach.

**BONE-BUILDING FOODS** Milk, cottage cheese, cocoanut, vegetable marrow, pineapple, and nuts.

**LUBRICATING FOODS** Not more than one tablespoonful of olive oil daily should be taken for lubricating body joints. The use of too much olive oil in salads makes them greasy and indigestible. Also, almond butter, nut margarine, nut butters, cream, and butter.

**BRAIN FOODS** All forms of nuts, milk, and fish.



**NERVE FOODS** Iced lemon or lime and sugar solution, not too sour or too sweet; or almond milk--a tablespoonful of finely ground almonds with a glassful of water. Ground nuts, and orange juice, diluted buttermilk (half water and half buttermilk).

**SPECIAL NERVE DRINK:** To a glassful of cool water, add juice from one-half fresh lime, and sugar. The sugar and the lime taste must be evenly balanced. Always add crushed ice. This is one of the favorite drinks of the yogis, and has a special spiritual vibration.

**SKIN-BEAUTIFYING FOODS** Feeding the skin pores with fresh pure cream or using cocoanut milk (fresh from shell) on face, hands, and arms, just before retiring, has been found wonderfully effective in healing facial scars brought on by measles, smallpox, and other diseases.

**PROPORTION-PRESERVING AND FORM-BUILDING FOODS** Drink very little liquid with meals. Eating too much at one meal, followed by lack of exercise, destroys the shapeliness of the body. Avoid an excess of starch and sugar, or greasy, fried substances. It is easy to eat, lured by taste, but it will be hard to get rid of accumulated fat, which destroys energy. Overindulgence in the use of sex energy will destroy the beauty of the skin; the greater the self-control, the greater will be the beauty of the skin, and the loveliness of the face.

**ORGAN-BUILDING FOODS:** Eyes have been found to be strengthened by drinking goat's milk or carrot juice, and by eating fresh cottage cheese, or raw carrots. Ears are strengthened by eating sparingly of starchy foods, and eating raw foods almost entirely. The lungs are considered to be benefitted by drinking goat's milk and by eating goat's cheese. The stomach is sometimes helped by raw food, or lightly steamed vegetables without salt or spices. A glassful of buttermilk with the juice of a quarter of a lemon is helpful. The juice of one lemon or lime diluted in warm water, without sugar, and drunk alone, is known to be very good for the liver, spleen, intestines, and kidneys. Lemon juice taken daily is known to disinfect the physical organs. The acid in the lemon destroys undesirable germs which get into the body. The heart is known to be kept in better condition by keeping the body thin; the less the flesh, the less the strain on the heart. Do not drink too much water or other liquids (6-8 glasses a day).

**POISON-EJECTING FOODS:** Drinking only unsweetened fruit juice all day once a week, or drinking only juice for two or three days in succession once in two months, will eliminate much poison from the system. Use suitable "natural" laxative during juice fast.

**VITALITY AND MIND-STIMULATING FOODS** You can develop spiritual qualities by deriving energy from bananas, nuts, butter, milk, cream, and fresh and dried fruits. Vitality can be developed from tomatoes, nuts, orange juice, almonds, goat's milk, cottage cheese, whole grain products, and fresh and dried fruits.

Last of all, remember, that the lessons on vitalopathy are given to awaken the life force in each organ. By practicing the stomach exercise, you will greatly stimulate the secretion of the digestive juices, and will materially improve your digestion. Hence, by properly awakening the Cosmic Energy in each organ, you offer the greatest opportunity for the proper food to be converted into proper energy.

**TO AWAKEN ENERGY** Just as electricity passes through a rod made of a conductive substance, and electrifies it, so the body battery becomes fully charged with life force derived from oxygen. When you are tired and hungry, take a sunbath and you will find yourself recharged with ultra-violet rays, and revived; or inhale and exhale several times outdoors or near an open window, and your fatigue will be gone. A person who is on a fast and inhales and exhales deeply twelve times, three times a day, recharges his body with electrons and free energy from air and ether. Contact of food and oxygen with the inner bodily system is necessary if the life force is to convert the food and oxygen into energy. The life force can assimilate oxygen more quickly than it can assimilate solids or liquids.

People who practice breathing exercises always have shining, magnetic eyes. Practice the following exercise three times a day: Exhale slowly, counting from 1 to 6. Now, while the lungs are empty, mentally count from 1 to 6. Inhale slowly counting from 1 to 6. Then hold the breath, counting from 1 to 6. Repeat eleven times. Never hold the breath longer than it takes to count slowly from 1 to 6, or, at most, from 1 to 12.

1. Stand erect with arms stretched straight above head. Relax while holding this position. Throw breath out and keep breath out for the duration of 12 counts.

Inhale and feel that you are drawing energy through the finger tips into the medulla oblongata and body parts.

2. Put chin on chest, tightening muscles of the throat. Slowly inhale, lifting head up and bending it backward. Relax, drop chin on chest, and exhale.

3. Swing your hands as if you were swinging a rope and jump over the imaginary rope.

4. Exhale, and squat on the haunches, sitting on heels. Stand, inhale, and hold breath, counting 1 to 10. Then exhale and drop to squatting position again while exhaling. Knees should not touch the ground and back should remain erect through whole exercise. Repeat five times.

5. Raise arms sidewise, shoulder high. Swing them forward, touching palms in front, then swing back to side position. Repeat ten times.

6. Close eyes. Very gently contract both breasts. Put whole attention there while contracting them. Hold contraction, counting 1 to 30. Then release contraction. Repeat six times, morning, noon, and night.

7. Exposing chest to direct sunlight has been found to be very beneficial; slowly walk two miles a day. Remain outdoors as much as possible. Eat plenty of raw green vegetables and thoroughly ground pecan nuts. Clearing throat and nose with mixture of half teaspoonful of salt and a glassfull of water early mornings and noontime, and just before going to bed, has been found to be very effective.

**MORE ABOUT VITAMINS** In order to maintain health and efficiency, more of each vitamin is required than just enough to prevent a deficiency disease. Find out what you need and then act on the information. There is one thing certain, and that is that you, and every member of your family, need an adequate supply of all the vitamins and mineral salts every day. Not only are vitamins necessary to maintain health, but, according to Dr. Sherman, Vitamin C helps to prolong the period of youthful vigor. However it is well to remember that vitamins do not occur singly in nature and that a generous supply of all of them is necessary to preserve youthfulness and health.

It cannot be too strongly urged that your daily menus be made up largely of the "protective foods," that is, the ones containing the most vitamins. Go through the lists in Praecepta Nos. 57 to 65 and select your diet from them so that you will

**WHOLE-WHEAT** In previous lessons the importance of including all of the minerals and vitamins in the daily diet has been stressed. Whole-wheat contains a great many of these elements necessary to good health and well-being of the body. It contains potassium, sodium, calcium, magnesium, iron, phosphorus, silicon, sulphur, and chlorine among the minerals. It is rich in vitamins also, containing A, B, G, and E. In the process of milling and refining into white flour, and prepared cereals, most of these health essentials are removed and thrown away and you buy the devitalized product.

It is possible to buy 100% whole-wheat bread, if only you will insist upon it. It is also possible to secure freshly ground whole-wheat--ground to any degree of fineness from coarse cereal to pastry flour--as well as whole-wheat macaroni, and other products, at your health food store. Certainly it is worth while even if you do have to go a little out of your way to find such a store. *Wheat Germ*

**MILK--Part 1** Most modern authorities on nutrition consider milk one of the most important elements in the well balanced diet both for children and adults. There does not seem to be any satisfactory substitute for it.

Milk furnishes a "form of protein particularly adapted to conversion into body material" necessary both for growth of the young and for upkeep and vitality of adult tissues. The form of protein in milk is a very effective supplement to that of bread-stuffs and cereals because it is rich in the particular amino acids in which grains are lacking.

Milk is also very important in giving a well balanced mineral content to the diet, when the cows have the right food. Calcium is the mineral most often deficient in the ordinary diet and milk furnishes a high percentage of this element besides some potassium, sodium, magnesium, phosphorus, sulphur, silicon, and chlorine.

**MILK--Part 2** Milk is a rich source of vitamins when the cows are exposed to sunshine and feed on green pasture. Good milk contains small amounts of all of the vitamins but is especially important for vitamins A and G.

If possible, use Grade A Certified raw milk for drinking purposes. This is a little more expensive but safe because it is produced under careful government

regulations and inspection. If you cannot use certified milk, then get pasteurized, and remember that--whatever the kind--milk must be kept thoroughly chilled in the refrigerator at all times.

There seems to be a slight difference of opinion as to the exact amount of milk required in a balanced diet, but it varies from one pint to one quart daily for each adult. All authorities agree on at least one quart of milk a day for children. This may be used as a beverage or in cooked dishes.

**BUTTERMILK AND SKIM MILK** Buttermilk contains all the elements of whole milk except the butter fat. Besides this, buttermilk contains lactic acid which gives it its special flavor, makes it easier to digest and protects it from harmful bacteria. When buttermilk is served as a beverage, butter should also be eaten at the same meal in order to obtain all the health-giving elements of whole milk.

Skim milk may also be used as a substitute for whole milk, if butter is served, for it too includes all of the properties of whole milk except butter fat.

**CHEESE** Cheese is classed as a protein food, and is therefore an important meat substitute. Since it is made of milk, it contains the same valuable elements, such as vitamins A, B, and G, and also the minerals sodium, calcium, phosphorus, sulphur, and chlorine. Cheese is a very important food because of its richness in butter fat and its complete milk protein. However, it is very concentrated and should not be eaten in large quantities.

**EGGS** Eggs are a protein food and therefore an important meat substitute. The yolk is more valuable than the white because it contains all of the fat and most of the minerals and vitamins. Eggs are also a valuable source of iron and phosphorus and are rich in vitamins A, B, and D. Because of their function in nature of supplying nutrition to the unborn chick, eggs are very efficient as sources of the energy and the materials for growth and development.

**FRUITS AND VEGETABLES--Part I** Fruits and vegetables differ widely in the amounts of energy and protein which they supply. They also vary greatly in their vitamin and mineral values.

In general, vegetables are richer than fruits in minerals. Vegetables and fruits (with a few exceptions) are useful in maintaining the alkaline reserve of the body, and most fruits and vegetables are valuable for their slightly laxative effect.

Generally speaking, green and yellow vegetables are rich sources of vitamin A; vegetables and fruits as a group are important sources of vitamin B and G; and the citrus fruits, tomatoes, raw cabbage and raw onions are among the richest sources of vitamin C.

Fruits and vegetables should, therefore, be more generally and more liberally used for many good reasons. The cost of food may often be lowered, and the diet improved as well, by cutting down on animal proteins and sweets and using fruits and vegetables more freely.

**FRUITS AND VEGETABLES--Part 2** When fruits and vegetables are cooked, their nutritive value is somewhat lessened. Vitamin C especially is affected by high temperatures and oxidation. Therefore, it is desirable that at least a part of the fruit and vegetables should be eaten raw.

In canned grapefruit and canned tomatoes, the high vitamin C value is excellently conserved. These rank along with raw citrus fruits and their juices are among the richest sources of vitamin C. Ripe bananas and some varieties of apples are good sources of this vitamin, besides cooked potatoes and milk, which contain a small amount of it. With all of these common sources, it will be seen that it is not necessary to go on an entirely raw diet in order to get enough of this vitamin.

### **MIND AND DIGESTION**

The mind is more concerned with the process of eating and digesting food than is ordinarily recognized. There are, first of all, some simple laws of nutrition which must be learned and followed if health and efficiency are to be maintained at a high level.

Of great importance is the proper selection and preparation of food as well as the proper atmosphere for eating it. An attractive appearance and the odor of delicious food prepares the digestive system to receive it. Emotions also play an important part in the process of digestion. Both pleasant and unpleasant impressions cause a reaction in the sympathetic nervous system which controls the digestion by the digestive organs.

The digestive organs respond readily, through their connection with the sympathetic nervous system, to mental impressions and therefore, at no time of day do unpleasant impressions do as much harm as at meal time. Anxiety, depression, fear, anger, etc. delay digestion while cheerfulness, hope, courage, and serenity stimulate good digestion. All worry, care, and thought of difficulties should be put aside, particularly while eating and one should always partake of food with a thankful, joyful heart. The mind must take control and master the environment to see that there is only calmness and pleasantness at meal time if the digestive system is to function normally.

**NUTS--Part 1** Botanically speaking, nuts are, for the most part, seeds from trees, bushes, and plants. They usually have a hard, woody covering. The almond, pecan, walnut, and so forth, come from deciduous trees in the temperate zones. Coconuts, and Brazil nuts come from tropical trees. Other nuts, like peanuts and pistachios are the seeds of leguminous plants and shrubs.

Nuts are rich in phosphorus, potassium, and magnesium, but are deficient in sodium, calcium, and chlorine; and therefore the other food eaten with them, should be well chosen. When ground with dried fruits, such as raisins, figs, and dates, nuts make an excellent fruit confection. The proportion is four ounces of nuts to twelve ounces of dried fruits.

**NUTS--Part 2** In order to increase the digestibility of nuts one should eat them only in moderate quantities, and should masticate them well. Nuts should be taken in combination with fruits and vegetables rich in sodium, especially green leafy vegetables. They should never be used as a dessert after a heavy meal because they require the full action of the digestive juices. Their indigestibility in most cases is due to lack of wisdom in the choice and quantity of food eaten with them. Nuts should constitute a real part of the menu and not be used as a mere supplement. They are best taken in the form of unroasted nut butters, and from three to four ounces is a sufficient supply for an adult.

**NUTS--Part 3** Nuts are particularly valuable as meat substitutes, for nut proteins are of high biological value. Nuts should be thoroughly masticated, or ground before being eaten. The digestive juices cannot penetrate even small pieces, and they pass undigested through the alimentary canal. Through experimentation, it has been found that the digestibility of nuts is increased as much as ten percent when made into nut butters. Be sure to secure the best quality--not too heavily salted or over-roasted. Excessive heat develops free fatty acids which over-tax the liver and kidneys, and unduly increase acidity in the blood.

**TABLE OF AVERAGE COMPOSITION OF NUTS COMPARED WITH OTHER FOODS**

Kind of Food	Water	Protein	Fat	Carbohydrates	Mineral Matter
Almond	4.9	21.4	54.4	16.8	2.5
Brazil nut	4.7	17.4	65.0	9.6	3.3
Butter nut	4.5	27.9	61.2	3.4	3.0
Cashew nut	5.0	18.0	57.4	6.0	2.6
Chestnut, fresh	43.4	6.4	6.0	42.8	1.4
Chestnut, dry	6.1	10.7	7.8	73.0	2.4
Cocconut, fresh	13.0	6.6	56.2	22.6	1.6
Cocconut, dry	3.5	6.3	57.4	31.5	1.3
Filbert	3.4	16.5	64.0	11.7	2.4
Hickory nut	3.7	15.4	67.4	11.4	2.1
Peanut	7.4	29.8	43.5	17.1	2.2
Pecan	3.4	12.1	70.7	12.2	1.6
Pine nut	3.4	14.6	61.9	17.3	2.8
Pistachio	4.2	22.6	54.5	15.6	3.1
Walnut	3.4	18.2	60.7	16.0	1.7
Steak, round	65.5	19.8	13.6	----	1.1
Cheese, cheddar	27.4	27.7	36.8	4.1	4.0
Eggs, boiled	6.5	12.4	10.7	----	0.7
Butter	11.0	1.0	85.0	----	3.0
Beans, dried	12.6	22.5	1.8	59.6	3.5
Raisins	14.6	2.6	3.3	76.1	3.4
Whole-Wheat bread	35.7	8.9	1.8	52.1	1.5

Chart from book "Vital Facts About Foods" by Otto Carque.

**NUTS--Part 4** For the preparation of nut butters, the nuts should be dried or dehydrated at a moderate temperature, in order to make the nuts crisp, but not hot enough to destroy the vitamins. Nut butters made from well-prepared, unroasted nuts are superior in nutritive and hygienic value to the best cuts of meat. Very little if any salt should be used with nuts.

Nuts are very rich in fats, the pecan containing the most and the chestnut the least. They are also a very good source of protein. The pignolia contains the largest percentage (33.9) and the peanut next with 25.8. Many other nuts contain over 20 percent and thus excel the best cuts of meat in that respect. The almond contains 21. percent protein and no starch and is especially good in the form of almond milk. The dry chestnut contains only about 10 percent protein and 70 percent starch and is often ground into flour for making bread in Italy and Spain.

**VEGETABLES** Because they contain the largest percentage of alkaline elements, the leaves and tender stems of vegetables should make up a large part of our dietary. The green vegetables do not contain much solid nourishment, but they are very valuable for their bulk and for the minerals, sodium, calcium, and iron, which are three of the most essential alkaline elements. Great benefits may be obtained by taking health cocktails made of fresh vegetable juices. Carrot juice, celery juice, radish juice and cucumber juice are some of those most commonly used. Have a health cocktail at least once a day.

**CLASSIFICATION** Vegetables may be divided into five classes of which the best **OF VEGETABLES** known are:

1. Fruit-Bearing Vegetables: Chayote, cucumbers, eggplants, melons, okra, peppers, pumpkins, squashes, tomatoes.
2. Green Vegetables: Artichokes, beet tops, Brussels sprouts, cabbage, cauliflower, celery, chard, dandelion leaves, ice plant, kale, lettuce, mustard greens, spinach, parsley, watercress.
3. Succulent Roots and Bulbs: Asparagus, beets, carrots, celery root, chives, garlic, leek, horseradish, kohlrabi, onions, parsnips, radishes, rutabagas, salsify, turnips.
4. Starch-Bearing Roots and Tubers: Arrowroot, cassava, taro, potato, sweet potato, yams, Jerusalem artichokes.
5. Mushrooms, Fungi, Lichens, Algae (Seaweeds)

**VEGETABLES AND ALKALINITY** Of the first class (see list in preceding lesson)--namely the fruit-bearing vegetables--cucumbers, tomatoes, and melons are in most common use. They contain potassium, calcium, magnesium and iron and are most beneficial when taken in their natural state. Tomatoes and cucumbers, particularly, are valuable for their alkaline reaction in the body.

The green-leaf vegetables are very essential in a normal diet because of their high percentage of alkaline salts, and most of them can be used raw. Some of these should be consumed in their uncooked state in combination salads every day.

Although the roots and bulbs are not as rich in alkaline salts as the green vegetables, they still contain valuable amounts, and should be included in the dietary when properly prepared. Carrots, beets, radishes, rutabagas, and turnips contain potassium, sodium, calcium, and iron. Kohlrabis, leeks, and onions are particularly rich in calcium, magnesium, iron, and sulphur. Asparagus is rich in both mineral salts and vitamins.

**SCIENCE OF NUTRITION -- Part 1** Today it is considered absolutely essential that every one who has anything to do with the planning of the menus and the selection and preparation of food should have a thorough knowledge of dietetics, for it is being realized more and more what a great and important role food plays in promoting proper growth, and in establishing and maintaining radiant health, energy, and beauty. So very much suffering can be avoided, and so much happiness and contentment gained, by the application of a little intelligence. Small errors in diet or small deficiencies of necessary elements may not produce obvious harm immediately, but they are cumulative in effect and irremediable trouble may follow later. Mothers and all others who plan menus are responsible for the future as well as the present well-being of those in their charge.

**THE SCIENCE OF NUTRITION --Part 2** The value and importance of the correct feeding of individuals is recognized more every day. Leading research workers in the field of dietetics and nutrition have proved by experiment that "a carefully regulated diet will produce better physical and mental types of individuals with more stable nervous systems and happier dispositions."

After knowing a few of the principles, the ordinary person can plan his daily diet without much trouble or calculation. Those who plan for others should recognize their full responsibility and set about acquiring the necessary knowledge to safeguard the health and well-being of all concerned.

A knowledge of food values is imperative in order to choose wisely from the hundreds of kinds and brands of foods on display in the modern markets. You cannot trust to instinct to guide you -- you must know whether you are getting unadulterated and unrefined foods, whether you are getting wholesome, nutritious food for the money you spend, or whether you are receiving denatured commercial products.

**SCIENCE OF NUTRITION--Part 3** The necessity of shipping food from great distances to our city markets has developed serious problems in the care and preservation of foods. The government has done a great deal to protect the consumer in seeing that the food sold should be what it claims to be, that it is in good condition, and that it is free from harmful preservatives. Beyond this, the wise choice rests with the individual.

If you are really in earnest about getting pure food, whole grain cereals, meals, and flours, unadulterated honey, maple syrup, mineralized salt, unsulphured fruits, raw sugar, and all the other health food products, get acquainted with your health food store. Almost every community of any size has one these days. Most of the modern markets carry health foods which you can get if you will take the trouble to find out the right brands and then insist upon getting them.



SCIENCE OF NUTRITION -- Part 4. Every individual needs an adequate or normal diet. The normal diet varies with circumstances, individuals, age, climate, race, and economic conditions. We here quote a good definition of an adequate diet from "Dietetics and Nutrition," by M. A. Perry. "An adequate diet may be secured in many ways and by the use of a great variety of foods as long as it conforms to certain fundamental conditions. It must provide all the food nutrients in the proper proportion, an adequate amount of vitamins, sufficient bulk for regulation of body functions, fluids in proper amounts, calories to produce and maintain normal weight, and enough alkaline ash producing foods to balance the acid ash foods to prevent acidosis."

The foods of which a normal or complete diet is composed may be classified according to physical properties, source, chemical composition and function. Foods may be solid, semi-solid, or liquid. They come from the animal, vegetable, or mineral kingdom, and they may be either organic or inorganic.

Inorganic foods are foods such as water and salts which are without what is ordinarily called life. Organic foods are those which have had life and may be either animal or vegetable. Organic foods are further divided into those which contain nitrogen and those which do not.

All foods are also classified in five groups according to their chemical properties. These are: 1) proteins, 2) fats, 3) carbohydrates, 4) water, and 5) minerals.

Some foods build and repair tissue and others furnish material for the production of heat and energy. Proteins and minerals belong to the first class, and proteins, fats, and carbohydrates to the second. The oxygen, which is taken into the body in the air which is breathed, burns the food and thus produces heat and energy.

### INSPIRATION

#### SWIMMING IN GOD

It is your greatest privilege to meditate. In one life you can find God if you put forth strength, energy, and determination. Without determination, He cannot be found. So remember, taking lessons only will not do; but if you practice them you will get results. Lord Krishna said: "Out of one thousand, one seeks Me, and out of one thousand who seek Me, one knows Me."

One day, Brinda, who was a postman, came to his guru, Lahiri Mahasaya. Lahiri said to him: "Brinda, what is your desire?" Brinda said: "I have one prayer. You have gotten me so divinely intoxicated that I have a hard time to deliver my letters. Just keep me out a little bit from that intoxication that overwhelms me from Kriya so that I may deliver my letters." Then Lahiri Mahasaya said: "Brinda is swimming in God." He was swimming in God while continuing his work as a postman!\*

\*For a more complete account of this incident, see "Autobiography of a Yogi" pp. 333, 334.

## PROTEINS

Organic foods, or those which have had life, are divided into two classes, those which contain nitrogen and those which do not. Proteins belong to the nitrogenous class and they are a chemical combination of carbon, hydrogen, nitrogen, oxygen, sulphur, and sometimes phosphorus. Other classes of foods also contain some of these elements, but proteins are the only ones containing nitrogen in a form available for body use. Proteins build and repair tissues and to some extent help with the production of heat and energy by stimulating chemical changes in the cells.

Proteins differ from each other in their chemical structure, which is very complicated, being composed of units that are highly complex nitrogenous compounds called amino acids. Proteins are rated as complete or incomplete "according to the kind, number, proportion, and order of arrangement of the amino acids with which they are constructed." Complete proteins are the ones that contain some of every kind of amino acid. All animal proteins (including milk, cheese, and eggs) are of this class. Plant proteins are incomplete but they supplement one another.

Since herbivorous animals are able to build up complete proteins from plant food, it is assumed that seed proteins supplement those derived from the leafy or green parts of plants. Therefore, it is important, especially for vegetarians, to include both parts in their diets. The seeds are, of course, grains, peas, beans, lentils, etc. From the standpoint of protein supply as well as for vitamins and minerals, it is wise for vegetarians to include milk, buttermilk, cheese and eggs as a regular part of the well-planned dietary, for the human body seems to thrive best on a combination of proteins from both the animal and vegetable kingdoms.

Complete proteins are those that will promote growth and maintain health. Incomplete proteins are those which will maintain life but will not promote growth or insure health. It is not enough merely to be kept alive. Children have a right to the food which will promote normal growth and strength, and adults should be satisfied with nothing less than vigorous, radiant health. Plenty of reliable information is available for those who will acquire and use it.

Some of the incomplete proteins are found in gelatin, cereal grains, and lentils. These foods should be used as protein supplements rather than as the only source of proteins. The most important vegetable proteins are found in nuts, peas, beans, lentils, and to a lesser extent in grains. Milk, cheese, and eggs, besides containing complete proteins, are richer in proteins than vegetable foods. These proteins are more easily digested and more fully utilized by the body. Vegetable proteins do not contain as much carbon as animal foods, but are richer in nitrogen.

Eggs are moderately rich in both protein and fat. Both the yolk and white of eggs contain complete proteins. Next to milk, eggs are the most important source of protein for children. Eggs are also rich in minerals that are in organic compounds and very easily absorbed. The most important minerals in eggs are iron and phosphorus. Eggs are a good supplementary food to use with carbohydrates, because they contain no starch or sugar. One egg furnishes about 70 calories and its food value is equivalent to that of one glass of milk.

Eggs should be cooked at a low temperature. High temperatures change the hardened protein albumen in the white of the egg, and hinder digestibility.

## THE FATS AND OILS

Fats and oils constitute the second group of foods according to the chemical classification. (See Praeceptum No. 92.) Fats furnish the fuel to provide heat and energy for the body. They contain the same elements as carbohydrates, but in different proportions. Chemically they are much simpler than proteins for they contain only carbon, hydrogen and oxygen. When burned as food, fat gives off twice as much heat as the same weight of either protein or carbohydrate.

Excess of fat beyond that which is needed to provide heat, if it is absorbed, is stored in the tissues as reserve fuel. The accumulation of too much fat interferes with the chemical and mechanical efficiency of the tissues.

**ANIMAL FATS** For vegetarians, cream and butter are the most important animal fats. Cream contains about the same amount of protein and carbohydrates as milk but it is much richer in fat. (See Praecepta Nos. 71 to 74 for mineral and vitamin content in milk and cream.)

**VEGETABLE FATS** "The fats in vegetable foods are found mainly in the seeds of the plant. Chemically, they are the same as animal fats. They contain more olein and so are liquid fats. This makes them more easily digested than animal fats. Olive oil and cocoa butter are among the most valuable of vegetable fats. Olive oil is slightly laxative and assists in mechanical digestion of foods. Nearly all nuts are rich in fats."

**CARBOHYDRATES -- Part 1** Carbohydrates are heat- and energy-producing foods. They contain carbon, hydrogen, and oxygen, but no nitrogen, and they are found mainly in the vegetable kingdom. Starch foods, and the various sugars, gums, pectins, and cellulose all come under the general term carbohydrate. Since the hydrogen in carbohydrates is already combined with oxygen, it cannot be burned for fuel and, therefore, carbohydrates do not give as much heat as fats. Any carbohydrate eaten in excess of the body's energy requirement is stored in the tissues as fat.

There is no natural food which is pure carbohydrate. The best carbohydrate foods are the starches of unrefined seed and plant products because they also contain the valuable and necessary vitamins and minerals. Use raw sugar or honey, and whole grain cereals, meal, and flour, instead of the refined commercial products which have had most of the life taken out of them.

**CARBOHYDRATES** During digestion starches are gradually converted into sugar and thus the digestive tract is not suddenly flooded with a concentrated solution of sugar, as is the case when refined devitalized foods are eaten, which are liable to irritate the lining membrane of the stomach and to ferment before completely absorbed.

"The cell walls of plants consist primarily of a carbohydrate cellulose. It is not digested in the human alimentary tract; it serves a useful purpose as roughage. The fibrous material mechanically stimulates peristalsis and acts as a tonic to a sluggish bowel. Fibers absorb and carry away poisons formed from putrefaction of protein."

CHEMICAL COMPOSITION OF THE BODY The following chemical elements enter into the composition of the body and a few others are sometimes found in small amounts. The ever-present ones are: iron, nitrogen, sulphur, oxygen, hydrogen, phosphorus, chlorine, potassium, iodine, carbon, fluorine, calcium, sodium, magnesium, silicon, manganese, and copper. The chemical elements required by the body are supplied by food which is eaten and air which is breathed. These elements must be supplied and they must be kept in their proportion in order to maintain health.

TABLE OF VITAMINS

	A	B	C	D	E	G
Alfalfa	***	**	**		*	*
Apples	*	*	**			*
Artichoke	*	*				
Asparagus	*	**				
Bananas	**	*	**	*	**	*
Beans (kidney, soy)	*	**			*	
Beans (string, steamed)	**	**	*			
Beets	*	*	*			*
Bread (white)	*	*	*			
Bread (whole-wheat)	**	**	*			
Butter	***	*	*	*	*	
Cabbage (raw)	*	*	***			*
Cabbage (cooked)	*		*			
Carrots (raw)	***	**	**			*
Carrots (cooked)	**	*	*			
Cauliflower	*	*	*			*
Celery (raw, green)	*	**	**			
Cheese	**				*	
Corn	*	**			*	
Cream	***		*	*	*	***
Dandelion greens	**	*	*			
Eggs	**	*	*	*		**
Grapefruit	*	**	***			**
Honey					**	
Lemon juice	*	**	***			**
Lettuce (leaf)	**	**	*	*	*	*
Milk (fresh)	***	*	*	*		*
Milk (evaporated)	***	*				*
Onions	*	*	**			*
Oranges	**	**	***			**
Parsnips	*	**				
Peaches (fresh)	**	**	**			
Pears (fresh)		**	*			**
Pineapple	**	**	***			*
Potato (sweet)	**	*	**			*
Potato (white)	*	*	**			*
Prunes	**	**				
Rice (polished)						
Rice (brown)	*	**	*			*
Raspberries	**	*	***			
Rye	*	**	*			*
Spinach (raw)	***	**	***	*	**	**
Tomato	**	**	***			
Turnip	*	**	**			*

**MINERAL SALTS** Mineral substances are essential constituents of all the body tissues but they are very unequally distributed throughout the body. They give rigidity and hardness to the bones and teeth and in the soft tissues and fluids they take part in the control of the body processes. They control the acidity and alkalinity of the digestive juices, they maintain the neutrality of the blood. They determine the oxygen-carrying capacity of the red blood cells. Since mineral substances become residual ash after the organic material of food is completely burned in the body, they make no contribution to the energy value of foods. "Dissolved in the body fluids, mineral salts help to regulate the heart-beat, the activities of the tissues, and in some cases (bones and teeth) enter into the actual structure."

**SODIUM CHLORIDE** Sodium chloride (common table salt) is the most familiar mineral salt. It is required by the stomach for the manufacture of the hydrochloric acid in the gastric juice. This acid assists in "the digestion of proteins, in killing disease germs, and in preventing fermentation of the stomach contents. Salt is in solution in the blood plasma and lymph. All of the sodium chloride necessary for the body is taken in ordinarily as a part of the regular food and its use as a condiment is not a necessity." The best sodium foods are: celery, spinach, Romaine, tomatoes, radishes, beets, strawberries, cheese, cress, pumpkin, asparagus, carrots, lettuce, butter, cucumbers.

**CALCIUM** Calcium in the form of salts and phosphates is required for hardening the bones and teeth. It also helps in the clotting of blood and in the curdling of milk. The most common calcium foods are: Cress, cheese, turnip leaves, savoy cabbage, lettuce, okra, spinach, milk, cottage cheese. Milk, cheese, eggs, and almonds provide both calcium and phosphorus.

**PHOSPHORUS** "Phosphorus compounds are present in cell nuclei, especially in all actively growing tissues. The importance of a proper supply of phosphorus to growing animals is thus obvious." Some foods rich in phosphorus are: Kale, radishes, pumpkin, cress, mushrooms, buttermilk, Brussels sprouts, cheese, cucumbers, lettuce, savoy cabbage, cauliflower, spinach, turnips, soy beans, leeks, asparagus, eggs, and milk.

**IODINE** The lack of sufficient iodine in the diet is a contributory cause of certain forms of goiter. Women seem to be more susceptible to this ailment than men. There are so-called "goiter-belts" in this country where the soil is very poor in iodine, and consequently foods raised in these sections lack this necessary salt and it must be supplied through sea products, iodized salt, and so forth. Iodine is necessary for the secretion of the thyroid gland. "This thyroid secretion is invaluable to normal brain activity and metabolism of fats in the body. It aids in the assimilation of calcium, silicon, fluorine, chlorine, and other salts." When grown in soil which contains iodine, the following foods will supply iodine: artichokes, mushrooms, sea products such as Irish moss, kelp, sea lettuce.

**MINERAL SALTS** Animal proteins are the richest source of sulphur although the following foods supply some of it: Kale, cress, Brussels sprouts, cabbage, fresh string beans, spinach, cauliflower, raspberries, cheese.

Potassium salts are widely distributed, especially in plant foods. Potassium helps with the assimilation of sugars and starches, and is one of the best alkalizers. It helps to keep the hair healthy, and stimulates circulation. Some potassium foods are: Tomatoes, kale, lettuce, turnips, celery, cabbage, cress, cucumbers, cauliflower, beets, egg plant, radishes, parsnips, green lima beans.

Magnesium is found in most of the foods that supply calcium, and in chlorophyll (the green pigment in plants). Magnesium and potassium are so widely distributed that a deficiency is unlikely in a well-balanced diet. All foods in which magnesium is found are laxative in character. Some sources are: Garbanzas, tomatoes, spinach, lettuce, cress, savoy cabbage, chard, celery, fresh string beans, kale.

**MINERAL SALTS** "Manganese appears to play some part in the processes of reproduction, lactation and growth." It also affects the lining of the heart and other organs and has antiseptic properties. It is found in whole, unrefined seed products and in the following foods: cress, egg yolk, almonds, walnuts, parsley, peppermint leaves.

Iron is a very important element in maintaining health in the body. The amount of it found in the human body is very small and yet it is necessary to all cell structure and aids in the control of cell functions. It is found in the red blood cells which carry oxygen to all parts of the body. Very little iron is stored in the body and therefore a daily supply is essential. Some foods rich in iron are: lettuce, spinach, strawberries, asparagus, savoy cabbage, onions, watermelon, celery, cucumbers, beet tops, dried pulses, whole-meal cereals, eggs, raisins.

**MINERAL SALTS** The ordinary diet is more likely to be deficient in calcium than in any other mineral element. While all human beings need a regular supply of calcium, it is especially necessary for infants and children. It is necessary for proper growth and for the formation of strong bones and teeth. It aids in muscle contraction and in digestion of fats. Calcium coordinates with other minerals to regulate the rhythmic heartbeat and the response of nervous tissue to stimuli. A liberal use of milk in the diet is the best insurance against a dietary calcium deficiency. Another of its very important functions is the coagulation of blood. Some of the best calcium foods are: Milk, cress, kale, eggs, turnip leaves, savoy cabbage, red cabbage, Romaine lettuce, okra, spinach, chard, cheese, dried figs, dried beans, almonds, oatmeal, apricots, dates, raisins.

**MINERAL SALTS** While mineral salts form only about 4% of the body's composition, they are very essential to its growth and health. "Without mineral salts, proteins and carbohydrates cannot be utilized by the body, because these salts perform all the physiological functions of the system in the process of digestion and assimilation, secretion, and in the purification of the blood from waste matter."

Mineral salts are found in abundance in all natural, unrefined foods. The devitalizing processes of refining, preserving and over-cooking foods robs them of their natural mineral and vitamin supply. Every intelligent person should see that his dietary needs are well supplied with the "protective foods." A mixed diet of milk, eggs, cheese, green vegetables, fresh fruits, and whole seed products will supply all the essential minerals and vitamins.

**MINERAL ELEMENTS** Some of the mineral elements function "chiefly as structural parts of the living tissues and others chiefly as constituents of the body regulators." They are all necessary for maintaining the life processes. After they have completed their special functions they are eliminated as waste matter. It is therefore necessary that the diet should furnish an adequate supply of the necessary minerals each day.

Most of the essential minerals are supplied in sufficient quantity in the ordinary varied diet, but iron, calcium, phosphorus, iodine and copper are likely to be present in amounts too small for the body needs. For this reason care must be taken to see that enough of these elements are included in the daily food intake.

The three mineral elements, oxygen, carbon, and hydrogen are found in every food while nitrogen is supplied by the proteins. Calcium and phosphorus are necessary, particularly for infants and growing children, because they work together closely in the formation of strong bones and good teeth.

**MINERAL ELEMENTS** Copper occurs in foods in very small amounts but it is widely distributed among natural foods of both animal and vegetable origin. It is found in eggs, milk, the seeds of plants, leafy vegetables, roots, tubers, fruits, meats, poultry and fish. In foods it is always associated with iron, calcium, phosphorus and other minerals. For normal conditions a varied diet which supplies enough iron, calcium and phosphorus will also furnish enough copper for the body needs. The chief function of copper in the body is to promote the formation of hemoglobin.

**WATER** Without water, plants and animals would not be able to utilize their food.

About 60% of the human body is composed of water and it is necessary for all of the tissues and organs. Even the bony tissue has a large proportion of water in its composition and water is required for the elasticity of tendons and muscles. Loss of the normal amount of water always produces a serious condition and in some diseases produces death in a short time.

When people do not drink enough liquids, the body, in endeavoring to keep its fluid content constant, keeps the needed water from the kidneys and from the digestive glands. In this way constipation and possible urinary disturbances are caused.

**WATER** Water is eliminated from the human body by perspiration, respiration, and excretion. Water is almost as important to life as air, and a certain amount, differing with each individual, should be drunk daily. Those whose diet includes a liberal amount of fruit juices and leafy vegetables do not need to drink as much water as those who live on a more concentrated diet. Two quarts of water or fruit juices daily are an average requirement.

Nutrition experts differ in their opinions as to whether water should be taken with meals or not, but all agree that food should never be washed down with water. Food washed down is in no condition for the stomach to digest.

Water is an incomparable cleansing agent. Through its presence in the blood stream, it reaches all parts of the body, washing away impurities, distributing body-heat, and serving as the main ingredient of all the fluids of the body.

**WATER AND ITS FUNCTIONS** Water may be classified as hard, soft, rain water, spring water, mineral and carbonated waters.

Hard water contains salts of magnesium or calcium. When the minerals are in excessive amounts they tend to produce constipation and aid in forming hard calcareous deposits in the body. Since soft water carries these mineral salts in very small quantities, it is much more wholesome for drinking.

Rain water is for the most part good drinking water, especially after it sinks into the ground, drains through gravel beds and appears again as spring water. Spring water is usually very pure.

Mineral waters contain iron, sodium chloride, and calcium salts. For general use water should not contain more than one per cent of mineral salts. Water containing a high percentage of mineral salts irritates the digestive tract, and if its use is long continued, it causes digestive disorders. Some of these waters may be purified by boiling. If there is any doubt at all about the source of the water supply the water should be boiled.

**COFFEE AND TEA** The stimulating effect of coffee and tea is due to the alkaloid caffeine. The feeling of exhilaration produced by caffeine is very much like that of one of the stages in the action of alcohol. Caffeine quickens the pulse and relieves the sense of fatigue and it produces these effects without ending in depression or collapse.

It has an effect on the heart both directly and through the central nervous system. The heart beat is first weakened and accelerated, and later it is slowed, but its strength is increased. When one not accustomed to caffeine takes coffee, the blood pressure is at first raised, but later lowered. When one becomes accustomed to the drug, the blood pressure tends to remain high after taking it. There is also an effect on the kidneys, increasing their secretory activity. 121

## The Physical and Spiritual Rewards of Fasting

By PARAMAHANSA YOGANANDA

*A talk given on March 9, 1939, at Self-Realization Fellowship  
international headquarters, Los Angeles, California*

The physical results and spiritual experiences of fasting are wonderful. The spirit within becomes dissociated from the demands of the body as the body itself is freed from gross habits. I have just passed my thirtieth day of dieting and fasting, and it seems as natural as if I had never eaten. All of you who are able should go on a three-day fast; if possible, a longer one.\* You would begin to discover that you can live without food.

Pains or aches in the body indicate that something is going wrong with its machinery; repairs are needed. Think how conscientiously you keep your auto clean and in good repair. Much more complex than any car is the human body; and the Lord wants you to keep it clean and in good running order, also, while at the same time depending more on Him. The secret of good health does not lie only in chemicals; one should rely even more on God's energy within.

This life force within our bodies is, in fact, the source of life. It is a conscious power: the creator of the organs, and the supplier of their vitality as well. Ordinarily, life force is continually reinforced by mind power and food. But if it has been too much misused, it

\*Persons in good health should experience no difficulty in fasting for three days; longer fasts should be undertaken only under experienced supervision. Anyone suffering from a chronic ailment or an organic defect should fast only upon the advice of a physician experienced in fasting procedures.

gives up and refuses to work any more. No food gives strength, no change of air invigorates, nothing can restore energy to the body when its life force begins to diminish. Its power may grow dim in the eyes, for example, and then you cannot see well.

Fasting gives rest to the overworked organs, the bodily engines; and also to the life force itself, relieving it of extra work. When you cease to make the life force feel it has to depend for its existence on external sources—food, water, oxygen, sunshine—it becomes self-supporting, independent.

It is overeating for three hundred and sixty-five days of the year that creates many kinds of disease. Undeviating regularity in eating, whether the system actually needs food or not, is also a curse to the body. The more you concentrate on the palate, the more disease you will have. To enjoy food is all right, but to be a slave to it is the bane of life. Why should you let nature hurt you? Nature cannot punish you if you are not attached to the body nor bound by food. You must recognize that life force is the sustainer of the body.

### Make Greater Use of the Mind

And, without being fanatic, place the greatest emphasis on the mind, with the object of making its power more and more dependable. If you insist on making your mind a slave to your body, the mind will take revenge. It will relinquish its power, so that you will have to depend on someone or something else to help you; and no doctor or medicine can help any patient if the patient's mind has become so weakened that the disease has become chronic. Three-fourths of the cure lies in the mind.

In India, we teach how to conquer the body so that one can rely to a greater degree on the mind. Those who constantly look to physical means for health and healing will be dependent on them always. But mental power is superior. One should learn gradually to make greater use of the mind. By doing so, you will realize that the mind is a superb instrument. Whatever you command, it will do. This I have seen in my own life.

Once when I was lecturing in Milwaukee [Wisconsin], it was terribly hot; my face was streaming perspiration, but I couldn't



find my handkerchief. For a moment I didn't know what to do. Then I put my consciousness at the Christ center\* and inwardly said, "Lord, my body is cool." At once all perspiration disappeared, and my body felt cool as could be! So it is good to try to depend more on mind. However, you cannot deny the body entirely; if you truly did so, you wouldn't think or eat or move.

Some are interested in the power of mind over body principally to demonstrate health. But health is not the purpose of life. Communion with God is the purpose of life. You may feel well for a while, but a time comes when nothing avails. Then who will help you? God. Fasting is one of the great ways of approaching God: it releases the life force from enslavement to food, showing you that it is God who really sustains the life in your body.

But the temptation of Satan is that as soon as the mind thinks "food" you want to eat. Once, as a little boy in India, I had a cold and I wanted to eat some tamarind, which is considered very bad for colds. My sister strongly disapproved, but because of my insistence she grudgingly brought me some of the fruit. I took one piece, chewed it, and spit it out. The desire for its taste was satisfied without my swallowing the tamarind. Since man all too often acquires the habit of greed, it is unfortunate for him that God didn't create the body in such a way that he could enjoy the sense of taste and let damaging excess or improper food bypass the organs of digestion and assimilation!

#### Self-Control Is Sanest Way to Health and Happiness

But, in truth, the only way to health and happiness, and the sanest way, is self-control. To be a master of yourself, so that you are not overpowered by your senses, is one of the greatest blessings you can have. If you overload a wiring system with too much electricity, it burns out. And every time you load your digestive system with too much food, the life force burns out. When you refrain from overeating, and when you fast, the life force takes rest and becomes recharged.

If your auto is not working properly, you send it to a garage.

\*Seat of will in the brain, at a point midway between the eyebrows.

It runs better for a while, and then something else goes wrong and you send it back for further repairs. The same must be done for the body. The physical effects of fasting are remarkable. A fast of three days on orange juice will repair the body temporarily, but a long fast will completely overhaul it. Your body will feel as strong as steel. But if you want a thorough overhaul, then you must also watch at all times what, and how much, food you take into your body.

#### Know the Right Way to Fast

In fasting you must know what to do. That is why proper supervision is necessary for a fast longer than three days. I don't advise anyone to make his first fast a long one, for he will become weak. A one-day fast on fruit each week, or a three-day fast on orange juice each month, are good ways to accustom oneself to fasting. The faster must be mentally prepared for those who will immediately begin to sympathize and tell him that he will become sick and die if he doesn't eat. It is true that, on a longer fast, you may feel weak during the first few days, because the life force has been accustomed to dependence on food. But gradually, as the days pass, you no longer feel any weakness. Your life force and spirit become detached from food. You see that the body is sustained by life force alone.

I know the secret by which one can fast and still not lose weight. The life force, when under one's conscious control, may be utilized to take off flesh or to keep the body at normal weight. Either way, it is effective. Applying this principle, the normal temperature of the body does not go down, no matter how long one fasts. Drawing energy from the medulla, the "mouth of God,"\* the life force begins to rely more and more on its innate regenerative power instead of depending on outside sources.

Human beings in a perfect state of suspended animation can be buried for five thousand years or unto eternity and remain alive. Life is eternal. It depends not on breath, nor on food, water, or sunshine. Remember always that you are the Imperishable Spirit. That is the way to live.

\*In the sense that through the medulla God breathes His Word — cosmic intelligent vibration or energy — into man.

Our consciousness survives after death, but the ordinary man loses that feeling of continuity and so thinks he is dead. Everyone of us is going to die someday, so there is no use in being afraid of death. You don't feel miserable at the prospect of losing consciousness of your body in sleep; you accept sleep as a state of freedom to look forward to. So is death; it is a state of rest, a pension from this life. There is nothing to fear. When death comes, laugh at it. Death is only an experience through which you are meant to learn a great lesson: you cannot die. But why wait for death to realize this? The first lesson you have to learn is that life is not dependent on food. By fasting you can prove it to yourself.

#### Function Well Under All Circumstances

Everyone should develop his mental power, so that he is able to function well under all circumstances — sleep or no sleep, food or no food, vacation or no vacation. Regularity is admirable and necessary; we must acquire the habit of regularity in order to obey the laws of God. But to be unable to deviate from those habits without ill effect is wrong.

All the fundamental habits of a child are formed between the ages of three and seven. Good environment will help to guide his development, but to change (if desirable) the salient tendencies of a child, special training is required. In my school in Ranchi, India, I gave the boys rigid training of the body. They fasted often, and slept on a blanket on the floor, never using pillows. Sometimes they meditated for hours. To help children by rigid discipline to be free from the tyranny of the body is to confer on them a lifelong blessing. One of the schoolboys sat for twelve hours in meditation without winking his eyes. If you had such poise, how much happier you would be! How much more peace you would have! The greatest training lies in scientific, balanced discipline of body, mind, and spirit. And in that lies the heart of fasting.

#### The Metaphysical Science Behind Fasting

There is a great metaphysical science behind fasting. Jesus reminded us of this truth when he said: "Man shall not live by bread alone. . . ." Two things keep you bound to earth: breath and

"bread." In sleep, however, you are peacefully unaware of any need for either breath or food; your spirit is detached from the body consciousness. Fasting uplifts the mind in the same way. Through fasting, let your mind depend on its own power. When that power manifests, the life force in the body becomes increasingly reinforced with the eternal energy continually flowing into the brain and spine from the cosmic energy around the body, entering through the medulla. Becoming detached from dependence on outer physical sources of bodily sustenance, the life force sees that it is being supported from within, and wonders how this is so. The mind then says: "The solids on which the body used to depend are nothing more than gross condensations of energy. You are pure energy. And you are pure consciousness." Then, whatever command the mind impinges on the consciousness of the life force, it will manifest accordingly.

Anything can be done by mind power. That is how Jesus was able to change stones into bread. So you see how unjust it is to the mind and the all-powerful life force within you, to say you can't live without food. Make your life and body impervious to suffering. Conquer yourself. By long fasting you realize that everything is mind.

Every force and object in this universe is a product of the Divine Mind, in the same way that all the things you perceive in a dream are creations of your own mind. On the conscious plane also, if your mind creates the thought that the body will be weak from fasting, it will be weak; or if you have been fasting, and momentarily think it is making you weak, the body will actually feel weak. But if you make up your mind that the body is strong, it will not feel any weakness; rather, it will feel great power. Most people do not know this because they have never tried it. The mind will not show its miracles unless you make it work. And it will not work so long as you continue to depend more and more on material things. That is why its marvels remain hidden from ordinary vision. But when, through fasting, you learn how to depend on mind, it will work in everything, whether conquering disease, or creating prosperity, or realizing the supreme goal of life — finding God.

## PRAYER

The fisherman of change has cast a net of cosmic delusion over us. We are swimming in the waters of false assurances of human safety, and all the while the net of death is closing in upon us. At every haul of the dragnet of delusion, many are caught -- few escape. I dived into the deep-sea-spaces of silent communion, and fled from the net of time. O Measureless Mercy, save me and my brothers from this net of matter-attachment.

## SCIENTIFIC TECHNIQUES AND PRINCIPLES

### UNITY THROUGH THE ART OF LIVING

Diversity is the law of nature. Unity is the way that leads to the Infinite. By discord and diversity, the world is thrown into the boiling pot of sorrow and death. Uniting souls with truth by ideal living is the way to happiness and immortality. Through individual, industrial, and political selfishness, the explosive emotions of race superiority, and by the excluding commercialism of dogma, entrenched religions have kept races divided and shattered by social and religious wars, resulting in depressions, ignorance, and mass misery.

A combination of the spiritually-efficient qualities with the scientific materially-efficient qualities, represented in the lives of great men, can offer us an art of living which will produce the highest type of all-round men in all nationalities. Do not take only those principles which develop the physical at the expense of the spiritual phase of man's life, or vice versa, but rather take those which equally and harmoniously develop the superman with balanced physical and spiritual qualities.

Science is helping man directly with material comforts through her golden inventions. The same science, indirectly, is helping man to be the reformer of dogmatic religions and to explain many miracles found in nature and spoken of in religion. Science shows how, by changing the vibration of a pound of water into ice, that solidified water, instead of mixing and sinking, can be made to float on top of the water. It suggests through the scientific imagination that perhaps Jesus controlled the psychological relation between matter and mind and thus changed the atomic vibration of his body, enabling him to walk on water.

**HOW TO BUILD WORLD UNITY** It seems as if God is trying to evolve the art of right living by expressing His truth through a combination of particular civilizations, mentalities, and nationalities. No nation is complete in itself. An absorption and collection of the best in all nationalities may supply us with the best information on the art of living. It is important to note that Jesus and the masters of India not only attained the best in all civilizations from the earliest era up to the present time, but that they manifested the highest ideals embodied in all religions.

By limited specific methods, scientists, business men and social workers are, unconsciously and indirectly, trying to pave the way to world unity. The exponents of scientific religions, philosophy, and ethics of human conduct consciously try to garner the picked blossoms of truth from the gardens of all forms of wisdom, and try to decorate human souls with a floral costume of super-qualities which may qualify them to enter the paradise of all-freeing ultimate wisdom.

In order to bring all humanity into the mansion of union and universal happiness, science, politics, social, and individual ethics, international industries, and the science of international laws of living, all universally useful moral and religious sciences, should offer ideal standards for international laws of hygiene, peace, prosperity, education, moral codes, applied psychological and spiritual laws. This would make each of the fifteen hundred million human inhabitants of this earth an all-round, perfect world citizen.

The entire process of evolution in nature and man seems to suggest the necessity of removing the storm of ignorance in order to effect the union of delusion-protected waves of life with the one ocean of Spirit. Great men and saints always live several hundred years ahead of their time and exemplify the universal truth of all times. The art of right living, therefore, can be found in the study of the best in all nationalities, and also in the study of the individual lives of great saints.

**ART OF COMMON LIVING** People build their aspirations and form their desires according to their prenatal and postnatal influences. Heredity and national, social, and family characteristics, tastes, and habits mold the life of a child. Children, in the beginning of their lives, are about the same everywhere, but, as they grow older and the family and social characteristics begin to exercise their influence, each child begins to reveal national and racial traits.

It is by understanding that life continues after death that we can unite our consciousness with the cosmic consciousness of God and find the cord of one life, one law, one rhythm, and one wisdom uniting us all. To seek world unity just for utilitarian purposes may give us a temporary peaceful life on earth by preventing wars and other tragedies, but unless we feel that we are children of the one Father, God, and that we are to continue our march beyond the portals of the grave toward the mansion of immortality, we cannot seek real world unity. It is only when we feel that we are prodigal immortals on earth, and that our gift of discrimination must be used to find a true art of common living, that we make the effort to unite all wisdom in our hearts and to realize that all of us are world-brothers marching hand in hand back to the mansion of God. It is no use seeking world unity if there is no God, no life after death, and if all men are not brothers, bound by one cord of divine life. That is why all persons seeking world unity must discuss the problems of life and death.

While honoring God in all man-made temples, learn to worship and contact Him in the temple of deepest silence. Practice meditation for one hour in the morning and one hour at night. Learn the highest methods of scientific concentration and meditation as taught by great Hindu masters. Do not be sidetracked to dogmatic untested religious beliefs, but try to find the one highway of Self-realization which leads quickly to God through the forests of belief and theology. Do not be a slave to the senses. Learn to make them serve you with lasting spiritual pleasures.

Follow the truth fearlessly wherever you perceive it. Love your family and country deeply so that you may learn to love and serve people of all nations more, and learn to find God in all men regardless of race or religion.

## THE LANGUAGE OF THE FLOWERS

God is the Master Painter. His infinite beauty is suggested in the beauty of the flower. Every time you see a blossom, think of Him. God is invisible. If He didn't speak to us through flowers and myriad other lovely creations, how could we know Him before we have found Him through meditation? He is telling us every day of His existence.

Flowers are given to us for a purpose. They talk to us more about God than anything else. They tell us every day that God is right here. The flower that symbolizes God all the time humbly serves all with its beauty. Flowers have been in use in the temples of all countries. They are not just for decoration, but are used to declare the fragrance and beauty of God that you may behold through them the presence of God. Each flower is a divine temple through which the Divine One comes to us.

### THE STORY OF THE ROSE

(Partly based upon a legend by N. C. Carey)

"O Wind, a word with you before you pass:  
What did you do to the Rose, that on the grass  
Broken she lies and pale, who loves you so?"

Wind: "Roses must live and love, and winds must blow!"

Once upon a time there lived a little old elf, who was older than any other elves could count. Of course you know that elves are country fairies. They dress in green, so it is very hard to see them in the woods and fields. They love to ring the bluebells and go to sleep inside a wood anemone when it shuts up all its doors and windows at night.

One day the little old elf was sitting on a toadstool, pouring over a big book, nearly as big as himself, for he was a very learned elf. The book was made of petals of flowers, and it was, of course, a fairy book; the rose leaves never died, and the snowdrops always kept their pure white complexions.

All the petals in this book revealed their secrets to the elf, secrets that had been handed down to them by their great-great-grandmothers, and are thousands of years old. The stories they tell are all about themselves, and every legend is written down in dew by the little old elf, who knows them all by heart. Some of the flowers know many more stories about their ancestors than others, and every new flower petal that comes may bring a new tale to add to the book.

"Open the pages of the book," breathed the rose, "and from our lives, take our stories. Tell our legends and traditions."

The old elf was delighted with this idea, so he said: "Neither the elves nor the roses themselves are quite sure when the roses first became red. They all used to be white. There are several different stories about it which have come down through various branches of the family, and they are inclined to argue on the subject.

An old English rosebud came with a pretty tale, for tradition told her that the first roses that blossomed in the Garden of Eden were all white, until one day, when Eve was among her flowers, she spied a fair new bud, scarce open in the early morning sunshine. Ravished with its pure loveliness, Eve decided that it

should grace her bower as queen, and, stooping, laid her fresh and rosy lips on the fragrant white petals:

"When blush most beautiful its petals stains,  
And ever after, red the rose remains."

The roses used to be sacred to Venus, the goddess of love, but once were consecrated to Harpocrates, the god of silence, by Cupid, as a bribe to keep him quiet about the amorous doings of the goddess. From that day to this, the rose came to be regarded as the emblem of silence, and there was an old custom in certain countries to include the flower as a central design in the lovely carvings that decorated the ceiling of many an old banqueting hall. This quaint idea was to remind the guests that the conversation indulged in at the table should be nowhere else repeated.

Roses are the flowers of the poets, and typify chivalry, poetry, and love. Small wonder it was that the knights of old would wear roses embroidered on their sleeves, emblems of gentleness that should accompany courage, beauty revered of valor.

"Yet another poetical suggestion was brought to the pages of my book," continued the old elf, frowning at the red and white roses who were pricking each other. "Cupid was dancing among the gods, and paying little heed in his exuberance of joy, he overturned a cupful of nectar, the drink of the Mighty. The precious liquid fell to earth, staining the roses beneath its drops a crimson hue. This they have retained all through the ages, and you may know them by the scent of the nectar, the sweet gift to them from the gods."

The rose is a love token all the world over, and speaks to loving hearts in words that lips do not dare to utter.

#### HONOR TO GUNESH, GOD OF WISDOM

(From the Hitopadesa, translated by Sir Edwin Arnold.)

This book of Counsel read, and you shall see  
Fair speech and Sanskrit lore, and Policy.

On the banks of the holy river Ganges there stood a city named Pataliputra. The king of it was a good king and a virtuous one and his name was Sudarsana. It chanced one day that he overheard a certain person reciting these verses --

"Wise men, holding wisdom highest, scorn delights, as false as fair,  
Daily live they as Death's fingers twined already in their hair.  
Truly richer than all riches, better than the best of gain,  
Wisdom is, unbought, secure -- once won, none loseth her again,  
Bringing dark things into daylight, solving doubts that vex the mind,  
Like an open eye is Wisdom -- he that hath her not is blind."

Hearing these the king became disquieted, knowing that his own sons were gaining no wisdom, nor reading the Sacred Writings, but altogether going in the wrong way; and he repeated this verse to himself --

"Childless art thou? dead thy children? leaving thee to want and dool?  
Less thy misery than his is, who is father to a fool."

And again this --

"One wise son makes glad his father, forty fools avail him not;  
One moon silvers all the darkness which the silly stars did dot."

"And it has been said," he reflected --

"Ease and health, obedient children, wisdom, and a fair-voiced wife --  
Thus, great king are counted up the five felicities of life.  
For the son the sire is honored; though the bow-cane bendeth true,  
Let the strained string crack in using, and what service shall it do?"

"Nevertheless," mused the king, "I know it is urged that human efforts are useless:  
as, for instance --

'That which will not be will not be -- and what is to be will be;  
Why not drink this easy physic, antidote of misery?'

But then that comes from idleness, with people who will not do what they should  
do. Rather,

'Nay! and faint not, idly sighing, "Destiny is mightiest,"  
Sesamum holds oil in plenty, but it yieldeth none unpressed,  
Ah! it is the Coward's babble, "Fortune taketh, Fortune gave";  
Fortune! rate her like a master, and she serves thee like a slave.'

For indeed,

'Twofold is the life we live in -- Fate and Will together run:  
Two wheels bear life's chariot onward -- will it move on only one?'

And

'Look! the clay dries into iron, but the potter molds the clay:  
Destiny today is master -- Man was master yesterday.'

So verily,

'Worthy ends come not by wishing. Wouldst thou? Up, and win it, then!  
While the hungry lion slumbers, not a deer comes to his den.'

Having concluded his reflections, the Raja gave orders to assemble a meeting  
of learned men. Then said he --

"Hear now, O my Pundits! Is there one among you so wise that he will under-  
take to give the second birth of Wisdom to these my sons, by teaching them the  
Books of Policy; for they have never yet read the Sacred Writings, and are alto-  
gether going in the wrong road; and ye know that --

'Silly glass, in splendid settings, something of the gold may gain;  
And in company of wise ones, fools to wisdom may attain.'

Then uprose a great Sage, by name Vishnu-Sarman, learned in the principles  
of Policy as is the angel of the planet Jupiter himself, and he said --

"My Lord King, I will undertake to teach these princes Policy, seeing they  
are born of a great house; for --

'Labors spent on the unworthy, of reward the laborer balk;  
Like the parrot, teach the heron twenty times, he will not talk.'

But in this royal family the offspring are royal-minded, and in six moons I will  
engage to make Your Majesty's sons comprehend Policy."

The Raja replied, with condescension:

"On the eastern mountains lying, common things shine in the sun,  
And by learned minds enlightened, lower minds may show as one.'  
And you, worshipful sir, are competent to teach my children the rules of Policy."

So saying, with much graciousness, he gave the Princes into the charge of Vishnu-Sarman; and that Sage, by way of introduction, spake to the Princes, as they sat at ease on the balcony of the palace, in this wise:

"Hear now, my Princes! for the delectation of Your Highnesses, I purpose to tell the tale of the Crow, the Tortoise, the Deer, and the Mouse."

"Pray, sir," said the king's sons, "let us hear it."

#### THE WINNING OF FRIENDS

Vishnu-Sarman answered--

"It begins with the Winning of Friends; and this is the first verse of it:

"Sans way or wealth, wise friends their purpose gain--  
The Mouse, Crow, Deer, and Tortoise make this plain."

"However was that?" asked the Princes.

Vishnu-Sarman replied:

"On the banks of the Godavery there stood a large silk-cotton tree, and thither at night, from all quarters and regions, the birds came to roost. Now, once, when the night was just spent, Radiance, the Moon, Lover of the white lotus, was about to retire behind the western hills, a Crow who perched there, Light o' Leap by name, upon awakening, saw to his great wonder a fowler approaching -- a second god of death. The sight set him reflecting, as he flew off uneasily to follow up the man's movements, and he began to think what mischief this ill-omened apparition foretold.

"For a thousand thoughts of sorrow, and a hundred things of dread,  
By the wise unheeded, trouble day by day the foolish head.'

And yet in this life it must be that

'Of the day's impending dangers, Sickness, Death, and Misery,  
One will be; the wise man waking, ponders which that one will be."

Presently the fowler fixed a net, scattered grains of rice about, and withdrew to hide. At this moment Speckle-neck, King of the Pigeons, chanced to be passing through the sky with his Court, and caught sight of the rice-grains. Thereupon the King of the Pigeons asked of his rice-loving followers, 'How can there possibly be rice-grains lying here in an unfrequented forest? We will see into it, of course, but we like not the look of it -- love of rice may ruin us, as the Traveler was ruined

"All out of longing for a golden bangle,  
The Tiger, in the mud, the man did mangle."

'How did that happen?' asked the Pigeons.

#### THE STORY OF THE TIGER AND THE TRAVELER

"Thus," replied Speckle-neck: 'I was pecking about one day in the Deccan forest, and saw an old tiger sitting newly bathed on the banks of a pool, like a Brahman, and with holy kuskus-grass in his paws.

"Ho! ho! ye travelers," he kept calling out, "take this golden bangle!"

'Presently a covetous fellow passed by and heard him.



'Ah! thought he, This is a bit of luck -- but I must not risk my neck for it either.

"Good things come not out of bad things; wisely leave a longed-for ill,  
Nectar being mixed with poison serves no purpose but to kill."

But all gain is got by risk, so I will see into it at least; then he called out, "Where is thy bangle?"

'The Tiger stretched forth his paw and exhibited it.

"Hem!" said the Traveler, "can I trust such a fierce brute as thou art?"

"Listen," replied the Tiger, "once, in the days of my cubhood, I know I was very wicked. I killed cows, Brahmans, and men without number -- and I lost my wife and children for it -- and haven't kith or kin left. But lately I met a virtuous man who counseled me to practise the duty of almsgiving -- and, as thou seest, I am strict at ablutions and alms. Besides, I am old, and my nails and fangs are gone -- so who would mistrust me? I have so far conquered selfishness, that I keep the golden bangle for whoso comes. Thou seemest poor! I will give it thee. Is it not said,

'Give to poor men, son of Kunti -- on the wealthy waste not wealth;  
Good are simples for the sick man, good for naught to him in health.'

Wade over the pool, therefore, and take the bangle."

'Thereupon the covetous Traveler determined to trust him and waded into the pool where he soon found himself plunged in mud, and unable to move.

"Ho! ho!" says the Tiger, "art thou stuck in a slough? Stay, I will fetch thee out!"

"So saying he approached the wretched man and seized him -- who meanwhile bitterly reflected--

'Be his Scripture-learning wondrous, yet the cheat will be a cheat;  
Be her pasture ne'er so bitter, yet the cow's milk will be sweet.'

And on that verse, too--

'Trust not water, trust not weapons; trust not clawed nor horned things;  
Neither give thy soul to women, nor thy life to sons of Kings.'

And those others--

'Look! the Moon, the silver roamer, from whose splendor darkness flies  
With his starry cohorts marching, like a crowned king through the skies.  
All the grandeur, all the glory, vanish in the Dragon's jaw;  
What is written on the forehead, that will be, and nothing more.'

Here his meditations were cut short by the Tiger devouring him. 'And that,' said Speckle-neck, 'is why we counseled caution.'

'Why, yes!' said a certain pigeon, with some presumption, 'but you've read the verse--

'Counsel in danger; of it  
Unwarned, be nothing begun.  
But nobody asks a Prophet  
Shall the risk of a dinner be run?'

Hearing that, the Pigeons settled at once; for we know that--

'Avarice begetteth anger; blind desires from her begin;  
A right fruitful mother is she of a countless spawn of sin.'

And again,

'Can a golden Deer have being? yet for such the Hero pined:  
When the cloud of danger hovers, then its shadow dims the mind.'

Presently they were caught in the net. Thereat, indeed, they all began to abuse the pigeon by whose suggestion they had been ensnared. It is the old tale!

'Be second and not first! -- the share's the same  
If all go well, If not, the Head's to blame.'

And we should remember that

'Passion will be Slave or Mistress: follow her, she brings to woe;  
Lead her, 'tis the way to Fortune. Choose the path that thou wilt go.'

When King Speckle-neck heard their reproaches, he said, 'No, no! it is no fault of his.

'When the time of trouble cometh, friends may oftentimes irk us most:  
For the calf at milking-hour the mother's leg is tying post.'

And in disaster, dismay is a coward's quality; let us rather rely on fortitude, and devise some remedy. How saith the sage?

'In good fortune not elated, in ill-fortune not dismayed,  
Ever eloquent in council, never in the fight affrayed--  
Proudly emulous of honor, steadfastly on wisdom set;  
Perfect virtues in the nature of a noble soul are met.  
Whoso hath them, gem and glory of the three wide worlds\* is he;  
Happy mother she that bore him, she who nursed him on her knee.'

'Let us do this now directly,' continued the King: 'at one moment and with one will, rising under the net, let us fly off with it: for indeed

'Small things wax exceedingly mighty, being cunningly combined:  
Furious elephants are fastened with a rope of grass-blades twined.'

Having pondered this advice, the Pigeons adopted it; and flew away with the net. At first the fowler, who was at a distance, hoped to recover them, but as they passed out of sight with the snare about them he gave up the pursuit. Perceiving this, the Pigeons said, 'What is the next thing to be done, O King?'

'"A friend of mine," said Speckle-neck, 'lives near in a beautiful forest on the Gundaki. Golden-skin is his name -- the King of the Mice -- he is the one to cut these bonds.'

Resolving to have recourse to him, they directed their flight to the hole of Golden-skin -- a prudent monarch, who dreaded danger so much that he had made himself a palace with a hundred outlets, and lived always in it. Sitting there he heard the descent of the pigeons, and remained silent and alarmed,

'Friend Golden-skin,' cried the King, 'have you no welcome for us?'

'Oh, my friend!' said the Mouse-king, rushing out on recognizing the voice, 'is it thou art come, Speckle-neck? how delightful! But what is this?' exclaimed he, regarding the entangled net.

'That,' said King Speckle-neck, 'is the effect of some wrong-doing in a former life--

'Sickness, anguish, bonds, and woe,  
Spring from wrongs wrought long ago.'

\*Heaven, earth, and the lower regions

Golden-skin without replying ran at once to the net, and began to gnaw the strings that held Speckle-neck.

'Nay! friend, not so,' said the King, 'cut me first these meshes from my followers, and afterward thou shalt sever mine.'

'I am little,' answered Golden-skin, 'and my teeth are weak -- how can I gnaw so much? No! No! I will nibble your strings as long as my teeth last, and afterward do my best for the others. To preserve dependents by sacrificing oneself is nowhere enjoined by wise moralists; on the contrary--

'Keep wealth for want, but spend it for thy wife,  
And wife, and wealth, and all to guard thy life.'

'Friend,' replied King Speckle-neck, 'that may be the rule of policy, but I am one that can by no means bear to witness the distress of those who depend on me, for--

'Death, that must come, comes noble when we give  
Our wealth, and life, and all, to make men live.'

And you know the verse,

'Friend, art thou faithful? guard mine honor so!  
And let the earthy rotting body go.'

When King Golden-skin heard this answer his heart was charmed, and his fur bristled up for pure pleasure.

'Nobly spoken, friend,' said he, 'nobly spoken! with such a tenderness for those that look to thee, the Sovereignty of the Three Worlds might be fitly thine.'

So saying he set himself to cut all the bonds. This done, and the pigeons extricated, the King of the Mice gave them his formal welcome.

'But, Your Majesty,' he said, 'this capture in the net was a work of destiny; you must not blame yourself as you did, and suspect a former fault. Is it not written--

'Floating on his fearless pinions, lost amid the noonday skies,  
Even thence the Eagle's vision kens the carcass where it lies;  
But the hour that comes to all things comes unto the Lord of Air,  
And he rushes, madly blinded, to his ruin in the snare.'

With this correction Golden-skin proceeded to perform the duties of hospitality, and afterward, embracing and dismissing them, the pigeons left for such destination as they fancied, and the King of the Mice retired again into his hole.

Now Light o' Leap, the Crow, had been a spectator of the whole transaction, and wondered at it so much that at last he called out, 'Ho! Golden-skin, thou very laudable Prince, let me too be a friend of thine, and give me thy friendship.'

'Who art thou?' said Golden-skin, who heard him, but would not come out of his hole.

'I am the Crow Light o' Leap,' replied the other.

'How can I possibly be on good terms with thee?' answered Golden-skin with a laugh; 'have you never read --

'When Food is friends with Feeder, look for woe,  
The Jackal ate the Deer, but for the Crow.'"

"Far away in Behar there is a forest called Champak-Grove, and in it had long lived in much affection a Deer and a Crow. The Deer, roaming unrestrained, happy, and fat of carcass, was one day desired by a Jackal.

"Ho! Ho!" thought the Jackal on observing him, 'if I could but get this soft meat for a meal! It might be -- if I can only win his confidence.' Thus reflecting he approached, and saluted him. 'Health be to thee, friend Deer!' 'Who art thou?' said the Deer. 'I'm Small-wit, the Jackal,' replied the other. 'I live in the wood here, as the dead do, without a friend; but now that I have met with such a friend as thou, I feel as if I were beginning life again with plenty of relations. Consider me your faithful servant.'

'Very well,' said the Deer; and then, as the glorious King of Day whose diadem is the light, had withdrawn himself, the two went together to the residence of the Deer. In that same spot, on a branch of Champak, dwelt the Crow Sharp-sense, an old friend of the Deer. Seeing them approach together, the Crow said: 'Who is this number two friend, Deer?'

'It is a Jackal,' answered the Deer, 'that desires our acquaintance.' 'You should not become friendly to a stranger without reason,' said Sharp-sense. 'Don't you know--'

'To folks by no one known house-room deny:  
The Vulture housed the Cat, and thence did die.'

'No! how was that?' said both. 'In this wise,' answered the Crow."

"On the banks of the Ganges there is a cliff called Vulture-Crag, and there-upon grew a great fig tree. It was hollow, and within its shelter lived an old Vulture, named Gray-pate, whose hard fortune it was to have lost both eyes and talons. The birds that roosted in the tree made subscriptions from their own store, out of sheer pity for the poor fellow, and by that means he managed to live.

One day, when the old birds were gone, Long-ear, the Cat, came there to get a meal of the nestlings; and they, alarmed at perceiving him, set up a chirruping that roused Gray-pate. 'Who comes there?' croaked Gray-pate. Now Long-ear, on espying the Vulture, thought himself undone; but as flight was impossible, he resolved to trust his destiny and approach. 'My lord,' he said, 'I have the honor to salute thee.' 'Who is it?' said the Vulture. 'I am a Cat.'

'Be off, Cat, or I shall slay thee,' said the Vulture. 'I am ready to die if I deserve death,' answered the Cat; 'but let what I have to say be heard.' 'Wherefore, then comest thou?' said the Vulture.

'I live,' began Long-ear, 'on the Ganges, bathing, and eating no flesh, practising the moon-penance, like a Bramacharya. The birds that resort thither constantly praise your worship to me as one wholly given to the study of mortality, and worthy of all trust; and so I came here to learn law from thee, Sir, who are so deep gone in learning and in years. Dost thou, then, so read the law of strangers as to be ready to slay a guest? What say the books about the householder?'

'Bar thy door not to the stranger be he friend or be he foe,  
For the tree will shade the woodman while his axe doth lay it low.'  
And if means fail, what there is should be given with kind words, as --  
'Greeting fair, and room to rest in; fire, and water from the well--  
Simple gifts -- are freely given in the house where good men dwell.'  
And without respect of person--

'Young, or bent with many winters; rich, or poor, whate'er thy guest,  
Honor him for thine own honor -- better is he than the best.'

Else comes the rebuke--

'Pity them that ask thy pity; who art thou to stint thy hoard,  
When the holy moon shines equal on the leper and the lord!'

And that other, too,

'When thy gate is roughly fastened, and the asker turns away,  
Thence he bears thy good deeds with him, and his sins on thee doth lay.'

For verily,

'In the house the husband ruleth, men the Brahmans "master" call;  
Angi is the Twice-born Master -- but the guest is lord of all.'

'To these weighty words Gray-pate answered, 'Yes! But cats like meat, and there are young birds here, and therefore I said, go.'

"Sir," said the Cat (and he spoke, touching the ground, then his two ears, calling on Krishna to witness to his words), 'I that have overcome passion, and practised the moon-penance, know the Scriptures; and howsoever they contend, in this primal duty of abstaining from injury they are unanimous. Which of them sayoth not--

"He who does and thinks no wrong--

He who suffers, being strong--

He whose harmlessness men know--

Unto Śwerga such doth go."

"And so, winning the old Vulture's confidence, Long-ear, the Cat, entered the hollow tree and lived there. And day after day he stole away some of the nestlings, and brought them down to the hollow to devour. Meantime the parent birds, whose little ones were being eaten, made an inquiry after them in all quarters; and the Cat, discovering this fact, slipped out from the hollow, and made his escape. Afterward, when the birds came to look closely, they found the bones of their young ones in the hollow of the tree where Gray-pate lived; and the birds at once concluded that their nestlings had been killed and eaten by the old Vulture, whom they accordingly executed. That is my story, and why I warned you against unknown acquaintances.

"Sir," said the Jackal, with some warmth, 'on the first day of your encountering the Deer you also were of unknown family and character, how is it, then, that your friendship with him grows daily greater? True, I am only Small-wit, the Jackal, but what says the law?

"In the land where no wise men are, men of little wit are lords;

And the castor-oil's a tree, where no tree else its shade affords."

'The Deer is my friend; condescend, sir, to be my friend also.'

'Oh!' broke in the Deer, 'why so much talking? We'll all live together, and be friendly and happy --

"Foe is friend, and friend is foe,  
As our actions make them so."

"Very good!" said Sharp-sense; 'as you will,' and in the morning each started early for his own feeding-ground (returning at night). One day the Jackal drew the Deer aside, and whispered, 'Deer, in one corner of this wood there is a field full of sweet young wheat; come and let me show you.'

"The Deer accompanied him, and found the field, and afterward went every day there to eat the green wheat, till at last the owner of the ground spied him and set a snare. The Deer came again very shortly, and was caught in it, and after vainly struggling exclaimed, 'I am fast in the net, and it will be a net of death to me if no friend comes to rescue me!'

"Presently Small-wit, the Jackal, who had been lurking near, made his appearance, and standing still, he said to himself, with a chuckle, 'Oh ho! my scheme bears fruit! When he is cut up, his bones, and gristle, and blood, will fall to my share and make me some beautiful dinners.' The Deer, here catching sight of him, exclaimed with rapture, 'Ah, friend, this is excellent! Do but gnaw these strong strings, and I shall be at liberty. How charming to realize the saying--

"That friend only is the true friend who is near when trouble comes;  
That man only is the brave man who can bear the battle-drums;  
Words are wind; deed proveth promise: he who helps at need is kin;  
And the real wife is loving though the husband lose or win."

'And is it not written--

"Friend and kinsman -- more their meaning than the idle-hearted mind.  
Many a friend can prove unfriendly, many a kinsman less than kind;  
He who shares his comrade's portion, be he beggar, be he lord,  
Comes as truly, comes as duly, to the battle as the board--  
Stands before the king to succor, follows to the pile to sigh--  
He is friend, and he is kinsman -- less would make the name a lie."

"Small-wit answered nothing, but betook himself to examining the snare very closely. 'This will certainly hold,' muttered he; then, turning to the Deer, he said, 'Good friend, these strings, you see, are made of sinew, and today is a fast-day, so that I cannot possibly bite them. Tomorrow morning, if you still desire it, I shall be happy to serve you.'"

"When he was gone, the Crow, who had missed the Deer upon returning that evening, and had sought for him everywhere, discovered him; and seeing his sad plight, exclaimed -- 'How came this about, my friend?' 'This came,' replied the Deer, 'through disregarding a friend's advice.'

'Where is that rascal Small-wit?' asked the Crow. 'He is waiting somewhere by,' said the Deer, 'to taste my flesh.' 'Well,' sighed the Crow, 'I warned you; but it is as in the true verse--

"Stars gleam, lamps flicker, friends foretell of fate;  
The fated sees, knows, hears them -- all too late."

"And then, with a deeper sigh, he exclaimed, 'Ah, traitor Jackal, what an ill deed hast thou done! Smooth-tongued knave -- alas! -- and in the face of the monition too--

"Absent, flatterers' tongues are daggers -- present, softer than the silk;  
Shun them! 'Tis a jar of poison hidden under harmless milk;  
Shun them when they promise little! Shun them when they promise much!  
For, enkindled, charcoal burneth -- cold, it doth defile the touch."

"When the day broke, the Crow, who was still there, saw the master of the field approaching with his club in his hand. 'Now, friend Deer,' said Sharp-sense on perceiving him, 'do thou cause thyself to seem like one dead: puff thy belly up with wind, stiffen thy legs out, and lie very still. I will make a show of pecking thine eyes out with my beak; and whensoever I utter a croak, then spring to thy feet and betake thee to flight.'

"The Deer thereon placed himself exactly as the Crow suggested, and was very soon espied by the husbandman, whose eyes opened with joy at the sight. 'Aha!' said he, 'the fellow has died of himself,' and so speaking, he released the Deer from the snare, and proceeded to gather and lay aside his nets. At that instant Sharp-sense uttered a loud croak, and the Deer sprang up and made off. And the club which the husbandman flung after him in rage struck Small-wit the Jackal, who was close by, and killed him. Is it not said, indeed?--

"In years, or moons, or half-moons three,  
Or in three days -- suddenly,  
Knaves are shent -- true men go free."

"Thou seest, then," said Golden-skin, "there can be no friendship between food and feeder."

"I should hardly," replied the Crow, "get a large breakfast out of your worship; but as to that, indeed, you have nothing to fear from me. I am not often angry, and if I were, you know--"

'Anger comes to noble natures, but leaves there no strife or storm;  
Plunge a lighted torch beneath it, and the ocean grows not warm.'

"Then, also, thou art such a gad-about," objected the King. "Maybe," answered Light o'Leap; "but I am bent on winning thy friendship, and I will die at thy door of fasting if thou grantest it not. Let us be friends! for--"

'Noble hearts are golden vases--  
Close the bond true metals make;  
Easily the smith may weld them,  
Harder far it is to break.  
Evil hearts are earthen vessels--  
At a touch they crack a-twain,  
And what craftsman's ready cunning  
Can unite the shards again?'

And then, too,

'Good men's friendships may be broken, yet abide they friends at heart;  
Snap the stem of Luxmee's lotus, and its fibers will not part.'

"Good sir," said the King of the Mice, "your conversation is as pleasing as pearl necklets or oil of sandalwood in hot weather. Be it as you will" -- and thereupon King Golden-skin made a treaty with the Crow, and after gratifying him with the rest of his store re-entered his hole. The Crow returned to his accustomed perch; and thenceforward the time passed in mutual presents of food, in polite inquiries, and the most unrestrained talk. One day Light o'Leap accosted Golden-skin: "This is a poor place, Your Majesty, for a Crow to get a living in. I should like to leave it and go elsewhere." "Whither wouldst thou go?" replied the King; "they say--"

'One foot goes, and one foot stands,  
When the wise man leaves his lands.'

"And they say, too," answered the Crow,

'Over-love of home were weakness; wheresoe'er the hero come,  
Stalwart arm and steadfast spirit find or win for him a home.  
Little recks the lawless lion where his hunting jungles lie--  
When he enters it be certain that a royal prey shall die.'

I know an excellent jungle now." "Which is that?" asked the Mouse-king. "In the Nerbudda woods, by Camphor-water," replied the Crow. "There is an old and valued friend of mine lives there. Slow-toes his name is, a very virtuous Tortoise; he will regale me with fish and good things."

"Why should I stay behind," said Golden-skin, "if thou goest? Take me also." Accordingly, the two set forth together, enjoying charming converse upon the road. Slow-toes perceived Light o'Leap a very long way off, and hastened to do him the guest-rites, extending them to the Mouse upon Light o'Leap's introduction.

"Good Slow-toes," said he, "this is Golden-skin, King of the Mice -- pay all honor to him -- he is burdened with virtue -- a very jewel-mine of kindnesses.

I don't know if the Prince of all the Serpents, with his two thousand tongues, could rightly repeat them." So speaking, he told the story of Speckle-neck. Thereupon Slow-toes made a profound obeisance to Golden-skin, and said, "How came Your Majesty, may I ask, to retire to an unfrequented forest?"

"I will tell you," said the king. "You must know that in the town of Champaka there is a college for the devotees. Unto this resorted daily a beggar-priest, named Chudakarna, whose custom was to place his begging-dish upon the shelf, with such alms in it as he had not eaten, and go to sleep by it; and I, so soon as he slept, used to jump up, and devour the meal. One day a great friend of his, named Vinakarna, also a mendicant, came to visit him; and I observed that, while conversing, he kept striking the ground with a split cane, to frighten me. "Why don't you listen?" said Vinakarna. "I am listening!" replied the other; "but this plaguy mouse is always eating the meal out of my begging dish."

"Vinakarna looked at the shelf and remarked, "However can a mouse jump as high as this? There must be a reason, though there seems none. I guess the cause -- the fellow is well off and fat." With these words Vinakarna snatched up a shovel, discovered my retreat, and took away all my hoard of provisions. After that I lost strength daily, had scarcely energy enough to get my dinner, and, in fact, crept about so wretchedly, that when Chudakarna saw me he fell to quoting--

"Very feeble folk are poor folk; money lost takes wit away;  
All their doings fail like runnels, wasting through the summer day."

'Yes!' I thought, 'he is right, and so are the sayings--

"Wealth is friends, home, father, brother title to respect and fame;  
Yea, and wealth is held for wisdom that it should be so is shame.  
Home is empty to the childless; hearts to them who friends deplore;  
Earth unto the idle-minded; and the three worlds to the poor."

'I can stay here no longer; and to tell my distress to another is out of the question -- altogether out of the question!

"Say the sages, nine things name not: Age, domestic joys and woes,  
Counsel, sickness, shame, alms, penance; neither poverty disclose.  
Better for the proud of spirit, death, than life with losses told;  
Fire consents to be extinguished, but submits not to be cold."

'Verily he was wise, methought also, who wrote --

"As Age doth banish beauty, as moonlight dies in gloom,  
As slavery's menial duty is honor's certain tomb;  
As Hari's name and Hara's spoken, charm all sin away,  
So poverty can surely a hundred virtues slay."

'And as to sustaining myself on another man's bread, that would be but a second door of death. Say not the books the same?

"Half-known knowledge, present pleasure purchased with a future woe,  
And to taste the salt of service -- greater griefs no man can know."

'And herein, also --

"All existence is not equal, and all living is not life;  
Sick men live; and he who, banished pines for children, home, and wife;  
And the craven-hearted eater of another's leavings lives,  
And the wretched captive waiting for the word of doom survives;  
But they bear an anguished body, and they draw a deadly breath,  
And life cometh to them only on the happy day of death."



"Yet, after all these reflections, I was covetous enough to make one more attempt on Chudakarna's meal, and got a blow from the slit cane for my pains. 'Just so,' I said to myself, 'the soul and organs of the discontented want keeping in subjection. I must be done with discontent:

'Golden gift, serene contentment! Have thou that, and all is had;  
Thrust thy slipper on, and think thee that the earth is leather-clad?  
All is known, digested, tested; nothing new is left to learn  
When the soul, serene, reliant, hope's delusive dreams can spurn.'

'And the sorry task of seeking favor is numbered in the miseries of life--

'Hast thou never watched awaiting till the great man's door unbarred?  
Didst thou never linger parting, saying many a last sad word?  
Spak'st thou never word of folly, one light thing thou wouldst recall?  
Rare and noble hath thy life been! Fair thy fortune did befall!'

'No!' exclaimed I. 'I will do none of these; but, by retiring into the quiet and untrodden forest, I will show my discernment of real good and ill. The Holy Books counsel it--

'True religion! -- 'tis not blindly prating what the priest may prate  
But to love, as God hath loved them, all things, be they small or great;  
And true bliss is when a sane mind doth a healthy body fill;  
And true knowledge is the knowing what is good and what is ill.'

'So came I to the forest, where, by good fortune and this good friend, I met much kindness; and by the same good fortune have encountered you, Sir, whose friendliness is as heaven to me. Ah! Sir Tortoise,

'Poisonous though the tree of life be, two fair blossoms grow thereon:  
One, the company of good men: And sweet songs of poets, one.'

'King!' said Slow-Toes, 'your error was getting too much without giving. Give, says the sage --

'Give, and it shall swell thy getting, give, and thou shalt safer keep;  
Pierce the tank wall; or it yieldeth, when the water waxes deep.'

'And he is very hard upon money-grubbing: as thus --

'When the miser hides his treasure in the earth, he doeth well;  
For he opens up a passage that his soul may sink to hell.'

'And thus --

'He whose coins are kept for counting, not to barter nor to give,  
Breathe he like a blacksmith's bellows, yet in truth he doth not live.'

'It hath been well written, indeed,

'Gifts bestowed with words of kindness making giving doubly dear:  
Wisdom, deep complete benignant, of all arrogancy clear;  
Valor, never yet forgetful of sweet mercy's pleading prayer;  
Wealth, and scorn of wealth to spend it -- Oh! but these be virtues rare!'

'Frugal one may be,' continued Slow-Toes; 'but not a niggard like the jackal --

'The jackal-knave, that starved his spirit so, and died of saving, by a broken bow.'

'Did he, indeed,' said Golden-Skin; 'and how was that?' 'I will tell you,' answered Slow-Toes."

"In a town called 'Well-to-Dwell' there lived a mighty hunter, whose name was 'Grim-Face.' Feeling a desire one day for a little venison, he took his bow, and went into the woods; where he soon killed a deer. As he was carrying the deer home, he came upon a wild boar of prodigious proportions. Laying the deer upon the earth, he fixed and discharged an arrow and struck the boar, which instantly rushed upon him with a roar louder than the last thunder, and ripped the hunter up. He fell like a tree cut by the axe, and lay dead along with the boar, and a snake also which had been crushed by the feet of the combatants. Not long afterward, there came that way, in his prowling for food, a jackal, named 'Howl o'Nights,' and cast eyes on the hunter, the deer, the boar, and the snake lying dead together. 'Aha!' said he, 'what luck! Here's a grand dinner got ready for me! Good fortune can come, I see, as well as ill fortune. Let me think: the man will be fine pickings for a month; the deer with the boar will last two more; the snake will do for tomorrow; and, as I am very particularly hungry, I will treat myself now to this bit of meat on the bow-horn.' So saying, he began to gnaw it asunder, and the bowstring slipping, the bow sprang back, and resolved Howl o'Nights into the five elements by death. 'That is my story,' continued Slow-Toes, 'and its application is for the wise--

'Sentences of studied wisdom naught avail they unapplied;  
Though the blind man hold a lantern, yet his footsteps stray aside.'

The secret of success, indeed, is a free, contented, and yet enterprising mind.  
How say the books thereon? --

'Wouldst thou know whose happy dwelling fortune entereth unknown,  
His, who careless of her favor, standeth fearless in his own;  
His, who for the vague tomorrow bartereth not the sure today--  
Master of himself, and sternly steadfast to the rightful way:  
Very mindful of past service, valiant, faithful, true of heart--  
Unto such comes Lakshmi smiling -- comes, and will not lightly part.'

'What indeed,' continued Slow-Toes, 'is wealth, that we should prize, or grieve to lose it?--

'Be not haughty, being wealthy; droop not, having lost thine all;  
Fate doth play with mortal fortunes as a girl doth toss her ball.'

It is unstable by nature. We are told --

'Worldly friendships, fair but fleeting, shadows of the clouds at noon,  
Woman, youth, new corn, and riches -- These be pleasures passing soon.'

And it is idle to be anxious; the Master of Life knows how to sustain it. Is it not written?--

'For thy bread be not o'er thoughtful -- God for all hath taken thought;  
When the babe is born, the sweet milk to the mother's breast is brought.  
He who gave the swan her silver, and the hawk her plumes of pride,  
And his purples to the peacock -- He will verily provide.'

"Yes, verily," said Slow-Toes, 'wealth is bad to handle, and better left alone; there is no truer saying than this--

'Though for good ends, waste not on wealth a minute;  
Mud may be wiped, but wise men plunge not in it.'

"Hearing the wisdom of these monitions, Light o'Leap broke out, 'Good Slow-Toes! thou art a wise protector of those that come to thee; thy learning comforts my enlightened friend, as elephants drag elephants from the mire.' And thus, on the best of terms, wandering where they pleased for food, the three lived there together."

"One day it chanced that a Deer named Dapple-back, who had seen some cause for alarm in the forest, came suddenly upon the three in his flight. Thinking the danger imminent, Slow-toes dropped into the water, King Golden-skin slipped into his hole, and Light o'Leap flew up into the top of a high tree. Thence he looked all round to a great distance, but could discover nothing. So they all came back again, and sat down together. Slow-toes welcomed the Deer.

'Good Deer,' said he, 'may grass and water never fail thee at thy need. Gratify us by residing here, and consider this forest thine own.' 'Indeed,' answered Dapple-back, 'I came hither for your protection, flying from a hunter; and to live with you in friendship is my greatest desire.'

'Then the thing is settled,' observed Golden-skin. 'Yes! Yes!' said Light o'Leap, 'make yourself altogether at home.' So the Deer, charmed at his reception, ate grass and drank water, and laid himself down in the shade of a Banyan tree to talk. Who does not know? --

'Brunettes, and the Banyan's shadow, well-springs, and a brink-built wall, Are all alike cool in the summer, and warm in the winter -- all.'

'What made thee alarmed, friend Deer?' began Slow-toes. 'Do hunters ever come to this unfrequented forest?' 'I have heard,' replied Dapple-back, 'that the Prince of the Kalinga country, Rukmangada, is coming here. He is even now encamped on the Cheenab River, on his march to subjugate the borders; and the hunters have been heard to say that he will halt tomorrow by this very lake of "Camphor-water." Don't you think, as it is dangerous to stay, that we ought to resolve on something?'

'I shall certainly go to another pool,' exclaimed Slow-toes. 'It would be better,' answered the Crow and Deer together. 'Yes,' remarked the King of the Mice, after a minute's thought; 'but how is Slow-toes to get across the country in time? Animals like our amphibious host are best in the water; on land he might suffer from his own design, like the merchant's son--

'The merchant's son laid plans for gains,  
And saw his wife kised for his pains.'

'How came that about?' asked all. 'I'll tell you,' answered Golden-skin,"

"In the country of Kanouj there was a King named Virasena, and he made his son viceroy of a city called Virapoor. The Prince was rich, handsome, and in the bloom of youth. Passing through the streets of his city one day, he observed a very lovely woman, whose name was Lavanyavati -- the beautiful -- the wife of a merchant's son. On reaching his palace, full of her charms and of passionate admiration for them, he dispatched a message to her, and a letter, by a female attendant -- who wonders at it? --

'Ah! the gleaming, glancing arrows of a lovely woman's eye!  
Feathered with her jetty lashes, perilous they pass us by:  
Loosed at venture from the black bows of her arching brow they part,  
All too penetrant and deadly for an undefended heart.'

"Now Lavanyavati, from the moment she saw the Prince, was hit with the same weapon of love that wounded him; but upon hearing the message of the attendant, she refused with dignity to receive his letter.

'I am my husband's,' she said, 'and that is my honor; for --

"Beautiful the Koil seemeth for the sweetness of his song,  
Beautiful the world esteemeth pious souls for patience strong,  
Homely features lack not favor when true wisdom they reveal,  
And a wife is fair and honored while her heart is firm and leal."

'What the lord of my life enjoins, that I do.' 'Is such my answer?' asked the attendant. 'It is,' said Lavanyavati.

"Upon the messenger reporting her reply to the Prince, he was in despair. 'The god of the five shafts has hit me,' he exclaimed, 'and only her presence will cure my wound.'

'We must make her husband bring her, then,' said the messenger. 'That can never be,' replied the Prince. 'It can,' replied the messenger--

"Fraud may achieve what force would never try;  
The Jackal killed the Elephant thereby."

"In the forest of Brahma lived an Elephant, whose name was White-front. The Jackals knew him, and said among themselves, 'If this great brute would but die, there would be four months' food for us, and plenty, out of his carcass.' With that an old Jackal stood up, and pledged himself to compass the death of the Elephant by his own wit. Accordingly, he sought for White-front, and, going up to him, he made the reverential prostration of the eight members, gravely saluting him.

'Divine creature,' he said, 'vouchsafe me the regard of one look!' 'Who art thou?' grunted the Elephant, 'and whence comest thou?'

'I am only a Jackal,' said the other; 'but the beasts of the forest are convinced that it is not expedient to live without a king, and they have met in full council, and dispatched me to acquaint you, Royal Highness, that on you, endowed with so many lordly qualities, their choice has fallen for a sovereign over the forest here; for--

'Who is just, and strong, and wise?  
Who is true to social ties?  
He is formed for Emperies.'

'Let Your Majesty, therefore, repair thither at once, that the moment of fortunate conjunction may not escape us.' So saying he led the way, followed at a great pace by White-front, who was eager to commence his reign.

Presently the Jackal brought him upon a deep slough, into which he plunged heavily before he could stop himself. 'Good master Jackal,' cried the Elephant, 'what's to do now? I am up to my belly in this quagmire.' 'Perhaps Your Majesty,' said the Jackal, with an impudent laugh, 'will condescend to take hold of the tip of my brush with your trunk, and so get out.' Then White-front, the Elephant, knew that he had been deceived; and thus he sank in the slime, and was devoured by the Jackals.

"This," continued the attendant, "is why I suggested stratagem to Your Highness

Shortly afterward, by the Slave's advice, the Prince sent for the merchant's son (whose name was Charudatta), and appointed him to be near his person; and one day, with the same design, when he was just come from the bath, and had on his jewels, he summoned Charudatta, and said: "I have a vow to keep to Gauri -- bring hither to me every evening for a month some lady of good family, that I may do honor to her, according to my vow; and begin today."

Charudatta in due course brought a lady of quality, and, having introduced her, retired to watch the interview. The Prince, without even approaching his fair visitor, made her the most respectful obeisances, and dismissed her with rich gifts, under the protection of a guard. This made Charudatta confident, and longing to get some of these princely presents he brought his own wife next evening. When the Prince recognized the charming Lavanyavati he sprang to meet her, and kissed her without the least restraint. At sight of this the miserable Charudatta stood transfixed with despair... the very picture of wretchedness."

"Now Slow-toes had not chosen to wait the end of the story, but was gone before, and Golden-skin and the others followed him up in some anxiety. The Tortoise had been painfully traveling along, until a hunter, who was beating the wood for game, had overtaken him. The fellow, who was very hungry, picked him up, fastened him on his bowstick, and set off for home; while the Deer, the Crow, and the Mouse, who had witnessed the capture, followed them in terrible concern. 'Alas!' cried the Mouse-king, 'he is gone! -- and such a friend!

"Friend! gracious word! -- the heart to tell is ill able  
Whence came to men this jewel of a syllable.'

'Let us,' continued he to his companions, 'let us make one attempt, at least, to rescue Slow-toes before the hunter is out of the wood!' 'Only tell us how to do it,' they replied. 'Do thus,' said Golden-skin: 'let Dapple-back hasten on to the water, and lie down there and make himself appear dead; and do you, Light o'Leap, hover over him, and peck about his body. The hunter is sure to put the Tortoise down to get the venison, and I will gnaw his bonds.'

"The Deer and the Crow started at once; and the hunter, who was sitting down to rest under a tree and drinking water, soon caught sight of the Deer, apparently dead. Drawing his wood-knife, and putting the Tortoise down by the water, he hastened to secure the Deer, and Golden-skin, in the meantime, gnawed asunder the string that held Slow-Toes, who instantly dropped into the pool. The Deer, of course, when the hunter got near, sprang up and made off, and when he returned to the tree the Tortoise was gone also. 'I deserve this,' thought he--

'Whoso for greater quits his gain,  
Shall have his labor for his pain;  
The things unwon, unwon remain,  
And what was won is lost again.'

And so lamenting, he went to his village. Slow-toes and his friends, quit of all fears, repaired together to their new habitations, and there lived happily.

"Then spake the King Sudarsana's sons, 'We have heard every word, and are delighted; it fell out just as we wished.' 'I rejoice thereat, my Princes,' said Vishnu-Sarman; 'may it also fall out according to this my wish--

'Lakshmi give you friends like these!  
Lakshmi keep your lands in ease!  
Set, your sovereign thrones beside,  
Policy, a winsome bride!  
And he, whose forehead-jewel is the moon  
Give peace to us and all -- serene and soon!'"

#### THE WAY TO FREEDOM AND BLISS

Material man is inclined to be short-sighted, and only look for things that are disillusioning, forgetting those things that are imperishable. Because of the limitations of the body, you are in the habit of wishing for things that are limited. Instead, you should strive for wisdom and happiness through Self-realization -- things that are lasting.

If you succeed in this primary duty, you will then be ready to perform your secondary obligation in life, which is to do your best to bring other prodigal sons of God back to their spiritual home. Awaken souls, relieve them from ignorance; throw the current of love and draw them back to God. There is no other work that pleases God more than to bring your erring brothers back home through your example. But first you must acquire the pearls of wisdom. Then, as you wear them, their gleaming will give light and joy to others. That is the way of Bliss.

# Health Recipes

## DELICIOUS BAKED TOMATOES

Peel six medium-sized tomatoes, cutting out the hard portion at the stem end. Roll about ten crackers fine. Now roll the peeled tomatoes in the cracker crumbs and arrange in a buttered baking dish. Sprinkle with salt and pepper, and put a small piece of butter in the cavity of each tomato. Bake in a hot oven for about twenty minutes and serve hot. This will serve six persons.

## ROASTED VEGETABLES

Put into a good-sized granite baking pan a generous amount of butter and let it get hot. Add a layer of halved onions and place on top a layer each of chopped celery, white potatoes sliced, carrots sliced, leaves of cabbage, and the last layer of sliced tomatoes. Season the vegetables and turn over in the hot butter until the surfaces are seared. Add a small amount of water. Cover the dish and place in the oven. After the cooking is well started, turn down the fire and let the roast cook slowly until tender.

This roast may be served as it comes out of the oven, but it is very good served with a cream gravy made by stirring one tablespoonful of flour into the small amount of liquid left in the pan after the vegetables are removed. A little more butter should be added if the liquid is not rich enough, and after the flour is smoothly stirred in add some cream or milk to make the gravy the right consistency, then add seasoning. Pour the gravy over the hot vegetables.

## DATE CREAM PIE

Cover with water one cupful of dates chopped fine; cook for about ten minutes; remove from the fire and add one cupful of milk, 3 egg yolks beaten until light, one tablespoonful of flour, and one tablespoonful of melted butter. Pour into a rolled whole wheat pie crust and bake for 25 to 35 minutes. Have the oven hot for ten minutes to set the crust, then turn the fire down. Do not let the filling reach the boiling point.

## PEANUT BUTTER CHOPS

Mix  $\frac{1}{2}$  a cupful of peanut butter with one cupful of hot cooked rice, wheat grits, or hominy,  $\frac{1}{2}$  cupful of bread crumbs,  $\frac{1}{2}$  teaspoonful of salt, one egg,  $\frac{1}{2}$  teaspoonful of celery salt, 3 tablespoonfuls of catsup, and one grated onion or  $\frac{1}{2}$  teaspoonful of onion juice. Mix and form into shape of chops. Place in a well greased baking dish and bake for 15 to 20 minutes.

## PRUNE AND WALNUT PUDDING

Remove the stones from one cupful of cooked prunes, and add the prunes to  $\frac{1}{2}$  a cupful of prune juice. Add one cupful of boiling water and one cupful of sugar mixed with  $\frac{1}{8}$  teaspoonful of salt and  $\frac{1}{4}$  teaspoonful of cinnamon. Bring to the boiling point and add  $\frac{1}{3}$  cupful of cornstarch mixed with  $\frac{1}{3}$  cupful of cold water until smooth. Stir and cook until thickened, then cook for 10 minutes over hot water. Add one tablespoonful of lemon juice and  $\frac{1}{3}$  cupful of shredded walnuts or almonds, then mold and chill. Two egg whites beaten stiff may be added after removing from the stove.

## SUMMER SQUASH OR ZUCCHINI ITALIAN

Slice 3 medium-sized zucchini thin, parboil in salted water, drain, and place in a shallow baking dish. Chop one clove of garlic fine, and fry  $\frac{1}{4}$  cupful of chopped parsley in  $\frac{1}{4}$  cupful of salad oil. Beat one egg slightly, add one cupful of milk,  $\frac{1}{2}$  teaspoonful of salt and the parsley mixture. Pour this over the zucchini and grate  $\frac{1}{2}$  an onion over the top. Place the baking dish in a pan of hot water, and bake in a medium hot oven, 350 degrees, until the custard sets. This serves six persons.

## TOMATO TOAST

Melt one tablespoonful of butter in a saucepan and add one teaspoonful of minced onion. Beat and salt four eggs, then put them in the saucepan, stirring all together over medium heat. Now add one quart of canned tomatoes and some pepper. Heat thoroughly and serve hot on buttered toast.

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### ITALIAN SPAGHETTI

Cook half a package of spaghetti in boiling salted water until done, then pour this water off and wash the spaghetti by pouring cold water over it, then arrange in a baking dish. Strain two-thirds of a can of tomatoes, add one large onion cut in quarters, add half a pound of cheese grated, and season as desired. Pour all over the spaghetti and cover with cracker crumbs. Bake for twenty minutes in a hot oven.

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### GRAPEFRUIT SLAW

Mix one cupful of canned or fresh grapefruit pulp with one cupful of diced celery, two cupfuls of chopped or shredded cabbage, and one green pepper chopped fine. Chill, then, just before serving, pour over the mixed vegetables one cupful of cold French dressing made with lemon instead of vinegar.

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### SPRING SALAD

Put 4 young spring carrots and 2 young green onions through a food chopper. Mix with  $\frac{1}{4}$  cupful of cottage cheese and add one teaspoonful of salt and one tablespoonful of sugar. Shred enough spinach to make one cupful, and make a bed for the salad with lettuce leaves. Combine the greens with  $\frac{1}{2}$  cupful of mayonnaise and the curd mixture shortly before serving, and pile on the lettuce arranged on a large dish. Garnish with a wreath and crown of cooked vermicelli or noodles, about one cupful, first chilled, and a dab of mayonnaise topped with a bit of grated carrot.

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### SWEET POTATO ROLL

Mix together 3 cupfuls of baked mashed sweet potatoes with one cupful of white sugar, half a cupful of melted butter, 2 eggs, half a cupful of sweet milk, and vanilla to flavor. Spread out flat on a damp cloth, about 8 by 10 inches, and sprinkle with half a cupful of chopped raisins, half a cupful of broken pecan meats, and half a pound of marshmallows cut fine with scissors. Roll as for a jelly roll, place in a well-buttered dish, and bake for 45 minutes.

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### MOCK FISH

Wash and peel 3 or 4 large white potatoes and boil them until about half done. Grate them and use only the part that has been grated. Weigh out  $\frac{1}{2}$  a pound; beat 3 egg yolks very light with  $\frac{1}{4}$  cupful of cream, mix with the potatoes, add 6 tablespoonfuls of melted butter,  $\frac{1}{2}$  a teaspoonful of grated white onion, a dash of cayenne pepper, and salt to taste. Butter a mold well, sprinkle with dried and sifted bread crumbs, put the mixture in, and set in a pan of boiling water in the oven. Cover, and bake for an hour. Turn out carefully onto a platter, pour Hollandaise sauce around it, and garnish with parsley. Serve very hot with a cucumber salad with French dressing.

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### APPLE OR RAISIN CAKE

Line a shallow greased pan with biscuit dough rolled thin. Cover with tart, juicy apples or seedless raisins. Sprinkle generously with sugar and nutmeg or cinnamon. Add pieces of butter and bake in a quick oven until the apples or raisins are soft and the crust is brown. Serve fresh with cream or nutmeg sauce.

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### TIMBALES

Heat 1  $\frac{1}{3}$  cupfuls of canned tomatoes with  $\frac{3}{4}$  teaspoonful of salt,  $\frac{1}{4}$  teaspoonful of pepper, and a little sugar. Add 8 salted crackers crushed, ( $\frac{2}{3}$  cupful) and mix well. Remove from the heat and add to 2 eggs-beaten slightly. Mix and pour into greased individual molds. Set in a pan of hot water and bake in a moderate oven for 40 minutes.

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### CORN CUSTARD

Cream one-fourth cupful of melted butter with one tablespoonful of sugar, one heaping tablespoonful of flour, and half a teaspoonful of salt. Break 3 eggs into the mixture and beat vigorously for two minutes. Add one can of corn and one cupful of milk, and beat again. Pour into a buttered baking dish, and bake until the custard sets and browns.

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### PINEAPPLE-STRAWBERRY SALAD

Sprinkle one pint of fresh strawberries, hulled and halved, with half a tablespoonful of lemon juice and  $\frac{1}{2}$  tablespoonfuls of confectioners' sugar. Add  $\frac{1}{4}$  cupful of diced and drained canned pineapple. Arrange on crisp lettuce. Serve with dressing made by folding  $\frac{1}{3}$  cupful of mayonnaise into  $\frac{1}{3}$  cupful of cream, whipped. Sprinkle with chopped nuts if liked.

### UNCOOKED CRANBERRY RELISH

2 cupfuls of cranberries.  
2 oranges.  
2 red apples.  
2 cupfuls of sugar.  
Prepare and wash the berries. Peel the oranges, removing the white skin. Wash, quarter, and core the apples, but do not peel. Put the cranberries, apples, and orange pulp, and some thin orange peel, (all the white scraped from the inside) through a food chopper, using a medium knife. Add the sugar and let stand until it is thoroughly dissolved.

### SPINACH SOUFFLE

Rub two cupfuls of cooked spinach through a sieve, reserving one-third cupful of the water. Melt four tablespoonfuls of butter, add four tablespoonfuls of flour, and then add gradually the spinach water and one-third cupful of milk or cream. Stir until the sauce boils, then add the spinach. Season to taste. Beat three egg whites until stiff. Beat three egg yolks until very light, then add to the spinach mixture. Cut and fold in the egg whites. Turn into a greased baking dish and bake in a moderately slow oven for 25 minutes, or 325 degrees F.

### DELICIOUS DESSERT

Mix together four egg yolks, one tablespoonful of white sugar, the juice of one lemon, a pinch of salt, and one-fourth cupful of cream. Cook in a double boiler until thick. Remove from the fire and cool, then add one pint of cream whipped, one can of diced pineapple, one pound of diced marshmallows, and half a pound of chopped nuts. Mix together, then put into sherbet glasses, and set away for 24 hours. Before serving, add a dash of whipped cream and a cherry. This amount will serve 16 persons.

### WHOLE-WHEAT PEANUT BREAD

To 2 well-beaten egg yolks add two cupfuls of milk, 8 teaspoonfuls of baking powder, one teaspoonful of salt, one cupful of sugar, and one cupful of peanut butter. Continue to beat until well blended. Add 4 cupfuls of whole-wheat flour to the milk mixture alternately. Stir in half a cupful of chopped peanuts. Grease and flour bread pans, and fill about  $\frac{3}{4}$  full. Sprinkle a few chopped peanuts on top and bake for about 40 minutes in a moderate oven. This is delicious, wholesome, and especially good for picnics and school lunches.

### CHEESE AND VEGETABLE CASSEROLE

Scald  $\frac{2}{4}$  cupfuls of milk, pour over  $\frac{1}{2}$  cupfuls of soft bread crumbs, and add the following ingredients: A scant  $\frac{1}{2}$  cupful of melted butter, 3 canned pimientos chopped,  $\frac{1}{2}$  tablespoonfuls of chopped parsley,  $\frac{2}{4}$  tablespoonfuls of chopped onion,  $\frac{2}{4}$  cupfuls of grated American cheese,  $\frac{1}{2}$  tablespoonful of salt, some pepper,  $\frac{1}{2}$  teaspoonful of paprika, 4 eggs well beaten, and  $\frac{1}{2}$  cupfuls of cooked vegetables, such as string beans, mushrooms, celery, and lima beans. Turn into a buttered casserole and bake in a slow oven for about 40 minutes, or until a silver knife inserted will come out clean and smooth. Serve with Pea Sauce made as follows:

The Sauce: Drain the liquor from a can of peas and add enough water to make one cupful. Combine the peas and liquid with 2 allspice berries, 2 peppercorns, 2 cloves, a large slice of onion, 4 bouillon cubes, and  $\frac{1}{2}$  teaspoonful of salt. Simmer for 15 minutes. Press through a sieve. Add one cupful of white sauce, and heat thoroughly. This will serve 6 persons.

### BLUEBERRY COBLER

Cover a baking dish with 2 cupfuls or more of blueberries. Sprinkle with 4 tablespoonfuls of white sugar. Sift one cupful of white flour with one teaspoonful of baking powder, half a teaspoonful of salt, and half a cupful of sugar. Combine one well beaten egg with  $\frac{1}{4}$  cupful of milk, half a teaspoonful of vanilla, and 2 teaspoonfuls of melted butter slightly cooled. Turn the liquid ingredients into the dry ingredients, stirring just enough to combine. Spread the batter over the berries and bake in a moderate oven, (350 degrees F.) until the batter is done, or for about 40 minutes. Invert on a platter. Serve with cream. This serves six persons.

### SAVORY STUFFED ONIONS

Parboil 12 large white onions, and scoop out the centers. Chop these and add to  $\frac{1}{2}$  cupfuls of drained canned corn, two eggs, one tablespoonful of chopped green pepper or pimiento, one teaspoonful of salt, and a pinch of pepper. Place the onions close together in a baking dish, and fill the cavities with the corn combination. Sprinkle 4 tablespoonfuls of grated cheese over the top and bake about 25 minutes in a moderate oven.



### GREEN VEGETABLE SOUP

Cover two pounds of spinach with one cupful of cold water, bring to a boil, and boil for five minutes; remove from the fire and drain. Run two cupfuls of cooked peas through a ricer. To 2 cupfuls of the pea juice and pulp, add one cupful of spinach juice. Season with butter, savita, and sea lettuce. Bring to a boil and let simmer for five minutes.

### CHEESE BAKED ON TOAST

Grate or chop half a pound of soft American cheese. Put three slices of buttered toast in the bottom of a baking dish, cover with half the cheese, dust lightly with salt and pepper, and put over this the other slice of toast and the rest of the cheese. Pour over all two cupfuls of milk and let stand for five minutes. Bake in a quick oven for twenty minutes.

### COLD RASPBERRY PUDDING

Scald one quart of fresh raspberries in their own juice, but do not boil. Add one small cupful of white sugar, and let stand until cold. When cold, put alternate layers of berries and bread crumbs into a mold, and leave on ice for several hours. This pudding may be served with or without whipped cream, after turning out of the mold. Blackberries may be used in the place of raspberries if liked.

### SWEET POTATOES WITH APPLES

Boil 6 sweet potatoes and pare 2 tart apples and slice them all. Put a layer of the potatoes in a greased baking dish. Dot with bits of butter, cover with a layer of apples, and sprinkle with brown sugar. Repeat the layers until the potatoes and apples are all used, having a layer of apples on top. You will need 3 tablespoonfuls of butter, and 4 tablespoonfuls of brown sugar in all. Leave in the refrigerator until ready to cook. Bake in a moderate oven, covered, for about 20 minutes, then remove the cover and brown slightly.

### RADISHES

Radishes sometimes come on so fast in the home garden that they are a drug on the market. Washed and cooked, tops and all, they make delicious greens, especially if mixed with beet greens or chard. The roots lose their fiery taste and take on a delicate turnip flavor.

### SAVORY ONIONS

Cut some onions in one-half inch slices, and cook in a pressure cooker for 10 minutes. Dice the onions. To 2 cupfuls of onions add  $\frac{1}{2}$  cupful of cream, one tablespoonful of butter, 3 egg yolks, and a little savita. Bake in a buttered baking dish for about 40 minutes.

The following are not SRF Recipes.

### Sweet Potato-Bean Pie

Saute onion and sweet potatoes in the oil in a large skillet until the onions are transparent and the sweet potatoes are limp. Add a few drops of water if necessary to prevent scorching. Place the beans in a blender with a third of the sweet potato mixture. Process on low speed until smooth.

Stir the blended bean mixture with the remaining sweet potatoes and the egg. Season with spices and pour into pie crust. Bake in a preheated 350° F. (175° C.) oven 40 minutes.

Makes six servings

- |   |  |
|---|--|
| 1 yellow onion, chopped   | 1 egg, beaten  |
| 3 cups (750 ml) shredded sweet potatoes (about 2 pounds [1 kg]) | $\frac{1}{4}$ teaspoon (1 ml) freshly grated nutmeg    |
| 1 teaspoon corn oil   | $\frac{1}{4}$ teaspoon (1 ml) coriander                |
| 1 cup (250 ml) cooked navy beans                                | 9-inch (23-cm) unbaked No-Roll Pie Crust <i>P. 150</i> |

### Good Gravy

Cut garlic clove and rub raw edge inside skillet or saucepan. Place oil in pan, and over medium heat stir in flour, brewer's yeast, kelp and carob powders. Stir for two to three minutes over medium heat. Add water very slowly, stirring constantly to prevent lumping. Add tamari, simmer, stirring, until thickened. Remove from heat and add yogurt. Place in a blender or whip to thoroughly combine yogurt and gravy. Serve hot over boiled or mashed potatoes, with rice.

Note: For a party dish, glaze *Pate Ring* with *Good Gravy* and fill center with cooked vegetables.

Makes one cup (250 ml)

- |   |   |
|---|---|
| 1 clove garlic                          | $\frac{1}{2}$ teaspoon (2 ml) kelp powder |
| 2 tablespoons (30 ml) corn oil          | 1 teaspoon (5 ml) carob powder            |
| 2 tablespoons (30 ml) whole wheat flour | 1 cup (250 ml) water                      |
| 1 tablespoon (15 ml) brewer's yeast     | 1 teaspoon (5 ml) tamari                  |
|   | 2 tablespoons (30 ml) yogurt              |

### Whole Wheat White Sauce

Place oil in a medium saucepan over medium heat. Add flour and brewer's yeast and stir together over the heat for two to three minutes. Add the milk slowly, stirring after each addition until mixture is smooth. When the sauce begins to thicken, remove from heat.

Can be used over vegetables or casseroles.

Makes  $\frac{1}{4}$  cups (300 ml)

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|---|--|
| 2 tablespoons (30 ml) corn oil          | $\frac{1}{2}$ teaspoon (2 ml) brewer's yeast |
| 3 tablespoons (45 ml) whole wheat flour | $\frac{1}{4}$ cups (300 ml) skim milk        |



### Spinach-Mushroom Salad

Makes two servings

- 2 cups (500 ml) loosely packed spinach leaves
- 6 medium mushrooms
- 2 teaspoons (10 ml) sesame seeds

A classic, this salad features a touch of sesame.

Thoroughly wash the spinach leaves. Brush off the mushrooms with a wet paper towel, trim stem ends, and slice. Place the sesame seeds in a small, heavy skillet and stir over medium heat until they begin to turn golden. In a serving bowl toss the seeds with the spinach and mushrooms, adding enough dressing to moisten.

**Creamy Garlic Dressing**  
 1/4 cup lemon juice  
 1/2 cup olive oil  
 1 clove garlic  
 1 cup yogurt  
 Blender Low Speed  
 Combine lemon + oil  
 Add Rest of Ingredients

Variation: Eliminate the sesame seeds, and arrange the sliced mushrooms over the spinach in individual salad bowls. Garnish with large red onion rings, and spoon on a little of the dressing.



### Orange and Grape Salad

Makes two servings

- 2 oranges
- 1 cup (250 ml) large grapes, halved
- 1/2 teaspoon (2 ml) finely grated lemon rind
- 1 teaspoon (5 ml) honey
- 2 teaspoons (10 ml) lemon juice

Section oranges and remove membranes. Place grapes with orange sections and lemon rind in a medium serving bowl. Mix honey and lemon juice together and toss with fruit. Serve chilled.

Variation: Substitute tangerines or a pink grapefruit for oranges. Garnish with mint.

### Mushroom Salad

Makes four servings

- 2 1/2 cups (625 ml) thinly sliced mushrooms (about 1/2 pound [225 g])
- 2 teaspoons (10 ml) lemon juice
- 1/4 cup (60 ml) sliced scallion greens

Toss fresh mushrooms with lemon juice. Combine remaining ingredients except for leafy greens, and toss to combine. Serve on lettuce or spinach leaves.

- 1/2 cup (125 ml) alfalfa sprouts
- 2 teaspoons (10 ml) sesame seeds, toasted
- 2 tablespoons (30 ml) yogurt
- 2 teaspoons (10 ml) sesame oil
- lettuce or spinach leaves



### Coleslaw with Yogurt Dressing

Makes four servings

- 1 cup (250 ml) shredded cabbage
- 1 cup (250 ml) shredded sweet potatoes or carrots

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Combine cabbage and sweet potatoes in bowl. Toss with sunflower seeds and Yogurt Dressing for Coleslaw. Makes two cups.

1/2 cup yogurt cream cheese  
 1 tablespoon lemon juice  
 1 teaspoon honey

- 1 tablespoon (15 ml) sunflower seeds
- Yogurt Dressing for Coleslaw



### Very Orange Salad

Makes four servings

- 2 cups (500 ml) shredded carrots
- 1 orange, chopped
- 1/4 cup (60 ml) orange juice
- 2 tablespoons (30 ml) yogurt
- 2 tablespoons (30 ml) raisins (optional)
- dash freshly grated nutmeg
- spinach or lettuce leaves

Oranges and carrots give this salad its color and healthy doses of vitamins A and C.

Combine the carrots and chopped orange sections. Mix the orange juice with the yogurt and pour over the carrot and orange combination. Add raisins if desired. Sprinkle with a dash of nutmeg and toss to combine. Chill. Serve on spinach or lettuce leaves.



### Zingy Spring Salad

- Makes two servings*  
 2 cups (500 ml) shredded cabbage  
 ½ cup (125 ml) chopped dandelion greens  
 1 clove garlic, minced

*Success here depends upon picking the earliest of spring dandelion greens, before the plants are in flower.*

Toss the cabbage, dandelion greens and garlic in enough dressing to moisten. Serve chilled.



### Cucumber Salad

- Makes six to eight servings*  
 2 cups (500 ml) yogurt  
 3-3½ cups (750-875 ml) finely chopped cucumbers  
 1 scallion, finely chopped  
 1 teaspoon (5 ml) minced fresh mint  
 1 teaspoon (5 ml) minced fresh basil  
 2 tablespoons (30 ml) raisins  
 2 tablespoons (30 ml) chopped walnuts

*A refreshing salad in summer, and delightful with curried dishes. "Wonderful" was the tasters' verdicts.*

Combine ingredients in a large bowl and chill before serving.

*Variation:* Substitute finely shredded cabbage for the cucumber.

### Sesame Dressing

Beat together the ingredients in a small bowl until well blended. over lightly steamed, chilled vegetables, raw vegetables

- Makes ¾ cup (175 ml)*  
 1 tablespoon (15 ml) sesame tahini  
 ¾ cup (175 ml) yogurt  
 1 teaspoon (5 ml) tamari  
 1 tablespoon (15 ml) tomato paste



### Hi-Pro Sprouts

- Makes two servings*  
 ¾ cup (175 ml) V-7 Juice  
 ½ teaspoon (2 ml) tamari  
 1 clove garlic, crushed  
 ½ cup (125 ml) sprouted sunflower seeds  
 ½ cup (125 ml) sprouted soybeans  
 dash cumin powder  
 dash cayenne pepper

Place enough V-7 Juice in a pan or wok to cover the bottom. Add tamari and garlic and heat until steaming. Add sprouts and steam for five minutes, stirring occasionally. Makes a crunchy kind of vegetable dish that can be eaten plain, used as a taco filler or ingredient in other dishes calling for beans. **V-7 Juice**

- Makes five cups (1.25 l)*  
 4 cups (1 l) tomato juice  
 2 tablespoons (30 ml) lemon juice  
 2 stalks celery with leaves, chopped  
 1 teaspoon (5 ml) minced fresh Parsley  
 1 tablespoon (15 ml) finely chopped onions  
 2 tablespoons (30 ml) diced green peppers  
 ¼ teaspoon (1 ml) celery seeds

Combine one cup (250 ml) of tomato juice and remaining ingredients in blender. Blend at high speed until smooth. Add remaining juice, continuing to blend until thoroughly mixed. Chill well before serving.

### Dandelion Salad

- Makes four servings*  
 ½ cup (125 ml) young dandelion greens  
 2 cups (500 ml) packed lettuce or spinach leaves  
 ½ cup (125 ml) alfalfa sprouts  
 ¼ cup (60 ml) mung bean and/or sunflower seed sprouts

*Spruced up with sprouts, this green salad makes good use of dandelions as soon as they appear in the spring.*

Early dandelion greens, picked before the plants have flowered, are essential. Older, larger plants produce a very bitter leaf. Be certain to wash the greens thoroughly in several changes of water. Chop and add to the salad bowl along with lettuce and sprouts. Toss with dressing and serve.

*Creamy Garlic Dressing P.148*



dash cinnamon  
 1 tbsp yogurt  
 2 tbsp Apple juice  
 1 tbsp Sesame tahini  
 Blend all at Medium Speed for a Sesame-Fruit dressing  
 Cabbage-Apple-Date Salad

Makes six servings  
 1 medium unpeeled apple, cubed  
 ¼ cup (60 ml) pitted dates, diced  
 ¼ cup (60 ml) walnuts, chopped  
 ½ cup (125 ml) alfalfa sprouts.

This change-of-pace salad has two tasty surprises: dates and crunchy walnuts.

Place apple, dates, walnuts and sprouts with cabbage in a large bowl. Toss with Sesame-Fruit Dressing or Tofu Mayonnaise. P. 151

¼ medium head cabbage, thinly shredded (about ½ pound [225 g])



**Picnic Potato Salad**

Makes four servings  
 4-5 medium potatoes  
 ½ cup (80 ml) soy oil  
 1 tablespoon (15 ml) cider or malt vinegar use LEMON  
 2 teaspoons (10 ml) honey  
 ½ teaspoon (2 ml) dry mustard  
 ½ teaspoon (2 ml) basil  
 ¼ teaspoon (1 ml) thyme  
 ¼ teaspoon (1 ml) spearmint leaves  
 dash marjoram  
 dash cayenne pepper

Because there are no eggs or mayonnaise in this potato salad, it can safely be left outdoors without refrigeration until hungry picnickers enjoy it.

Wash, but do not peel, potatoes. Cube and place in a large saucepan in cold water to cover. Bring to a boil, reduce heat and simmer until tender. Drain and place potatoes in a large bowl.

Mix the remaining ingredients thoroughly. Slowly spoon the oil and herb mixture over the hot potatoes. (Use spearmint tea if no dry spearmint is on hand.) Let stand at room temperature. When the potatoes have cooled, toss with the dressing and refrigerate.

Variation: Add ½ cup (125 ml) chopped celery, ½ cup (125 ml) chopped scallions, or 2 tablespoons (30 ml) minced fresh parsley to the potato salad. Leftover cooked peas or chopped, cooked broccoli can be a colorful addition.

**No-Roll Pie Crust**

Combine ingredients in a pie plate. Toss with a fork until thoroughly combined, then press on bottom and sides of pie plate. Fill and bake as with a regular crust.

Variation: For sweet pies, two teaspoons (10 ml) of honey can be added to the crust.

Makes one 9-inch (23 cm) pie crust

1 cup (250 ml) whole wheat pastry flour  
 ¼ cup (60 ml) corn oil  
 2 tablespoons (30 ml) buttermilk

**Autumn Roots Salad**

Makes six servings  
 1½ cups (375 ml) cubed celery root (celeriac)  
 1 cup (250 ml) cubed Jerusalem artichokes  
 1 cup (250 ml) peeled and cubed kohlrabi

A nice example of a seasonal approach to salads. You may have to visit a farmer's market to get some of the ingredients.

To peel the celery root, cut first in slices, then remove fibrous outer layer. Cube the root and steam or blanch for one or two minutes, until crisp-tender. Place in a medium bowl. Scrub and cube the Jerusalem artichokes (sometimes called sunchokes) and steam or blanch one to two minutes until crisp-tender. Drain and add to celery root.

Again, steam or blanch kohlrabi cubes for one to two minutes until crisp-tender. Drain and add to other vegetables. While still warm, toss with Vinaigrette Dressing. Chill salad thoroughly before serving.

Note: Autumn Roots Salad can also be served warm. Try it too, served hot with Whole Wheat White Sauce. P. 160



Makes six servings  
 3 medium cucumbers  
 1½ cups (375 ml) yogurt  
 1 tablespoon (15 ml) lemon juice  
 ½ teaspoon (2 ml) chili powder  
 ¼ teaspoon (0.5 ml) cumin powder  
 2 teaspoons (10 ml) minced fresh flat-leaf parsley

**Cucumber and Yogurt Salad**

A traditional Indian dish, very cooling on a hot day or served beside a spicy main course dish.

Shred cucumbers, combine with remaining ingredients and chill to allow flavors to blend. Makes three cups (750 ml).

Note: The cucumbers can be cubed or sliced rather than shredded.



### Mushroom-Cashew Salad

*Makes three servings*  
 1 cup (250 ml) sliced mushrooms  
 ½ cup (125 ml) shredded carrots

Combine the mushrooms, carrots, sprouts, chick-peas and cashews. Toss with enough dressing to coat and chill before serving.  
 ¼ cup (60 ml) alfalfa sprouts  
 ¼ cup (60 ml) cooked chick-peas  
 2 tablespoons (30 ml) chopped cashews, toasted  
*Creamy Garlic Dressing p 148*



*Makes four servings*

*Salad:*  
 1½ cups (375 ml) cooked brown rice  
 1 cup (250 ml) chopped pineapple  
 1 pear, diced  
 2 scallions, finely chopped  
 ¼ cup (60 ml) walnuts, chopped  
 2 tablespoons (30 ml) minced fresh parsley

*Makes one serving*  
 ¼ cup (60 ml) low-fat cottage cheese  
 ¼ cup (60 ml) yogurt  
 ½ banana, sliced  
 1 large plum, sliced  
 1 tablespoon (15 ml) wheat germ  
 1 tablespoon (15 ml) bran  
 dash cinnamon  
 dash freshly grated nutmeg

### Fruited Rice Salad with Yogurt Dressing

*One of our favorite salads—crunchy, juicy 'n' chewy.*

Combine rice with fruit, scallions, walnuts and parsley. Combine dressing ingredients by shaking in a small jar with a lid or stirring vigorously in a bowl.

Toss salad ingredients with dressing until thoroughly coated. Chill and serve.

*Dressing:*  
 1 tablespoon (15 ml) safflower oil  
 1 tablespoon (15 ml) yogurt  
 1 teaspoon (5 ml) lemon juice  
 dash freshly grated nutmeg

### Dairy and Fruit Salad

*Try this for breakfast or lunch.*

Combine ingredients in a serving bowl. This dish is quite filling, and gives very good protein and calcium values, two nutrients that may be deficient in the diets of people who overdo a reducing regimen.

*Variation:* An apple, melon or a small peach may be substituted for the plum.

**Tofu Mayonnaise** Combine tofu, lemon juice and tamari in blender - Low. When tofu is creamy, blend on higher speed and slowly pour oil into the mixture. Continue blending until thoroughly mixed.

¾ cup tofu  
 2 tbs lemon juice  
 ½ tbs tamari  
 1 tbs Sunflower oil



### Garden Cottage Cheese Salad

*Makes four servings*  
 1 cup (250 ml) cottage cheese  
 1 stalk celery, finely chopped  
 1 carrot, grated  
 1 scallion, finely chopped  
 2 tablespoons (30 ml) chopped walnuts

Combine cottage cheese with vegetables and herbs. Serve on a bed of lettuce.

¼ teaspoon (1 ml) basil  
 lettuce leaves  
 2 tablespoons (30 ml) minced fresh parsley



### Shredded Vegetable Salad

*Makes four servings*  
 3 parsnips, shredded  
 2 carrots, shredded  
 1 medium sweet potato, shredded  
*Creamy Garlic Dressing p 148*

Do not peel the scrubbed vegetables before shredding. Toss with enough *Creamy Garlic Dressing* to moisten.



### Soy Spaghetti Balls

Makes eight servings

- 2 cups (500 ml) cooked soybeans
- 3-4 slices whole grain bread, crumbled
- 1 tablespoon (15 ml) chopped fresh parsley
- 1 tablespoon (15 ml) of your favorite mixed herbs (such as thyme, oregano, sage, rosemary, marjoram, basil)
- 1 clove garlic, crushed
- 1 egg
- 2 tablespoons (30 ml) tomato juice

Imagine enjoying a hearty spaghetti dinner without worrying about saturated fat, cholesterol and lack of fiber. Dig in!

Mash soybeans and add bread. Stir in herbs, garlic, egg and tomato juice and mash mixture until thoroughly combined. Shape into balls and place on a lightly greased cookie sheet. Bake in a 425° F. (220° C.) oven for 30 to 45 minutes while preparing your favorite spaghetti sauce. Makes about 24 balls.

When serving, place whole wheat spaghetti on plate, arrange three or four spaghetti balls on spaghetti, and cover with tomato sauce. Remaining spaghetti balls can be added to soup later in the week, or frozen for the next spaghetti dinner.



### Fettucini with Spinach and Mushrooms

Makes four servings

- ¾ pound (340 g) whole wheat fettucini noodles
- 1 tablespoon (15 ml) olive oil
- ½ medium onion, chopped
- 1 clove garlic, minced
- 2 tablespoons (30 ml) minced fresh parsley
- 8 medium mushrooms, sliced
- 1 lemon slice
- 4 cups (1 l) loosely packed spinach, coarsely chopped
- 2-3 tablespoons (30-45 ml) grated Parmesan or Romano cheese
- ½ cup (125 ml) ricotta cheese
- ½ cup (125 ml) yogurt

In a large kettle, bring about three quarts (3 l) of water to a boil. Add noodles and cook until tender but still firm.

While the noodles are cooking, prepare the vegetables. Place a few tablespoons (50 ml) of water—just enough to keep the vegetables from sticking—along with the oil in a large skillet. Over medium heat, steam-stir the onion until transparent. Add the garlic, parsley and mushrooms. Sprinkle with juice squeezed from the lemon slice. Stir often, adding a little more water if necessary. After about three minutes, add the spinach, cover the skillet with a lid, and continue to steam until the spinach is wilted and limp but not soggy.

By this time the noodles should be done. Drain thoroughly, place in a large serving bowl, and immediately sprinkle evenly with cheese. Quickly stir in the ricotta and yogurt, and finally the vegetables. Serve hot.

### Eggplant Pizza

Makes four servings

- 1 large eggplant
- 2 teaspoons (10 ml) corn oil
- 1 teaspoon (5 ml) oregano, crumbled
- ½ teaspoon (2 ml) basil, crumbled
- ¼ teaspoon (1 ml) thyme, crumbled
- ½-¾ cup (125-175 ml) tomato sauce
- ¼ cup (60 ml) grated low-fat Swiss or mozzarella cheese
- 1 tablespoon (15 ml) grated Parmesan cheese

Cut off the top and stem end of the eggplant. Cut the eggplant in round slices about ½ inch (1 cm) thick. Meanwhile, bring a large pot of water to the boil. Drop half the eggplant into the boiling water, blanch for about two minutes, and remove with a slotted spoon. Repeat this with the remaining eggplant.

Place the blanched eggplant slices on a lightly oiled baking sheet, brush tops with the two teaspoons (10 ml) of corn oil, and dust with herbs. Cover with aluminum foil. Place baking sheet in a preheated 375° F. (190° C.) oven for 15 to 20 minutes, until the eggplant slices are easily pierced, but not mushy.

When you are ready to serve, spread the eggplant slices with tomato sauce (see Index for several choices to keep on hand) and sprinkle with the cheese. Broil until the cheese is melted. Serve hot.

1 cup chopped onions  
 4 cloves garlic minced  
 1 tablespoon Olive Oil  
 2 cups plum tomatoes w/ juice

Saute onion + garlic in oil in skillet until onion becomes clear, chop + add tomato. Simmer 30 MIN



## Tomato Salad

*Makes four servings*

- 2 cups (500 ml) cherry tomatoes, chopped
- ¼ cup (60 ml) watercress, finely chopped
- 1 tablespoon (15 ml) minced fresh parsley
- ¼ cup (60 ml) cottage cheese
- 2 tablespoons (30 ml) buttermilk



Chop cherry tomatoes, and partially drain. Toss with watercress and parsley.

In a blender, combine cottage cheese and buttermilk and process on low or medium speed until smooth. Pour over tomatoes, dust with a little nutmeg, and stir to combine. Serve in salad bowls lined with lettuce leaves and garnish with parsley sprigs.

- dash freshly grated nutmeg
- lettuce leaves
- parsley sprigs (garnish)

## Curried Rice

*Makes four servings*

- ½ cup (125 ml) dried apricots, chopped
- ¼ cup (60 ml) raisins
- 2 cups (500 ml) cooked brown rice
- ¼ cup (60 ml) chopped scallions
- ¼ cup (60 ml) chopped green peppers
- 1 teaspoon (5 ml) sesame oil
- ¼ cup (60 ml) walnuts, toasted
- ½ teaspoon (2 ml) curry

*A piquant example of the wonderful things that can be done with rice and fruit.*

Combine apricots, raisins and brown rice in a medium bowl.

In a large skillet, saute scallions and green peppers in oil until crisp-tender. In a small skillet, place walnuts over medium heat and stir until golden. Stir walnuts, seasonings and apricot-rice mixture into scallions and green peppers. Heat through and serve.

*Variation:* For a protein-rich main course, stir in one cup (250 ml) cooked soybeans or cooked red lentils.

- ¼ teaspoon (1 ml) coriander
- dash freshly grated nutmeg

## Savory Lentils

*Makes about three cups (750 ml)*

- 1 cup (250 ml) dried lentils
- 2½ cups (625 ml) water
- 1 medium onion
- 5 cloves garlic
- 1 tablespoon (15 ml) chili powder
- 5 tablespoons (75 ml) tomato paste

Bring lentils to a boil in the water and simmer 20 to 25 minutes with the onion and garlic. Add remaining ingredients and cook about 20 minutes longer, until the lentils are tender, but not mushy.

*Note:* These lentils can be used in tacos, tortillas or served with corn bread.

- ½ cup (125 ml) raisins
- 1 tablespoon (15 ml) blackstrap molasses
- ½ teaspoon (2 ml) cumin powder

## Mexican Lentils

*Makes eight servings*

- 1½ cups (375 ml) dried lentils
- ¼ cup (60 ml) raisins
- 4 cups (1 l) water
- ½ green pepper, chopped
- 4 cloves garlic, minced
- ½ teaspoon (2 ml) dried hot red pepper flakes
- 1 tablespoon (15 ml) chili powder
- 1 teaspoon (5 ml) cumin powder
- ½ teaspoon (2 ml) basil
- ¾ cup (150 ml) tomato paste

*A sweet, savory version of a food that's a dietary staple for millions.*

Place lentils and raisins in large skillet or saucepan with three cups (750 ml) of the water. Simmer lentils about 10 minutes. Add pepper, garlic, seasonings, tomato paste and remaining cup of water. Simmer mixture 30 to 45 minutes, until lentils are tender, adding water if mixture becomes too thick. Makes about five cups (1.25 l). Lentils can be served over brown rice, whole wheat noodles or corn tortillas.

*Note:* Refrigerate or freeze unused portion for later use.



Makes four 10-inch (25-cm) pizzas

**Sauce:**

- 1 tablespoon (15 ml) corn oil
- 1 cup (250 ml) finely chopped onions
- 1 tablespoon (15 ml) minced garlic
- 6-8 large, ripe tomatoes, or 4 cups (1 l) Italian plum tomatoes with juice
- 2/3 cup (150 ml) tomato paste
- 1 tablespoon (15 ml) oregano, crumbled
- 2 teaspoons (10 ml) basil, crumbled
- 1 bay leaf
- 1 teaspoon (5 ml) blackstrap molasses

**Dough:**

- 2 tablespoons (30 ml) active dry yeast
- 1 1/4 cups (300 ml) lukewarm water
- 1/2 teaspoon (2 ml) honey
- 2 1/2 cups (625 ml) whole wheat flour
- 1 cup (250 ml) gluten flour
- 2 tablespoons (30 ml) sesame tahini or corn oil
- whole grain cornmeal

**Topping:**

- 1 1/2 cups (375 ml) shredded mozzarella or Swiss cheese
- 3 tablespoons (45 ml) grated Parmesan cheese
- chopped garlic
- sliced tomatoes
- thinly sliced onions
- cooked spinach
- Meat Substitute**
- chopped green or sweet red peppers
- sliced mushrooms
- crumbled tofu



Makes two servings

- 4 taco shells
- 6 tablespoons (90 ml) peanut butter
- 1/2 cup (125 ml) shredded lettuce leaves

**Best Pizza**

In a three or four quart (3 or 4 l) enamel or stainless steel saucepan, heat oil and cook onions over moderate heat, stirring, for seven or eight minutes. When they are soft, add garlic; continue stirring one or two minutes. Add the remaining ingredients, bring to a boil, then reduce heat and simmer one hour, stirring occasionally. Remove bay leaf. For a smoother sauce, puree tomato sauce in a food mill or blender. Makes about 3 1/2 cups (875 ml).

In a small bowl, sprinkle yeast over 1/4 cup (60 ml) lukewarm water into which the honey has been stirred. Let mixture stand until yeast is dissolved, about two or three minutes. Stir yeast mixture and place in a warm spot until the yeast bubbles up and the mixture doubles in volume, about three to five minutes. If the yeast does not bubble, discard and use fresh yeast.

Place whole wheat and gluten flours into a large bowl. Make a "well" in the center of the flour and into this pour the yeast mixture and remaining cup of lukewarm water. Add tahini or oil, and begin mixing the dough with a wooden spoon or your fingers. When it begins to grow elastic, gather the dough into a ball and turn out onto a floured board. Knead the dough for about 15 minutes, until it is smooth and shiny. Dust the dough lightly with flour and place in a large, clean bowl, covered with a plate or lid. Place in a warm, draft-free place to rise about double in bulk, about 1 1/2 hours. (In a pinch for time, pizzas can be made without allowing the dough to rise, with acceptable results.)

Preheat oven to 500° F. (260° C.). Punch the dough down and divide into four equal pieces. Knead each piece on the floured board for a minute or two. Then flatten the piece into a round about an inch (2.5 cm) thick. Grasp the circle in your hands and stretch the dough by pulling your hands apart gently, rotating the dough to get an even circle. When the dough is about 7 or 8 inches (18 or 20 cm) across, place on the floured board and roll with a rolling pin, sprinkling with flour to prevent sticking to board or roller. If dough sticks to the board, gently lift it up and dust board with flour. When dough is about 10 inches (25 cm) across, flute the edge to make a small rim, which will help to contain the pizza sauce.

Sprinkle a baking sheet with cornmeal and carefully lift dough onto sheet. To make pizza, pour 3/4 cup (175 ml) of tomato sauce on dough, and spread evenly with the back of a spoon. Repeat for remaining pizzas.

Sprinkle each pizza with shredded cheese and dust with grated Parmesan. Garnish with your choice of additional toppings.

Bake on lowest shelf of a 500° F. (260° C.) oven for 8 to 10 minutes, until crust is golden. Cut and serve. Pizzas may be frozen before baking, in which case they must be thawed or baking time adjusted to allow for defrosting.

**Peanut Butter Tacos**

Heat taco shells in a moderate oven for four to five minutes. Spread inside of each with peanut butter and fill with lettuce and other vegetables. Add raisins, and top each with a dollop of yogurt.

- 1/2 cup (125 ml) alfalfa sprouts
- 1 tablespoon (15 ml) raisins
- 1/2 cup (125 ml) shredded zucchini
- 1/2 cup (125 ml) shredded carrots





### Pureed Lentils

- Makes about one quart (1 l)
- 1 cup (250 ml) dried lentils
  - 2 bay leaves
  - 1 medium onion
  - 2 cloves garlic
  - 1 medium carrot
  - ½ stalk celery
  - 1 tablespoon (15 ml) fresh parsley
  - 1 tablespoon (15 ml) raisins
  - 3 cups (750 ml) water
  - 1 tablespoon (15 ml) chili powder
  - ½ teaspoon (2 ml) cumin powder

Can be used as a sandwich spread or served with tacos or tortillas.

Wash lentils and combine ingredients in a 3-quart (3 l) saucepan. Bring to a boil, reduce heat, and simmer for 35 to 45 minutes, or until lentils are tender and water is absorbed. (Add a little boiling water, if necessary, to prevent sticking as the ingredients cook.) When lentils are done, remove bay leaves, place ingredients in a blender and, on medium speed, process until smooth.

*Variation:* To serve pureed lentils as a dinner vegetable, omit chili and cumin powders, and add ¼ to ½ cup (60 to 125 ml) yogurt, when blending, to thin the puree. Garnish with strips of *Pimiento*.

### Pennsylvania Dutch Baked Lima Beans

Here's a hearty bean dish with lots of flavor which develops a culinary theme popular among Pennsylvania farmers.

- Makes 10 servings
- 2 cups (500 ml) dried lima beans
  - water
  - 2 large yellow onions, chopped,
  - 2 teaspoons (10 ml) tamari
  - ⅓ cup (150 ml) tomato paste
  - 1 tablespoon (15 ml) sesame tahini
  - ¼ cup (60 ml) blackstrap molasses
  - 1 orange

Soak beans overnight in six cups (1.5 l) of water; drain. For quick-soak method, bring six cups (1.5 l) of water to a boil, add beans and simmer two minutes. Remove from heat, cover tightly, and set aside one hour or longer. Drain. To cook beans, add water to cover, and boil 30 to 40 minutes, or until tender.

Meanwhile, in a large skillet or Dutch oven, steam-stir onions in just enough water to prevent scorching. When the onions are golden, add tamari, tomato paste, ½ cup (125 ml) of water, tahini and molasses. Slice orange in half. From each half, cut two thin slices of orange. Squeeze juice from remaining orange halves. Add juice to tomato paste mixture, and add beans. Simmer mixture until ingredients are heated through. Place in an 8 × 8-inch (20 × 20-cm) casserole dish and garnish with the orange slices. Bake, covered, for one hour at 350° F. (175° C.). Remove cover and continue baking 30 minutes. Makes about 2 quarts (2 l).

### Squash Medley

- Makes four servings
- 3 cups (750 ml) peeled, cubed butternut squash
  - 1 cup (250 ml) diced carrots
  - 1 cup (250 ml) cubed pears

Combine ingredients and place in an 8 × 8-inch (20 × 20-cm) casserole dish. Bake, uncovered, in a preheated 350° F. (175° C.) oven for one hour, or until ingredients are tender.

- ½ cup (125 ml) apple cider
- ½ teaspoon (2 ml) cinnamon

### VEGETABLE STOCK

- 1 Bay leaf
- 2 cups Veg. trimmings; 4 cups water
- onion skins, carrot tops, potato skin, scallion tops, celery leaves, mushroom or other veg. parts.
- (AVOID cabbage, broccoli, cauliflower, Brussels sprouts - too distinctive)
- Bring trimmings + Bay leaf to a boil - reduce heat - simmer 45 min

- Pimiento 2 sweet red peppers

Place whole, washed peppers over an open flame on a gas stove or under a hot broiler. As the skins begin to blacken, turn the pimientos to darken all sides.

When the peppers are charred, remove from the stove and wrap in a wet kitchen towel for 10 minutes. Cut the peppers in half and remove seeds.

Hold the pepper halves under a slow stream of water from the faucet to remove all traces of skins. Store in corn oil, covered, in the refrigerator. To use, wipe or rinse oil from the peppers.

Strain through Cheese Cloth and discard trimmings. Cool + refrigerate. Stock made without salt will not last long in refrig; freeze if not to be used in a day or two. *Variation:* Save water from cooked veg. and freeze. By combining vegetable broths you will have a nutritious liquid for cooking rice, adding to soups, etc.



### Zucchini Tortilla

Makes one serving

- 1 corn tortilla
- 1/2 cup (125 ml) Mexican Lentils *P. 153*
- 1/2 medium zucchini, shredded
- 3 tablespoons (45 ml) yogurt
- 2 tablespoons (30 ml) alfalfa sprouts

You don't have to be Mexican to love this dish. Our tasters were unanimous in their verdict: Olé!

Heat corn tortilla briefly in a hot skillet or under the broiler. Place on serving plate and cover with *Mexican Lentils*, or any moist bean recipe. Top with zucchini, spoon yogurt over zucchini and crown with alfalfa sprouts.



### Tamale Pie

Makes four to six servings

#### Crust:

- 2 1/2 cups (625 ml) cold water
- 1 1/2 cups (375 ml) whole grain cornmeal
- 2 teaspoons (10 ml) chili powder
- 1/2 teaspoon (2 ml) cumin powder
- 1 teaspoon (5 ml) tamari

#### Filling:

- 1 cup (250 ml) cooked kidney, pinto or black beans
- 1 cup (250 ml) cooked soybeans
- 1 stalk celery, chopped
- 1 green pepper, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons (30 ml) tomato paste

Combine water, cornmeal, chili powder, cumin powder and tamari in a heavy saucepan and stir over medium heat until the mixture thickens and comes to a boil. Lightly oil an 8 x 8-inch (20 x 20-cm) casserole dish, and place two-thirds of the cornmeal mixture on the bottom and halfway up the sides of the dish. Set aside the remaining cornmeal mixture.

Process the beans together in a blender on low speed or with a food mill until thoroughly mashed. In a large skillet, steam-stir the celery, pepper and onion in a small amount of water until the onion is translucent; add the garlic toward the end of cooking. Add the beans and the remaining ingredients, except sprouts, and stir over medium heat for five to eight minutes. Stir frequently, or the beans will stick.

Pour the bean mixture over the cornmeal layer in the casserole dish. Spread remaining cornmeal mixture over beans. Bake in a preheated 350° F. (175° C.) oven 30 minutes. Top each serving with fresh alfalfa sprouts.

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 2 tablespoons (30 ml) chili powder | 3 tablespoons (45 ml) water           |
| 2 teaspoons (10 ml) cumin powder   | 1/2 cup (125 ml) fresh or frozen corn |
| 1/2 teaspoon (2 ml) cumin seed     | dash cayenne pepper                   |
| 1 tablespoon (15 ml) lemon juice   | alfalfa sprouts (garnish)             |



### Creamed Spinach

Makes two servings

- 10 ounces (280 g) spinach
- 1 clove garlic, minced
- 1/2 teaspoon (2 ml) tamari
- 2 tablespoons (30 ml) yogurt
- 1 tablespoon (15 ml) grated Parmesan cheese

Wash spinach, remove large stems, and shake excess water from leaves. Reserve stems for making soup stock. Place spinach, along with garlic and tamari, in a large saucepan and steam in the small amount of water that clings to the leaves. When spinach is limp and has turned a deep green, remove from heat. Place spinach, drained if necessary, in a blender with yogurt and cheese. Process on low speed until spinach is pureed. Serve immediately.

### Lentil Pate

Makes three cups (750 ml)

- 1 1/2 cups (375 ml) dried lentils
- 1 carrot, shredded
- 2 cups (500 ml) water
- 1 bay leaf

Place lentils, carrot and water in a medium saucepan. Add bay leaf and simmer mixture, covered, until lentils are quite tender and the liquid is absorbed, about 45 to 55 minutes. Add a few tablespoons (50 ml) of water, if necessary, to prevent scorching. Remove from heat. Place lentils in mixing bowl; remove bay leaf. Mash lentils with fork or potato masher, and combine with remaining ingredients. Continue mashing mixture until smooth.

- 1 1/2 teaspoons (7 ml) tamari
- 1/4 cup (60 ml) Tofu *P. 151*

#### Mayonnaise

- 1/2 teaspoon (2 ml) basil
- 1/8 teaspoon (0.5 ml) mace
- 1/8 teaspoon (0.5 ml) allspice
- dash cayenne pepper

Press into a bread pan; chill thoroughly, then invert and serve as a party pate, or use as a sandwich spread.



- Makes six servings*
- 1 teaspoon (5 ml) sesame oil
  - ¼ cup (60 ml) minced shallots
  - ½ clove garlic, crushed
  - 1 tablespoon (15 ml) minced parsley
  - 8-10 carrots, cut in strips (about 1 pound [450 g])
  - 2 tablespoons (30 ml) orange juice
  - ¼ cup (60 ml) *Yogurt Cream Cheese* *P 159*
  - 1 teaspoon (5 ml) sesame tahini



- Makes four servings*
- 5 medium carrots
  - fresh ginger root
  - ½ cup (125 ml) apple cider
  - dash freshly grated nutmeg



- Makes six servings*
- 8-10 carrots (about 1 pound [450 g])
  - 1 cup (250 ml) chopped scallions
  - 1 clove garlic, minced
  - ½ teaspoon (2 ml) tamari
  - ¼ teaspoon (1 ml) paprika
  - 2 tablespoons (30 ml) chopped fresh dillweed

- Makes six servings*
- 1 cup (250 ml) brown rice
  - 2¼ cups (550 ml) water
  - 2 cups (500 ml) finely shredded cabbage
  - 1 cup (250 ml) thinly sliced carrots
  - 1 cup (250 ml) thinly sliced celery
  - ½ cup (125 ml) chopped onions
  - 2 teaspoons (10 ml) corn oil
  - 2 medium pears (10 ml), chopped

## Oven-Baked Carrots

*Oven-baked carrots had been one of our favorite "company's-coming" recipes. Unfortunately, the recipe called for plenty of butter and heavy cream. Working with that recipe, we discovered a dish with much less fat and, surprise!—it tastes even better.*

In a large skillet, heat the oil and saute the shallots until slightly tender. Add the garlic, parsley and carrots, and stir until combined. Cook over medium heat, stirring, for about 5 to 8 minutes. In a small bowl, combine orange juice, *Yogurt Cream Cheese* and tahini. Stir into carrots. Place the carrot mixture in a lightly oiled casserole dish and bake, covered, in a preheated 350° F. (175° C.) oven for about 30 to 35 minutes. The carrots should still be a little firm and keep their shape.

## Spicy Ginger Carrots

*Carrots do so many good things for us we should try to return the favor as often as possible.*

Scrub and lightly scrape carrots. Cut in two-inch (5 cm) strips about ¼ inch (6 mm) wide.

Cut a piece of fresh ginger root about the size of a quarter, and mince. In a medium ovenproof dish, toss the carrots with the fresh ginger and apple cider. Top with freshly grated nutmeg.

Cover and bake in a 375° F. (190° C.) oven one hour. When done, the carrots should be crisp-tender, not soft. Serve hot.

*Variation:* Carrots can also be boiled until just tender with ginger, then drained and sprinkled with nutmeg. Omit apple cider.

## Dilly Herbed Carrots

Wash, but do not peel carrots, and slice them into long, thin strips. In a skillet, steam-stir scallions and garlic in a small amount of water until nearly tender. Stir in the carrots, tamari, paprika and dillweed and toss together over medium heat. When ingredients are combined, transfer carrot mixture to a lightly oiled casserole dish and pour yogurt over all. Cover, and bake in a preheated 350° F. (175° C.) oven 35 to 40 minutes. The carrots will retain some crispness. Transfer to a serving dish and garnish with parsley sprigs.

- ¼ cup (60 ml) yogurt
- parsley sprigs (garnish)

## Rice with Pears

*A "nice change," said one enthusiast; "good and different."*

Place rice in a medium saucepan with the water. Bring to a boil, reduce heat and simmer, covered, for about 30 to 40 minutes, until the water is absorbed. Meanwhile, in a large heavy-bottom saucepan, saute cabbage, carrots, celery and onions in the oil until crisp-tender, about 3 minutes. Add a few spoonfuls of water, if necessary, to prevent scorching. Stir in pears, parsley, dillweed, cinnamon and mustard. Add cooked rice to the pear mixture.

Cover pan and heat over very low flame about five minutes. Serve hot.

- 2 tablespoons (30 ml) chopped fresh parsley
- 1 tablespoon (15 ml) chopped fresh dillweed
- ½ teaspoon (2 ml) cinnamon
- ¼ teaspoon (1 ml) dry mustard



### Kohlrabi and Carrots

Makes four servings

- 1 cup (250 ml) peeled and cubed kohlrabi
  - 1 cup (250 ml) sliced carrots
- Whole Wheat White Sauce or yogurt *P. 160*

In a saucepan, place the kohlrabi and carrots in water to cover, and bring to a boil. Reduce heat and simmer until the vegetables are tender, about 15 minutes.

Serve with *Whole Wheat White Sauce* or toss with a little yogurt. Serve hot.

### Carrots Piquant

Makes four servings

- 8-10 carrots (about 1 pound [450 g])
- 2 teaspoons (10 ml) sesame oil
- 1 tablespoon (15 ml) minced fresh ginger root
- 4 cloves garlic, minced
- 2 teaspoons (10 ml) sesame seeds
- 2 teaspoons (10 ml) poppy seeds
- 1/2 teaspoon (2 ml) turmeric
- 1 teaspoon (5 ml) cumin powder
- 2 teaspoons (10 ml) coriander

One of our all-time favorite carrot recipes, subtle and surprising. We might mention versatile, too, because leftover carrots can be tossed with yogurt and chilled, then served on greens as a salad.

Wash and cut the carrots in long, thin strips. In a large skillet, saute the carrots in oil until nearly tender, adding a little water, if needed, to prevent scorching. Remove carrots from the pan. Place ginger, garlic, sesame and poppy seeds in the skillet and stir over medium heat until golden, again adding water if needed. Stir in the turmeric, cumin, coriander, chili powder and carrots, and fry together for two or three minutes. Serve hot.

Variation: Substitute parsnips, potatoes or turnips for all or part of the carrots.

- 1/2 teaspoon (2 ml) chili powder

### Vegetable Pie

Makes eight servings

#### Filling:

- 1 medium onion, chopped
- 1 cup (250 ml) chopped cabbage
- 1 cup (250 ml) diced carrots
- 1 cup (250 ml) fresh or frozen peas
- 1 cup (250 ml) fresh or frozen corn
- 1 teaspoon (5 ml) chili powder
- 1/4 teaspoon (1 ml) thyme
- 1 tablespoon (15 ml) sunflower oil
- 1 tablespoon (15 ml) whole wheat flour
- 1/2 cup (125 ml) skim milk
- 1 egg, beaten

Place onion, cabbage and carrots in a saucepan or lightly oiled skillet and steam-stir in a few tablespoons (50 ml) of water to prevent scorching. When vegetables are crisp-tender, stir in peas, corn and seasonings. Cover and set aside.

In a small saucepan or skillet, warm oil and stir in flour. Stir over medium heat for a few minutes, until flour is golden brown. Stir in milk slowly, to prevent lumping. Combine sauce with vegetable mixture, along with egg.

For crust, place flour, oil and buttermilk in a 9-inch (23-cm) pie plate. Toss with a fork until combined, then press along bottom and sides with fingers.

Place filling in unbaked crust. Combine bread crumbs and Parmesan cheese for topping, and sprinkle over filling.

Bake pie in a preheated 350° F. (175° C.) oven about 20 to 25 minutes, until firm. Serve hot or at room temperature.

Note: Pie can be made ahead of time and refrigerated, then baked before serving. If pie is chilled, baking time may be slightly longer. Also, pie can be reheated after baking.

#### Crust:

- 1 cup (250 ml) whole wheat pastry flour
- 1/4 cup (60 ml) sunflower oil
- 2 tablespoons (30 ml) buttermilk

#### Topping:

- 2-3 tablespoons (30-45 ml) soft whole grain bread crumbs
- 2 tablespoons (30 ml) grated Parmesan cheese

### Peanut Sauce

Makes two servings

- 1 cup (250 ml) *Vegetable Stock* *P. 155*
- 4 tablespoons (60 ml) peanut butter
- 1/2 teaspoon (2 ml) tamari

Combine ingredients in a saucepan and simmer over medium heat until pepper is tender, about 10 to 15 minutes.

Serve over vegetables or combination rice and vegetable dishes.

- 1/4 cup (60 ml) finely chopped green peppers
- 1 clove garlic, crushed

### Kale Quiche

*Makes six servings*

#### Crust:

- 1 cup (250 ml) whole wheat Flour
- ¼ cup (60 ml) safflower oil
- 2 tablespoons (30 ml) buttermilk

#### Filling:

- 4 cups (1 l) packed kale
- 1 cup (250 ml) cottage cheese
- 2 tablespoons (30 ml) buttermilk
- 6 scallions
- 1 egg yolk
- 2 egg whites
- dash freshly grated nutmeg

Measure the ingredients for the crust directly into a 9-inch (23-cm) pie plate. Toss with a fork until combined, then press against bottom and sides of dish to form the pie shell.

Steam kale five minutes. Coarsely chop. Place in the pie crust.

In a blender, combine the cottage cheese, buttermilk, scallions and the egg yolk. Process on low speed until smooth. Beat the egg whites with an eggbeater or electric mixer set on medium speed. When the whites are stiff, fold into the cottage cheese mixture, along with some nutmeg.

Pour the cheese mixture over the kale in the unbaked pie shell.

Place in a preheated 375° F. (190° C.) oven and bake for 35 to 40 minutes, until firm.

### Baked Sweet Potato and Pear

*A great combination dish to perk up a winter table.*

Slice the sweet potato, which has been scrubbed but not peeled, and place the slices around the perimeter of a shallow pie pan. Leave one slice in the center.

Wash, seed, but do not peel pear. Cut pear into thin lengthwise slices and arrange in circular fashion atop sweet potato.

Pour apple cider over pear and sweet potato and dust with nutmeg. Cover with foil.

Bake casserole in a preheated 350° F. (175° C.) oven for 45 minutes, or until tender. Serve hot.

*Makes two servings*

- 1 medium sweet potato
- 1 medium pear
- ½ cup (125 ml) apple cider
- dash freshly grated nutmeg

### Yogurt Cream Cheese

Line a colander with a double layer of cheesecloth or with a linen kitchen towel. Material must be clean and damp. Gently pour the yogurt into the fabric-lined colander. Gather the ends of the fabric together to create a "bag" for the draining yogurt. This can be hung with string from the kitchen faucet or from another spot where it can be left for six to eight hours or overnight. Hang the draining curd over a container, so whey can be saved for use in baking breads or boiling rice.

*Note:* If using homemade yogurt, chill before making *Yogurt Cream Cheese*. This seems to make the curd more stable, allowing a higher yield.

*Makes 1½ to 2 cups (375 to 500 ml)*  
1 quart (1-l) yogurt

### Boiled Sweet Potatoes

Wash and remove spots from sweet potatoes, but do not peel. Drop them into the boiling water and cook covered about 25 minutes, until tender. Potatoes can be peeled before serving or eaten as is.

To shorten the cooking time, cube potatoes before boiling. Reserve the water for soups.

*Makes two servings*  
2 medium sweet potatoes  
boiling water to cover

*Makes four servings*

- 4 medium carrots
- 4 medium parsnips
- 2 small pears

### The Ugly Ducklings

Wash carrots and parsnips thoroughly; trim ends. Cut in two-inch (5 cm) sections, slicing thicker sections in half. Core pears but do not peel. Cut pears in strips of similar size to carrots and parsnips.

In a colander over boiling water, steam vegetables and pears about 8 to 10 minutes, just until tender. Serve hot.

## Broccoli-Cheese Quiche

Makes six servings

- 1 cup (250 ml) broccoli florets
- 1 cup (250 ml) cottage cheese
- ¼ cup (60 ml) buttermilk
- 2 eggs, beaten
- 2 scallions, minced
- dash freshly grated nutmeg
- 9-inch (23-cm) unbaked

No-Roll Pie Crust P. 150



Steam broccoli for three to four minutes, just until crisp-tender. Rinse with cold water, drain and set aside.

Combine the cottage cheese and buttermilk in a blender on low speed. To make a smooth mixture without a blender, the cottage cheese can be pressed through a sieve. Place the cheese mixture in a mixing bowl and add the eggs, scallions and nutmeg.

Pour cheese mixture into pie shell. Arrange broccoli florets on top, pressing down into the cheese mixture.

Bake in a preheated 400° F. (200° C.) oven 20 minutes. Reduce heat to 350° F. (175° C.) and continue baking 10 to 15 minutes more. The quiche should be puffed and browned. Serve hot or cold.

## Cauliflower Souffle

Makes six servings

- 1 head cauliflower
- 2 tablespoons (30 ml) yogurt
- 2 tablespoons (30 ml) tomato paste
- 1 teaspoon (5 ml) tamari
- ¼ teaspoon (0.5 ml) freshly grated nutmeg
- 2 eggs, separated
- 2 egg whites

Steam cauliflower until soft. Press cauliflower through a sieve with the back of a wooden spoon, then mix with yogurt and tomato paste in a large bowl. Or, place small amounts of cauliflower with some of the yogurt and tomato paste in a blender and process on low speed until smooth, then place in a large bowl.

Stir tamari, nutmeg and two egg yolks into cauliflower mixture. Beat the four egg whites with an eggbeater until they are stiff. Gently fold the egg whites into the cauliflower.

Place the cauliflower mixture in a medium, lightly oiled souffle dish. Bake in a preheated 325° F. (165° C.) oven until firm, about 35 minutes.



Makes four servings

- 2 large stalks broccoli
- ½ sweet red pepper

## Steamed Broccoli and Red Peppers

Cut off ends from the broccoli stalks; peel away any tough skin from the main stems. Slice stems and separate stalks into individual florets.

Seed sweet red pepper half and slice in lengthwise strips. Cut strips in two. Combine the broccoli and red pepper in a steamer or colander over boiling water. Steam, covered, just until crisp-tender. The broccoli should remain a bright green. Serve hot.

This combination is a colorful and tasty vegetable dish to serve with fish.

Note: Leftovers give a lift to vegetable soup or tomato sauce for pasta. Add the steamed vegetables just before serving, and heat them through.



Makes four servings

- 2 cups (500 ml) chopped broccoli
- 2 cups (500 ml) chopped cauliflower
- 1 large or 2 small carrots, sliced
- 1 large onion, chopped
- ½ sweet red pepper, thinly sliced

## Steamed Mixed Vegetables

It's just as easy to add variety to your steamed vegetables as it is to serve them one at a time.

Combine the vegetables in a metal colander over boiling water in a large kettle. Cover and allow to steam for about 15 minutes, until vegetables are crisp-tender. Serve hot.

### Whole wheat white sauce

2 tbsp Corn oil  
3 tbsp. w.w. Flour  
½ tsp brewer's yeast  
1 ¼ cups Milk

Place oil in a medium saucepan over medium heat. Add flour + brewer's yeast and stir together over the heat for 2-3 min. Add the Milk slowly, stirring after each addition until mixture is smooth. When the sauce begins to thicken, remove from heat. Use over veg. or casseroles



*Makes two servings*

- 1 butternut squash
- ½ teaspoon (2 ml) corn oil
- ½ cup (125 ml) cooked lentils
- ½ cup (125 ml) corn
- 2 tablespoons (30 ml) sunflower seeds, toasted
- ½ teaspoon (2 ml) tamari
- 2 tablespoons (30 ml) shredded Swiss cheese
- 1 teaspoon (5 ml) wheat germ



*Makes three servings*

- 3 medium sweet potatoes
- ½ cup (125 ml) cranberries, finely chopped
- ¼ cup (60 ml) raisins, finely chopped
- ¼ cup (60 ml) walnuts, finely chopped
- 1 teaspoon (5 ml) medium unsulfured molasses
- ¼ teaspoon (1 ml) cinnamon yogurt (garnish)
- dash cinnamon (garnish)

*Makes six to eight servings*

- 3 cups (750 ml) mashed sweet potatoes (about 4-5 potatoes)
- 2 unpeeled tart apples
- ½ teaspoon (2 ml) finely grated lemon rind
- dash freshly grated nutmeg
- 2 egg yolks
- 4 egg whites

*Makes four servings*

- 1 pound spinach (450 g)
- 1 green or sweet red pepper, chopped
- 1 large onion, chopped
- 5 stalks celery, chopped
- ¼ cup (60 ml) raisins
- ½ teaspoon (2 ml) cinnamon
- ¼ teaspoon (1 ml) dill seed
- dash cayenne pepper
- 1 large tomato, chopped
- 1 cup (250 ml) cottage cheese
- ¼ cup (175 ml) shredded sharp cheese

### Stuffed Butternut Squash

*Winter squash like the butternut are especially high in vitamin A. This recipe looks "different" but tastes terrific!*

Cut the squash in half and scoop out seeds and stringy pulp from cavity. Rub each cut surface with ¼ teaspoon (1 ml) oil. In a medium bowl, combine the lentils, corn, sunflower seeds and tamari. Divide into two parts, and stuff squash cavities. Sprinkle cheese and wheat germ over stuffing.

Cover the squash with aluminum foil and place in a baking dish with ½ inch (1 cm) of water. To keep the squash level, you may have to place a folded piece of aluminum foil under the neck ends.

Bake in a preheated 350° F. (175° C.) oven for 1½ hours, adding water, if necessary, to the baking dish.

Serve hot.

### Cranberry-Stuffed Sweet Potatoes

*Why wait for the holidays for this special treat?*

Leave the sweet potatoes in their jackets and cut them in half lengthwise. Wrap potatoes in aluminum foil and place in a preheated 350° F. (175° C.) oven. Bake for one hour.

Remove potatoes from oven, unwrap and scoop centers from shells, leaving enough to retain shape, and mash the pulp in a medium bowl.

Mix cranberries, raisins, and walnuts with mashed sweet potatoes and add molasses and cinnamon. Place sweet potato mixture into scooped-out shells, place in a shallow baking pan, cover with foil and heat through in oven, about 10 to 15 minutes.

To serve, garnish each half with a dollop of yogurt and sprinkle with a dash of cinnamon. Serve hot.

### Sweet Potato-Applesauce Souffle

Place sweet potatoes in a medium mixing bowl. Run the apples through a blender or food mill to make ½ to ¾ cup (125 to 175 ml) applesauce. Stir applesauce, lemon rind, nutmeg and egg yolks into sweet potatoes. Whip egg whites until stiff with an eggbeater and fold gently into the sweet potato mixture. Prepare a souffle dish by lightly oiling and dusting with a coating of wheat germ or whole wheat flour. Turn souffle mixture into dish and place in preheated 350° F. (175° C.) oven. Bake about 35 minutes. Serve immediately.

### Mexican Vegetable Casserole

Thoroughly wash spinach. Steam about five minutes, until limp. Set aside to cool.

Combine pepper, onion, and celery in a heavy skillet with the raisins, cinnamon, dill seed and cayenne. Steam-stir, adding a few spoonfuls of water as necessary, until vegetables are tender. Place tomato in a blender and process on medium speed until smooth. Pour over vegetables, stir, and simmer two to three minutes. Remove from heat.

In a medium, lightly oiled casserole, place half of the spinach. Top with half of the vegetable mixture. Spread with the cottage cheese. Spoon over the remaining vegetables, and top with a layer of spinach. Sprinkle with the shredded cheese.

To bake, place the casserole in a preheated 375° F. (190° C.) oven for 30 to 35 minutes. Serve hot.



### Oven-Braised Brussels Sprouts

Makes four servings

- 2 cups (500 ml) brussels sprouts
- 2 teaspoons (10 ml) olive oil
- 1 tablespoon (15 ml) grated Parmesan cheese

Rinse brussels sprouts and trim bottoms. Cut a deep cross in the bottom of each sprout with a paring knife. Steam the sprouts just until slightly tender.

Preheat oven to 350° F. (175° C.). Place brussels sprouts in a casserole or baking dish large enough to hold them all in one or two layers. Drizzle olive oil over sprouts and sprinkle with Parmesan cheese. Place a lightly oiled piece of waxed paper over the sprouts, and place in the oven. Bake for about 20 minutes, until sprouts are tender. Serve hot.

### Brussels Sprouts with Lemon White Sauce

Makes four servings

- 2 cups (500 ml) brussels sprouts

Sauce:

- 1 tablespoon (15 ml) corn oil
- 2 tablespoons (30 ml) whole wheat flour
- ½ cup (125 ml) skim milk
- 1 tablespoon (15 ml) lemon juice
- 1 teaspoon (5 ml) finely grated lemon rind
- dash freshly grated nutmeg

Pull any wilted outer leaves from the sprouts and cut crosswise slashes in the stem ends. Steam the sprouts just until tender. (Overcooked brussels sprouts develop a very strong taste.) Drain the sprouts in a colander.

In a heavy-bottom skillet, heat the oil and add the flour. Stir the flour and oil over low heat until the flour is "toasted" and begins to turn a slightly deeper brown. This should take about three to four minutes. Add the milk gradually, stirring constantly to avoid lumping. Stir in lemon juice and lemon rind, and add brussels sprouts. Add a few grains of nutmeg. Stir over low heat until the brussels sprouts are coated with sauce and the mixture is hot.

Note: *Lemon White Sauce* is also tasty on cooked broccoli

### Broccoli Mousse

Makes six servings

- 1 large bunch broccoli
- 2 tablespoons (30 ml) safflower oil
- 2 tablespoons (30 ml) whole wheat flour
- 1 teaspoon (5 ml) basil
- 1½ cups (375 ml) skim milk
- 2 teaspoons (10 ml) tamari
- 1 tablespoon (15 ml) minced fresh parsley
- ½ teaspoon (2 ml) finely grated lemon rind
- dash freshly grated nutmeg
- 2 eggs, well beaten

Steam broccoli until tender. Rub broccoli with the back of a wooden spoon through a sieve, or blend in small amounts until smooth.

In a saucepan, heat the oil and stir in flour and basil. Stir over low heat two to three minutes. Add milk gradually, stirring between each addition to prevent lumping. Add tamari. Simmer until sauce has thickened. Remove from heat. Stir in parsley, lemon rind and nutmeg.

To beat eggs, have eggs at room temperature. Place the eggs in a warm bowl, or in a bowl set over, not in, hot water. Beat for three to four minutes with an electric mixer until the eggs are quite thick and creamy.

When the milk sauce has cooled a bit, stir in the broccoli and fold in the eggs. Pour into a large, lightly oiled souffle dish.

To bake, place the souffle dish in a larger pan filled with boiling water an inch (2.5 cm) deep. Bake in a preheated 400° F. (200° C.) oven one hour. Serve immediately.

### Creamy Tofu Sauce

A nondairy alternative to white sauce.

Makes two cups (500 ml)

- 2 tablespoons (30 ml) corn oil
- 2 tablespoons (30 ml) whole wheat flour
- 1 cup (250 ml) Vegetable Stock
- 4 ounces (115 g) tofu *P.155*

Place oil in a saucepan over medium heat. Add flour and stir over heat for two to three minutes. Add stock slowly, stirring after each addition until mixture is a smooth paste. Simmer two to three minutes. Remove from heat. Break up tofu into blender. Pour hot sauce over tofu and process on low, then medium speed until smooth.

Variation: *serve over rice or noodles. Add one cup (250 ml) cooked, drained broccoli and one teaspoon (5 ml) basil and serve over fettucini.*



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Vegetable #1 .....	6
Vegetable #2 .....	56
Souffle	
Apple .....	40
Apricot .....	43
Cauliflower #1 .....	44
Cauliflower #2 .....	160
Chocolate .....	39
Mushroom .....	11
Prune-Nut .....	42
Soy-Bean .....	44
Spanish Souffle .....	146
Sweet Potato-Apple Sacue .....	161

Vegetables	
Asparagus Au Gratin .....	27
" Imperial .....	47
" (Scalloped) .....	3
" Shortcake .....	8
" Timbers .....	43
" With Cheese .....	45
A Tasty Vegetable Dish .....	53
Beets (Spiced) .....	41
Beet Tops .....	51
Broccoli (Braised) .....	48
" Cheese Quiche .....	160
" Red Pepper (Steamed) .....	160
Brussels Sprouts .....	48
" (Oven Braised) .....	162
" With Lemon White Sauce .....	162
Cabbage Ragout Espanol .....	44
Cabbage With Green Peppers .....	15
Carrots-Belgian .....	25
" (Glazed) .....	23
" Candied .....	17
" Dilly Herbed .....	157
" Oven Baked .....	157
" Parsnips, Pear .....	159
" Piquent .....	158
" (Spicy Ginger) .....	157
Cauliflower Patties .....	51
Cauliflower (Spanish Style) .....	3
" With Browned Crumbs .....	8
Celery Sauté .....	21
Celery & Cheese (Scalloped) .....	14
Celery (Stuffed) .....	51
Cheese Noodle Ring W/ Br. Sprout .....	6
Chayote Croquettes .....	53
Chitchee Curry (Mixed Vegetables) .....	31
Corn (Baked & Curried) .....	12
Corn-Eggs (Scalloped) .....	46
Corn Chowder .....	11
" Corn (Dried) .....	52
" Corn (Mexican) .....	25
Corn Soranble .....	45
Cranberry Relish .....	146
" Stuffed Sweet Potato .....	161
Eggplant Pizza .....	152
Kale Quiche .....	159
Green Peas & Carrots .....	19
Green Peas-French Style .....	17
Kohlrabi & Carrots .....	158
Leeks Au Gratin .....	18
Okra Creole Molds .....	35
Okra (Savory) .....	11
Okra & Tomato Stew .....	53
Onions Baked With Cheese .....	35
" Glazed .....	5
" Spanish .....	19
" Stuffed .....	10
" Stuffed (Savory) .....	146
" Savory .....	147
Parsnips (Browned) .....	15
Parsnips (Candied) .....	53
Peppers Baked with Mushrooms .....	23
Pimientos .....	155
" Stuffed with Spinach .....	12
Radishes .....	147
Roast Vegetables .....	50&56
Roasted Vegetables .....	144
" Sauerkraut & Apples .....	5
" Sauerkraut (Braised) .....	15
" Spinach (Baked) .....	39
Spinach & Cheese Roll .....	50
Spinach (Creamed) .....	156
" Ring .....	8
" With Lemon Sauce .....	5
Squash (Butternut) .....	161
Squash (Spanish Style) .....	33
" (Stuffed Winter) .....	16
" Medley .....	161
" or Zucchini Italian .....	144
Steamed Mixed Vegetables .....	160
String Beans-French Style .....	24
String Beans (Spanish) .....	6
String Beans & Tomatoes .....	22
Sweet Potato-Bean Pie .....	147
Sweet Potato (Boiled) .....	159
Sweet Potato-Pear (Baked) .....	159
Sweet Potato Roll .....	145
Sweet Potato Scalloped W/Apples .....	48

Vegetables (Continued)	
Tomatoes (Baked) .....	144
Tomatoes (Browned) .....	8
Tomato Timbales .....	145
Tomato Toast .....	144
Vegetable Pie #1 .....	9
Vegetable Pie #2 .....	158
Vegetable Stew .....	55
Zucchini Tortilla .....	156
Zucchini with Cheese .....	50



















