

Health Blessing  
T. R. Gaines

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*Every Woman  
a Food Scientist*

By

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*This Book is Appreciatively Dedicated to*

FRANK MEYTHALER

One who daily strives to lift his fellow man  
to higher levels of Healthful Living by  
means of skilled service in the field of  
Nutritional Science

## P R E F A C E

A race horse with average speed never wins a race in competition with horses of superior speed. The horse exerting continuous higher speed always arrives ahead of the other horses in the race. This book is intended to give the reader a glimpse of personal health that is far beyond the average grade that is being expressed by millions of Americans.

Average health, or health just sufficient to keep out of the hospital is not confined to the very poor or to the middle classes. Rich people, too, are **enjoying** average health, which is far from being a sane or safe way to live. Complete health is of priceless benefit to its possessor.

Like everything else in life excellent health must be earned. Nothing for nothing is a cosmic principle. Health that is really excellent can only be made possible or maintained by one procedure—excellence of habits in eating. It is the energy, vitamins and minerals in food that grant the necessary nutrition for cells, blood, brain and nerves. Food must also be selected to digest in the proper time, to be a bearer of life-force, to be free from mucus-forming tendencies and to prevent irritation of stomach membranes and intestinal epithelial tissues.

Truly has Brillat Savarin the French philosopher observed more than one hundred years ago, "Tell me what you eat, and I will tell you what you are."

The Author.





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Many other indispensable dietetic features are  
contained in this valuable volume  
**"EVERY WOMAN A FOOD SCIENTIST"**

## FOOD AND HEALTH

The most distressing fact that confronts us is the prevalence of pain and disease. A large proportion of the people in every nation are sick to some degree. Those who are ill are living downward to their limited comprehension of life. Those who are well are living upward to their potential health possibilities.

There are two roads in life—one may be termed frustration, the low road, the other progress, the high road. Sickly, unhappy, worried folks are that way because they have consciously or unwittingly allowed their steps to tread the path of frustration. They are depending on wishful thinking or hoping that time will better their unhappy states. Hoping and wishing, while useful sometimes, will not remove the **cause** of illness, unhappiness and fear.

It is said that the last words of the dying Buddha were "Work out your own Salvation." What greater earthly Salvation can we enjoy than the radiance of abounding health, an alert step, a perfect stomach, a young brain, mighty lungs, a powerful heart, and a feeling of unconsciousness of body. Where one is very old, it can hardly be hoped to possess the maximum of these healthful states, but it is never too early or too late to strive for these dynamic, essential assets of being. There is really no mystery about healthful living. Health of body invariably tends to follow healthful habits of eating.

In the year 1898, when I was mustered out of the United States Army at the close of the war, various army and private physicians shook their heads during their examination of my pain bedeviled body and it was discreetly insinuated that in two weeks, I would no longer be listed among the living.

It was due to this fact that I, a layman, dared to aspire to find the cause of the degeneration of my body, and seek for a remedy that was not possible in scientific, orthodox methods. Someone had handed me a book on bee life, and as I glanced through its pages, I found my first awakening as to the part that nutrition played in animal and human life.

My discovery was "Royal Food," the little vitamin essence which the working bees supplied to certain embryonic working bee cells. In due time, the cells fed on this different food pro-

duced a different and more highly superior type of bee—the Queen. Also I learned the Queen bee lives ten times longer than the working bee.

As a last resort to save my life, I changed from my usual diet of white bread, condiments, sweets, and dairy products. An amazing change for the better took place within forty-eight hours. I began to feel much improved. A few short months later, my body that had represented physical degeneration now began to display signs of returning health and strength. In all the years that have ensued, I have had no occasion to call in a physician for any ailment or pain.

I am convinced should I forsake my scientific habits of eating and breathing, ill health would again visit my body because of the violation of the natural laws of life.

Naturally it takes will power to abstain from these alluringly prepared but often disease forming foods that we find on almost every American dining table, but remember, the resisting of this food temptation will generally return the precious dividend of "health always." Some folks labor under the delusion that it is natural to be sick at times. Nothing could be more fantastic or farther from the truth.

I have discovered in my reading and experience that health is a principle and that disease is a condition. A condition that may usually be banished when the power of proper eating is leveled against it.

Consider life itself for a moment—what intelligence or meaning would there be to create human beings so that suffering would be their lot. Really I have found the meaning back of life is health, happiness and progress but these conditions can never be found as long as we are content to tread the low or unscientific roadway of living.

Elephants in the jungle are not prone to insanity or sickness. They eat natural elephant food—grasses, leaves and bamboo sprouts and they develop prodigious strength and live far beyond the average life span of human beings which is less than forty years throughout the entire earth.

Elephants in captivity are often improperly fed. In time these foodstuffs inflame the brain and nerves of the elephant

with a toxic poison. Then the elephant goes on a killing rampage and must be destroyed, but the blame should not be attributed to the elephant, but to the toxic reacting food it was permitted to eat.

Criminals are not really that way through choice or inheritance, they are in the main just victims of parental ignorance of food understanding. As the truth about food flashes forth into the world from the laboratories of science, crime will lessen to a tremendous degree, also sickness and insanity will become rare happenings.

In ancient Egypt the priests taught that a skeleton should be placed on every banquet table to be a symbol of the re-action to the indulgence of too much food or drink.

It amazes me how people will pray and affirm for health not only for days but often for weeks and years at a stretch. Possibly that is the reason the Good Book says, "Ye receive not because ye ask amiss."

Health is generally available as we reform our food habits. Health is always "in us" but it is often submerged by mucus, toxins and poisons resulting from improper habits of eating. Right eating does not mean living on nuts and raw cabbage—far from it. In our miracle age of scientific research we can literally "feast our way" back to health, if we have lost that most precious of all possessions.

It is a sad commentary on the intelligence of the masses when so many are willing to serve disease and death instead of health and life. If I had a last word to give to humanity, it would be "Get back to natural food." When animals are ill, do you see them eating large quantities of food to keep up their strength? Not at all, the contrary is the fact. They go out into the back yards and fields and search for some vitamins from the grass to help overcome their condition caused by past unwise eating.

This is my ambition—to live long enough to know that every woman in America is a "Food Scientist." Women may be bread winners too, but primarily a woman first of all should be a home maker. Home breaking men and women are to be compared to the elephant in captivity improperly fed, therefore



toxic. That is the reason Christ prayed "Father, forgive them, they know not what they do."

What an opportunity for women in this New Age to come to the front and join hand in hand with science and endeavor to rid the earth of its eight greatest evils:

Disease  
Crime  
Weakness  
Insanity  
War  
Poverty  
Senility  
Ignorance

No form of intellectual education will accomplish this miracle. The earth is filled with seats of learning and halls of culture but disease, crime, insanity, war, poverty and ignorance still carry on in ever widening expression. Only TRUTH can save the world and humanity and the truth is that improper or devitalized food is the chief cause of all the suffering manifesting in the world today.

In any year that we live we will find that High Intelligence yields High Rewards. High intelligence is based on natural laws, not finite comprehension. As we select our daily food more intelligently we will find much more happiness in living. How we eagerly pray for our daily bread but the wrong kind or too much of any kind may lay us low on a bed of pain and sickness.

In order to ensure health always it is wise to study the basic requirements of Food Science. First of all comes the wise selection, then follows the preparation. Then we must consider the quantity. Finally the possible adverse reaction in our system. Unless these four principles are observed and mastered, health will never be found knocking at our door.

I have found during my feeding experience in my summer schools from 1925 to 1931 inclusive that generally speaking there are four types of people in the United States.

The first type is the lean type, men, women and children with narrow faces, who find it most difficult to gain weight.

The second type is the obese or fat type people, usually with round faces who put on poundage with the slightest dietetic encouragement. I estimate 40,000,000 men, women and children are injured by overweight in this country. The third type is the individual who maintains his weight and that weight is the normal poundage for his height and age. The fourth type is the occasionally very large man or woman who has a huge boney structure and looks and feels best when overweight. This type may eat no more food than the lean type but the food eaten is almost totally absorbed into the blood.

In the next chapter I present the various scientific meals I found to work successfully in the reduction, increasing or maintenance of weight. It is my sincere conviction after forty-three years of food research, experience and experiment that 99% of people who are unduly obese are that way from improper selection of foods. To reduce one's weight by exercise is a heavy burden on the heart and blood vessels. The sane and sensible way to normalize one's weight is through the reformation of eating habits. Consult your physician for verification of this statement.



## HINTS FOR THOSE OVERWEIGHT

I was invited by a noted physical trainer in New York City to investigate his system of reducing obese women through the medium of exercise. I found three score of these unhappy, ponderous ladies sitting on stationary bicycles, pedaling away for dear life for fully three quarters of an hour at a single stretch. During the rest period, attendants provided a large pitcher of cold water for each woman to consume. The copious drinking of water put on almost all the weight they had just sweated off and the unhappy women had to keep coming back each day for more bicycle pedaling.

The scientific way to reduce weight safely and comfortably is not by heavy exercise which might prove more dangerous than the obesity. Weight reduction should be attempted by a reduction in the intake of food, not by straining every part of the body by unnecessary exercise which oftentimes endangers the health of the heart.

A well regulated gymnasium may be attended for scientific reducing exercise if enjoyed. It is wise to have the heart checked by your doctor before embarking on a long series of physical exercise. Always "a stitch in time saves nine."

When proper food is eaten, our teeth stop decaying, our eyesight improves. The writer's eyesight steadily maintains its normal power although used intensively without glasses ten to twelve hours daily. Also signs of senility disappear, disease ends, strength replaces weakness, and we postpone death. Truly life rewards us when we practice intelligence in eating. The New Age dentist will rarely extract a tooth. His job will be to preserve our teeth, and his knowledge of food values will accomplish this most necessary and requisite health condition.



## **LIVE LONGER AND BETTER BY WISE EATING**

At its best, life is no easy road to travel. The average life is beset by problems, losses, troubles and sickness. Seemingly, the sole compensation for having to endure life is to eat abundantly of rich food. While we eat the rich food we thoroughly enjoy it. But after a while a reaction sets in. Pain or disease appears as the result of our eating indiscretions. On no account should we imagine that scientific eating is to half starve ourselves or to try to live solely on nuts and raw foods.

However, we should take constant wholesome thought about the kind of food we put into our stomachs, and endeavor to provide food that is pure and natural; thus will its excellent reaction prevent pain and sickness.

### **Twenty-One Scientific Meals to Reduce Weight Suitable for Fall and Winter Consumption**

#### **Sunday**

**Breakfast:** Orange juice and boiled prunes, hot beverage.

**Dinner:** Vegetable soup, well roasted leg of lamb, no gravy, steamed string beans and baked onions, raw lettuce and celery, canned pears, hot beverage.

**Supper:** Vegetable soup, steamed string beans and steamed radishes, raw celery and lettuce, baked apple, beverage.

#### **Monday**

**Breakfast:** Bowl of prunes, honey for sweetening, hot beverage.

**Luncheon:** Vegetable soup, steamed spinach and turnips, hot beverage.

**Dinner:** Well cooked steak, vegetable soup, steamed turnips and carrots, raw celery, lettuce, apple sauce, hot beverage.

#### **Tuesday**

**Breakfast:** Melon or prunes, hot beverage.

**Luncheon:** Vegetable soup, raw celery, tomatoes, steamed cauliflower, beverage.

**Dinner:** Well broiled lamb chops, steamed string beans, peas and carrots, raw tomatoes, well washed canned peaches, hot beverage.



### **Wednesday**

**Breakfast:** Bowl of prunes or melon, hot beverage.

**Luncheon:** Tomato juice, fresh fruit salad, beverage.

**Dinner:** Vegetable soup, vegetable plate of steamed fresh vegetables, celery, apple sauce, beverage.

### **Thursday**

**Breakfast:** Ripe bananas and prunes, hot beverage.

**Luncheon:** Vegetable soup, steamed string beans, steamed carrots, apple, beverage.

**Dinner:** Vegetable soup, boiled ribs of beef, steamed string beans, steamed radishes and beet tops, dates or dried figs, beverage.

### **Friday**

**Breakfast:** Prunes, wheat germ, hot beverage.

**Luncheon:** Tomato juice, baked potato with one pat of butter, figs or dates and beverage.

**Dinner:** Vegetable soup, well broiled sea fish or well cooked steak, no gravy, steamed carrots and cauliflower, raw lettuce and celery, baked apple, beverage.

### **Saturday**

**Breakfast:** Prunes, whole wheat toast, bacon and hot beverage.

**Luncheon:** Large fresh fruit salad, celery and beverage.

**Dinner:** Vegetable soup, large steamed vegetable plate, raw celery, watercress, baked apple, beverage.

Use no oils or fats save in extreme moderation. If hungry between meals, apples, pears, raw tomatoes, celery or prunes only.

Drink glassful hot or cold water first thing in the morning. Use toasted soya bean bread if bread is craved.

**VITAMINS SHOULD BE TAKEN REGULARLY FOR INCREASED PHYSICAL ENERGY.**

Low-Caloric fruits are cantaloupe, strawberries, pineapple, raspberries, peaches, apples, citric fruits.

Mushrooms, beet greens, endive, celery, string beans, okra, cauliflower, spinach, watercress, cucumbers, turnips, lettuce, radishes, are all filling but non-fattening foods.

CONCENTRATED MINERAL TABLETS ARE ADVISED FOR NEEDED DAILY ESSENTIAL MINERAL REQUIREMENTS.

HIGH POTENCY VITAMIN B-1 TABLETS SUGGESTED DAILY FOR ADDED NERVE ENERGY.

Use honey or raw sugar for sweetening purposes. Cottage cheese may be used occasionally. Choose evaporated milk or cream for hot beverages.

### **Twenty-One Harmonized Meals to Reduce Weight For Spring and Summer Consumption**

#### **Sunday**

**Breakfast:** Orange juice and berries, hot beverage.

**Dinner:** Vegetable soup, well roasted leg of lamb, no gravy, steamed string beans and baked onions, raw lettuce and tomatoes, melon, hot beverage.

**Supper:** Vegetable soup, steamed string beans and steamed radishes, raw celery and tomatoes, melon, beverage.

#### **Monday**

**Breakfast:** Bowl of prunes, honey for sweetening, melon, hot beverage.

**Luncheon:** Vegetable soup, steamed spinach and turnips, hot beverage.

**Dinner:** Well cooked steak, vegetable soup, steamed string beans and carrots, raw celery, tomatoes, apple sauce, hot beverage.

#### **Tuesday**

**Breakfast:** Melon or prunes, hot beverage.

**Luncheon:** Vegetable soup, raw celery, tomatoes, steamed cauliflower, beverage.

**Dinner:** Well broiled lamb chops, steamed string beans, peas and carrots, raw tomatoes, well washed canned pears, hot beverage.

#### **Wednesday**

**Breakfast:** Bowl of prunes or melon, hot beverage.

**Luncheon:** Tomato juice, fresh fruit salad, beverage.

**Dinner:** Vegetable soup, vegetable plate of steamed fresh vegetables, celery, apple sauce, beverage.

### **Thursday**

**Breakfast:** Ripe bananas and melon, hot beverage.

**Luncheon:** Vegetable soup, steamed string beans, steamed carrots, apple, beverage.

**Dinner:** Vegetable soup, boiled ribs of beef, steamed string beans, steamed radishes and beet tops, melon or berries, beverage.

### **Friday**

**Breakfast:** Prunes, wheat germ, hot beverage.

**Luncheon:** Tomato juice, baked potato with one pat of butter, grapes or applesauce and beverage.

**Dinner:** Vegetable soup, well broiled sea fish or well cooked steak, no gravy, steamed carrots and cauliflower, raw lettuce and celery, melon or grapes, beverage.

### **Saturday**

**Breakfast:** Berries or prunes and hot beverage.

**Luncheon:** Large fresh fruit salad, celery and beverage.

**Dinner:** Vegetable soup, large steamed vegetable plate, raw celery, watercress, melon with apple sauce, beverage.

Use no oils or fats save in extreme moderation. If hungry between meals, berries, melon, pears, raw tomatoes, celery or prunes only. Grapes are healthful but very high in caloric or weight gaining energy.

Drink glassful hot or cold water first thing in the morning. Use toasted soya bean bread if bread is craved.

**COMBINATION VITAMINS SHOULD BE TAKEN REGULARLY FOR INCREASED PHYSICAL ENERGY.**

Low-Caloric fruits are cantaloupe, strawberries, prunes, pineapple, raspberries, peaches, apples, citric fruits.

Mushrooms, beet greens, endive, celery, string beans, okra, cauliflower, spinach, watercress, cucumbers, turnips, lettuce, radishes, are all filling but non-fattening foods.

**MINERAL TABLETS ARE ADVISED FOR NEEDED DAILY ESSENTIAL MINERAL REQUIREMENT.**

**HIGH POTENCY VITAMIN B-1 TABLETS SUGGESTED DAILY FOR ADDED NERVE ENERGY.**

Use honey or raw sugar for sweetening purposes. Cottage cheese may be used occasionally. Choose evaporated milk or cream for hot beverages.

## **Twenty-One Scientific Meals to Increase Weight Suitable for Fall and Winter Consumption**

### **Sunday**

**Breakfast:** Ripe sliced bananas with cream, baked apple with honey.

**Dinner:** Pea soup, roast leg of lamb, raw celery and lettuce, peas and carrots, dates for dessert.

**Supper:** Pea or vegetable soup, steamed cauliflower, canned peaches, dried figs with lettuce.

### **Monday**

**Breakfast:** Boiled prunes with whole wheat cereal, honey and prune juice.

**Luncheon:** Lima bean soup, raw celery, baked potato with salt, baked apple.

**Dinner:** Well cooked steak, steamed carrots and spinach, lettuce and celery, sliced ripe bananas and canned pears.

### **Tuesday**

**Breakfast:** Ripe sliced bananas and cream, ripe pear or baked apple with honey.

**Luncheon:** Potato soup, lettuce with cottage cheese, canned peaches or ripe eating apple.

**Dinner:** Roast beef, raw celery and radishes, baked onion, steamed string beans, baked apple with honey.

### **Wednesday**

**Breakfast:** Whole wheat cereal with cream, boiled prunes with honey.

**Luncheon:** Baked potato, avocado salad, canned or raw pears.



**Dinner:** Well broiled lamb chops, baked parsnips and steamed beets and beet tops, raw celery, dates and figs.

#### **Thursday**

**Breakfast:** Orange juice with prunes.

**Luncheon:** Pea soup, steamed cauliflower, celery, raw apple.

**Dinner:** Roast beef or roast veal, raw celery and lettuce, steamed carrots and peas, rice pudding, figs.

#### **Friday**

**Breakfast:** Ripe sliced bananas, wheat germ, fresh pears.

**Luncheon:** Vegetable soup, baked potatoes with avocado, celery, raisins.

**Dinner:** Pea soup, well broiled sea fish or vegetable plate, raw celery and radishes, steamed beets and mashed yellow turnips, canned pears or peaches.

#### **Saturday**

**Breakfast:** Baked apple with honey, wheat germ, dates.

**Luncheon:** Potato soup, raw celery, steamed cauliflower, canned or fresh pears.

**Dinner:** Roast chicken or braised oxtail or boiled ribs of beef, steamed carrots and string beans, raw celery and lettuce, dates and baked apple or apple pie.

Use raw tomatoes frequently when available.

Use coffee substitute beverage instead of much tea or coffee. A hot or cold beverage may be taken with every meal.

Not more than 2 slices of whole wheat bread or 2 whole wheat muffins each day.

Drink water only when thirsty.

For maximum mineral content of food take Concentrated Mineral tablets after each meal.

**USE VITAMINS WHEN ADDITIONAL VITAMINS ARE NECESSARY.**

During summer months, melons, grapes and fresh apricots may be substituted for apples, pears and dates.

## **Twenty-One Scientific, Harmonized Meals to Increase Weight for Spring and Summer Consumption**

### **Sunday**

**Breakfast:** Ripe sliced bananas with cream, baked apple with honey.

**Dinner:** Pea soup, roast leg of lamb, raw celery and lettuce, peas and carrots, ice cream for dessert.

**Supper:** Pea or vegetable soup, steamed cauliflower and baked potatoes, berries and canned pears with lettuce.

### **Monday**

**Breakfast:** Boiled prunes with whole wheat cereal and honey.

**Luncheon:** Lima bean soup, raw celery, baked potato with salt, baked apple.

**Dinner:** Well cooked steak, steamed carrots, corn on the cob, lettuce and celery, sliced ripe bananas and canned pears.

### **Tuesday**

**Breakfast:** Ripe sliced bananas and cream, ripe pear or melons.

**Luncheon:** Potato soup, lettuce with cottage cheese, canned peaches or grapes.

**Dinner:** Broiled steak or braised oxtail, raw celery and radishes, baked onion, steamed lima beans, baked apple with honey or avocados.

### **Wednesday**

**Breakfast:** Whole wheat cereal with cream, boiled prunes with honey.

**Luncheon:** Baked potato, avocado salad, canned or fresh pears.

**Dinner:** Well broiled lamb chops, steamed string beans and steamed beets and beet tops, raw celery, melons or grapes.

### **Thursday**

**Breakfast:** Orange juice with prunes.

**Luncheon:** Pea soup, steamed cauliflower, celery, melons or grapes.

**Dinner:** Steak or boiled beef, raw celery and lettuce, steamed carrots and peas, sliced ripe bananas.

## **Friday**

**Breakfast:** Ripe sliced bananas, wheat germ, fresh pear.

**Luncheon:** Vegetable soup, baked potatoes with avocado, celery, melons.

**Dinner:** Vegetable soup, well broiled sea fish or vegetable plate, raw celery and radishes, steamed beets and mashed yellow turnips, fresh or canned pears or peaches.

## **Saturday**

**Breakfast:** Baked apple or prunes with honey, wheat germ, prune juice.

**Luncheon:** Potato soup, raw celery, steamed cauliflower, canned or fresh pears.

**Dinner:** Roast chicken or lamb chops, steamed carrots and string beans, raw celery and lettuce, baked apple, grapes or raisin pie.

Use coffee substitute beverages instead of tea or coffee. A hot beverage may be taken with every meal. Vegetable juices are recommended.

Not more than 2 slices of whole wheat bread or 2 whole wheat muffins each day.

Drink water when thirsty, occasionally water diluted orange juice may be taken.

**COMBINATION VITAMINS — ONE DARK AND ONE LIGHT CAPSULE ADVISED DAILY FOR EXTRA ENERGY.**

**FOR ASSURANCE OF ESSENTIAL MINERAL CONTENT OF FOOD TAKE CONCENTRATED MINERAL TABLETS AFTER EACH MEAL.**

During summer months, melons, grapes and fresh apricots may be substituted for apples, pears and dates.

**B1 HIGH POTENCY VITAMIN TABLETS ARE SUGGESTED TO BE TAKEN DAILY FOR SUPER-NERVE ENERGY.**

## Twenty-One Scientific Meals to Maintain Present Weight Suitable for Fall and Winter Consumption

### Sunday

**Breakfast:** Fresh grapefruit juice, baked apple or melon, hot beverage.

**Dinner:** Well cooked roast leg of lamb, raw tomatoes and raw celery, steamed carrots and string beans, ripe sliced bananas, and dried figs, hot beverage.

**Supper:** Vegetable soup, lettuce, celery and radishes, fruit salad, two slices whole wheat toast, hot beverage, canned pears.

### Monday

**Breakfast:** Whole wheat cereal with ripe bananas and cream; baked apple, hot beverage.

**Luncheon:** Steamed cauliflower, raw tomatoes, raw celery, bran muffin, beverage.

**Dinner:** Baked chopped round of beef, raw radishes, lettuce and tomatoes, steamed carrots, canned pears or fresh pears, hot beverage.

### Tuesday

**Breakfast:** Two or three slices of whole wheat bread toasted with butter, three slices of crisp, lean bacon, hot beverage.

**Luncheon:** Vegetable soup, baked potato with cream, avocado with raw celery, beverage.

**Dinner:** Vegetable plate, include boiled onions, raw tomatoes and celery, fresh apples, pears or melons, ice cream and cookie, hot beverage.

### Wednesday

**Breakfast:** Whole wheat cereal, ripe bananas, baked apple or raw pears, hot beverage.

**Luncheon:** Steamed beets and beet tops, raw celery and raw tomatoes, baked apple, dates or melon, beverage.

**Dinner:** Roast beef or boiled oxtail, steamed dry lima beans and steamed spinach, raw celery, fresh fruit salad, hard roll, hot beverage.



### **Thursday**

**Breakfast:** Orange juice, baked apple, hot beverage.

**Luncheon:** Vegetable soup, cottage cheese, celery, lettuce, raw apple or melon, beverage.

**Dinner:** Roast lamb, steamed string beans and steamed parsnips, raw celery, raw tomatoes and radishes, well washed canned peaches, ripe sliced bananas, hot beverage.

### **Friday**

**Breakfast:** Bowl of prunes, with baked apple, hot beverage.

**Luncheon:** Vegetable soup, fruit salad, one muffin, beverage.

**Dinner:** Well broiled sea fish or lamb chops, steamed turnips and turnip tops, steamed beets, raw celery, radishes, tomatoes, canned pears or apricots well washed or melon or prunes, hot beverage.

### **Saturday**

**Breakfast:** Two or three slices toasted whole wheat bread, two or three slices of crisp lean bacon, baked apple or melon, hot beverage.

**Luncheon:** Vegetable soup, baked potato with butter, raw celery, raw tomatoes, pears or melon, beverage.

**Dinner:** Well broiled steak or roast chicken, steamed carrots and peas, raw lettuce and tomatoes, ice cream, hot beverage.

Take Concentrated Mineral Tablets daily for assurance of increased essential minerals.

**VITAMINS RECOMMENDED WHEN EXTRA VITAMINS ARE NECESSARY.**

If hungry between meals consume grapefruit juice, or melons, or water, or ripe orange juice.

Pineapple juice or orange juice, or pineapple juice with macerated avocado, only dressings to be used with salad. No condiments, save salt. Use honey or raw sugar instead of white sugar in hot beverages. Increase soups and vegetables if you do not eat meat.

## **Twenty-One Scientific Meals to Maintain Present Weight Suitable for Spring and Summer Consumption**

### **Sunday**

**Breakfast:** Berries, sliced ripe bananas, beverage.

**Dinner:** Tomato juice, roast leg of lamb, steamed string beans and carrots, raw celery and lettuce, melons or berries, beverage.

**Supper:** Vegetable soup, fruit salad, celery, melon, beverage.

### **Monday**

**Breakfast:** Orange juice, prunes, beverage.

**Luncheon:** Vegetable soup, baked potato, celery, berries, beverage.

**Dinner:** Tomato juice, well broiled steak, steamed carrots and peas, raw celery, radishes and lettuce, melon or apple sauce, beverage.

### **Tuesday**

**Breakfast:** Ripe sliced bananas, wheat germ beverage.

**Luncheon:** Vegetable soup, steamed cauliflower, celery, berries, beverage.

**Dinner:** Well broiled lamb chop, steamed white onions in cream, raw celery, radishes and lettuce, apple sauce or prune whip, beverage.

### **Wednesday**

**Breakfast:** Prunes, celery and ripe bananas, hot beverage.

**Luncheon:** Vegetable soup, fruit salad, beverage.

**Dinner:** Boiled ribs of beef or braised ox tail, steamed carrots and steamed parsnips, raw celery, lettuce and tomatoes, melons or berries, beverage.

### **Thursday**

**Breakfast:** Ripe sliced bananas, wheat germ with cream, beverage.

**Luncheon:** Tomato juice, baked potato, celery, lettuce, grapes, beverage.

**Dinner:** Vegetable soup, raw vegetables, steamed cauliflower, canned pears, or berries, rice pudding with raisins, beverage.

### **Friday**

**Breakfast:** Whole grain cereal, prunes, beverage.

**Luncheon:** Tomato juice, steamed peas and cauliflower, grapes, or berries, beverage.

**Dinner:** Vegetable soup, baked sea fish or well broiled steak, steamed string beans and spinach, raw celery, lettuce and tomatoes, melons and berries, beverage.

### **Saturday**

**Breakfast:** Melon, prunes, wheat germ, beverage.

**Luncheon:** Vegetable soup, baked potato, celery, berries or watermelon, beverage.

**Dinner:** Roast chicken, steamed carrots and onions in cream, raw celery and tomatoes, melons and berries, beverage.

**CONCENTRATED VITAMINS RECOMMENDED DAILY. REQUIREMENT, ONE DARK AND ONE LIGHT TABLET EACH DAY.**

Grain or fig beverages advised. Favor baked potatoes or baked celery root instead of fried vegetables. Favor honey for sweetening purposes. If hungry before retiring, drink water, diluted orange juice or thin soup that will not cause gas during sleep. Berries may be eaten between meals or before retiring. All fruit should be chewed thoroughly. Remember fruit juice is gold in the morning and lead at night, unless diluted.

Vegetable soup may be taken for breakfast instead of other combinations.

**CONCENTRATED MINERAL TABLETS CONTAINING ESSENTIAL MINERAL ELEMENTS ARE ADVISED TO BE REGULARLY USED AT ALL MEALS.**

**VITAMIN B-1, HIGH POTENCY TABLETS MAY BE PROFITABLY TAKEN DAILY. QUANTITY ONE-HALF OR ONE WHOLE TABLET EACH DAY, OR INCREASED QUANTITY ON THE ADVICE OF A PHYSICIAN.**

Well toasted whole wheat bread may be eaten in moderation when fats or meat are not served at same time. Plain or fancy cake may be used for dessert occasionally.

## **Twenty-One Scientific Economy Meals This Might Also Be Called a War-Time Diet**

### **Sunday**

**Breakfast:** Stewed prunes, wheat germ, beverage.

**Dinner:** Pea soup, baked potato, shredded raw cabbage, raw apple.

**Supper:** Potato and carrot top soup, steamed beets, celery, brown rice pudding.

### **Monday**

**Breakfast:** Vegetable soup, boiled whole wheat with raisins.

**Luncheon:** Steamed lima beans, shredded raw cabbage, raw apple.

**Dinner:** Soup made from beef bones, potatoes and parsley, whole wheat bread, prunes.

### **Tuesday**

**Breakfast:** Boiled whole wheat, boiled prunes and prune juice.

**Luncheon:** Baked potato with cream, grated raw carrot, baked apple or grapes.

**Dinner:** Soup made from dried peas, carrot tops and parsley, steamed onions and cream, apple sauce.

### **Wednesday**

**Breakfast:** Vegetable soup, raw apples.

**Luncheon:** Steamed carrots and parsnips, prunes and prune juice.

**Dinner:** Irish stew made from beef, turnips, potatoes and onions, raw apple, prune juice.

### **Thursday**

**Breakfast:** Boiled whole wheat with raisins, soya bean milk with molasses.

**Luncheon:** Vegetable soup, celery, ripe banana.

**Dinner:** Pea soup, kidney beans, grated raw cabbage, raw apple.

### **Friday**

**Breakfast:** Stewed prunes, wheat germ, beverage.



**Luncheon:** Steamed dry lima beans with carrot tops, radishes, raw apple.

**Dinner:** Fish chowder, whole wheat bread, grated raw cabbage with raisins and apples, prunes and prune juice.

### **Saturday**

**Breakfast:** Vegetable soup, bananas and prune juice.

**Luncheon:** Pea soup, baked potatoes, soya bean milk.

**Dinner:** Potato, onion and beef bones soup, steamed turnips and onions, grated raw cabbage, raw apple, prune juice.

If hungry between meals, take soup or prunes. If coffee is any hot beverage, raw sugar instead of white. Onions and tur-craved, not more than 3 cups daily. Use evaporated milk for nips may be used instead of other vegetables when found to be cheaper. Vitamins A and B1 concentrates can be taken daily at a cost not exceeding 1½ cents per day. Cabbage, celery and raw apples or melons provide a sufficiency of Vitamin C. Orange juice in moderation a good source of Vitamin C. When feeding children, a little pure molasses may be added to cereals and on bread when used. A soup breakfast may be used if preferred to other combinations. If food is scarce, soup may be used three or more times daily.

## **THE FOOD WAY TO HEALTH**

One should be too wise to tolerate the intolerable. Our duty and privilege is to look our best, act our best, to serve our best and live our best. This is quite a high program to follow but it should be observed if but for one reason only. Each one of us is an influence for others. How can we become an inspired influence when we are sick and ailing? It is our duty to study natural law and regain our health if we have lost it. The food way is the safe, easy and natural plan of super health building. Try it for yourself.

"Custom makes fools of us all" says Carlyle. The custom of sending flowers and fruits to the sick is not a healthy one. Rather should ailing people be informed that it requires no education or brains to become ill. It is tragic to watch invalids eat certain foods three or more times a day that keep them ill and then expect the more intelligent members of the family to work and worry about them.

Such a state of mind makes the sufferer more selfish and harder to manage. What logic would there be in rewarding people for their mistakes in the business world? Sick people must be taught they are ill as a general thing because the food they are eating is lacking in certain vitamins and minerals, they are not receiving the proper food content. An ancient Hindoo philosopher exclaims "Ho ye who suffer ye suffer from yourselves."

## THE NEW SCIENCE OF HEALTH

We have now arrived at the stage when practically all health problems will be solved at the dining table. The possession of health always will be the simplest thing in all the world through the understanding and practice of food science. Do not go on extended fasts to win health. It is better to eat your way back to health than to attempt to fast disease out of your system. I believe your doctor will corroborate this advice. Incidentally, the new doctor of medicine will be first of all a dietitian, a doctor of preventive medicine.

It is a tragedy to see men, women and children dying by the thousands due to lack of food understanding. Schools should teach children the part that food plays in health and disease. Churches should educate their members in health through food science. This idea has been encouraged by Mr. Henry Ford of Detroit. Look at the average meal served in our American homes and you find the true cause back of the pain and suffering of many millions of the American people. Food is life or death.

The new science of health will not treat symptoms. It will aim at the root of disease, the cause. The cause is almost invariably a deficiency of essential minerals or vitamins or the excessive consumption of certain foods that create mucus and toxins within the body which later break out as arthritis, cancer, tuberculosis, rheumatism, diabetes, deafness, insanity, skin diseases and the like. Scientific names for diseases are becoming outmoded. Soon the universal name for almost all diseases will be "Faulty Nutrition."

Proper eating lifts your life to new levels. As you eat right, brain and kidney inflammation end. Life is richer, sweeter, more rewarding. It has taken me more than forty years of research and study to present these twenty points in eating for health. Try them and begin to live rejoicingly.

## **The 20 Points of Eating for Beauty and Health**

**Point 1**—To use salt only as a condiment. Practically all other condiments prove irritating to the delicate membranes of the stomach. A level teaspoonful is the maximum amount unless living in a very warm climate.

**Point 2**—To use whole wheat bread exclusively unless your doctor orders otherwise. Whole wheat bread is richer in energy and protein content than any other kind. Moderation in bread eating is considered a wise procedure by the food wise physician. Soya bean flour can profitably be added to the whole wheat flour.

**Point 3**—To cook all meats thoroughly. This dictum includes fish, steaks and chops. Nearly all meat has parasites of some kind; otherwise, meat is a wholesome, perfect protein food. Pork because of the possible presence of *Trichina Spiralis* should be cooked at least five hours, hams should be cooked very much longer, so as to prevent possible infestation of the *Trichinosis* worm. Pork sausages and all pork products require a thorough and extensive cooking. There is a source of danger in underdone pork products, this includes pork chops. I enjoy well broiled bacon, pigs feet and thoroughly cooked ham as an occasional part of my diet.

**Point 4**—Raw sugar should be favored over the white kind. Raw sugar is preferable to any other type. I never recommend more than three teaspoonfuls a day. In a test with the fertilizing of plants with sugar reported by the New York Times, Sunday, November 24th, 1940, it was said that Vitamin B-6 contained in brown sugar caused tomato plants to grow ten times faster. Experiments with white sugar failed to improve growth in plants. This it was explained was due to lack of vitamin B-6, as none of this vitamin is present in highly purified or white sugar. I favor for my students pure honey in preference to any kind of sugar. Berman says "The blood can only handle one teaspoonful of sugar at any time, and this sugar is the fruit kind, not cane sugar."

**Point 5**—To use whole wheat or whole grain cereals only, above all to use them in moderation. Honey is advised for sweetening. Cream in moderation may be used. Four large tablespoonfuls of honey may be consumed each day.

Point 6—To closely observe the reaction to cow's milk. Some medical authorities recommend a quart of milk daily for children on account of its calcium content. The wise parent will study the reactions of her child to the drinking of milk, and if it disagrees or causes colds or fevers, it should be prohibited from the diet. No animal save man returns to drinking milk after the weaning period. Dried milk powder is suggested as the ideal way to use milk. Fresh goat milk is lower in fat content than cow milk, therefore more digestible.

Point 7—To be watchful of animal fats and oils. All greasy food slows down digestion in the stomach and tends to decrease the normal flow of gastric juice. In the January 6th, 1941 edition of Time Magazine Dr. Paul Robert Cannon warns physicians of oil pneumonia. Constant use of oily nose drops, nightly doses of mineral oil for constipation, forced feedings of children with cod liver oil or halibut liver oil all tend to cause oil pneumonia. The combination of animal fats, butter, cream and the like with grain starches such as bread and rolls will in time be often found to lead to stomach upsets of great or lesser severity. Animal fats are safer when used with meat, fowl, eggs or fish. The silver fox never eats fat of any kind. Perhaps that is the reason we say "As smart as a fox." The adolescent pimples which disfigure the faces of countless thousands of young Americans usually have their origin in fatty, starchy, sugary combinations of food. "A word to the wise is sufficient."

Point 8—To use soup or carrot juice or orange juice or all three one day each week, no other food to be eaten that special day. This is a health maintaining suggestion, as the organs of digestion and assimilation are rested and nerve energy usually needed for digestion is employed to revitalize the cells, nerves, blood and brain. Unless work is of a heavy physical nature, two meals in every twenty-four hours will be found sufficient. One of the chief reasons for sleep is to render us unconscious for eight hours in each twenty-four so that we will not be able to eat an additional meal.

Point 9—To consider the facts about tea and coffee. All commercial caffeine is extracted from tea not from coffee. All tea has caffeine. Many brands of coffee contains no caffeine. The average cupful of tea contains one grain of caffeine. The average cupful of coffee three grains. A medicinal dose is three grains. Just imagine the condition of coffee and tea drinkers



who use more than two or three cupfuls of tea or coffee daily. Almost a positive sign of excessive caffeine intake is a stiffness and a tightening of the back of the neck. I always recommend my students to substitute fig or grain beverages for tea and coffee. If you are intrigued by tea or coffee use it as moderately as you possibly can and use honey instead of sugar for sweetening. All coffee contains wax and oil.

Point 10—To understand the facts about soft drinks. It is my opinion that American children go to excess in the consumption of pop. A little is permissible but when over indulged the sugar or caffeine content is bound to bring on sooner or later some deleterious reaction against health. Parents who are food wise are strict on this subject. This advice also applies to soda fountain drinks.

Point 11—To discriminate in the use of fruit. Citric fruit juice cannot be consumed immoderately without generally causing some unpleasant after effects. Quite often a tender skin, a skin rash, eczema or even rheumatism may result. Dr. Paul Hanna points out that drinking a quart of orange juice daily acquires so much citric acid that the body metabolism is upset and colds may be the result. Orange and grapefruit juice are wholesome and delectable, but many cannot take a large quantity at one time. It is always recommended to take citric fruits at the beginning of a meal. Apples, pears, melons and the like may be taken at the end of a meal. Never forget the safe advice of a past generation—"fruit in the morning is golden, silver at noon, lead at night." I still believe that the proper time to take citric fruit is in the morning and never with starches or sugar.

Point 12—To favor two meals a day for the working man—a good breakfast, a very light luncheon and the main meal at night. That drowsy, dozey feeling after a hearty luncheon advertises the fact of faulty combinations or too much starch or fat eaten. A prominent New York City lawyer once observed "I have won cases in court I should have lost because the opposing lawyer had eaten a hearty luncheon during court recess, and was doped for several hours afterwards because the blood that should have been in his brain helping him to think was in his stomach instead endeavoring to digest his ill-combined luncheon." I personally favor a no breakfast plan, a good luncheon about 11:30 A.M. and the main meal about 6

o'clock P.M. Almost every person in the United States suffers from starch poisoning. Omitting breakfast will remove that threat. Breakfast is generally a gorging of starchy foods. Fruits exclusively is ideal for breakfast. People who work hard should take a hearty breakfast and a very light luncheon. The chief meal should be eaten about 6 P.M.

Point 13—To avoid using greasy stock, cream, oil or butter in soups and over vegetables. You make a hard task for the processes of digestion to handle, when you use fats and grease. Read the recipes for vegetable soups given on another page, prepare them accordingly, and you will undoubtedly be thrilled with the richness and flavor. Millions of men and women all over America are unwieldy from obesity. Often this excess poundage originates from the over consumption of fats and oils. Try for awhile at least to like your baked potato with avocado or salt only added. Try out the natural flavor of your cooked or steamed vegetables devoid of any flavoring or sauce save salt. Never use pork and beans when cooked together. When animal fat is cooked into starch it is an almost impossible job for the stomach to digest it properly. The presence of phlegm in the throat signifies starch or grease poisoning.

Point 14—To favor salads without the usual type of acid dressings. Turn to the page of salad recipes and learn how to make salad dressings that are alkaline in reaction. Almost all the accepted, customary salad dressings have an acid reaction. Such dressings are prone to irritate the delicate stomach membranes and later lead to even more serious stomach complaints. It is tragic to notice even well educated people using irritating salad dressings, and then "taking something" for the indigestion often resulting. Always remember that pain is friendly, a warning from the inner intelligence of the body that the food you are eating is not wisely chosen. An old physician, Dr. Hall, who practiced in Philadelphia more than a century ago said in his book "The fool when he is sick takes something, the wise man does something." The proper thing to do as I see it, when pain is present, is to find out the food or the combination of foods that produced it, and ever after abstain from that dietetic error. It is authentically stated that nine out of every ten adults in the United States suffer from indigestion to a lesser or major degree.

Point 15—To abstain as much as possible from fried foods. From the frying pan to the hospital and thence to the grave is an old story. Never forget that it doubles the work of the digestive system when animal fats and starches are cooked together and eaten. Wise Shakespeare observes "What may taste sweet in the mouth often turns sour in the system." What we do not protect we will lose in time. A perfect stomach is a priceless gift. When we fill our stomachs with a conglomerate mass of fat, sugar, gravies and starch we are not guarding the health of our stomach and the future will be grim indeed and holding the threat of dyspepsia and indigestion. Study my recipes and use them for a perfect cancer-free stomach all through life.

Point 16—To avoid many acid-forming desserts. Pie, cake and ice cream are all permissible at times. Unfortunately most people have a "sweet tooth"—I have one myself, but when sweets are used too freely the health of the stomach is always endangered. For that reason I urge my students to favor sweet fruits such as raisins, figs, baked apples, canned fruits, prunes, dates and persimmons for dessert. All pastries, puddings, cakes and pies have an acid reaction in the system. The sweet fruits have an alkaline reaction. Knowing this to be true give your stomach and blood a chance to be normal by favoring sugar fruits whenever you can for dessert. Baked apples, prunes, canned peaches, pears and apricots are recommended for desserts.

Point 17—To use glass, iron, stainless steel or fine granite-ware in cooking utensils. Every metal gives off a distinct and different vibration. The ancient Romans were aware of this fact as they placed large silver coins in their cups of wine and water. Silver cooking vessels would help to spray a definite health vibration into the food they enclosed. What a wonderful new use we would find for all the unused silver throughout the world if we could afford to turn that metal into pots and skillets. I believe heavy glassware will be the chief cooking vessel of the future. Vegetables should be steamed, never boiled in water. The less cooking the more mineral and vitamin content is assured in the cooked vegetable.

Point 18—About serving liquor with meals. Beer is mildly fattening. Cocktails are very high in calorie content. The glowing reaction to liquor drinking is bought at a very high price as far as future health is concerned. A carrot and celery

juice cocktail is a far wiser appetizer than any whiskey, beer or gin concoction. If liquor is craved make it as occasional an event as your urge permits. A glass of old wine is the safest in liquors. Note, however, that all liquor has an acid reaction, and if the blood should lose its alkaline edge death ensues at that moment. The blood in health is slightly alkaline at all times. Watch what you eat but in a wholesome way. See to it that over 50% of the food you consume has an alkaline reaction. However, never be a fanatic about food. It is said Louis Pasteur became so fanatical over the germ idea that he had a microscope placed on his dining table to examine each mouthful of food he ate. In using beer, select the kind that is prepared without sugar or syrup.

Point 19—Facts about meat eating. Biologically all animals with eyes in front are potential meat eaters, as they have but one stomach. The vegetarian animals have eyes on the side and more than one stomach. From the biological standpoint, therefore, meat seems to be a natural food for human beings. I consider meat the perfect protein for the brain and cells of the body. Unless extensive physical work is undertaken I advise meat eating not to exceed eight ounces in each twenty-four hours. The body can handle that quantity very nicely.

Living on a vegetable diet the elephant is the strongest animal on earth. However, the elephant is not called the "King of Beasts"—the lion is. The lion a strictly carnivorous animal not one tenth as strong as the elephant can kill him by superior strategy. The lion being shrewder, due to meat eating, climbs up on a tree bordering on the elephant trail in the jungle. As the elephant passes the lion leaps on his back, claws open a blood vessel and the elephant presently sinks to the ground—dead.

Some time in the dim future we will have a perfect protein food developed by science. Then it will not be necessary to kill any animal for its meat. Until that time arrives I believe in meat eating for the maintenance of mental and physical health. All meat should be thoroughly cooked by boiling, roasting or broiling. This suggestion includes fish and fowl also. Avoid cooking fat pork with potatoes, beans or other starchy vegetables. When animal fats and starches are cooked together, the fat is driven into the starchy cell and later it wears out the digestive powers of the stomach to digest this illy combined combination.



SCIENCE PROVES A HUMAN BEING HAS TWENTY FLESH GRINDING TEETH AND BUT TWELVE VEGETABLE GRINDING TEETH. MEAT REQUIRES LITTLE CHEWING; IN FACT, EXPERIMENT REVEALS MEAT DIGESTS PERFECTLY IN A NORMAL STOMACH EVEN WHEN SWALLOWED WITHOUT ANY EXTENSIVE CHEWING. WELL COOKED MEAT, BAKED POTATO SKINS, STEAMED STRING BEANS, RAW CELERY, RAW TOMATOES AND AVOCADOS EATEN TWICE DAILY REPRESENT AN INVINCIBLE COMBINATION AGAINST STOMACH GAS, COLITIS, SYSTEMIC CATARRH, THROAT MUCUS, ARTHRITIS AND ALL FORMS OF COLDS AND RHEUMATISM.

Point 20—The question of quantity. It is one thing to be alive and a much more important thing to be fully alive. Watch your calorie intake if you are inclined to take on flesh. To be overweight is not at all an asset from any intelligent standpoint. A short woman needs about 1400 calories of food daily. A tall woman about 1800 calories. An average size man doing office or clerical work requires about 2000 calories each day. A tall man needs about 2500 calories. A laborer or woodsman may burn up calories running close to 5000 units in a day.

Fight fat by the use of our reducing diets if obesity threatens. Being overweight is always a disadvantage, likewise, the woman who is a victim of too much poundage inclines to lose youth, beauty and glamour.



## Food for Thought

You are in charge of your own body, therefore it is the essence of wisdom to exercise wholesome thought and restraining discretion at meal time. The old time cleric taught that disease was a Divine visitation for past or present sins. Modern Nutritional Science reveals that disease in man is founded at the dining table, especially where over-indulgence in foodstuffs is the rule.

Women who punish or persistently nag their children, men who are dishonest, or husbands who beat their wives are very often victims of food poisoning. At one time I was connected with the New York City Police Training Academy. During the years I spent there as an instructor of Cosmic Breathing, I spoke to hundreds of young men who were in the morning "line up" for various crimes. I never encountered a single young man who had heard of food harmony or the importance of right eating. These budding criminals were in a terribly toxic state from constantly eating acid-forming, sugary and greasy foods.

I frequently conferred with parents of these unfortunate boys, but they thought I was insane even to suggest that diet had anything to do with stealing, maiming or murder, but it certainly has, and far more than suspected. A nurse who was a specialist in child care, addressing a group of "hill women" in a certain state, was approached by a miner's wife at the conclusion of the talk. "You can't tell me anything about children," she scolded, "I've buried eight of them."

We have just one person to make healthy, happy and rich—that is ourself. When we radiate vibrant health and joy of living, we unconsciously influence others to think and live in terms of bodily wholeness and happiness. There is one attribute which every person carries with him, that is the influence of his personality. No man liveth unto himself. Our influence is always felt by others to some degree during our life.

Nature gives us, at birth, bodies with potential health and the possibility for a century or more of youthful life. But alas, almost 500,000 young children die in the United States every twelve months. The fault is chiefly due to those who control our sources of education. The people are not really to blame, as until quite recently they had no place to turn to learn the truth

that food is the main cause of disease, and that food knowledge is of vastly greater importance than our present system of education condescends to put upon it.

In the workshop of life we can learn anything we decide we want to know. Then we should be on our guard to get absolute truth, not mere speculations or superstitions relative to our desired information. Above all we should develop power of will to practice that which we discover to be wise, useful and good. Thousands of ideas are abroad concerning food, many for financial gain or because the author had "some axe to grind."

In this book are disclosed the truths I have found in my experiences resulting from tests and observations made over forty years in food preparation and scientific feeding of my students at seven summer centers. You can safely use these recipes given on later pages, also all the minor and major suggestions; they are all based on results, not mere theories. All that is necessary for you to do is to establish sufficient will-power to practice these right habits of eating, which will help you to maintain or regain health, youth and beauty. When we eat what we want, there is little health-hope for us. Instead, we must know the foods that are really good for us, and eat those foods day by day. But without the will to stick to right eating, the maintenance or regaining of health is a defeated cause.

Says Seneca: "Man does not die; he kills himself." Truly that is the status of humanity today. Almost everybody is eating himself into a life of worry, crime, insanity, sickness or an untimely grave. Man is on the downhill unless doctors awaken to the true cause of disease and warn the people before it is too late.

Men and women are prone to select food that pleases the eye and tickles the palate. People rarely inquire as to the wholesomeness of the food that is placed before them. The people are not to blame; they trust the doctors and the doctors are educated to believe in germs and bugs as the causative factor in disease. Worse than that they are taught to believe in drugs, serums and operations to effect a cure for diseases developing from mineral and vitamin deficiency and the eating of mucus reacting foods.

Men and women live life, but they rarely take time to study life. As a consequence, they are quite trusting in their nature,

and whatever they are told by those in authority, they calmly accept. Presently their belief in "that which is not so, occasions disease or premature death, but never is false belief announced to be the cause for man's misfortunes.

So this tragic "set-up" has diseased, maimed marred and killed countless thousands each year in the past. There is more than a faint glimmer of hope that truth will eventually rise from its crushed condition and assert in ringing tones that faulty diet is the underlying cause of almost all the diseases of civilization.

The African gorilla, living chiefly on vitamin-rich wild celery, has the strength of six ordinary men who consume the foods of civilization. The immensely powerful baboon, living mainly on the green tops of pineapples, also is a forceful exponent of the value of green leaves so prolific in minerals and vitamins.

## Alcohol

Alcohol is not a lasting stimulant, it is really a depressant. As soon as its exciting influence has evaporated, a let-down reaction sets in. If liquor is craved, do not exceed a glassful or two of good beer, ale or wine.

Liquor, however, is best left alone. If a craving for alcoholic drink is present, choose the drink that does you the least harm. Alcohol always affects the higher brain centers and the nerves. Man, created in the image and likeness of his Creator, prostitutes his divine inheritance when he indulges in extensive liquor drinking. Gluttony is another form of dangerous inebriation.

When Sir Walter Scott was handed a bill for five hundred thousand dollars, the result of his father's failure in business, he said, "My right hand shall be the instrument to earn the money to pay off this debt." And it did through the medium of the Waverly novels.

When we are neither food wise, nor food conscious, our right hands become our arch enemies. Our right hand may convey the food to our mouth which later helps to destroy our health and prematurely end our lives.



When our body shrieks with pain, know that food is the usual cause behind the pain. When headaches torment, endeavor to trace their origin, it will generally be found in the intestinal tract. When tonsils rot, when our eyesight dims, when rheumatism attacks, when teeth decay, when colds annoy, realize that unwise eating habits are almost solely to blame.

A new medical light is dawning on the horizon of life. No longer is the germ theory being pushed into an erroneous first place as the cause of disease. Science is reluctantly placing germs where they rightfully belong, in second place, and admitting that the germs may be present because of the presence of the invitation of injurious acidified food particles floating in the blood or lodged somewhere in the system.

That germs and virus do exist and do cause some diseases such as influenza and infantile paralysis is not to be denied, but the vast majority of diseases attributed to germs will presently be discovered to have developed at the dining table, not from bacterial sources of infection.

A cold is a symptom of a cause, likewise is a diseased tonsil. Tuberculosis is a symptom of a cause, so is a cataract, glaucoma and indigestion. Rheumatism is not a disease in itself, neither is dropsy, cancer or asthma, all are merely symptoms of underlying causes, chiefly dietetic.

Disease may originate from an injury to a bone or organ. Disease may be of an occupational nature. Disease may be of congenital origin; this is of rare occurrence. However, the paramount cause of disease goes back to faulty habits of eating, consuming food without thought, rhyme, reason or scientific study.

A human being is composed of the food he has eaten in the past. Every atom of our body, including blood, nerves and brain, is builded by the foods which we daily consume.

## **Banish Asthma**

Asthma, like all other diseases of civilization, is most generally due to dietetic causes. Asthma among children is quite a common occurrence. Those who suffer from asthma must look to their diet as the first and most important step toward correction.

In asthma reduce to the lowest minimum or banish altogether from the diet eggs, milk, white bread, sugar, cakes, pies, cookies, cereals, crackers, fats, oils, butter, vinegar, mustard, pepper, pickles, coffee, ice cream and candy. Simply let the sufferer live on fruits, raw and cooked vegetables and lean meat, well cooked, and an occasional baked potato. Ripe bananas will be found most advantageous, too.

A meat and steamed non-starchy vegetable diet for three consecutive days will be found of inestimable benefit in relieving this pernicious, miserable and entirely unnecessary complaint. All sufferers from asthma should learn and profitably practice Cosmic Breathing as outlined in "Exhale and Grow Young," published by the writer.

## **Sunlight Is Food**

Whenever possible take advantage of sun bathing. The rays of the sun are laden with life-affording energy charged with the vitalizing power of Vitamin D. Always turn the top of the head away from the sun during the process of your sun bath.

The sunshine in Arizona has a very high and healing potency of heat waves. Likewise is the California sunshine more heat-potent than many other states. The Hawaiian sunshine is diffused and has little burning but more actinic healing power in comparison to the sunshine of the United States.

In warm climates less food should be eaten, as sunlight is actually a food. Favor meat in limited amounts and fruits and vegetables abundantly when residing in California, Arizona, Florida and Hawaii. It is unwise to expose the body for too extended a period in the beginning of the practice of sun bathing. Air bathing should be profitably combined with sun bathing.

Babies who are so fortunate as to have food-wise and sun-wise mothers stand a much better chance of living than do the children of parents who are ignorant of these important health-affording matters. The sun is always most heating when it is at its extreme point overhead at noon.

Many babies receive bad sunburns when over-exposed to sunlight. Under-exposure is more desirable than over-exposure during your adventures in sun bathing.

Nothing happens in the universe by chance; therefore, have you not wondered why grass is green and leaves are green? Even the sea has been called green. Here is the true reason back of this phenomenon; green throws off a powerful radiation totally different from all the other colors. The vibration of green is called "Odic." It comprises two reverse circles and two reverse straight lines. This ray is of particular value, being life sustaining; therefore, consume plenty of green leaves at your two main meals. The green catalyst ray also has the power to destroy invisible dangerous bacteria which otherwise might consume all the vegetation upon the earth.

## **Mothers—Less Denatured Sweets for Your Children**

Diabetes is increasing at an alarming rate among children. Many mothers are not yet wise to the danger in dainties and sweets. The "Art of Eating" is still in its infancy, and close to half a million children under 16 years die every twelve months in the United States chiefly because of parental food ignorance.

Mothers, the odds are all against your young child living beyond its sixteenth year unless you begin to study food science. Encourage your children to enjoy nourishing soups, baked potatoes, figs, dates, raisins, pure honey and ripe bananas. Train your children to control their appetite and eat, in extreme moderation, ice cream, soft drinks, candy, sugar, pies, crackers and cakes. Explain to your children that these foods are acid in reaction and life is perpetuated by maintaining an alkaline blood supply. If the blood should develop one tenth of one per cent acidity, death quickly ensues.

## **Is Bread the Staff of Life?**

White bread is universally admitted to be inferior to whole

wheat bread. Thousands of convincing tests have proved beyond a doubt the authenticity of this belief. A few slices, say not more than three, of well baked whole wheat bread daily cannot do us very much harm; however all bread is acid in reaction and a bread appetite like the tobacco or liquor appetite, makes us addicts to starchy foods. Bread is made more potent by vitamin fortification.

## **Food and Glands**

There is a chain of five ductless glands in our body situated as follows: The Pineal, back in the region between the eyes. The Pituitary, in the center of the skull at the base of the brain. The Thyroid and Parathyroids, in the lower part of the neck toward the right side. The Thymus, high up in the middle of the breast. The Adrenals, situated astride the kidneys. Each gland contains a secretion or hormone. These secretions are chemically created from the food absorbed from the blood stream.

When little or no attention is paid to the quality of the food eaten the body weakens and disease attacks it. The hormones of the body are weakened from poor foods and they cannot make the proper fight to prolong life. Dr. Robert McCarri-son says that the short span of life of the Hindu (23 years) is due to weakness of the hormones of the ductless glands. The quickest way to vitalize and renew the gland secretions is to drink a quart of raw carrot juice for one day while resting in bed or out of doors. The next day to drink four quarts of vegetable soup. The third day two quarts of carrot juice. No other food save raw celery and avocados should be taken. All the water, hot or cold, desired may be drunk. Such a diet prolonged for 10 to 20 days will often help to eliminate that dire enemy ARTHRITIS or CHRONIC RHEUMATISM.

## **What Is Old Age?**

Old age is merely a shrinking of the glands due to food ignorance, and the retention of dead cell wastes in the system. A man of 25 has free-functioning normal glands. A man at 65 has inhibited, partially atrophied glands, the result of years of improper habits of eating and living. Life should be a constant quest toward perfect habits of thinking, eating and breathing.

## **Some Opinions**

Elmer McCollum of Johns Hopkins University, says, "The eating of soft food is the principal cause of the physical deterioration of the American people.

Senator Royal Copeland, M.D. said "The only way that the criminal can be reformed is through a balanced diet."

Dr. G. Hopkins, of Cambridge, says, "No nation has ever been properly fed."

Dr. Paul Carton, former head of the Paris Hospital, says, "I find all disease due to improper eating."

## **Practice Healthful Habits**

In addition to right eating, we should practice hygienic habits all along the line of living. We should learn to live more in the out of doors. We should sleep in a well-ventilated chamber. We should WALK at least one mile each day and practice COSMIC or VITALIC breathing while we walk. We should bathe our entire body in tepid water once or twice daily. The toothbrush should be employed twice each day on the tongue, gums, and teeth. We should also remember our thoughts affect our health to quite a degree. When we worry we inhibit digestion and worry also slows down our vital circulatory processes. When the habits of optimism and courage are persistently held such habits favor physical wholeness. There are many other important health factors also to be considered. Food, however, is of course the most vital, but breathing, walking, exercise, proper posture and happy thinking must supplement proper diet. An erect posture has recently been declared to be a preventive of high blood pressure.

## **Raw Vegetable Juices Are Nature's Healers**

A Norwalk vegetable juicer should be in every home for increased health promised for every member of the family. Sick people often cannot eat vegetables, but they usually thoroughly enjoy the THIRST assuaging liquid essences of raw vegetables. Carrots, parsley and celery rank first in popularity as producing the first health building juices. Cucumber, turnip and celery juices rate very high as vitality builders. Tomatoes, cucumbers, lettuce, and escarole also make excellent sources for healing juices.



It is best to drink raw juices immediately after being pressed. Juices should be stored in corked glass receptacles, as metal containers may deleteriously alter the taste. Juices should be cold when drunk.

Raw vegetable juices are most potent and should be taken in small quantities, say a large glassful daily in the beginning. When the system is accustomed to their use, up to one quart of juice a day may be consumed. Watch particularly that vegetable juices are prepared under sanitary conditions. The danger of the colon bacillus is ever present when vegetables are not thoroughly washed.

## Get Rid of Colds

All food eaten leaves an acid or alkaline ash in the body. When acid reacting food is consumed in excess of the alkaline reacting food a condition of bodily or mental fatigue is almost invariably present. Alkaline foods such as vegetables and sweet fruits should comprise 60% of the food consumed daily. Well cooked meat is the safest and best acid reacting food and essential protein.

A dietetic condition known as colitis is assuming alarming prevalency throughout the United States. Here is a recommended eating plan to prevent such a deplorable and entirely unnecessary inner state.

## Four Day Inner Cleansing Plan for Colitis

**Breakfast**—Bake in oven or boil together apples, pears and fresh or well washed canned pineapples in a little water with a little pure honey added for sweetening about 30 minutes.

**10:30 A.M.**—Drink a cupful of Vegetable Bouillon Broth. Recipe on soup recipe page.

**Luncheon**—About 6 ounces of well cooked lamb or steak. Raw celery, raw tomatoes and half a ripe avocado. The broth may also be taken as a beverage.

**4:00 P.M.**—One cupful of broth.

**Dinner**—As luncheon.

**Before Retiring**—Cupful of broth.

If you alternate soup only one day between above daily suggestions for cleansing, the health of the body will be speeded up. Simply eat inner cleansing diet first, third, fifth and seventh days. Eat soups prepared from our recipes in the between days. Eight days on this combination diet will truly effect a real inner cleansing.

## **Jams, Jellies and Preserves**

Fruit, whether uncooked or cooked tends toward an alkaline reaction in the system. When fruit is liberally sweetened it has an ACID reaction. Acid reacting foods are not at all taboo, but they should be taken with thoughtful sparseness. The popular meal of bread, jam and tea is an exceedingly acid forming, fermenting combination and is far from being as healthful as is so generally supposed.

Recently I met several members of a most cultured family who complained of being bothered by constant boils and facial eruptions. When we checked up on the cause, we found they were absolutely food ignorant, as they had been consuming marmalade and various jams three times daily. In a few months every afflicted member of the family had lost all traces of their boils and skin troubles. They continue to taste jam and marmalade at one daily meal only, so no return of their skin trouble is expected.

If the time should ever come that I would have the authority to prescribe for the insane, I should abolish most of the food that is now fed to these unfortunate victims of wrong eating. In place of these improper foods I would prescribe diets based on foods rich in vitamins and minerals, particularly calcium, iron and magnesium. Insanity is chiefly caused by the presence of dead parasites, such as embryonic tape worms, in the brain. Rarely is insanity present because of a mental shock or a mental breakdown. Dementia Praecox is indeed most often a dietetic disease.

## **A Lesson on Vitamins**

The mere act of eating is not all there is to food science. Nutritional Science proves that unfortunate results happen if your diet is deficient in vitamin content. The ordinary American diet, at present, is not founded on scientific nutritional

principles. The over-milling of grains, over-cooking of vegetables, lack of sunshine during the fall and winter seasons all contribute to keep one's health below par. The unfoldment of vitamin therapy is of quite recent origin. Lowland Hopkins of England in 1912 launched an important paper on some "dietary factor" which prevented sailor's scurvy and prevented rickets in children. This "dietary factor" is now known as Vitamin A. Under the microscope, vitamin A is of light yellow color and rod like in form.

The daily adult essential requirement of Vitamin A is uncertain but it probably runs around 10,000 International Units. Such a dosage in a span of twenty years would not use up more than ten ounces of this vital element. When there is a deficiency of Vitamin A in the diet, physical trouble of more or less a serious nature is in the offing. Some of these potential troubles are:

- Night blindness or limited ability to read or see in dim light.
- Bronchial disease and a bronchial cough.

- Degeneration of "visual purple rods" found in the back of the eye.

- Trend toward tuberculosis and respiratory diseases.

- The encouragement of general systemic infection.

- The shortening of life.

- A trend toward loss of hair from men's heads.

- A lowering of vitality.

Nutritionally approved best food sources for securing an adequate ration of Vitamin A, given in preferred order:

- Canned or fresh tomato juice.

- Freshly made carrot juice.

- Grated kale or raw cabbage.

- Ripe bananas sliced or whole bananas baked.

- Lettuce.

- Steamed turnip greens.

- Steamed string beans.

- Spinach.

Other sources are:

- Butter.

- Cream

- Cheese.

- Milk.

- Eggs.

- Fish liver oils in capsules.



Raw green vegetables and steamed carrots and peas.  
Melons.  
Raspberries.  
Squash.  
Sweet potatoes.  
Fresh and canned apricots.  
Whole cornmeal.  
Papaya.  
Prunes.

The general public seems to be more conscious of Vitamin B-1 because of its extensive radio advertising in recent years. The other nine general types of Vitamins are known to the layman, but at present Vitamin B-1 is first in the field with Vitamin A a close second. The Latin word for life is "vita." The last half of the word vitamin means element, so it can be considered that a vitamin is a life substance of a catalyst nature.

Vitamin B-1 like all other vitamins is a chemical food element. A tiny male and female cholera germ if left undisturbed to breed could cover the entire earth with its progeny in a few days time, and in so doing might decimate fifty per cent or more of all the human beings living upon the face of the earth.

The absence of a tiny grain of Vitamin B-1 sand in one's daily diet may cause a dire disturbance in bodily health. The consumption of one quarter of a pennyweight each year in this essential element is all that is necessary for the maintenance of better health. Artificially manufactured Vitamins are claimed to be as valuable as the vitamins obtained from sea weed, grains or green plants which flourish in the gardens of America.

The mysterious inner intelligence of the body enables the cells, nerves, blood and brain to recognize the presence of Vitamins in the food which floats in the blood and extracts these precious catalyst energies to spark up the life processes of the entire body. It takes the presence of vitamins to ensure the ability of the body to utilize fully the food that passes through the upper intestine and stomach walls. Possibly the first benefit one will notice in consistently using a sufficiency of Vitamin B-1 is the absence of stomach disorders. To feel pretty good is not good enough for any sane person. To be gloriously well should be our aspiration. Vitamin B-1 can help you to attain this "unconsciousness of body" which spells maximum health.

Under the microscope Vitamin B-1 is crystal-like in shape and of a yellowish color. Its chemical name is Thiamin and more is known of its action and nature than any other in the B complex. When there is a deficiency of B-1 in the diet here are some of the bodily symptoms which medical science declares may manifest:

- Slight appetites in children.
- Slow and insufficient bodily growth.
- Arthritis.
- Dandruff.
- Scabs and infection of the scalp.
- Neuritis.
- Bodily fatigue.
- Weakness of the back.
- Shortness of breath under slight exertion.
- Tendency toward decay of teeth.

Here is a list of excellent food sources, containing Vitamin B-1.

- Wheat germ.
- Whole rye flour.
- Raw fresh milk.
- Thoroughly cooked ham.
- Calve's liver broiled.
- Bananas.
- Avocados.
- Figs.
- Orange Juice.
- Peaches, fresh and canned.
- Prunes, stewed (sun-dried).
- Melons.
- Artichokes.
- Kidney and string beans.
- Lima and soy beans.
- Cauliflower and cabbage.
- Corn and carrots.
- Cucumbers, parsnips, peas.
- Raw green peppers.
- Irish potatoes.
- Spinach, tomatoes, watercress.
- Green tops of vegetables.
- Peanut butter.
- Lean beef.



Roast turkey.

Dried peas.

In addition to Vitamin B-1 there are five other designated members in this group but the most important is B-1. The other members of the B Complex are essential for health and life and can be obtained at Health Food stores in tablet or liquid form.

Vitamin C is the next in the list. It is an essential vitamin and its deficiency may result in:

Heart disease.

Scurvy.

Tendency to infection.

Bodily weakness.

Mental sluggishness.

Tooth decay.

Stomach ulcers.

The best food sources of Vitamin C are:

Tomato juice, fresh or canned.

Green peppers.

Bean sprouts.

Almost all green vegetables.

Fresh lima beans.

Dried black soya beans.

Brussel Sprouts (steamed).

Grated raw cabbage.

Beet tops (steamed).

Raw cucumbers.

Parsnips (steamed).

Parsley.

Peas, raw or steamed.

Baked white and sweet potatoes.

Radishes.

Spinach raw or steamed.

Watercress.

Cauliflower, raw or steamed.

Okra.

Carrot juice or raw carrots well chewed.

Orange and grapefruit juice.

Pineapple juice canned or fresh.

All fresh berries.

Papayas.

Avocados.

Bananas, sliced or baked.

Melon.

Calves liver.

Whole corn.

In the preparation of vegetables it is urged that baking soda should not be used unless prescribed by a physician as its presence is deleterious to the Vitamin C content of food.

Vitamin D, the bone building Vitamin is best found in sunlight, and in fish oil in capsules at your health food or drug store. During the winter months children may develop physical lassitude and bodily weakness when there is a scarcity of Vitamin D. Wise parents, if you want your child to have a straight and strong bony structure, add a sufficiency of Vitamin D to your child's meals, during the sun-scarce months of the year.

Vitamin E is labeled the anti-sterility vitamin. This vitamin seems to be indispensable for women. The present best source is cold pressed wheat germ oil. Soon it is promised a synthetic Vitamin E will be placed on the market in tablet form. Leafy vegetables—lettuce, kale, watercress and spinach contain this vitamin.

By no means have we come into complete knowledge of these elusive vitamins. The following excerpt is taken from the Tucson Gazette, January 23rd, 1941 issue.

"Colonel Albert P. Clark, head of the Fort Lewis Washington Hospital says 'If I had the opportunity to personally select 5000 men from the 48,000 we expect to have in this area by Spring and feed them a specially prepared diet which included mineral and vitamin content, I would have a small army of unbeatable men in six months. They would be supermen—they would be superior mentally as well as physically' asserted Colonel Clark."

A word of warning relative to vitamins is in order. The wisest way to obtain vitamins is in concentrated form at your health food store.

## **Youth Preserved or Regained**

Progress in nutritional science is threefold. The preservation of health; the prevention of senility; the prolongation of life. There is no scientific proof that death is caused by old age. There is ample evidence that death may come from faulty

diet, emotional disturbance and inner retention of toxins and unexpelled metabolism wastage.

Involution must be daily combatted as it is an enemy to health and life. When the truth about death is known it will be found that we do not die, that we are killed by our habits, environment or bodily toxins. In the dim future, life in the exultation of youth and health may go on indefinitely or certainly many times beyond our present span, so says J. B. S. Haldane of London, England.

In 1941 it is estimated that 6% of the people of the United States have reached the age of 65 years. Forty years ago the percentage was only 4%. Sixty years from now we can look forward to 10% of the people of the United States being beyond the age of 65 years. This spells progress in healthful living. Health and youth in old age are really possible. These possessions are now being enjoyed by those who study food science and practice Cosmic Breathing.

After fifty years of living, science shows that there is a diminution of starch digesting ptyalin in the saliva. After seventy this adverse condition has greatly increased. Consequently it is a wise precaution to cut down on the consumption of bread and cereals in middle life. Starch that is not fully digested tends to change into mucus and phlegm and cause colds and sinus infection.

Recent scientific data regarding pantothenic acid as a preventive of gray hair is extremely interesting. Rats and humans fed diet rich in pantothenic acid foods soon lost their gray hairs. When there is an abundance of iron, copper and manganese in the diet the tendency toward graying hair is at an end. Especially is this so when Cosmic Exhalation Breathing is practiced for twenty-four minutes each day.

A century ago Dr. Oliver Wendel Holmes was asked how to attain a long life. It must be done before we are born, he advised. "Simply see to it that you choose your parents from long lived families." However, modern science is not satisfied that is the only method of guaranteeing a long span of life. Professor L. A. Maynard and C. M. McCary of Cornell University produce satisfactory evidence after the extensive feeding of rats that life can be prolonged tremendously by scientific feeding.

It is most essential if you want to live beyond the century mark to develop emotional control and cultivate the spirit of inner calm, and outer poise. Strenuous exercise, too, should be avoided. Strong men or athletes rarely live to a ripe old age. The onset of age must be fought with four cosmic weapons: Cosmic Breathing, Right Eating, Proper Posture and a Positive Serene Condition of Mind. When these four life principles are set in scientific operation they will be found to be most efficacious in banishing the infirmity in old age. Thus will every one of us be able to truthfully promise "Grow young along with me the best is yet to be."

### **Alkaline Foods**

All raw vegetables, baked Irish potatoes, bananas, fresh milk, lima beans, soya and all types of green beans. All sugar fruits, citric fruits when properly combined or eaten alone.

### **Acid Reaction Foods**

All animal flesh, fish, fowl, eggs, grains, asparagus tips, cereals, crackers, cranberries, cakes, sweets, sugar, candy, syrups, lard, oils, condiments, cheese, commercial ice cream, gravies, butter, cream, soft drinks, beer, liquor, customary salad dressings, tea, cocoa, coffee, bread, gravy, cookies, cheese and certain nuts tend toward an acid reaction in the system. Citric fruits mixed with starchy or sugar foods remain acid.

### **LEARN FROM HEADACHES**

Pain is the voice of the inner physician flashing us a warning message— "You are abusing your body by your habits of eating or emotional habits."

Many dim-eyed men and women, when they suffer from a headache, pursue the path of ignorance and take something. Thus the ingoing drug helps to paralyze the protective pain signals from the nerves and people in their folly continue to abuse their bodies until disease is attracted or premature death puts an end to their foolish life.

Almost all headaches are caused by dietetic ignorance, such as overeating, eating too much rich food, or consuming sugary or starchy food in excessive amounts, or eating heavy food before retiring. A wise dietetic plan is to avoid eating any heavy food after 8 P.M.

Headaches that register on the temples or on the front part of the head are not as significant as the persistent headache in the back of the head.

Such a danger signal infers the approach of an acute or chronic disease. For back of the head headaches or a stiff neck the four day or eight day cleansing diet given on page 43 should be taken immediately, and thereafter observance of the 21 Harmonized Basic Meals should be religiously observed.

## **Coffee Hints for Nervous People**

The more cream and hot water you mix with your coffee the less dangerous effect it has upon your nerves and heart. Whenever we take our coffee strong and black it may act as a club to our heart and nerves. When we practice this coffee drinking habit for quite an extended period our heart and nerves will have to pay the penalty for our indiscretion. Not all coffee contains caffeine, but all coffee contains oil and wax.

Do not hinder the future health and happiness of your children if you have any, by tempting them with even water-diluted coffee. Coffee is much more harmful to children than to adults, besides children need to be nourished, not doped. The organism of a child is not matured, consequently coffee is more **HARMFUL** to a child than to the organism of a man or woman. Children should drink goat milk, dried cow milk in moderation, water, also vegetable juices, fruit juices, vegetable soups, carrot juice and soya bean milk. Nursing mothers should heed these facts and apply them to their own foods. It takes about two cupfuls of strong coffee to cause a tremble in a man's hand, but one cupful will often cause a woman's hand to tremble. The average cup of coffee contains three grains of caffeine, a medicinal dose.

## **How About Tea Drinking?**

The action of tea and coffee in the stomach is about the same. They may not hinder or forward the digestion of other food taken with them. However, they display a decidedly inimical action in the nervous system after leaving the stomach. The active drug principle of tea is called theine. It is exactly the same as the active principle, caffeine, in coffee. The tea leaf contains more **CAFFEINE** than is found in the coffee bean, but



the lesser quantity of tea used produces decidedly less caffeine in a cupful of tea than is found in a cupful of caffeine-bearing coffee.

Commercial caffeine is extracted from tea as a general rule, not from coffee. Lemon juice in tea does not neutralize its acidity. Favoring raw sugar or pure honey for sweetening tea is always a practical health measure. Iced tea is just as stimulating as hot tea, its effect is identical when it is absorbed through the small intestine.

### **Of Course You Will Continue to Drink Tea, but Prepare it this Better Way**

To prepare four cupfuls of tea practically free from caffeine and other acids proceed as follows: Place four teaspoonfuls of tea in the tea ball container. Cover the container with boiling water for one minute. Throw the resulting liquor into the sink, as it contains much of the theine found in the tea leaf. Now cover the tea ball with four cupfuls of fresh boiling water and steep for three to five minutes. The resulting brew will be found pleasing to the taste and more healthful than the tea prepared in the standardized manner.

Regarding the afternoon tea, the outstanding fact in favor of this doubtful habit is that it helps to reduce the appetite for heavier food. When tea is taken alone with cream and honey, the tannic acid is neutralized to such a degree that it is not so liable to injure the walls of the stomach and intestine. My earnest advice to all tea drinkers is to use it in moderation if you value the benefit of good health.

### **Is Cocoa Better than Tea or Coffee?**

Cocoa does not digest as rapidly as tea or coffee due to its high content of fat. Cocoa is a better beverage for children than tea or coffee, but the cocoa must be served in a diluted form. Cocoa is to be regarded more in the light of a FOOD than that of a beverage. Thick cocoa, heavily creamed and sugared may prove as indigestible as French fried potatoes, thick gravy and pork chops.

Cocoa is a stimulant, as is tea and coffee, but to a lesser degree. Tea and coffee leave the stomach rather quickly and pass into the upper intestine ahead of other foods consumed at the same time, and their action is more pronounced in the

nervous system than cocoa, which leaves the stomach with the other foods on account of its slow digesting nature. Cocoa has a lasting sustaining effect not found in tea or coffee. Favor raw sugar or pure honey for sweetening cocoa. The drug contained in cocoa is called theobromine. It is as acid forming as theine or caffeine. It is the essence of health wisdom to end the use of all stimulating beverages.

## **Take Thought with Your Food**

Some years ago, at one of my Summer Centers, a gentleman visitor invited me to take a short automobile ride with him. He explained he wanted to fill up his automobile tank with gas. Presently we approached a gas station and I suggested that he should stop and get himself the required fuel. He answered, "I want a special high-power gas which is only available at a station a mile or two from here."

Before we arrived at this anticipated service station we passed two other places on the way. My friend's new car needed special high-power fuel and so he was determined that an inferior quality of gas should not be fed into his motor tank.

While the car was being checked, this particular gentleman strayed in the direction of a wayside "hot dog stand" and regaled himself with a suspicious-looking hot dog, embedded on a pale, anemic-appearing white flour roll. Worse than that, the hot dog was liberally besmeared with mustard. This toxic repast was washed down with a glass of acid-reacting beverage.

I looked at this food-poisoned businessman in amazement. He was still in his early forties but looked and acted like a physical wreck. Truly he was on his way to the junk pile because of his corrupted appetite. Business statistics inform us that nine business men out of every ten fail in business within ten years from the time they launch their business enterprise.

Few men take time to think along dietetic lines. They are so prone to imagine food is food and it makes little or no difference what kind of food one eats. Frequently I am invited to lecture before luncheon clubs. I always endeavor to slip in after their unwise luncheon is served. If I must eat such a luncheon I simply nibble the better food that is placed before me, but generally leave one-half of the food on my plate untouched.

The last cold I remember having contracted happened in 1898, so I certainly do not wish to contract another one by eating the improperly-harmonized food generally served at the business luncheon clubs of America. Above the age of fifty men are generally soft, flabby, and too ample around the midriff. More than a score of years before the public I have never been invited to a business luncheon or dinner where the food served was predominantly alkaline or food that later would be free from toxic fermentation.

Always and always do we find greasy soups, underdone meats, greasy gravy, fried potatoes, over-cooked vegetables, generally doped with baking soda, vinegar, bacon fat or pepper. Even the sliver of lettuce or raw tomato is coated with acid reacting oil or acid-forming dressing compounded chiefly from egg yolk or mustard.

I am constantly anticipating that some time, some day, somewhere in the United States or Canada, I will find an intelligent luncheon club that will insist on being served with well cooked meat and health building, steamed, not boiled, vegetables, coupled with delicious raw salads without acid-forming dressings or acid-forming cakes, candies, sweets or pies.

### **Minerals and Progress**

Much of the mineral content in food is lost due to modern methods of preparing and refining foods. There are ten essential food mineral elements necessary for the maintenance of dynamic health of body. These minerals are—calcium, phosphorus, iron, silicon, iodine, sodium, magnesium, manganese, copper and boron. (The other minerals are normally supplied with these.)

The best sources for calcium are leafy vegetables, cauliflower, whole grains, cheese and milk. Children should eat plenty of calcium bearing vegetables.

The best food sources for phosphorus are well cooked meat and sea fish. The harmonized meals given in this book insure an adequate daily intake of essential minerals. Concentrated minerals in tablet form may be profitably used each day.

Many physicians, in my layman's estimation, have an erroneous concept as to the nature of disease. This misconception as to the true cause of illness has come down in various theories over the years.

The ancient Egyptians believed that disease was originated by evil demons and they divided the body into a series of thirty-six zones and named a different demon as inhabiting these various zones.

When a sick man had a pain in any particular zone the doctor-priest exorcised the special demon and also pounded that special part with a wooden mallet. It was unfortunate for the sufferer when he complained of a headache. The sound malleting of the patient's skull usually fractured it.

However, the doctor never was reproached, the demon always was the culprit who was blamed for the death of the patient. Even in our advanced day do we not most frequently read or hear, "The patient died but the operation was successful."

Up to 1,500 years ago the demon idea still persisted but, instead of a multiplicity of demons, the priest or doctors had reduced them to a single demonical possession. The doctors of the seventeenth and eighteenth centuries discarded the idea of demons as the causative factor in disease and placed the blame on excess blood. Accordingly, those who were ill were often times bled, with most unfortunate results for the patients.

The favorite surmise as to the cause of disease in the nineteenth century was the supposition that night air was the reason for illness. Accordingly, all over the world, windows and doors were tightly closed at night to prevent the ingress of the deadly night air.

Medical doctors were as sincere in this erroneous belief as they had been in blood-letting and demoniacal obsessions. Today almost all doctors solemnly and implicitly contend that disease is caused by the invasion of germs. However, this idea, too, will pass away in due time. About 300 years ago, when Dr. Harvey announced his discovery of the circulation of the blood throughout the body no other physician believed in his discovery. Always are we prone to disagree with anything that upsets our held beliefs. That applies to truth as well as error.

## **The Nine Essential Points in Nutritional Science**

### **Digestion**

We have learned that the overeating of fats and oils causes stomach digestion to slow down. On the other hand, the use of baking soda unduly hastens digestion in the stomach and

causes the food to be forced into the upper intestine sometimes in less than two hours. The average period of time used in digesting food in the stomach is about three and one-half hours. When food is improperly digested in the stomach, the task of full digestion is thrown on the upper intestine, and much ill health may result. Again I say, "A word to the wise is enough."

### **Harmony**

Study carefully the various lists of scientific meals given in this book. Notice how the principle of food harmony is maintained in every one of them. No citric fruits at starchy meals, no grease save with meats or green vegetables, no sugar with acid fruits, and so on. The observance of the harmonious blending of foods will certainly prevent much future stomach misery.

### **Starch**

The overeating of bread and potatoes may cause an unwieldy increase in body weight, thereby leaving the body open to the invasion of dangerous bacteria. Too much starch in the diet tends to the impairment of the pancreas thereby favoring the development of diabetes. The overconsumption of starchy and sugary foods may cause other conditions in the body inimical to good health including destruction of the teeth. Moral, eat bread and potatoes every second day, not every day, unless you are gloriously well.

### **Grease**

When oils, butter, or grease are consumed with starchy foods they tend to delay stomach digestion. When this condition goes on for some time, the formation of gastric juice may be imperiled, or cease altogether. This will mean the formation of constant stomach gas and indigestion, and much of the joy of living will become a thing of the past. It is good sense therefore to use all forms of fat with sense and caution.

### **Irritation**

The membranes of the stomach and intestines are exceedingly delicate and tender. Somehow we seem to forget that fact when we include strong condiments in our diet. Thousands of Americans die every week from stomach ulcers and cancer of the stomach. Again I emphasize, if you value stomach health, eliminate all condiments save a little salt.



### **Selection**

Food must be selected scientifically if you value your health. Your daily food should contain vitamins, living force, minerals, and roughage. Food should be tasty, appetizing, agreeable, and satisfying. Healthful eating means eating almost any ordinary kind of ordinary food, but in proper combinations and amounts. Also avoid foods with a mucus reaction.

### **Utensils**

Choose cooking utensils of glass, steel, iron, or fine granite-ware. Favor quick steaming of vegetables, and an extended cooking of all animal flesh, particularly pork which should be thoroughly cooked so as to destroy possible Spirilla. All metals throw off a distinct and different vibration. Gold and silver have the highest health rate of vibration. Remember how your mother stroked your eyelid with her wedding ring when you had a "sty." The vibration of metal is indeed a scientific fact, not just mere fiction. Moral, choose your cooking utensils wisely.

### **Type**

When you are inclined to be fat, eat the type of meals outlined in the reducing diet. When thin, follow the diet suggestions given in the gaining diet lists. When weight is normal let the basic diet lists be your guide. Fight fat, fat robs you of your youth, beauty, personality and is always a life shortener. Food when used intelligently can always normalize your weight to right proportions.

### **Quantity**

Every particle of food you eat has to be digested, circulated, assimilated, and the wastes eliminated. All these processes require the use of extensive nerve energy that should be employed to renew your eyesight, or the spleen is forced to turn its attention to handling the excessive intake of nutrition. As a consequence, the brain and body cells are poisoned by food toxins and wastes and inner soil accumulates favoring the growth of dangerous bacteria and malignant growths. Please do not use too many calories if you value your present and future health.

## **Fifty Informative Suggestions Regarding Food and Its Scientific Use.**

Always wash spinach first in cold water and finish in hot water. Hot water removes sand in spinach which cold water often fails to do completely.

In the year 1838 Spruce beer was a popular health drink in the United States. Spruce beer is prepared by brewing the tips of young spruce. Children who are undernourished instinctively chew various kinds of twigs at every opportunity. These young twigs supply essential vitamins and minerals absent in badly planned diets.

Germinated wheat is the most economical form of a breakfast cereal. Soak a cupful of wheat in water for two days. Throw away water and place wheat on a damp cloth in the kitchen or in the sunlight for an additional two days. By this time the seed has sprouted and is richly endowed with Vitamin B Complex. Simmer over a slow fire for ten minutes and serve hot with honey for sweetening. Prune juice is a pleasing beverage to use with this cereal.

The cheapest and best way to prepare an appetizing coffee substitute is by roasting barley and grinding it through an ordinary coffee grinder. A heaping tablespoonful to each cupful of water is recommended. Boil for five minutes before serving as a hot beverage. Honey and cream may be added if desired.

A superior cleansing diet is prepared as follows: For breakfast fruit or fruit juices; luncheon, vegetable soup, raw vegetables with apple sauce on prunes dessert; dinner, well cooked meat, steamed vegetables, raw vegetables, and a fruit dessert. If hungry before retiring take vegetable soup. Water is preferable to tea or coffee in a cleansing diet.

In all cases of sinus trouble, catarrh, or loss of smell, cease using fats and oils, also white flour products and white sugar. Usually in four days a correction of condition will take place under this regime.

Flour should never be used to thicken soups or gravies.

Celery, prunes and apples are recommended as substitutes for bread.

Raisin juice and honey are suggested instead of sugar in the preparation of rice or home-made ice cream.

Raw tomato juice is considerably less acid in reaction than canned tomato juice.

Mix cream with water but never mix cream and flour, this is an indigestible and very acid combination.

The more soups, vegetables, and fruits eaten, the less the need for the drinking of much water.

Lemon should not be added to tea at a meal where starches are served.

If you must eat white rolls or bread use the crusts only.

Raw string beans well washed are excellent for growing children. Raw fresh peas are highly nutritious for children and adults.

Water diluted orange juice, plain water, vegetable soups, or tomato juice, are the best foods to use if hungry between meals.

Never use sugar with acid fruits or acid fruit juices. Sugar sweetened lemonade is taboo.

The typical American breakfast of cereal, cream, sugar, orange juice, jam and coffee, is highly acid, and is certain to cause stomach disorders if habitually used. Try vegetable soup and fruit for your next breakfast.

The best foods to eat on a train are well cooked steaks or chops with raw vegetables. Train chefs use entirely too much butter and grease in the preparation of vegetables. Train pies are usually over fatted and over sweetened. Canned vegetables are recommended while traveling. Ice cream or canned figs are suggested desserts for traveling.

A delicious vegetarian sandwich is prepared as follows: Macerate half an avocado and mix with it finely chopped parsley, celery and apples. Spread on lettuce leaves and use rye bread or heavy whole wheat bread buttered with slightly salted macerated avocado.

On no account, unless under your doctor's orders, should you eat more than three moderately sized meals in each twenty-four hours. When food is consumed in excess of the actual needs of the body, the surplus must be stored as fat; usually in the abdominal region. Do not blame your glands if you are overweight, place the blame where it rightfully belongs, on your overconsumption of food.



A sweet stomach is in an unnatural condition. The stomach should always be acid, otherwise stomach ulcers or cancer of the stomach threatens. Baking soda sweetens the stomach, so watch your use of this element.

Raw carrots and nuts require an extensive chewing. There are no human digestive ferments sufficiently powerful to dissolve poorly chewed nuts or raw carrots.

Outside leaves of lettuce are an excellent source of Vitamin E.

Animal protein cannot be replaced by proteins derived from vegetable sources. Animal proteins, not the vegetable kind, are definitely essential to human physical fitness. Well cooked meat should be eaten at least once every day.

Proper eating will in time, enable every person to be free from pain and enable him to become unconscious of his body.

Eat for flavor as well as for good health. You can feast your way through life and still remain physically fit. I do not advocate fasts beyond twenty-four hours.

The last half of almost every person's life is a dying process because of improper habits of eating and breathing during the first half of life.

The new science of medicine teaches that food is the cause of disease. The new doctor removes causes instead of treating symptoms of faulty diet.

There are four processes in the utilization of food: mastication, digestion, circulation, and cell nourishment.

Thin people can gain weight by eating high carbohydrates. Some of these are dried lima beans, dried green peas, dried kidney beans, bread, potatoes, bananas, dates, persimmons, and figs.

Vitamin and mineral concentrates are making proper eating easier to accomplish. As long as the system gets its needed supply, it matters little as to the source.

Thin people usually have a short intestine or suffer from scanty metabolism. Concentrated foods are necessary to gain weight under these quite common conditions.

Food deficiency diseases it is said run up to as high as ninety per cent of all human ailments. The doctor of the future will be a combination doctor, cook, and dietitian.

After the age of forty, fully twenty per cent of the American women are deficient or entirely devoid of gastric juice. This is a sad plight to be in considering it requires a full pint of gastric juice to digest each ordinary meal. When there is a lack of gastric juice, abstain from fats and oils of every kind. Also greatly reduce your intake of citric fruits.

Calcium is one of the most needed minerals of the body. Adults require twelve grains daily, growing children eighteen grains. Symptoms of calcium lack are bleeding at the nose, physical weakness, habitual headaches.

Cottage cheese or mild American cheese and dates make an occasional practical dessert for children.

Tomatoes and tomato juice help to whiten the teeth. Celery eases the nerves and watercress promotes vigor. Raw cabbage tends to keep hair on your head all through life. Salt or salt water rubbed into the scalp tends to promote the growth of hair.

A glass of beer or ale contains about fifty calories. A cocktail contains several hundred calories. When a nursing mother has an insufficient supply of milk an abundance can be supplied by macerating half an avocado into a bowl with a teaspoonful of honey, and adding a bottle of beer or ale. Mixing should be done by means of fork or egg beater. This beverage should be taken before retiring.

Thin people are happier and live longer than those who are obese. Excessive sleep indicates over eating. Nature uses the hours of unconsciousness to clear out the toxins of incomplete digestion and faulty diet.

The four foods having a superacid reaction are oysters, liver, eggs and lard.

Fresh apricots are richer in iron than spinach or eggs.

The sexual glands require phosphorus to keep them potent and virile.

The plants that grow in water grow taller and larger than plants that grow in the soil. The reason is, minerals and vitamins are more accessible in liquids. Another reason for consuming soup twice a day.

Drinking water with meals is excellent for very thin people. Not so beneficial however for fat folks, as water with meals promotes body fat.



Always charge drinking water with the Cosmic Electricity issuing from your eyes and finger tips. It takes from two to sixteen minutes to vitalize water. Simply look into the water and hold the fingers of both hands over the glass. The longer the charging the more potent will the water become. A pint of water thus charged taken each day will help to electrify and renew the cells of body and brain.

Every type of cheese is acid in reaction. I favor but two kinds of cheese, mild American or Canadian, also cottage cheese.

Taking coffee after a meal retards the quick emptying of the stomach. The aromatic oil of coffee is responsible.

For a quick luncheon I favor cottage cheese with canned or fresh pears or apricots. Starches and grease for luncheon slows down afternoon energy and promotes a drowsy condition after the improperly selected foods eaten at noonday meal.

Meat and cheese are an incompatible combination, likewise is cheese and bread. Use cheese with fruit and raw green vegetables only.

Careless cooking of vegetables may destroy all or nearly all the vitamins contained in these vegetables. Steam vegetables whenever possible.

### **Thirty Vitality Alkaline Soups** **All Recipes Are Arranged and Proved by** **Carene Vanderall Gaines**

Special notice in the preparation of soups. When oil, grease, butter or cream is added to soup stock, the result is a slow digesting, acid reacting soup. Prepare your soups as directed here for a cleansing, appetizing, alkaline reaction.

Quantity given for four portions.

#### **Cucumber Soup**

Into 2 quarts of boiling water place 2 good sized cucumbers, a handful of parsley, 2 parsnips, 1 potato, a tablespoonful of caraway seeds, if available. Cook in the boiling water for 30 minutes, add salt and serve. All vegetables to be cut into small, thin pieces.

#### **Spinach Soup**

Into 2 quarts of boiling water place 2 cupfuls of finely

chopped spinach, 1 cupful of cow's milk, a little salt, 2 finely sliced carrots. A little macerated avocado may be placed on top of each serving.

### **Okra Soup**

Place 2 cupfuls of finely sliced okra into 2 quarts of boiling water. Also add a dozen radishes finely sliced and a handful of parsley. Do not macerate okra soup. Salt only for seasoning.

### **Garden Life Soup**

Chop finely 3 large carrots, handful of parsley,  $\frac{1}{2}$  pound of fresh green peas. Place together in 2 quarts of boiling water and boil vigorously for 15 minutes. Mash, strain and serve. Add a little salt for flavor.

This is a nutritious, inner-cleansing and alkalizing soup. Celery root, dried peas soaked in cold water over night, beets and beet tops may be substitute vegetables.

### **Energy Soup**

Provide a half pound of dried lima beans or two pounds of fresh lima beans; add a large handful of parsley, a bunch of radishes and a head of lettuce. Place the lima beans in 2 quarts of boiling water and simmer for 60 minutes. Then add the chopped parsley, radishes and lettuce and boil 20 minutes longer, or until beans are thoroughly cooked. Add salt and serve. Strain if puree is desired. Dried lentils, potatoes, carrots and carrot tops and the washed leaves and stalks of celery may be substitute vegetables.

### **Farmer's Soup**

Peel and slice thinly 3 large potatoes, add a handful of beet tops and a medium sized handful of parsley. Beet tops and parsley to be chopped finely. Simmer all together for 12 minutes in 3 pints of water. Add salt and serve as is, or strain and serve as a puree. Fresh okra, celery, including leaves, 2 large tomatoes, and finely sliced carrots may be substituted vegetables.

### **Vegetable Boullion**

Chop coarsely the tops from 5 beets with the grated beets added. Small handful parsley, head of lettuce, 4 celery stalks and leaves, 1 green pepper, tops of 2 carrots, bunch of radishes. Place in two quarts of water and simmer together for 20 minutes. Add salt. Mash thoroughly and strain through fine strainer before serving. Turnip tops, fresh peas, carrots and cucumbers may be substitute vegetables.

### **Essence of Pea Soup**

Provide a half pound of dried green peas. Place in 3 quarts of water and boil for one hour. Add a handful of parsley, 1 bunch of radishes,  $\frac{1}{2}$  pound string beans and 1 head leafy lettuce. These vegetables to be finely chopped and added to pot after peas have cooked one hour. Simmer all together for 15 minutes longer. Add salt and serve as is. This is a satisfying and economical soup for winter days. Dried lima or kidney beans may be substituted for dried peas.

### **Potato and Leek Soup**

Into 2 quarts of water, 1 cupful of leeks finely cut, 1 cupful of diced raw potatoes, 1 cupful of celery including leaves cut very fine. Boil for 15 minutes then add one cupful of milk and boil 3 minutes longer. Top with macerated avocado before serving.

### **Onion Soup**

Cut finely 6 large onions and place in 2 quarts of boiling water. Add handful of finely chopped parsley and a small head of lettuce finely chopped. Also add 1 large potato finely sliced, salt for seasoning. Boil for 20 minutes.

### **Indian Soup**

Boil 1 cupful of brown rice until soft. Add 1 cupful of chopped spinach and a cupful of tomato juice, boil 15 minutes longer, add a little salt and serve without straining.

### **Fish Chowder**

$1\frac{1}{2}$  pounds of suitable fish, cod preferred, cut in small pieces, 2 finely cut onions, 1 cupful of diced celery, 1 cupful of milk, 1 large potato. Cook fish for 1 hour in boiling water, then add other ingredients and cook for 20 minutes longer, add salt for seasoning.

### **Avocado Soup**

Into  $1\frac{1}{2}$  quarts of boiling water place 2 large sliced potatoes, handful of parsley and 8 radishes finely sliced, 1 small onion. Boil for 12 minutes, mash and strain. Top with tablespoon macerated avocado. Salt only for seasoning.

### **Tomato Soup**

1 quart of tomato juice, handful of chopped parsley, 12 sliced radishes, salt for seasoning. Boil slowly for 15 minutes. One pint of water may be added to the tomato juice.

### **Tomato Fruit Soup**

Heat a quart can of tomato juice and add a half a cupful of heated orange juice. Pour into plates containing pieces of chopped raw tomato or avocado.

### **Corn Soup**

Boil a cupful of sweet corn in a quart of water for 20 minutes, add a cupful of cow's milk and a cupful of tomato juice, boil 5 minutes longer. Salt slightly and serve.

### **Turnip Soup**

Into 2 quarts of water place 2 finely sliced turnips including green tops. Add 3 onions, 2 potatoes, 1 stalk of celery including leaves, handful of parsley. Boil 15 minutes, then mash and salt to taste.

### **Vegetable Chowder**

Into 2 quarts of boiling water place 2 finely cut potatoes, 1 onion finely sliced, handful of parsley,  $\frac{1}{2}$  cupful of finely chopped mushrooms, boil 20 minutes, add  $\frac{1}{2}$  cupful of cream, salt to taste, and serve. Do not cook the cream.

### **Watercress Soup**

Into 2 quarts of boiling water place 2 cupfuls of chopped watercress. Add 1 chopped onion, 1 finely grated parsnip and 3 chopped raw tomatoes. Boil for 20 minutes, salt to taste and serve. Macerated avocado may be mixed with the soup before serving.

### **Lentil Soup**

Soak a cupful of lentils over night and boil for 40 minutes. Add handful of chopped parsley, chopped small head of lettuce, and a dozen sliced radishes and boil for 15 minutes longer. Grated nutmeg may be added if enjoyed.

### **Potato Soup**

Into 2 quarts of boiling water slice 2 large potatoes, a cupful of finely cut celery, a cupful of chopped parsley, a tablespoonful of dried thyme leaves, two finely sliced carrots. Cook for 15 minutes, season with salt only.

### **Beef Bone Broth**

The only alkaline parts of an animal are its bones and blood. Boil beef bones for two hours then remove bones and add to liquor 2 sliced carrots, cupful of finely chopped celery, handful of parsley, and a dozen sliced radishes, then boil for 15 minutes. Strain and season with salt before serving.

## **Ox Tail Soup**

The oxtails should be boiled 2½ hours the evening previous to serving so that the fat accumulating on top may be removed. All animal fat is acid in reaction and delays the digestion of all food in the stomach at the same time.

Into 2 quarts of fat-free oxtail liquor and meat, chop finely 2 potatoes, 2 onions, 2 carrots, cupful of finely sliced celery and a handful of parsley. Boil 30 minutes, salt, and serve piping hot.

Chicken soup may be prepared in the same manner.

## **Delicious Desserts**

### **Fruit Bake**

Boil or bake together apples with fresh or canned pineapple. Sweeten with honey or raw sugar. Top with macerated avocado. Especially recommended for children.

### **Banana Bake**

Bake bananas without the skin, one teaspoon grated orange rind and ⅓ cup water should be added before placing in oven for 20 minutes in 350 degrees heat. Serve with fresh berries or macerated pears or avocados, or delicious when eaten alone.

### **Pudding Supreme**

2 cupfuls of whole wheat bread crumbs, 5 tablespoonfuls of honey, 10 dried black or white figs finely chopped, grated rind of 1 orange. Place these ingredients in one quart of cow's milk in glass baking dish and bake in 350 degree oven for 30 minutes. Crushed grape juice can be served as a sauce. Ingredients sufficient for three portions.

### **Orange Pudding**

Juice of one orange with grated rind, 1 egg well beaten, 3 tablespoonfuls of soya bean flour, 1 cup of milk, four tablespoonfuls of honey or raw sugar, 8 dates finely cut. Mix the sugar and flour thoroughly. Beat the egg into one-third of the milk. Finally thoroughly mix all ingredients. Bake in 250 degree oven for 40 minutes. The addition of a few mint leaves adds to the flavor.

### **Baked Custard Pudding**

2 cupfuls of milk, half an orange peel finely grated, 4 tablespoonfuls of honey, 3 eggs. Put the honey and grated orange peel into the milk and soak for 30 minutes. Use egg beater on



eggs and pour milk and contents over them. Butter inside of suitable size bowl and pour in all ingredients. Bake in slow oven for 40 minutes. Sauce of pineapple juice and macerated avocado is highly compatible with this pudding. Never heat avocado.

### **Baked Apple Custard**

Peel and core 8 apples and boil them in a skillet containing one glassful of water. When reduced to a pulp sweeten with 4 tablespoonfuls of honey and add the finely grated peel of half a lemon. Whip together 1 pint of milk and 2 eggs. Place the apple combination in a pie dish and pour over it the milk combination. Sprinkle some grated nutmeg on top and bake half an hour in a slow oven.

### **Baked Rice Pudding**

1 teacup of brown rice, 3 tablespoonfuls of honey, 1 quart of milk,  $\frac{1}{2}$  cupful of raisins,  $\frac{1}{2}$  cupful of diced apples, half a level teaspoonful of grated nutmeg. Mix thoroughly and bake in a glass dish for 2 hours. If rice is boiled for one hour before mixing with the other ingredients, baking time may be reduced one-half.

## **SPECIAL DESSERTS**

### **Rice Custard**

- 1/3 cup brown sugar
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{2}$  teaspoon salt
- 2 eggs, beaten
- 2 cups milk
- $\frac{1}{2}$  cup boiled rice
- $\frac{1}{2}$  cup raisins

Add sugar, nutmeg, and salt to eggs. Gradually add milk, mix well, add rice and raisins. Place in buttered baking dish which is set into a pan of warm water. Bake in moderate oven 30 minutes.

### **Pineapple and Rice**

- 1 cup diced pineapple
- 1 cup cooked rice
- $\frac{1}{2}$  cup whipped cream

Gently throw together the rice and pineapple. Place in sherbet glasses and top with whipped cream. A nut or cherry may be added on top.

### **Apricot Gelatin**

- 1 package gelatin
- $\frac{1}{2}$  cup hot water
- $\frac{1}{2}$  cup cold water
- $\frac{1}{2}$  cup fruit juice
- 2 teaspoons lime juice
- 2 cups canned apricots

Place package of gelatin in  $\frac{1}{2}$  cup cold water for 5 minutes. Add  $\frac{1}{2}$  cup boiling water and stir. Add fruit juice, lime juice, and quartered apricots. Place in molds. Allow to jell in ice box.

Strawberry, cherry or raspberry may be used as a variation.

### **Bavarian Strawberry Cream**

- 1 small package gelatin
- $\frac{1}{2}$  cup cold water
- $\frac{1}{3}$  cup boiling water
- 4 tablespoons honey
- 1 cup fresh strawberry juice
- 2 cups whipping cream

Soak gelatin in cold water 3 minutes, add boiling water and stir. Make strawberry juice by crushing fresh strawberries through a sieve. Add the juice to the gelatin, also the honey, and chill. Whip cream until stiff. When gelatin begins to thicken gently fold it into the cream, but do not stir. Place mixture in large mold and chill. Top with a spoonful of chopped walnuts and one whole strawberry. Raspberry, peach, or black raspberry juice are good variations.

### **Prune Whip**

- 2 cups cooked prunes
- 2 cups whipping cream
- $\frac{1}{2}$  cup crushed black walnuts
- 1 tablespoon lemon juice
- 2 tablespoons honey

Boil 2 cups prunes until tender in  $\frac{3}{4}$  cup boiling water. Allow to cool. Remove stones and press through coarse sieve. Add lemon juice and honey. Mix thoroughly and lastly fold in the whipped cream and walnuts.

### **Deep Dish Apple Pie**

- 6 cooking apples
- 4 tablespoons honey
- $\frac{1}{2}$  teaspoon grated lemon rind
- 1 tablespoon whole wheat flour
- Water.

Wash and peel apples. Slice thin. Mix honey and flour and stir into fruit. Place mixture into deep dish into the center of which has been placed a tiny inverted cup. The small cup helps to hold up crust as well as keeping juices toward the center instead of flowing out and over the edges. Mound apples over the inverted cup and wash over top of fruit enough water to fill  $\frac{3}{4}$  of the dish. Place over top this pie crust.

### **Top Crust**

- 1 cup sifted whole wheat flour
- 1 teaspoon baking powder
- 1 tablespoon brown sugar
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{2}$  cup butter ( $\frac{1}{4}$  lb.)
- 1 tablespoon cold water

Mix dry ingredients and add small pieces of butter. Lightly work lumps of butter into the flour with the fingers until it is all completely flaked. Add the water and combine into one lump of dough. Dry outside by sprinkling a little sifted flour over the entire lump. Sift ample amount of flour on board and rolling pin. Roll dough into a round piece 1 inch larger than pie tin. Even off the edge with knife and place rolling pin on edge farthest from you. Holding edge with knife roll the dough on the pin towards you. Then place roller over pie pan and unroll and press border with fingers. Gently thrust fork into top of dough to prevent bulging. Bake in hot oven 450 degrees for 10 minutes and reduce heat to 300 degrees for 30 minutes.

Variations: Use sliced peaches, fresh blue berries, pitted fresh cherries, cooked apricots and cocoanut.

### **Dutch Apple Cake**

- $1\frac{1}{2}$  cups sifted whole wheat flour
- 3 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 3 tablespoons brown sugar
- 4 tablespoons butter
- 1 egg
- $\frac{1}{3}$  cup milk
- 2 large cooking apples
- Cinnamon, cocoanut

Sift together all dry ingredients, and with fingers thoroughly pinch small lumps of butter into flour mixture. Add slightly beaten egg and milk to dough. Pour into bottom of greased pie pan to a thickness of  $\frac{3}{4}$  of an inch. Peel apples and slice thin. Lay so that apple pieces partially cover each other.

Sprinkle well with extra brown sugar and cinnamon, and a few lumps of butter. Cocoanut may be added, or even peanut butter may be dotted over top.

### **Pumpkin Pie**

- 1½ cups mashed pumpkin
- 1 cup milk
- ½ cup cream
- ¾ cup brown sugar
- 2 eggs
- 2 tablespoons butter
- 1 teaspoon cinnamon
- ½ cup pecan nuts crushed
- ½ teaspoon ginger powder
- ¼ teaspoon clove powder
- ¾ teaspoon salt

Place pieces of pumpkin in boiling water to nearly cover and simmer 20 minutes or until tender. Press through large sieve. Use egg beater and mix pumpkin pulp with all other ingredients. Chill and pour over pie dough. Bake in hot oven of 450 degrees for 10 minutes and reduce to about 300 degrees until light brown. Test by gently cutting knife into center of pumpkin. If knife comes out clean, then pie is done. If pumpkin adheres to knife, bake an extra few minutes.

### **Apricot Tapioca Cream Pudding**

- 1 cup minute tapioca
- 1 can apricots
- ½ cup cream
- 2 egg whites
- 2 tablespoons brown sugar

Mix tapioca and apricot juice. Whip eggs, add to them cream and sugar. Mix all together. Place in baking dishes. Use four apricot halves for each individual ramekin. Put 2 pieces apricots in tapioca mixture and lay 2 halves on top. Bake at 350 degrees for 10 minutes.

## **FRESH JUICES**

Pineapple juice.

Pineapple and celery juice, half and half.

Top any of the following with 2 or 3 mint leaves:

One-third black raspberry, one-third pineapple and one-third orange juices.

Lime, (juice of one-half lime), pineapple, apple, grape, orange, equal parts.

Serve slice of lime with following juices:

Tomato juice

Strawberry juice

Melon juice (watermelon or honeydew).

Tomato and celery, equal parts.

Serve these plain:

Carrot and cocoanut equal parts.

One-fourth spinach, one-fourth watercress, one-half cocoanut.

One-half fig, one-fourth melon, one-fourth cucumber.

Spinach, grapefruit, orange, equal parts.

Blueberry, orange, pineapple, equal parts.

Honeydew and pineapple, equal parts.

Watermelon, grapefruit, pineapple, equal parts.

Apricot, grape, cocoanut, equal parts.

Grape, raspberry, pineapple, equal parts.

Youngberry, pineapple, grape, equal parts.

Apple, cranberry, pineapple, fig, equal parts.

Papaya, fig, cocoanut, equal parts.

## BEVERAGES

### Iced Spearmint Tea

$\frac{1}{2}$  bunch spearmint

$1\frac{1}{2}$  quarts water

Juice of one lime

$\frac{1}{2}$  cup orange juice or pineapple juice.

4 tablespoons honey

Ice cubes.

Place mint leaves in 3 cups cold water and bring to a boil. Simmer on low flame 20 minutes. Add honey and cool. Add orange and lime juices. Add 3 cups cold water, 6 or 8 ice cubes and serve with a fresh mint leaf floating on top.

### Caraway Drink

2 ounces caraway seeds

1 quart boiling water

4 tablespoons honey.

Place caraway seeds in boiling water and boil 8 minutes; add honey and boil 2 minutes longer. Allow to cool gradually. Strain. Good for the elimination of stomach gas.



## **Salad Suggestions**

In preparing crisp appetizers remember to stress eye appeal as well as taste appeal. Grated or chopped raw vegetables are more nutritious than the cold cooked ones. Pull any vegetable out of the ground, grate or chop it and arrange with pineapple, dates and nuts. You will presently have an endless number of appetizing salads. Try it and have the satisfaction of creating your own special combinations.

There are three different salad plans: The fruit cocktail, the side salad plate, and the salad main course dish. The fruit cocktail is a combination of fresh fruits in season usually topped with a berry and mint leaf. The side salad plate may be an all vegetable idea such as watercress, tomato, celery stalks and slices of cucumber, or only head lettuce with or without dressings. The main course may consist of a combination of raw chopped vegetables and meat; or raw fruit thrown in with raw vegetables.

## **SALADS**

The main course salad is the most interesting and effective one. Mystery, zest and color arrangement are points to consider in salad preparation. Here you have full sweep in arranging several salad combinations in clusters around the edge of the plate accenting one central idea. For example make fig rosettes by stuffing them with red raspberry and minced celery leaves. Place one of these figs in center of plate. Stretched from it may be five honey dew melon spikes about 2 inches long and 2 inches wide, alternating with sections of large orange pulp. At three points on the edge of the plate place 3 lettuce nests into which put a different combination. In one chopped raw peas, celery and strawberry; one can contain cottage cheese mixed with grated cucumber and walnuts; and the other fill with chicken diced mixed with green pepper and orange juice. New ideas will surely pop into your head when you work for flavor and beauty.

### **Chicken Champion**

Lettuce cluster, cubed chicken, chopped celery, green pepper, chopped parsley, sour cream. Two tablespoons each mix together. Top with a round slice of orange and small piece of anise.

### **Grapefruit Swirl**

Lay across leaf of romaine, alternate sections of grapefruit, orange, lime and pineapple. Top with mashed avocado. (Mix a

few caraway seeds in mashed avocado. Squeeze through pastry bag). Make zig-zag line over fruit. Three mint leaves in rosette form with berry in center makes a de luxe topping.

### **Fruit de Luxe**

1 ripe fresh pineapple,  $\frac{1}{2}$  cup pecan nuts,  $\frac{1}{2}$  cup chopped celery,  $\frac{1}{2}$  cup apricots fresh or canned chopped,  $\frac{1}{2}$  cup whipped cream, 1 tablespoon honey,  $\frac{1}{2}$  teaspoon vanilla. Add honey and vanilla to whipped cream, mix well and fold in fruits, celery and nuts. Chop off both ends of pineapple. Save end with leaves and wash well. Cut out the pineapple fruit carefully and save the shell. Add 1 cup chopped pineapple to salad. Place shell on platter (on which lettuce leaves have been laid). Stuff the shell with the salad and place leaf end on top. Serve at the table with meat course. Refill the shell with left over salad.

### **Potato Surprise**

6 medium sized potatoes boiled in skins. (Peel, cool and dice). 2 green onions chopped;  $\frac{1}{3}$  cup chopped almonds;  $\frac{1}{2}$  cup minced parsley; 1 medium ripe avocado mashed;  $\frac{1}{3}$  cup pine-minced parsley; 1 medium ripe avocado mashed;  $\frac{1}{3}$  cup pineapple juice or cold parsley broth. Parsley broth is made by steeping  $\frac{1}{2}$  bunch of parsley in boiling water for 10 minutes. Add this parsley juice, or pineapple juice to the mashed avocado and mix with all other ingredients. Serve this salad at a picnic and its memory will linger.

### **Quickie Salad**

1 can of pears, pineapple, or apricots. Lettuce, cottage cheese. Place cottage cheese on lettuce and top with fruit. A tablespoonful of grated carrot is a good finishing touch. 1 teaspoonful caraway seeds mixed in the cottage cheese gives additional zest.

### **Grape Grandiere**

1 lb. seedless grapes halved; 1 bunch watercress or escarole;  $\frac{1}{3}$  cup pecans or pine nuts; 1 orange peeled and cut up;  $\frac{1}{2}$  cup whipped cream; place watercress on platter, mix grapes, nuts, orange and whipped cream together and place over cress.

### **Crunchy Carrot**

3 medium carrots grated;  $\frac{1}{2}$  cup peanuts chopped or whole; mix peanuts and carrots and serve on lettuce, cress, or endive.

### **Celery Rooti-Toot**

1 celery root peeled, diced or grated;  $\frac{1}{2}$  cup pineapple juice; 2 tablespoonfuls jelly, currant or grape; 2 pears canned or raw diced. Place celery root in pineapple juice, add pears. Place on romaine on platter with 4 tiny balls of jelly around edge.

### **Mello-Glow**

1 honey dew melon peeled and cut in eighths; 1 sprig mint;  $\frac{1}{2}$  cup orange juice; 2 cups chopped red cabbage; place 2 slices of honey dew on lettuce leaf. Mix cabbage, chopped mint leaves, and orange juice. Sprinkle over honey dew slices which are lying side by side.

### **Nutti-Fruiti—One Serving**

4 melon balls, either watermelon or cantaloupe; 4 avocado balls; 1 pineapple spear;  $\frac{1}{2}$  cup walnuts finely chopped; 12 raw peas;  $\frac{1}{2}$  cup cold mint tea; 1 tablespoon sour cream;  $\frac{1}{2}$  teaspoon caraway seeds; lettuce or endive. Make mint tea by brewing 2 sprigs spearmint in 2 cups boiling water 10 minutes. Dip pineapple, and avocado balls in this tea and roll in nuts.

Arrange 4 little lettuce cups on salad plate; in one put the peas, in another the avocado balls; in another the pineapple spear, and in the other place the melon balls. Sour cream with caraway seeds may be used as dressing.

### **Cabbage Date**

2 cups finely shredded cabbage;  $\frac{1}{2}$  cup dates; 6 knife thin slices candied citron chopped; 3 knife-thin slices candied ginger; 2 tablespoons lime juice;  $\frac{1}{2}$  cup whipped cream; 1 tablespoon honey. Add honey to whipped cream, stir gently and gradually mix in all other ingredients.

### **Tomato Filling No. 1**

Remove skin of tomato by putting it on a fork and placing it over a flame for a minute. Scoop out the center and mix with a tablespoon each of chopped celery, nuts and apples. Mix with a tablespoon sour cream and a few drops of lime juice and place salad back into tomato shell. Serve on a bed of watercress.

### **Tomato Filling No. 2**

Fill tomato shell with 1 tablespoon each diced cold chicken, green pepper, celery, parsley, and add tablespoon of macerated avocado.

### **Tomato Filling No. 3**

Fill shell with tablespoon each minced cabbage, cucumber, green-ripe olives and black walnuts mixed with sour cream and a dash of caraway seeds.

### **Roguish Radish**

Dice six medium radishes. Add 6 green-ripe olives chopped. Serve on escarole or lettuce and top with a tablespoon sour cream mixed with 1 teaspoon pineapple juice.

### **Handy Apple**

Place apple slices in lime or pineapple juice. Lay in alternate layers encircling the edge of the salad plate with slice orange, 1 slice apple, 1 small leaf spearmint or nasturtium flower. Place a tablespoon cottage cheese in center.

### **Wheel of Life**

Lay a flat leaf of lettuce on salad plate. In the center place a small dipper of orange sherbet. Peel cantaloupe and cut in 8 spears. Lay the spears pointing from sherbet like the spikes of a wheel. Mix  $\frac{1}{2}$  cupful grated carrots and 2 tablespoons cocoanut together. The outer rim of the wheel is made by encircling the carrot and cocoanut mixture around the edge.

## **SALAD DRESSINGS**

Any of the following dressings will give a delightful zip to your salads. Vinegar, eggs, and oil, are purposely omitted.

### **Mix:**

Mashed banana with sweet cream.

Cottage cheese and chopped anise.

Mashed avocado, chopped parsley and 2 tablespoons lime juice.

Cottage cheese and chopped cherries.

Cottage cheese and strawberries, with 1 teaspoonful honey.

Cottage cheese and chopped seedless grapes.

Sour cream and caraway seeds.

Sour cream and chopped apricots.

Avocado mashed and broken nuts and honey.

Avocado diced and whipped cream and honey.

Avocado balls and mashed seedless grapes.

Whipped cream and crushed grapes.

Whipped cream and mashed blueberries and honey.

Whipped cream, beet juice and honey.

Apple sauce.

Apricot sauce.

Any of the above make a tasty effect on plain head of lettuce chopped or over tomatoes or fruits.



## VEGETABLE AND MEAT ROASTS

### Vegetable Loaf

- 1/2 cup diced turnips
- 1/2 cup diced carrots
- 1/2 cup brown rice
- 1 cup diced onion
- 1/2 cup black walnuts
- 1/2 cup tomato juice
- 1 egg
- 1/2 cup minced parsley
- 1/2 teaspoon salt

Finely dice all vegetables, mix and add tomato juice and whipped egg. Put into well buttered pan and sprinkle top with nut meats. Bake at 350 degrees for one hour or until quite firm.

Make a hot creole sauce of small can of tomato juice, chopped green-ripe olives, onion, teaspoon of sugar and enough salt to satisfy. Pour over loaf just before serving.

### Cooked Soy Loaf

- 1 cup of cooked soybeans
- 4 cups boiling water
- 3/4 teaspoon salt
- 1 tablespoon honey
- 1/2 cup sieved cooked dried apricots
- 1/4 cup bread crumbs or corn flakes
- 1 tablespoon minced bell pepper
- 1/2 cup minced onion

Boil soybeans in water until tender, about 2 1/2 hours. Mash thoroughly and add other ingredients. Bake in loaf pan at 400 degrees for 30 minutes or until brown. Serve with tomato sauce same as above. A few chopped almonds may be added to the sauce.

### Peanut Loaf

- 1 cup chopped peanuts
- 1 cup chopped watercress
- 1 cup finely chopped string beans
- 1 cup lima bean pulp strained
- 1 cup crushed shredded wheat
- 1 cup tomato juice.
- 1 finely chopped bell pepper
- 1 cup finely chopped celery



Mix thoroughly and bake 30 minutes in medium oven. Top with chopped parsley and sliced tomatoes. Place in oven 5 minutes more and serve.

### **Meat Loaf**

- 1 lb. ground round steak
- 1 onion minced
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon chopped pimento
- 2 tablespoons chopped bell pepper
- $\frac{1}{3}$  cup tomato juice

Mix all ingredients into a loaf and place in hot broiler pan. Broil 30 minutes about 3 inches below the flame. Chopped green-ripe olives may be mixed in as a variation.

### **Banana Meat Loaf**

- 1 lb. chopped chuck or ground round.
- 1 large ripe banana mashed
- 1 grated carrot
- 1 cup puffed rice
- 2 tablespoons cream
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  cup vegetable broth
- 3 slices pineapple
- 2 tablespoons brown sugar

Mix all ingredients excepting pineapple and brown sugar. Bake the loaf in covered casserole one hour in oven at 350 degrees. The banana will burn if baked too fast. Place pineapple on top and sprinkle with brown sugar. Broil for 8 minutes.

### **Cornmeal Casserole**

- 1 cup cornmeal
- 2 cups boiling water
- 3 teaspoons salt
- 1 lb. cubed round steak browned 20 minutes
- 1 chopped green pepper
- 1 teaspoon herb mixtures, either fresh or dried
- 1 teaspoon thyme, either fresh or dried
- 1 cup broken tomatoes
- 1 cup chopped cooked string beans
- 1 cup corn
- 1 cup chopped watercress
- $\frac{1}{2}$  cup chopped onion

Into the boiling water put the salt. Then stir while slowly pouring in the cornmeal. Keep stirring until it thickens and cook about 30 minutes over low flame, stirring occasionally. Brown the meat in a tablespoon of olive oil in skillet over hot flame for 20 minutes, then mix in other ingredients. Line the casserole dish with the cornmeal mush and fill the center with the meat mixture. Bake 35 minutes in medium oven about 350 degrees.

### Swiss Steak

- 1/2 cup minced celery leaves
- 1 cup rice
- 2 cups tomato juice
- 1/4 cup vegetable broth
- 1 bay leaf
- 1 cup diced beets
- 1 onion chopped
- 1 1/2 lbs. round steak well pounded
- 3 tablespoons flour, rice or potato flour preferred.
- 1 tablespoon olive oil or butter.

Pound flour and salt into the meat. Brown the meat 30 minutes in the hot oil or butter. Add the liquids to the rice. Place the meat in baking dish and pour vegetables and rice over it. Bake 1 hour and 15 minutes at 325 degrees.

### Choice Chicken Pie

- 1 chicken cut up. Select either roasting chicken or stewing hen of 4 or 5 lbs.
- 3/4 cup sifted potato flour.
- 2 tablespoons butter
- 2 tablespoons green pepper chopped
- 1 medium onion chopped
- Boiling water

A roasting chicken cooks quicker and is usually preferred. Ask butcher to clean and cut it. Singe over flame and remove pin feathers. Wash pieces in cold water. Sift flour in good sized bowl. Press flour into the chicken. Use large iron Dutch oven if possible, otherwise a skillet and a stew pan will do. Place iron pot over fire. Put water on to boil. Use one tablespoonful butter in the hot pot or skillet and into the sizzling grease place pieces of floured chicken to cover bottom of pan. Turn and brown top side of each piece. Remove these pieces and add a little more of the butter and brown the rest of the

chicken. Put back into pot all the chicken, the chopped onion and pepper. Add the boiling water to just cover chicken. Season with 1 small tablespoon salt and cover. Simmer at least two hours. Cool and remove meat from the bones. Place into individual baking dishes. Chill before adding pie crust. Add salt and dash of thyme.

**Pie Crust**—Sift 1 cup whole wheat flour, 1 teaspoon baking powder and  $\frac{1}{2}$  teaspoon salt. Mix thoroughly and add  $\frac{1}{3}$  cup butter cut into small pieces and rub with flour between fingers and thumb. Add 1 tablespoon or so of cold water sufficient to make ingredients stick together. Roll out lightly over sifted flour. Cut out pieces size of dishes to be used. Lift to top of each dish and press tightly around edges. Cut 3 small slits in center to allow steam to escape. Bake in moderate oven until crust is a golden brown.

## MEATS

### Lamb with Egg Plant

- 1 lb. ground shoulder of lamb
- 1 egg plant
- 1 teaspoon minced onion
- 2 tablespoons oil
- 1 tomato
- 1 teaspoon salt

Boil in salted water or steam egg plant until nearly tender, about 15 minutes. Brown onion and chopped meat in the oil 20 minutes. Cut egg plant in half and make a small hole in each, insert the lamb and onion, place  $\frac{1}{2}$  tomato on top of the meat, skin side up. If you like, top with 1 teaspoon sour cream and finely chopped celery or walnuts. Place in oven 350 degrees about 20 minutes.

### Curried Lamb

- 2 cups cooked rice
- 1 lb. diced lamb broiled  $\frac{3}{4}$  hour.
- 2 cups vegetable broth
- 1 tablespoon rice or soy flour
- 1 teaspoon salt
- 1 tablespoon curry powder
- 2 tablespoons butter or oil
- 2 onions minced
- 3 tablespoons cocoanut

Mix together. Place in buttered casserole. Bake at 350 degrees for 30 minutes. Add cocoanut and bake 3 minutes longer.

### **Meat Loaf Balls**

- 1 cup ground meat
- 1/2 mashed banana
- 1 tablespoon minced onion
- 2 tablespoon cornmeal mush
- 2 tablespoons cream
- 1/2 cup crushed shredded wheat
- 1 teaspoon salt
- 2 tablespoons vegetable stock or water

Mix and shape into balls all ingredients excepting the water or stock and shredded wheat. Roll the little balls in the shredded wheat, place in skillet and saute in 2 tablespoons sesame, oil, or peanut oil, until brown. Add the stock or water and simmer 10 minutes. Serve with 1/2 cup sour cream mixed with 2 tablespoons soy sauce. Sprinkle with minced parsley.

### **Cabbage Meat Rolls**

- 1/2 lb. ground round steak
- 1 lb. fresh tomatoes peeled and quartered.
- 1 cup cooked brown rice
- 1/2 head cabbage
- 2 large onions
- 1 clove minced garlic
- 2 teaspoons salt
- 2 tablespoons soyabean oil.
- 1/2 cup cabbage water

Brown the onion in hot oil for 1 minute, add the meat and cook 5 minutes. Add half the tomatoes, salt and rice and mix. Parboil the cabbage leaves about 15 minutes. Fill leaves with mixture. Roll each one and pin with a toothpick. Place in pan and pour the rest of tomatoes and cabbage water over the mixture. Simmer slowly for 45 minutes.

### **Chicken Goulash**

- 3 lb. chicken
- 1 can bamboo shoots
- 1 small can water chestnuts diced.
- 1/2 lb. mushrooms
- 2 tablespoons oil
- 1/2 teaspoon salt

- 3 tablespoons soy sauce
- ½ cup water
- 1 tablespoon rice flour
- 5 green onions chopped
- ½ cup shredded almonds

Ask butcher to bone chicken. Cut the meat and bamboo shoots in ½ inch cubes. Dice mushrooms and chestnuts. Brown chicken for one hour in the hot oil and add salt. Add water and ½ the soy sauce. Simmer 30 minutes. Boil fresh mushrooms 15 minutes, add bamboo shoots, mushrooms, water chestnuts, onions. Simmer with chicken another 30 minutes. Mix flour and soy sauce until smooth, pour over chicken and bring to a boil. Top with almonds and serve.

### **Lamb Stew**

- 1 small bunch celery including leaves, all chopped finely.
- 1 lb. dried lima beans
- 2 lbs. lamb shoulder or 4 lamb shanks. Trim off all fat.
- 1 bay leaf
- 2 teaspoons salt
- ½ cup pineapple juice
- ½ bunch minced watercress
- 1 cup corn
- 1 onion
- 2 medium sized potatoes diced.

Start preparing this recipe the day before making. Soak lima beans over night. Put lamb into water filled pot and simmer one hour. Add bay leaf and simmer one-half hour longer. Allow to stand over night and remove grease from the top. Cut meat from bones. Drain limas and add them to the meat, also the celery, salt, and chopped onion. Simmer one-half hour, adding more water if needed. Add corn and watercress. Simmer 15 minutes longer and serve in tureen or individual large soup bowls.

### **Beef Stew**

- 2 lbs. top round defatted and diced. Use the steak bone.
- 2 bay leaves
- 2 teaspoons salt
- 1 cup each, diced carrots, chopped onions, fresh lima beans, chopped string beans, corn, mushrooms, and chopped tomatoes.



Simmer the meat and bone in water filled large pot for 2½ hours. Add all other ingredients and simmer (do not boil) 45 minutes. Season with salt and serve.

### **Curried Sword Fish**

With Cocoanut and Rice.

1 lb. sword fish, cut in pieces 1 inch square

Curry sauce

Cooked rice and cocoanut

Cook rice by sprinkling 1 cup rice into 2 quarts boiling water to which 1 teaspoon salt has been added. Butter sides of kettle 4 inches from top to keep rice from boiling over. Boil about 45 minutes until tender. Place rice in wire strainer and spray with plenty of cold water. Place strainer with rice in pan of boiling water so that water does not touch rice. Use fork and lightly lift rice from bottom of strainer once or twice while it is steaming. As soon as rice is reheated place in buttered baking dishes (ramekins) and cover with fresh cocoanut. Place pieces of swordfish carefully in collander. Lay collander over a pot. Boil about 3 cups water with 1 teaspoon salt and pour this water over fish allowing it to drain into pot. Cover and place pot over fire, boil water ten minutes. Remove and lay fish over rice.

### **Curry Sauce**

2 tablespoons butter

2 tablespoons whole wheat flour

1½ cups milk

¼ teaspoon salt

2 teaspoons curry powder

2 tablespoons minced parsley

1 egg yolk

Melt butter in upper part double boiler, blend in flour, egg yolk, salt, curry, and lastly milk. Cook 5 minutes. Pour over swordfish and rice. Place in oven 10 minutes at 350 degrees. Sprinkle with parsley and serve.

Chicken pieces may be used instead of swordfish for variation.

## **VEGETABLES**

### **Sweet Potato and Orange**

- 3 medium sized sweet potatoes
- 2 tablespoons honey
- 1 large orange
- 1 teaspoon butter

Boil or steam potatoes. Peel and quarter. Place in saucepan. Grate entire part of orange peel over potatoes. Squeeze the juice into cup, add honey and butter and mix. Pour over potatoes and place in oven 15 minutes.

Variation: Mash potatoes and put mixture in orange shells, made by scooping out orange pulp from 2 halved oranges. Bake 10 minutes.

### **Sweet Potato and Banana**

- 2 medium sized sweet potatoes
- 2 tablespoons water
- 3 tablespoons brown sugar
- $\frac{1}{2}$  tablespoon butter
- $\frac{1}{2}$  teaspoon salt
- 1 ripe banana, mashed

Peel and mash the sweet potatoes. Make a sauce of the sugar, water and butter in a small pan. Allow to cook 2 minutes. Mix with the potatoes. Add mashed bananas. Place in buttered pan and top with chopped dried figs. Place in moderate oven 15 minutes.

### **Sweet Potato and Fig Cones**

- 2 cupfuls mashed sweet potatoes
- 1 egg, beaten
- 1 teaspoon salt
- 2 tablespoons cream
- 1 cupful of cooked strained dried figs.

To prepare figs: wash 1 lb. white dried figs. Cook in 3 cups water about 25 minutes, or until soft. Mash through a sieve or mill. Do not use the juice in mixture. It is better to drink the juice or use it in a fruit juice cocktail. Whip together all other ingredients. Arrange batter in cone or funnel shapes. Place in oven 10 or 15 minutes.

Variations: Figs may be omitted and a ring of pineapple used as base of cones. Use the mashed sweet potato mixture in alternate layers with apple and bananas. Top with a dash of

cinnamon or nutmeg. Mints dissolved in a tablespoon of warm milk makes a tasty addition to the sweet potato.

### **Stuffed Sweet Potatoes**

- 2 good sized sweet potatoes baked
- 1 tablespoon cream
- 1 cup crushed or diced pineapple
- 1 tablespoon butter

Halve the potatoes. Remove pulp and mix it with the cream, pineapple and butter. If more liquid is desired use 3 tablespoons pineapple juice. Place mixture back in the skins and dash with paprika or nutmeg. A half slice of pineapple rounded side up in each potato as a final touch makes a unique vegetable. Bake 10 minutes at 350 degrees.

### **Stuffed Irish Potatoes**

- 2 large russet potatoes, baked
- $\frac{1}{3}$  cup milk or cream
- $\frac{1}{2}$  lb. ground steak
- $\frac{1}{4}$  cup minced parsley
- 1 teaspoon salt
- 1 tablespoon butter

Brown the meat in the butter 15 minutes. Scoop out pulp from halved potatoes. Mash and mix with meat, add cream, salt and parsley. Place back in potato shells and bake 15 or 20 minutes until a light brown. Top with a little grated carrot.

### **Egg Plant Meat Sandwich**

- 1 egg plant
- 1 lb. ground steak
- 2 onions
- 1 tablespoon soyabean oil.
- 1 teaspoon salt

Slice eggplant in  $\frac{1}{4}$  inch round slices. Place in oil. Allow to stand 5 minutes. Chop onion and mix with meat. Add salt and brown 20 minutes in thin patties. Brown egg plant over rather high flame until tender (about 15 minutes or less). Place meat in between slices of egg plant. Serve with 1 cupful hot tomato juice to which 1 tablespoon minced onion has been added.

### **Creamed Corn with Greens**

- 1 egg beaten
- $\frac{1}{2}$  tablespoon brown sugar or honey
- $\frac{1}{3}$  teaspoon salt
- $\frac{1}{3}$  cup cream
- 1 cup corn
- $\frac{1}{2}$  tablespoon butter
- $\frac{1}{2}$  chopped green pepper
- $\frac{1}{2}$  cup minced parsley or spinach

To the beaten egg gradually add all other ingredients; mix well. Place in casserole dish which is set in a pan of warm water. Bake in moderate oven 1 hour.

### **Browned Banana**

Peel 4 bananas and quarter, but slicing once lengthwise and once across. Dip in soy or rice flour and then dip in slightly beaten egg. Cover with crushed pecan nuts. Use a glass baking dish and place into it 6 tablespoons butter and put into oven. Turn heat on to 400 degrees, and when butter is melted place bananas into the melted butter and top with a few drops of lemon juice. Bake 15 minutes at 350 degrees.

### **Steamed Green or Wax String Beans**

Use an enamel or stainless steel steamer, either one is recommended. A steamer is like a large double boiler. Put vegetables in upper part of steamer, (add no water and no salt) and place into it  $\frac{3}{4}$  cup boiling water. For variation, slice string beans lengthwise and place either in steamer or stew pan. Steam or stew ten minutes. Test for tenderness. If not tender, steam 2 more minutes and add salt before serving. Do not put any butter or bacon grease on beans. Serve them plain and you will find they are full of flavor.

### **Steamed Broccoli**

Cut stems 3 or 4 inches below flower. Use center stem, the little sprouts and the leaves. Place whole stalks in boiling water to which 1 teaspoonful of soda has been added. Boil broccoli with soda one minute. This plan helps remove strong odor, and aids in preventing indigestion or gas. Pour off water and place broccoli in steamer for 15 minutes or in stew pan 10 minutes. If using stew pan add  $\frac{3}{4}$  cup boiling water, and simmer on very high flame 5 minutes and turn flame very low for 5 minutes. If using stainless steel or enamel steamer place

boiling water in lower compartment and the vegetables in upper part.

### Steamed Cauliflower

Buy cauliflower with the green leaves on it and make sure the flower is quite firm. Allow the green leaves close to the flower to remain on stalk. Prepare the same as for broccoli. If soda is not desired use parsley, do not cut parsley but lay 4 good sized sprigs on top of cauliflower and steam or stew as directed in previous recipe for 10 minutes or until tender.

## FOOD FOR CHILDREN

It is estimated that close to 500,000 children under the age of 16 die each year in the United States. This dire condition demonstrates the need for doctors and mothers to study the cause of these deaths, and it will be found to be chiefly dietetic. Mothers and doctors take too much for granted and believe cow's milk and eggs are the best foods for children. Personally I consider these foods, unless used in scientific moderation, "danger foods" from the standpoint of health.

Undulant fever from milk has 12,000,000 victims alone in the United States. Then how can doctors logically persist in advising bewildered mothers to give more milk to their children? Dried milk powder in my estimation is the only scientific manner for providing safe milk for children. When children eat eggs, the eggs should be boiled for 25 minutes to destroy possible embryonic tapeworms or dangerous bacteria in the eggs.

Unless the hens are properly housed and fed, the hens eat prolifically from the manure piles on the farms, and every manure pile seethes with tapeworms; that is the reason eggs should be boiled extensively. Many children are infested with *Trichina* worms because parents provide them with underdone pork hamburgers, hot dogs, sausages and the like. Animal fats, save in great moderation, should be kept away from children.





## **Recommended Foods for Breakfasts for Children**

Boiled prunes, mashed for younger children.

Ripe bananas, raw or baked.

Apple sauce.

Water-diluted orange juice

Baked apples.

Germinated wheat, cooked for 10 minutes.

Fresh tomato juice.

Prune juice.

Cocoa sweetened with honey.

Macerated pears and avocados.

Brown rice and baked apples.

Well broiled lean bacon and lettuce.

Wheat germ.

Milk prepared from milk powder.

Soya bean milk.

Toasted whole wheat raisin bread.

Japanese persimmons.

Canned fruits, syrups washed off.

Fresh toasted whole wheat raisin bread.

Fresh Japanese persimmons.

Figs, dried or fresh.

All kinds of melons.

Children should take concentrated mineral and vitamin tablets each morning. "By their teeth ye shall know them." Decayed teeth reflect dietetic ignorance of doctor or parent.



## **Recommended Foods for Children's Luncheons or Main Meals**

All kinds of alkaline vegetable soups.  
Raw vegetables—recommended for extensive chewing.  
Cooked vegetables—steamed, no butter please.  
Thoroughly cooked meats, no fat.  
Puddings occasionally for desserts.  
Boiled brown rice.  
Well cooked chicken and turkey.  
Plenty of fresh tomato juice.  
Fish chowders.  
Nuts—must be well masticated.  
Cottage cheese and honey or molasses.  
Vegetable stews.  
Cake and ice cream in great moderation.  
Raw string beans and fresh raw peas.



## **Excellent Foods for Young Children**

Whole wheat or soya bean crackers.  
Soya bean bread toasted dry.  
Avocados.  
Fresh fruits.  
Grapes.  
Salads of all kinds.

Select your child's food from these lists and you will do much to maintain your child's health and even better than that you will help to prevent disease from attacking your child at any future time. Ever remember, colds, coughs, diseased tonsils, poor eyesight, pimples, eczema and many other troubles of childhood are created at the dining table. The doctors blame germs today, but future doctors will know better.

Never refer to health foods in conversing with your children. They take health for granted. Simply prepare vital food attractively and you will do your share to end most of these unnecessary deaths of 500,000 little children in the United States every year.

## SOYABEAN RECIPES AND FACTS

The chief minerals derived from the soya bean are calcium, phosphorus and iron. These minerals are present in both the fresh and dry varieties.

Soya bean meal or flour also contains calcium, phosphorus and iron.

Soya bean milk ranks lower in food value than cow's milk, it has less calcium, less protein and less fat. However, there is less danger in its use, as it is not so subject to bacterial invasion, as is the case with cow's milk.

To tenderize soya beans boil them for two hours and place in a thermos bottle overnight. Some authorities advise soaking beans overnight in cold water and boiling next day for several hours. The overnight soaking seems to flatten the usual nutty taste of the soya bean. With a pressure cooker at 15 pounds pressure the cooking time is only a matter of 30 minutes or so, depending on the variety of the bean.

**Soya Bean Bread** in a simple form may be made as follows—  
Department of Agriculture formula:

2 $\frac{3}{4}$  cups of bread flour,  $\frac{1}{2}$  cup soya flour, 1 scant tablespoonful of sugar,  $\frac{1}{2}$  yeast cake, 1 moderate teaspoonful of salt, 1 $\frac{1}{4}$  ounces butter or shortening. It is suggested you use honey instead of sugar.

Mix dry ingredients thoroughly, and rub in shortening (oil or butter). Dissolve yeast in a little milk. Add sufficient water to make a workable dough when combined with all ingredients. Cover dough and let it rise to complete fulness. Work down and let it rise again for 15 minutes. Shape into loaf and place in baking pan. Cover with cloth and let it rise until it shows above pan. Bake at about 357 degrees. Kitchen temperature should be about 75 degrees.

### **Soya Bean Muffins**

1 $\frac{1}{2}$  cups of flour,  $\frac{2}{3}$  cups of soya flour, flat tablespoonful salt, 1 egg well beaten, 1 cupful of cold water, 2 tablespoonfuls of raw sugar, 3 teaspoonfuls baking powder.

Mix all ingredients most thoroughly and place in oiled or buttered muffin tins and bake in hot oven 20 minutes.

### **Soya Bean Biscuit**

½ cupful soya bean flour, 1 cupful of bread flour, ½ cupful of whole wheat flour, 1 teaspoonful of salt, 1 teaspoonful butter, ½ cupful of milk, 2 teaspoonfuls of baking soda.

Sift dry ingredients, rub in butter or oil and add milk, mixing thoroughly. Turn on a floured board and roll out 1 inch thick. Cut in shape desired and bake in hot oven. Sprinkle some milk on top for a brown crust.

### **Soya Bean Milk**

2 quarts of water, 1 cupful of soya bean flour, 1 tablespoonful honey. Pour 75% of the water into a glass or stainless steel skillet. Pour balance of water over flour and proceed to beat it into a thin paste. Add honey and mix well. Pour this mixture into the water, stirring all the time. Bring to a boil, but do not boil. Add tiny pinch of salt, cool, bottle and use as needed.

### **Roasted Soya Beans**

In attempting to soften soya beans overnight, the addition of a heaping teaspoonful of salt will hasten the desired process.

Place tenderized soya beans in a shallow pan. Roast in oven about 400 degrees for 45 minutes or until brown. Sprinkle salt lightly over top. Serve hot.

### **Soya Bean Loaf**

1 cup tenderized soya beans, 4 cupfuls boiling water, ¾ level teaspoonful of salt, 1 tablespoonful of raw sugar, ½ cupful of boiled brown rice, ½ cupful of finely chopped parsley, 5 teaspoonfuls of finely chopped onion, 1 tablespoonful of dried thyme leaves, 1 tablespoonful of finely chopped green pepper.

Mix thoroughly all these ingredients, place in a buttered or oiled glass or steel baking dish. Bake in 400 degree oven heat for 40 minutes. Serve with finely chopped parsley or finely chopped carrot tops over the loaf. Use pineapple juice for sauce.

### **Soya Bean Ice Cream**

2 cupfuls of soya bean milk, 4 tablespoonfuls of raw sugar or honey, ½ level teaspoonful of salt, 3 tablespoonfuls of orange juice, 2 cupfuls of macerated avocado. Dissolve the raw sugar in heated soya bean milk, add the salt and beat together rapidly. When cold add the avocado and mix thoroughly. Sufficient ingredients for 6 portions.



## SIX SPECIAL RECIPES

### An Alkaline Stuffing for 12 Pound Turkey

Provide 5 large potatoes, 4 large onions, 2 stalks of celery, include leaves, 1 cupful of chopped parsley, 6 ounces of cauliflower, 4 tablespoonfuls of dried thyme leaves, 1 tablespoonful of salt. Place potatoes in boiling water and boil rapidly or steam in jackets. Chop finely onions, cauliflower and celery. When potatoes are boiled peel and mash and mix all ingredients mentioned in a large bowl. Stuff turkey and roast in oven for 3 hours.

### For Your Heart and Stomach's Sake

Chop finely equal quantity of okra and cauliflower. Steam in a little water for 10 minutes, add salt and serve. The minerals in these vegetables are indispensable for the perfect action of both the heart and stomach.

### Intriguing Way of Serving Beet Greens

Chop finely required quantity of beet tops and steam for 10 minutes. Then add  $\frac{1}{2}$  cupful of raisins, more if craved, and steam both vegetable and raisins for 5 minutes longer.

### For a Hungry Boy or Girl

Mash several potatoes and mix with steamed white or red onions. Both of these vegetables should be piping hot. Add finely chopped celery, mix thoroughly, season with a little salt. This is a splendid vegetable dish to be served with well cooked meat.

### An Irish Dinner for 3 Servings

Provide 2 pounds of top round of beef, have fat and bones removed and have butcher grind it twice. Add to it all the finely chopped parsley it will hold. Make into 3 flat cakes and cover them with chopped parsley and raw tomato slices. Put in a level teaspoonful of salt for seasoning. Place in a dry frying pan or baking dish and cover securely. Bake in oven for 30 to 35 minutes about 350 degrees. Serve with raw vegetables.

### A Delicious Laxative Vegetable Dinner

For 3 persons—slice finely 5 large potatoes, add 5 large finely sliced onions, add cupful of finely chopped parsley, add 1 quart of cow's milk, add 1 small teaspoonful of salt. Place all ingredients in a glass or steel baking dish and bake in oven for 1 hour about 350 degrees. The combination of parsley, onions and potatoes produce a laxative effect on the intestines. Well cooked meat or fish may be eaten with this bake.

## REFERENCES

I am gratefully obliged for the ideas and information I have gleaned from the thousands of books I have read on Health, Food, Metaphysics, and Philosophy. Naturally( it would be impossible to list all of these books and titles on these pages, but I desire to express my sincere appreciation for the benefits I have derived from printed word of these thousands of authors.