for DIET:) Vegetables

1) Before cooking wash thoroughly in warm water.

2) Use least amount of water so that steam does cooking.

3) Add seasoning only after water is drained off.

4) Water should be boiling before vegetables are added.

5) Veges to be cooked should not be soaked as this weakens their tissues.

6) Add salad dressing just before serving.

7) Grains should be thoroughly chewed - except sprouted ones.

8) Radish seed sprouts are very mild and suitable for delicious salads.

DIET: Coconut Juice is almost a complete food.(Bland?) High vitamin B content.

Elizabeth David: ITALIAN FOOD.

1. Dried basil is an improvement on no basil at all, but it cannot be used in the making of pesto or in salads. Buy it in small quantities. Dried herbs bought in enormous jars go stale and loses some of its strength, so does rosemary.

2. Wild marjoram = It. origano.

3. Since all mints retain their flavour well when dried, they should be used more liberally in the kitchen, with all manner of dishes. Try mint, for example, with stewed mushrooms.

4. Celery (It.sedano). The leaves as well as the stalks of celery, with carot and onion, form the basic soup vegetables of most Italian cooking. It is rarely served raw, possibly because it appears to be mostly of a rather stringy and thin growth.

5. There is no need to smother salads, ~~xxxxxxxxxx~~ vegetables, or any other dish with parsley, but a reasonable amount, when it is good and fresh, never does any harm.

6. Pignoli, pinoli (Pine nuts or Pine kernels). The nuts which come from the cones of the stone pine. They are about ¼ in. long, cream coloured, slightly oil-flavoured little nuts. In England pinoli can usually be bought from those shops which specialize in nuts and vitamin and vegetarian foods.

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DIET: Thos. L. Masson was unable to digest bananas and other foods until one day he discovered that he could easily digest them if he made a rule to 1. Eat when appetite desire urged him on and not at merely conventionaly times.

2. Never eat if not hungry. Fix no compulsory times. Change each day according as you feel. May may be an exception - he was. When working hard and long he was ravenous so ate without harm. When relaxed or resting from work he was without appetite so refrained.

(MEDIC)

7. Before the days of tinned food and preserves, concentrated tomato paste was made by drying the cooked tomato sauce in the sun. It was sold in loaves the colour of dark mahogany, of the consistency of stucco, cylindrical in form, well oiled and wrapped in oiled paper. In the winter it was also eaten by children, spread on bread. This concentrated puree is extremely cheap, which is, however, no reason for using it in unlimited quantities. It has an all-pervading flavour and must be used sparingly. A teaspoonful in a sauce, a tablespoonful in a stew or soup is usually sufficient to give flavour or consistency.

8. If the oil or dripping is not hot enough it soaks into the food, making it sodden; whereas when it is really hot it instantly causes the formation of a crisp coating on the outside, preserving the inside from contact with the oil.

9. Monosodium glutamate may or may not be in vegatarian soup cubes. This requires investigation.

10. Score the chestnuts across on the rounded side and bake them in a slow oven for 15 minutes. Both shell and skin should come off easily if they are peeled while still warm.

CONT. ON BACK OF NEXT PAGE

DIET

( ) Onion is aphrodisiac; also facilitates evacuation of bile.

( ) FOLATE is a very important vitamin for elderly people, in who it is too often deficient. It is abundant in green leafy raw vegetables. (Foods boiled 15 minutes lose 70% folate). It is found in romaine lettuce, oranges spinach parsley but its richest source is Brewer's yeast, Wheat germ. It is sometimes called Folic Acid.

( ) Niacine(in whole wheat bread) helps body extract nutrients from other foods.

( ) Peanut butter lacks amino. Its protein is useless unless eaten on bread. Similarly lentils are useless without corn; but soyabean flour is a complete protein. Brazil nuts or sesame seed need vegetables.

~~( ) Folate is a B mplex vitamin needed by aging persons.~~

11. When you see the words pasta di pura semola di grano duro printed on the label of a packet of spaghetti or other pasta, it means that the product is made from fine flour obtained from the cleaned endosperm or heart of the durum (hart) wheat grain; the cream of the wheat, in fact. What we know as semolina is produced in a similar way, but is more coarsely milled.

12. The rice is now boiling fast, with ample room to mill round so that the starch disperses into the water, which it cannot do if the pan is too small. Keep the pan uncovered, so that the steam escapes, and stir the rice occasionally with a wooden spoon. Once it has boiled too long all is lost; it will be irretrievably mushy, tasteless, and in fact unfit to eat. This applies also to millet and lentil washing and timing.

13. Polenta, yellow maize flour, is one of the staple foods of northern Italy, particularly of Lombardy and the Veneto, where boiled polenta very often takes the place of bread. There are different qualities of this farina gialla, coarsely or finely ground. Plainly boiled polenta is dull and rather stodgy, but left to get cold and then fried in oil, toasted on the grill, or baked in the oven, with meat or tomato sauce or with butter and cheese, it can be very good. Pour in 1 lb. of finely ground polenta (enough for at least ten people). Stir it round with a wooden spoon until it is a thick smooth mass. Now let it cook very slowly, stirring frequently, for 20 minutes. See that there is enough salt.

CONT. ON BACK OF NEXT PAGE

DIET

( ) Folate is a B complex vitamin needed by aging persons to prevent signs of senility. Folate (also called Folic Acid) is concent4ated in the fluid of the spinal column. It is therefore vital in health of the nervous system, in fighting viruses, bacteria and disease. :Antibiotics kill it. Because folate hides some of the effect of B 12 deficiency anemia it is limited by F.D A in amounts when sold over the counter.

( ) FOOD

It is NOT the potato itself which is poisonous but the sprouts growing out of it. So there is no need to throw it away. Simply remove the "eye" or root of each sprout.

( ) CABBAGE: Remove the heart which is tenderer and use for puree.

14. To prepare artichoke hearts for cooking. You take off the outside leaves and with a sharp knife cut off two thirds of the top of the artichoke. Take out the choke and trim round the outside so that only the heart and a few of the inside leaves are left. As each one is ready throw it into cold water in which you have squeezed lemon juice.

15. Both potatoes and artichokes are seldom good when they are boiled first and then fried, their point is then lost.

16. Clean about $1\frac{1}{2}$ lb. of carrots and cut them in half lengthways and then in half again. Cut out the woody part in the centre, if they are old carrots.

17. The combination of the plain biscuits with the chocolate mixture is reminiscent of that most admirable picnic food, a slab of bitter chocolate accompanied by a Marie biscuit.

18. Plunge 1 lb. of very ripe tomatoes into boiling water and skin them.

19. Fichi mandorlati, the dried figs of Bari, are incomparably the best dried figs I have ever come across. Packed in square straw boxes, they are large, moist and dark, with a slightly

CONT ON BACK OF NEXT PAGE

DIET

( ) Health Candy Balls: ½ cup each prunes raisins, raw nut powder, dried peaches, flaked coconut. Add lemon juice. Then form inch balls and roll them in toasted seseme seeds. This makes 29 balls.

( ) Mustard cress is not only suitable for salads, but also gives a tang to soup. It has more vitamins than any other kitchen herb.

( ) Arrow root powder is best to thicken soup - corn flour is bad.

( ) Parsley for soup, veges, potato, brown rice.
Mint for sauces, soups, carrots.
Sage for herbtea, soybean.

( ) Ban mustard as irritates stomach and inflames.

( )

Grain	Water
1 cup millet	1 qt.
1 cup buckwheat	5 cups
1-3/4 cups brown Rice	1½ qts for moist rice.
2 cups brown rice	2 qts. for firm & dry Rice

( ) Bad Food Combination
= Potato with beans

( ) Herb teas should be steeped never boiled. Bring water to boil, remove, put in spoonful herbs --let settle 20 minutes. Strain.

( ) Tomato Sauce: Strain tomatoes through colander. Add Sweet Basil & little oil, a little vege soup or broth powder, simmer few minutes. Use on Soy noodles, Brown Rice.

roasted flavour, spiced with almonds, fennel seeds and bay leaves.

20. Put the pimientos, whole, under the grill and leave them until the skins are quite black. They must be turned round from time to time. This process will take from 15-20 minutes according to the size of the pimientos and the heat of the grill. In Italy they are put directly on to a glowing charcoal fire. The smell of roasting pimientos is delicious. Rub off the blackened skins, removing every speck, after having extracted the seeds and the cores. Wash them in cold water. Divide them into strips.

21. Put the peppers under the grill, as explained for the preserved pimientos (see 20.). Peel off the burnt skin and prepare them with parsley.

DIET

1. Gargle salt water to expel impacted mucus.

2. Fennel soothes ~~XXX~~ inflammation.

3. Mint Tea is tonic

4. Health Tonic = Sage

5. Parsley is very high in Protein

chew it raw for fatigue. Contains **chlorophyll** which deodorizes.

6. Potassium is high in celery and it breaks down calcium deposits if combined with carrot juice removes arthritis.

7. A bread and potato eating person keeps the liver working overtime. Grape juice stimulates liver and dispels excessive mucus and heals kidneys - especially purple grapes.

8. Beets have high potassium. They and beet juice normalize Varicose veins, help liver.

9. For Vitamin E take seeds and take Wheat Germ - for Vitamin C, Rose Hips and Tomatoes.

10. Collected excessive mucus can be eliminated by grape juice in diet.

11. Eat generous quantities of pumpkin seeds which are rich in Essential Fatty Acids for Prostate.

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( ) Apples detoxify the body. Eyesight helped by citrus fruits peas, beets. DIET

( ) Radishes relieve excess mucus.

Diet

( ) Chinese Vegetables :

After cooking, stir in paste of corn-flour or Pois chice farine(-2 tblspn to same volume cold water), cook a little longer. This gives thickened effect.

( ) All Foods and infusions

If not allowed to boil, but only simmered you will not have to keep adding more water.

( ) Kard (Swiss chard)

(a) 100 grams are a huge amount. Go bad very fast. Buy only 50 grams.

(b) Do not buy if leaves are large thick and stemmy. Too old. Get thin small tender chard ~~long~~

( ) Long Lettuce is OK for puree if green is dark enough.

( ) Bengal Gram is Indian chick peas; has 22% high quality protein, 65% of which body can utilise - helps burn up or oxidise carbohydrates - starchy stuff eaten. It is sold as a yellowish powder. Rickshaw pullers eat it, kneaded with water, served with chillis and mango pickle. This is chemically an excellent meal.

( ) Recipe for Making Special Bread

Dissolve 1 tablespooon YEAST in quarter cup warm water. Add 2 cups water (cold) + 1 tablespoon oil, + 2/3rds cup molasses + enough whole wheat and rye flours,

( ) CALCIUM Foods = carrots cooked turnip, + its greens, watercress, mustardcress.

PHOSPHORUS Foods = carrot lettuce citrus fruit

IRON= Spinach lentils red cabbage raisins grapes.

DIET

DIET

( ) Basil stimulates circulation.

( ) Margarine and NUT BUTTERS are forbidden because the hydrogenation (solidifying process) increases undesirable saturated fats.

( ) Add Chickpea powder paste to burn up starch in cereals, grains bread - to raw and cooked food.

( ) Vegetables

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3. Add seasoning only after water is drained off.

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DIET

( ) Cinnamon nutmeg and lemon are liver stimulants.

( ) Thyme, marjoram and fenugreek are intellectual stimulants .

( ) Spaghetti is made from white flour so ban. Replace by Soya noodles or sesame spaghetti.

( ) Ban mustard as irritates and inflames stomach but use externally for colds in foot bath.

( ) Pumpkin and sesumee seeds are high in protein vitamins and minerals.

( ) Beware of mouldy foods. One which affects grains and peanuts or peanut butter produces a toxin that causes cancer.

( ) Herbs for medicines should be boiled or infused in enamelled pan which is better. Put then in cold water to start.

( ) Stale coffee (hence, tea) become rancid after few hours: Brew fresh.

( ) Soybean flour is toxic unless cooked.

If you must cook greens, shred them. Heat small amount sesame, peanut or other vege oil in covered skillet. Quickly stir the greens in the hot oil, cover, cook till tender. Spinach cooks in this way in 4 minutes. (Try it on parsley).

TRUE

( ) Cinnamon pumpkin and lemon are liver stimulants.

( ) Turnip, mustard and watercress are intellectual stimulants.

( ) Spaghetti is made from white flour so bad. Replace by soya noodles or Japanese spaghetti.

( ) Bran mustard is irritates and inflames stomach but use externally for colds in foot bath.

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FROM TEN TALENTS COOK BOOK

LECITHIN -- A food extracted from the soybean. Lecithin is a cell builder and an emulsifier of cholesterol in the blood stream. Regulates the deposits of fat in the liver, and will break up fats into tiny particles. Can be used in breads and other baked goods -- acts as a preservative.

MALT -- (a) Germinated grain, usually barley, softened by steeping in water. Its carbohydrate content (dextrin, maltose); a diastase (an enzyme or ferment in plant cells, such as in sprouting grains and malt, and in the digestive juice which converts starch into sugar); and its protein content, is responsible for its use as a nutrient, expecially in wasting diseases. (b) Malted nuts -- there is a product on the market made from Peanuts and Cashew Nuts; with added dry malt. A good source of protein, and calories. Delicious on fruit and cereal.

SESAME TAHINI -- Made from the seeds, 45% protein, 55% oil. Contains Vitamin E and T. and minerals needed for bones, teeth, nerves and healing processes. Easily digested -- non-acid food for children, adults and those with weak stomachs.

FOOD COMBINING RULES -- (a) Avoid beans and potatoes at the same meal. One is a heavy protein -- the other a heavy starch. Proteins require an acid medium in digestion, while Carbohydrates need the alkaline saliva of the mouth and alkaline juices of the intestines to complete digestion. Proteins activate pepsin of the stomach, needed to split the protein molecule, and bring forth hydrocloric acid for complete protein digestion. When the acids and alkalies are brought together, neutralization may result, and neither of the foods are easily or properly digested. This results in gas, fermentation of the carbohydrates, and undigested acid end products from the proteins.

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FOOD COMBINING RULES -- (b) Avoid the use of grease in foods. Use the natural oils from olives, seeds, nuts and legumes (such as soybean oil). Oil is NOT grease. Lard, butter and vegetable oils made hard are grease.

MELONS -- Melons contain a high percentage of water and when mixed with other foods have a tendency to interfere with digestion. Water dilutes the digestive juices, passes from the stomach in a few minutes and takes the juices along with it, so that the food is left without adequate juice to carry on the work of digestion.

MILLET -- Millet is an excellent source of calcium, iron and protein. A wonderful breakfast food and base for many meatless dishes.

BROWN RICE FOR BREAKFAST OR DINNER
1 3/4 cups natural brown rice
2 quarts water
Bring water to a full boil (3 quart kettle) and stir in rice. Do not stir it again or it will stick to the bottom of the kettle. Cover and let simmer gently for 45-60 minutes. Turn off heat. Let steam till ready to serve. For breakfast -- prepare at night. In the morning the rice will be fluffy and dry. A cupful of chopped dates makes a delightful addition, with nut cream or soy milk. For dry, firm rice to be used in stuffing etc. use these proportions: 2 cups rice to 2 quarts water.

TOFU -- Slice firm curd and bake in oven with tomato sauce or serve with gravy./ Saute in skillet with vegetables chow mein. / Cube and add to stews, entree, soups, chop suey. / Scramble like eggs. / Tenderize any bean sprouts and add to scrambled tofu. Tofu may be enhanced by adding to it any of the following: Raw fresh carrot juice and finely chopped onion; beet juice -- lemon and a little honey; chopped green pepper, onion, parsley, or celery and mayonnaise, topped with strips of pimento; mound of tofu, on lettuce leaf, circled with tomato wedges and ripe olives.

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SPROUTED MUNG BEANS -- A favorite Chinese dish is fried mung bean sprouts. They fry one to three pounds of fresh mung bean sprouts until they are reduced to only one serving. There are other methods which are not so harsh. If you are using them as a vegetable, saute some onions in a waterless pan. Add fresh mung bean sprouts and steam with light lid till tender, 5 to 15 minutes. Serve with soy sauce and dot with oil.

SPROUTS, MISC.

Seeds	Amount in Qt.	Sprouting	Best Length
Garbanzo, whole	1 cup	3 days	1 inch
Mung beans, whole	3/4 cup	2-3 days	2-3 inches
Soy beans	1 cup	3 days	$\frac{1}{2}$ - 3/4 inch

SPROUTS, METHODS OF GROWING -- (a) Colander method: Line colander or wire strainer with cheese cloth. Put in soaked seeds and then cover with cloth. Put in dark warm place. Run warm water over them or sprinkle generously 2-3 times a day. (b) Terry cloth method: Spread soaked seeds on terry cloth, keepin g enough cloth to spread over the seeds. Roll up and keep well dampened and in a dark warm place. Using this method the sprouts should be used before they get too long. (Mildew will develop more quickly than some of the other methods.)

SPROUTMASTER -- There is a sprouting unit called Sproutmaster, price $4.75. You may order this large one or a smaller one for $3.00 by writing to: Western Nutrition Labratories, 4675 Marmian Way, Riverside, California 92502.

SPROUTS, STORING -- When sprouts have developed to the desired stage, put them in a closed jar in the refrigerator. They will keep a few days like any fresh vegetable if properly covered.

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Les fines herbes qui font la fine cuisine

Thym

Romarin

Vous les trouvez, certaines, fraîches au marché. Et surtout, de plus en plus, sous forme de poudre en sachets ou en boîtes chez tous les épiciers. Les fines herbes sont les piliers de la bonne cuisine, et leur commercialisation a rendu de grands services à plus d'une maîtresse de maison qui désespérait de pouvoir un jour se procurer l'une ou l'autre d'entre elles. Nous vous en présentons plus complètement quelques-unes.

La ciboule • Petite feuille ronde et creuse, dont la saveur croquante rappelle à la fois l'oignon et le poireau. Elle s'utilise en garniture, après la cuisson, et jamais avant. Elle accompagne de préférence les pommes de terre cuites, les laitues et autres salades, le fromage blanc, parfume les sauces (tartare, gribiche) et se marie idéalement avec le persil et la ciboulette pour relever les omelettes ou les œufs brouillés. — La ciboule stimule la digestion. Elle contient des vitamines A et C.

Le basilic • On confond son orthographe avec celle d'une église, dont il est homonyme. Il a un parfum qui évoque la Provence: anis, muscade, clou de girofle. C'est une large feuille ovale, vert-cru, qui se hache non pas en poudre, mais en fines lamelles. Il existe en poudre séchée (c'est une plante de saison), mais il est encore meilleur frais. Lui non plus ne doit pas cuire. On l'incorpore au potage, et notamment à la célèbre soupe au pistou, et dans les pâtes. Il parfumera également: le minestrone, la ratatouille provençale, le veau, les poissons au four, les œufs brouillés et la tomate en vinaigrette.

La sarriette • C'est la moins connue. Elle rappelle le thym par son arôme, et, comme lui, se présente en bouquet. Elle possède un avantage qui était déjà connu des Romains: elle aide à la digestion des féculents. C'est pourquoi elle sert à accommoder les haricots blancs, les petits pois, les fèves, les lentilles, les pois chiches. On la fait cuire avec le mets que l'on veut aromatiser. Elle parfume également le lapin, le porc, les ragoûts, et s'incorpore surtout aux préparations culinaires d'origine provençale: ratatouille, plats aux tomates et poivrons, soupe de poisson. Enfin, la macération d'un brin de sarriette dans le vinaigre donne à celui-ci un parfum agréable.

Le thym • Typiquement provençale, cette herbe appelée farigoule dégage un parfum tenace. Ses branches aux feuilles minuscules et très serrées entrent depuis plusieurs siècles dans la cuisine méditerranéenne. En bouquet garni (avec persil, cerfeuil et laurier), il domine dans le bouillon, le pot-au-feu, les ragoûts, la potée, le cassoulet, le civet, le bœuf bourguignon, la daube et les poissons. On saupoudre de thym les viandes grillées, les brochettes et les poissons grillés.

Le persil • On ne le présente plus. Ses feuilles dentelées sont dans toutes les cuisines. Certaines ménagères possèdent même leurs plants de persil, de façon à en avoir toujours du «garanti frais». Ainsi, il garde toute sa saveur, et sa teneur en vitamines A, C et K (la vitamine de la coagulation sanguine). Il s'utilise toujours cru, sur les aliments, sauf dans un seul cas: la «persillade». Coupé alors finement au ciseau, mélangé avec de l'ail haché menu, incorporé au beurre, il se fait rissoler dans le fond de la poêle jusqu'à attacher et à croustiller. Cette préparation s'utilise pour les escargots et les tomates farcies. — Finement haché, on en saupoudre les salades, les potages, la viande, le poisson, les légumes, les sauces. Il est à la base du précieux bouquet garni. Enfin, il est très utilisé pour la simple décoration des plats cuisinés et des petits canapés de cocktails.

Le cerfeuil • Très proche du persil, il est d'un vert plus clair, et ses feuilles sont plus découpées. Il apporte à la cuisine une saveur légèrement anisée. C'est dans l'omelette aux fines herbes (avec persil et ciboulette) qu'il a acquis sa renommée. Coupé menu au ciseau, il relève les potages, les bouillons, la vinaigrette, les légumes, la viande, le poisson, les sauces, et s'incorpore à toutes les salades.

La sauge • Cette plante aromatique se trouve à l'état sauvage et se cultive dans les jardins; elle supporte les hivers rigoureux à condition d'être bien protégée. — Dans l'Antiquité, la sauge appelée «herbe sacrée» était considérée comme la panacée universelle. La sauge, plante médicinale, a été également employée de tout temps comme condiment aromatique. Elle entre dans la fabrication des saucisses, elle parfume le ragoût de mouton, le rôti de porc, aromatise les farces et les marinades tout en facilitant la digestion; elle accompagne le bouquet de persil. En Italie, la sauge est utilisée dans la préparation du foie et de la viande de veau. Les paupiettes de veau à la romaine (saltimbocca romana), par exemple, sont farcies de sauge fraîche et d'une tranche de jambon.

La marjolaine et l'origan • Comme la sauge et le thym, la marjolaine est une labiée. On trouve la marjolaine cultivée (origanum majorana) et la marjolaine sauvage, plus généralement appelée origan (origanum vulgare). — La marjolaine est depuis longtemps utilisée en cuisine. Elle entre comme condiment dans les marinades, les ragoûts, les navets, car elle facilite la digestion. L'arôme de la marjolaine rappelle celui du thym mais il est plus fin, plus subtil. La marjolaine est incomparable quand on l'ajoute au dernier moment à l'omelette à la française ou à la pizza. Ses feuilles fraîches parfument les salades. — Au Moyen Age et à la Renaissance, on mettait la marjolaine en sachets pour parfumer les vêtements. ■

Desserts rapides

Surprise au caramel

pour 4 personnes:
50 g de sucre, 1 sachet de Dessert Dawa au caramel, 100 g de cerneaux de noix, 6 dl de lait, 1 cuillère à thé rase de café instantané, 1 dl de crème fouettée, une vingtaine de grains en chocolat et de petites perles argentées

Faire cuire le sucre jusqu'au degré de caramel blond. Mettre de côté environ 10 cerneaux de noix pour la garniture. Hacher grossièrement les autres et les jeter dans le sucre. Mélanger, étaler sur le dos d'une plaque à gâteau huilée et laisser durcir. Concasser (à la machine ou avec le rouleau à pâte).
Dissoudre la poudre Dawa et le café soluble dans le lait froid. Amener doucement à ébullition et laisser bouillir 2 minutes. Mettre à refroidir. Avant de servir, ajouter le pralin aux noix concassé et incorporer délicatement la crème fouettée. Servir dans des coupes préalablement rafraîchies, garnir avec les cerneaux de noix, les grains de chocolat et les petites perles.

Coupe polaire

pour 2 personnes (présentée sur l'illustration dans une grande coupe):
1 dl de sirop de poires, 2 cuillères à soupe de kirsch, 2 cuillères à soupe de jus d'orange, 4 demi-poires cuites en conserve, 2 boules ou 2 tranches de glace au chocolat, ½ sachet de Dessert Dawa au chocolat, 2,5 dl de lait froid, 2 cuillères à soupe de crème fouettée, 8 gaufrettes roulées, copeaux en chocolat

Faire épaissir par cuisson le sirop de poires additionné de kirsch et de jus d'orange, jusqu'à réduction des ⅔ environ. Laisser refroidir, en arroser les moitiés de poires et placer dans le réfrigérateur pendant trente minutes. Mettre les coupes au frais. Sortir la glace du surgélateur quinze minutes avant de servir et la glisser dans le réfrigérateur pour qu'elle ait la consistance souhaitée. Préparer la crème au chocolat selon les instructions et la laisser refroidir. Mettre également la crème au frais. Avant de servir, placer une boule ou une tranche de glace dans chaque coupe, garnir avec deux demi-poires, napper de crème au chocolat. Remplir les gaufrettes de crème et en décorer les coupes (voir illustration). Selon les goûts, garnir de crème fouettée et de copeaux de chocolat.

Coupe Lucie à la vanille

pour 4 personnes:
½ l de lait, 1 sachet de dessert Dawa à la vanille, 1 livre de cerises rouges en boîte, 4 tranches d'ananas, 1 dl de crème, 1 cuillère à soupe d'amandes en lamelles grillées

Mettre au frais quatre coupes en verre. Verser le lait dans une casserole, dissoudre la poudre, amener rapidement à ébullition en remuant et laisser bouillir deux minutes. Quand la crème a un peu refroidi, la verser dans les coupes rafraîchies. Laisser reposer si possible une heure au réfrigérateur. Bien égoutter les cerises et les répartir sur la crème. Les recouvrir d'une tranche d'ananas par coupe. Fouetter la crème et en garnir les coupes. Parsemer ensuite d'amandes en lamelles.

Flan au chocolat garni de fruits

pour 4 personnes:
1 sachet de Dessert Dawa au chocolat, ½ litre de lait, env. 4 moitiés de pêches en conserve, 2 dl de sirop de pêches, ½ sachet de sucre vanillé Dawa, 1 bâton de cannelle, 1 cuillère à soupe de kirsch, 50 g d'amandes effilées grillées, 1 dl de crème fouettée

Dissoudre la poudre dans le lait froid. Amener rapidement à ébullition. Faire bouillir 2 minutes à feu doux sans cesser de remuer. Dresser dans un moule à pudding. Mettre au frais. Faire réduire de moitié le sirop aromatisé avec le sucre vanillé et le bâton de cannelle. Parfumer avec le kirsch. Passer, laisser refroidir et en arroser les fruits avant de servir. Parsemer à volonté d'amandes effilées grillées. Servir la crème à part ou en garnir le flan. ■

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( ) Dried fruit is proving excessively sweet and sickly; at other times excessively acid. So reduce to 1/4 previous amount. Sept. 1/75.

( ) Neither Indians nor Chinese would appreciate the tasteless vegetable eaten by so many Westeners; over-boiled, with flavour washed out, pappy... The Chinese quick-fry or hot-steam theirs; the Indians fry and curry theirs: both provide appetising foods which attract the taste buds.

( ) Juniper and other Berries: As these are not delicate leaves or flowers but tough berries an infusion will not be strong enough (says Messegue). So a decoction must be made i.e. boil for not more than 10 minutes.

( ) Cover fryed up Porridge with flour: it will then toast and skin better.

( ) B/Fast Porridge (cooked): Use large cook-pan to avoid boiling over edges.

( ) WARNING : Restrict the use of powders when cooking cereals + grain. Beet will completely spoil them. Seeds will cause sticking to side and make a sticky mess. Use only a flavoring powder(Vogue, for instance) and then add it at end, before serving.

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( ) Pumpernickel Bread - If Migroz or Holle brand are too dry and hard. Freshness is restored by wetting inside plastic bag and let absorb all night.

DIET

BENGAL GRAM is Indian chick peas
has 22% high quality protein,
65% of which body can ~~xxx~~ to
utilise help burn up, or oxidise ,
carbohydrates - starch stuff eaten
It is sold as a yellowish powder
Rickshaw pullers eat it, kneaded
with water, served with chillis
and mango pickle. This is chemically an excellent meal.

DIET

ALL FOODS and infusions

If not allowed to boil, but only simmered, you will not have to keep adding more water.

CURRENT FOOD

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( ) 1.Cote Marsh rejects bread because it causes calcification - hardened chalking of spine and joints.
2. His invention of metal discs to relieve muscular pain is successful in doing so. They are applied on the skin over the muscle and over the spinal nerves serving the muscle.
3. Prostate Hypertrophy shows dramatic recovery by the full E. P + K tabs + raw diet treatment.
4. E plus + freshly ground grains of maize oats wheat or barley and seeds = perpetual virilisation.
5. Bowel washes or enemas reduce toxic B. Coli during preliminary purification days.

Query: What are the chemical trace elements found in plant seeds, in seawater and in human blood?
Answer: They are minerals.

( ) It is useless to take vitamins alone. They must go with natural chemicals, minerals and metals to benefit. For the body has 92 <u>different</u> elements, so variety is essential to supply them.

( ) Avoid high speeds if possible in Braun, as this looses vitamins, for same reason run Braun and Kneps for shortest possible time.

( ) Do not cook the milled grain.
Salt kills vitamin E.
Grain must be milled at time of eating to get vitamin E.
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beverage with calmative and soothing tendencies on tender acid-irrated stomachs. ( )All food preservatives are poisons, because the bacteria which spoil the food must be killed. All preservatives—boron, benzoic soda, salicylic acid, formalin, benzoate of soda, sulphuric acid—are injurious to the cells of the body. Even dried fruits guaranteed unsulphured have been found, on laboratory analysis, to contain a great quantity of sulphur poison which destroys the cells of the liver and kidneys. Bread made from bleached flour, which has been treated with peroxide of nitrogen gas, injures the liver cells. ( )Sesame seed has 28 per cent protein, 1.70 p.c. calcium, and 1.70 p.c. phosphorus, and 54 p.c. oil. Whole rice has 7 1/2 p.c. protein, whole rye 11 1/2 p.c. protein, whole wheat 12 p.c. protein. Sesame seed is grown in South and Central America. Sesame seed is 1 1/2 times richer in calcium than cheddar cheese.( )Pineapple contains a powerful digestant of protein food, so it should not be eaten alone. Eat it with nuts or proteins.( )The tomato, cucumber and melon are leguminous plants. Does this explain the indigestibility and gas-forming of the last two, since they grow like beans? ( )Ban parsley. It may be very vitaminous, but it catches in the intestines and cannot be digested. So it does more harm than good.( )J. H. Rodale is against oranges because they are so acid they will eat the enamel off the teeth. The Bhagavad Gita also says no acid. Grape juice instead is better. However, in Florida we had fine oranges with no acid and they were not harmful. Delicious fruits like this must be man's food when fully ripe. But oranges as sold today are not good—and they are poisoned by coloring on the outside also.( )Sprouts of seeds and grains break down their proteins and starches for easier digestion.( )Gnocchi warning: This Italian paste is made either with egg yolk or milk, so avoid it. ( )At breakfast and afternoon tea: Finish chewing the bread, swallow it, and only then sip tea—not before. This ensalivates all the starch. ( )Sunflower seeds raw and unroasted have a wonderful effect on the improvement of sight, claims Rodale from his personal experience. So try the ground meal. ( )Early herbalists believed that a decoction made from basil seeds would alleviate sadness. Also use the leaves as a flavoring for tomato dishes, salads, sauces.( )Cheremoya, persimmon, and granadilla are sub-tropical fruits.

TURNIP-TOPS & RADISH-TOPS

(25)Beet tops should be mixed into (UNFIRED RECIPES) salads,as they contain very valuable items.They combine well with celery,cress and parsley(26)Raw Cabbage will not have the same sulphur releasing effect as cooked cabbage. You may therefore include it in salads,but take care that it is young tender and crisp.Brussel Sprouts may be used for same reason, being even more edible than cabbage.(27)Dates are so rich in sugars that sedentary and aederly people should eat them sparingly.(28)Currants and sultanas may be SOAKED AND added to the dried fruit items.(29)Almond & hazels flake well but Brazilnuts give up their oil when flaked,so are best eaten whole. Nuts will combine admirable with either fresh or dried fruits,as well as with vegetable salads. (30)French beans belong to the legume family so should be eaten sparingly. It is also an excellent breath purifier.Cauliflower and

(31)Soups are foods and so should not be gulped down but taken in small sips or spoonfuls.(32)Nut Drinks may be made if the nuts are very finely flaked,placed in water,lemon and honey added to taste, and beaten with a rotary mixer,or electric liquefier.(33)Fruit Drinks are made by taking the pulp of fruit and well macerating it with fork,diluting with water, and beating up or better electrically liequefying (34)Nuts in flaked or meal form should be eaten quite dry, or with dried fruit,but always with a small tea-spoon to prevent over-eating and under-masticating. If, further, cereals are mixed in with them it makes an excellent dish. (35)Lemonade should be made with cold water only,adding honey. (36)Artichokes may be grated and mixed with vegetable salad,being excellent for the liver.(37)Parsnips are good in vegetable salads,and can be grated.(38)Raisins should preferably be of the seedless variety for grating.(39)Rolled Oats mixed with magnolia nuts and flavored with grated radish,makes good Nutmeal dish. Use equalparts

DEFINITIONS OF TERMS:: CHIPPED-small pieces cut off the whole fruit.Chopped -Chipped pieces more finely reduced.Macerated -Fruit crush to a pulp,best done by means of a fork in a basin. (40) Dried Fruit soaking use only enough water to just cover them.: Cabbage,inall cases should have the indigestible middle stalk removed. Cauliflower should not be grated but broken up.It is not improved by any other treatment Soaking Raw Vegetables should be very brief.as the sap passes away into the water/

( )Several medicos at one of New York's biggest hospitals now believe that the great number of liver cases(yellow jaundice and hepatitis) may be be caused by DDT spray on the leaves of green vegetables.

( )Eat light juicy fruits first at each meal. Eat heavier and starcy foods like banana, or oatmeal toward the last.

( )All condiments and even herbs like mint and thyme prick and goad the liver.

( )Stainless steel pots are quite safe for boiling teawater, equal to pyrex. I have large Sunbeam at Fred's in cabin trunk also a reserve fountain syringe of the same metal cap model as current 1955 one. Steel electric water boiler

( )Just as I have solved several problems and greatly symplified living by abandoning vegetables and giving up cooked food, may I not also achieve a similarly large freedom by abandoning many possessions based on an illusory necessity? Meditate on this theme.

("Peaches are acid," says Ted --This may explain morning pains--nectarines are alkaline. Test by omitting peachings from breakfast. Plums are very acid but prunes have lost much or most of this acidity. Gita said eat only bland fruits. Melons are bland. See food books ~~and~~ completely list all acid fruits.

( )Rhubarb is an acid fruit, put on banned list.

( )In the porcess of sugar manufacture(in England) the solution of the brown sugar, is passed through animal charcoal to de-color it. This charcoal is made from bullock's blood carbonized by great heat. So never use white sugar.

( )Ehret's objection to dried peas and beans and dried lentils was that they are albuminous.

( )To Make Salad Dressing: put one package Frozen peas in saucepan, very hot,water.(do not open) Soak 5 mins. Then open. Put peas in blender, add herbes, whip 2 minutes, serve. add lemon juice/

( )Fruit is the perfect food.

( )Chestnut flour can be bought at Italin grocery stores during winter and spring for baking bread.

( )SALT:(Its Harmfulness):Do not use salt. sodium chloride is one of the worst of human health habits. It combines with carbon dioxide in the blood and makes a cuastic soda that sets up the situation for cancer cell growth. Nature walls it off in tumor form to keep it from burning tissue. The neutralizing salts are usually missing in middle age due to poor nutrition so the table salt gets its worst effect-s in at that age.

(b) "Fluoride is only poisonous if taken in large doses," said Dr. Takow,"but then so is table salt and bicarbonate. And since the distribution would be one to one-and-a-half parts of flouride to a million parts of water, people would have to drink 120 quarts a day to get poisonous effects.

(c)"I have practically eliminated salt from my diet and so have less sinus trouble."

(d)"In my practice, I handle a number of patients wit-h cardiac and associated vascular disturbances. The restriction of salt intake is mandatory in many cases. I wholeheartedly agree that a return to a more natural source of foods and supplementation will be a prominent therapeutic weapon with doctors of all fields of healing.

( )Ordinary figs seeds are troublesome but large soft calymimyrna are easy to eat. But get unsulphered. [redacted]

( )SUGAR:In my practice one runs into symptoms of fatigue and that "letdown" feeling, as it is often called. In a great percentage of cases this trouble is caused by using too much sugar.

( )Driedapricots: contain more acid(malic) than any other fruit, avoid them.

( )Maple sugar and maple syrup are much richer than honey and hence not to be used(regularly) or liberally.

( )A.R. CAVES sells this snakelike cactus herb his address is Palm Lodge Tropical Fruit Groves, Homestead, Florida.($2.25--6 leaves standard which has nutritional value and laxative effects and is specially a bile remeover.Cut upplant. Put in jar with water and let soak in refrigerator. Drink several times a day.

( )By eating Sunflower Seeds; someone's eyes improved 50%. Having suffered from tired eyes for some time, with a tendency to a cataract in his left eye, He has been eating them now for only a few weeks and even in this short time there is a marked improvement.

( ) Breakfast Tea: Warning; do not use too much leaf ~~powder~~ or steep too long; biliousness will result on empty stomach. Correct Tested Maximums: ½ teaspoon Green Tea, ½ teaspoon Jasmine (Pure). Steep exactly 2 minutes. Do not drink more than two or three cups. Take more cups from thermos for mid-morning.

( ) Effect of Tea Drinking: The storm with which an attack of migraine starts causes a big artery in the brain to dilate so that the blood can go pounding through. The blood vessels are among the most sensitive tissues in the skull, and their distension causes pain. Any drug, alcohol, or tea, for instance, opens up arteries will tend to bring on a headache, while a drug like ergotamine, that decreases the pore of the arteries is likely to stop the pain. (b) tea stimulates kidneys, heart, & nervous system.

( )It was long the custom to add artificial coloring to green teas but USA and England objected and this was discontinued.

( ) Jasmine Tea is 1½ part flower to 100 parts tea. Sometimes the flowers are removed after 24 hours.

All artificially colored teas are now illegally barred from the USA.

( ) Tea fertilizers used in China are rapeseed and beancake. The Japanese not only use these but also dead fish and human manure.

( ) Indian Black Teas contain more tannin than Chinese black, being more pungent. They should be avoided by dyspeptics.

( ) The use of a cloth or wool tea cosy quickens extraction by keeping temperature high

-r-

( )TEA DRINKING dilates blood vessels, thus sluicing the system and flushing the tissues. This drives away fatigue and aids circulation. It stimulates the brain but without a marked reaction. It quenches thirst better than a cold drink. It aids elimination and helps to complete digestion of lunch if taken a couple of hours later, But if taken in evening it causes sleeplessness.

( ) P.B.'S METHOD OF TEAMAKING: 1. Take water fresh from faucet. Never use water already boiled once. 2. Take between ½ and 3/4 teaspoon Twinings Earl Grey China Blend to a quantity of 3½ cups. 3. Watch the heating and pour out the water as soon as it boils.

(172)

DIET

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( ) P.E.'S METHOD OF TREATMENT: 1. Take water fresh from faucet. Never use water already boiled once. 2. Take between ½ and 3/4 teaspoon Twinings Earl Grey China Blend to a quantity of 5½ cups. 3. Watch the heating and pour out the water as soon as it boils.

(41)RAISINTEA:Take 1 oz raisons, (UNFIRED RECIPES) SOAK OVERNIGHT THEN and mince them, seedless ~~Beat~~ thoroly. With ADDED ~~the~~ water, heat, DO NOT BOIL but do not boil. Strain, afterstanding for anhour. TigerNuts may be treated in same way to make a drink (42)Breakfast or Supper:1 oz cereal flakes.½ozOats 1 oz milled walnuts or hazelnuts.1½ oz finely sliced very ripe bananas or chipped dried bananas or chopped dates. (43)Lettuce;use only the tender leaves,put in cold water for ~~TWO~~ minutes before serving.as thi-s will make them crisp. Drain in colander and toss in napkin until throly dry. (44)Cucumbers should be SUPER thinly sliced and soaked in water.as before(45)Flaked Oats Put an amount sufficient for several days'use in a deep vessel.Add enough warm water to hardly cover. After standing a few hours stir well as to thoroly moisten the top portion. In a short so time it will be found ready for use.Combine with ground nuts. (46) Almonds should be blanced always.Soak them overnite or 7 hours in cold fresh water.The skin will then be easily removable,moreover they will be crisper and very edible. The old method of immersing them in boiling water cooks and toughens the nut.increasing its indigestibility and making it hard to masticate. (47)Strawberry Dessert;Cover a quart of ripe fruit with sugar.Pour over them half a teacupful of orange juice.and serve at once.This is very delicious (48)Prunes;take enough for 2 or 3 days.wash well,put in deep vessel with just enough lukewarm water to cover.Let stand overnite. They will be soft to serve at breakfast.The unused juice should not be poured off as it can be left for 50/60 hours safely,if kept cool Buy only the large fancy kind.as they are much better for soaking. (49)WARNING: Do not confuse Pimento,which is dried red pepper condiment.hotter even than chili and therefore prohibited. with Pimiento,which is a sweet pepper family vegetable quite suitable for use in salads. (50)CerealSoup: Use halfpound of flaked grain,preferably oats.Cover with warm water and soak several hours.or overnite. Put thru sieve,which will make a thick cream for body of soup. Flavour with tomato juice.a little pulp of tender corn,or puree of peas.This recipe can be used to form the body of any other kind of soup by changing the flavorings. (51)Porridge:Use wheat oats rye or barley.place in deep vessel.barely cover with hotwater;allow to stand overnite.Stir so that all grains become thoroly moistened.(52)Olive Oil is the best form of fat and the most useful. especially as a heat forming winter food.

However being concentrated food.not in its natural state,use sparingly.

(53) Celery & Cabbage should be well trimmed foruse in salads.cleaned and soaked in water for a halfhour before use.They are heavy in cellulose. or w ody fibre which assists intestinal peristalsis by its coarsness. (54)The Banana is not fit for food until it is extremely ripe.which is shown by small black spots appearing on the skin.It must also be masticated before swallowe or else mashed by fork.It is really a vegetable.not fruit. (55)Orangeade:Juice 8 oranges,add juice of 6 lemons.and water as desired.Sweeten to taste.Flavor with a few mint leaves. Grape Punch;Take 1 quart unfermented grape juice.add juice 6 lemons.sweeten Pineapple Punch;Juice 1 medium pineapple.add 3pints water.juice 5 lemons and sweeten. Pineapple HotTea 3/5ths of pineapple juice to 2/5th hotwater.sweeten if necessary (43a & 44a)Do not soak leafy vegetables longer than a couple of minutes or they will lose much of their chlorophyll in the water (56)Fruit Juicesshould be held in the mouth when sipping and mixed with the saliva before swallowing.For they are foods. (57)Pie~~xxxxxx~~:Flake nuts very fine;6oz.Grate apples.10oz. Mix and beat to creamy consistency.Cover with a crust made of any Meal 7 oz. and honey mixed together and run thru a flaking machine twice; then press even and hard with spoon.Or an alternate filling is:Nuts and melon.nuts and berries. nuts and prunes.nuts and pineapple. (58)Fruit Soup 1 pint grape juice,1 cup water,juice of ½ lemon,sweetener to taste.Add a finely macerated banana,also pineapple or berries if desired;also shredded mint leaves.(59)Unpolished rice,as well other cereals, can be soaked overnight and eaten for breakfast.

GERSON DIETARY REGIME:

(1)Necessary food: Fruit..Juices of fruit, of vegetables and leaves...Vegetables, Salads ....Special soup...potatoes,...Oatmeal,...Bread....etc. ALL FRESHLY Prepared and saltless.

(2)This dietary Regime provides an important part of your medication, it excludes Sodium-foods, enriches Potasium-foods. When eating this food which is easily and quickly digested, the body needs larger portions and more frequent servings. Eat and drink as much as you can, even during the night when awake.

(3)FORBIDDEN: Nicotine(tobacco), salt, spices, tea, coffee, cocoa, chocolate, alcohol, white sugar, white flour, candy, ice cream, cream, cake, nuts, mushrooms, soy beans or soy products, pineapple, cucumber, all berries, alligator pears, water for drinking.

No canned, preserved, sulfured, frozen, smoked, salted, refined or Bottled foods.No fats, no oil, no epsom salts, no bicarbonate of soda in food, toothpaste, or for gargle; no hair dying.

(4)Temporarily Forbidden: Meat, fish, eggs, butter, cheese, milk.

(5) Utensils: Do not use: Pressure cookers, aluminum pots or utensils in any form. Use: Stainless steel, glass, enamel, earthenware, cast iron and tin.

(6) Utensils for the Preparation of Juices: Use: a separate grinder and a separate press. Do not use: One-piece-apparatus such as liquefiers, centrifuges, juice mixers or masters, etc.

(7) FRUIT:(no canned:) Fresh fruit in large quantities should be used: Apples, Grapes, Cherries, Mangoes, Peaches, Pears, Melons, oranges, apricots, grapefruit, bananas, tangerines, plums, etc. Pears and plums are more easily digested when stewed.

Stewed fruit may also be used. Dried fruit may be used unsulfered, such as raisins, peaches, apricots, prunes or mixed fruit -- wash, soak and stew.

FORBIDDEN: All berries, pineapple, nuts, alligator pears, cucumbers.

(8) JUICES: Always Freshly Prepared: Daily Portion: 1 glass orange juice; 4 glasses of apple and carrot juice; 3 glasses of green leaf juice;or grape juice, or grapefruit juice, or tomato juice or apple juice. Do not drink water because the full capacityis needed for juices and soup.

THE GERSON CURATIVE DIET

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(14)

(10) Gerson Diet: A doctor named Max Gerson who had achieved remarkable arrestations of cancer and other illnesses by a therapy based on diet. Gerson was, and is, a perfecly authentic M.D., but unorthadox. My own first reaction was skeptical, and Frances was dubious too. Then I learned that Gerson had long experience in brain-tumor cases. I went to see him and he showed me his records of tumors apparently cured. It still seemed to me inconcievable that so serious an ailment could be cleared up by merely by a diet. Gerson impressed my greatly as a human being, however.

The Gerson diet is saltless and fatless, and for a long time protiens are excluded or held to a minimum. The theory behind this is simple enough. Give nature opportunity, and nature herself will heal. The whole theory is erected on the basis that the metabolism of the body can be so altered that the affliction will die of itself. The diet is fruits and vegatables, with a special soup-made of parsley root, celery knob, leek, tomatoes-- which the patient took at intervals during the day.

GERSON·

(16) ENEMAS: It is imperative to hve a least two copious bowel movements a day during the treatment, otherwise it is necessary to take an enema before retiring. During Flare-ups or when in Pain -- take an enema immediately, repeat if necessary -- even several times, day and night, as it is the best relief from pain and soreness. Take all enemas in a lyingodown poeition holding solution for 10 to 15 minutes.

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(9)PREPARATION OF JUICES: Citrus Juices: Squeeze with a glass or porcelain or electric squeezer. Do NOT use a squeezer which presses the peel with a cup, nor an alluminum squeezer.

Apple & Carrot Juice:Use apples and carrots in equal portions. Wash apples, do Not Peel. Cut and remove core with seeds. Wash carrots, do not scrape. USE SEPARATE GRINDER AND sepabate press. Do Not use liquefiers, centrifuges, juice mixers or masters, etc.

If patient is awayat work, apple and carrot juice may be taken and kept in a thermos no longer than 2 to 3 hours(not in refrigerator.)

Green Leaf Juice: As many of the various kinds of leaves aspossible(those underlines are important. Lettuce, Red cabbage leaves(2 or 3 leaves) Beet tops(young inner leaves) Green pepper(1/4 of small one) Watercress(1/4 bunch, Swisschard,Escarole, Endives, Romaine, Dill(1 small stem) Add 1 medium apple for each glass when grinding. Grind twice,Drink immediately.

(10)Pressing Process: Take 1 or 2 coarsely woven cloths, unbleached muslin or plastic-- 12 inches square, place cupful of pulp into center of each cloth, fold in thirds in both direction; place on one another under square wooden block and press. Rinse cloths after juice is prepared, and boil in soap water everyday. If juice retains taste of cloth, replace cloth with a new one.

(11) VEGETABLES: All freshly prepared and Saltless). Use all vegetables except mushrooms. ~~(12)PREPARATION~~ Cellophane bag packed fruits and veg. should be avoided.

(12) SALAD vegetables should be finely grated if necessary. Use no oil or fat in dressing. Lettuce, Chicory, Watercress, Knob Celery, Tomatoes, Escarole, Carrots and Apples, Cauliflower. You may also use radishes, scallions, endives, romaine,chives, green peppers.

(13) POTATOES: 2 baked potatoes a day, or for a change you may also use potatoes baked in their jackets.

(14) Eat freely finely grated pared apples, finely grated. ....the Gerson diet is quickly and easily digested.

(15) Under the effect of this treatment the body becomes extremely sensitiveand the usual anesthetic dose may be dangerous, therefore your dentist should be advised to use 0.7 of Novocain instead of 2 cc with or without adrenalin. No other anesthetics or drugs, including thoseused for dental pruposes, should be taken without previous consultation with a doctor ~~with your doctor~~.

Excerpts from "Cancer Research"

"I would hate to think that the antipathy to Dr. Gerson would be in any manner associated with the fact that his treatments are dietary and are not surgical. He does not use surgery or recommend surgery, as I understand it, unless there may be some remote cases."

"Dr. Gerson has no doubt made enemies as the result of his dietary therapy, wherein he does not permit patients to smoke or to drink intoxicating liquors or to consume canned goods."

"The most striking results were seen in the restoration of various kinds of liver and gall bladder diseases which could not be influenced by other methods up to the present.

"The great number of chronic diseases which responded to the dietetic treatment showed clearly that the human body lost part of its resistance and healing power, as it left the way of natural nutrition for generations.

"The fundamental damage starts with the use of artificial fertilizer for vegetables and fruits as well as for fodder. Thus the chemically transformed vegetarian and meat nourishment, increasing through generations, transforms the organs and functions of the human body in the wrong direction.

"Another basic defect lies in the waste of excrements of the cities. Instead of returning the natural manure to the fruit-bearing soil, it is led into the rivers, killing underwater life. The natural cycle is interrupted and mankind has to suffer dearly for the violation. Life in forest and wilderness should teach us the lesson.

"But we can regain the lost defense and healing power if we return as close as possible to the laws of nature as they are created. Highly concentrated for speedy reaction, they are laid down in the dietetic treatment."

"The Gerson regime is quite harmless and consists of a low salt, low fat, low animal protein and high carbohydrate diet, plus frequent injections of crude liver extracts and the oral administration of adequate amounts of minerals and vitamins to supplement those vitamins missing in the diet. The diet consists chiefly of large amount of fresh fruit and fresh vegetables and does not allow any meat, milk, alcohol, canned or bottled foods. Tobacco in any form is prohibited. The diet burns down to an alkaline ash and in general is a combination of many well known and approved dietary nutritional discoveries by many other workers.

It is reasonable to assume that the closer one's diet is to nature and the soil, with fresh fruit from the trees and fresh vegetables directly from the garden, the nearer one is to normal health. Primary biochemical investigations by Dr. Rudolph Keller indicate that the use of the diet is soon followed by certain definite electrochemical changes, notably shifts toward normal or markedly unbalanced sodium, potassium, and phosphorous ratios in the blood serum and the body tissues. Dr. Keller, as result of his investigation of the diet, believes that this type of electrochemical reaction can very well change the entire metabolism of the body in cancer patients."

"This new approach to the cancer problem is of fundamental importance because it is the first promising method which treats cancer as a systemic disease, that is, a disease of abnormal chemistry of the whole body. Heretofore, all efforts to treat cancer have been based upon the theory that eradication of the cancer growth must be performed by surgery, X-ray, or radium without regard for abnormal body chemistry, which permits the growth to occur. The reason that surgery, X-ray and radium have not been a real success in the treatment of cancer is that cancer is primarily a disease of abnormal body chemistry, chemistry which is controlled by organs far distant fromthe site of the cancer. The Gerson dietary regime is an encourgging attempt to return such abnormal body chemistry to normal."

"The diet, although very low in animal protein, seems to be followed at first by a temporary loss of weight, which is usually due to loss of fluid due to the restriction of salt. Ithink this salt-free diet plays a big part in the reduction of jell around cancer masses."

(1) I might mention here that the anemic looking, soft paleloaf of bread sold commercially at grocery stores as whole wheat bread, is usually a "fake". A few spoonfuls of whole wheat flower are added to the batch of regular white bread, a a little coloring, and "100 per cent whole wheat" appears on the label. It is true that the small amount of whole wheat four that is in the bread is whole wheat, but the entire loaf is far from being whole wheat bread.

(2) All dead meat contains from sixty to seventy-five per cent of uric acid. When we eat meat we eat also all the poisons and toxins which are in the flesh of the animal. The flesh is charged with the waste products of the animal system. In other words meat eaters are trying to live on decomposing pus.

(3) White sugar is only a part of the sugar cane, and it is a part from which all the life-giving elements have been removed.

(4) There are no recipes in this book calling for white sugar. I have given a few with the natural, unrefined, raw sugar and real maple sugar, but these are only a concession to taste, being at the best only less harmful than white sugar. Raw sugar is still not a natural product, inasmuch as it is an extract from the sugar cane. I do not consider maple sap as it comes from the tree a harmful food, but maple sugar is far too concentrated. However, these are a great improvement over white sugar and as a step in the transition to a better diet, are advocated only for those who are just giveing up the highly artificial foods. For a regular diet I advise only the honey and dried and fresh fruit.

(5) I do not advocate the use of dairy products. Milk is food for the calf and was not intended for human use. Cream, cheese and butter are unnatural products, manufactured out of milk. It is prostituting the cow to milk her for human use; she naturally produces milk only for her offspring. An egg is the beginning of a baby animal, the chicken, and should no more be used for human food than the animal itself.

(6) The dairy products are mucus and pus producers in the human body, and responsible in a large measure for our universal state of disease.

(7) However, one of the main principles of my diet system is that of gradual transition from the conventional harmful diet to the health-giving diet of natural foods, and for this reason I allow my pupils, in most cases to con-

tinue the use of some of the less harmful dairy products for a time while the change of diet is being made. The body resents a too-sudden and radical change of any nature, and many health reformists meet with little success simply because they teach a complete transfer to the new diet all at once. My diet system is one of gradual transition, and it has worked out a great deal more satisfactorily. I require my pupils to discard from their diet, as a first step in the transition, all flesh foods, all refined cereal foods (white flour, white rice, all refined cereals), white or refined sugar, and harmful condiments such as vinegar, pepper, highly spiced and rich sauces, and salt. With this they must give up eggs, milk as a drink and the liberal use of any of the dairy products. I allow them to continue for several months the use of cottage cheese.

(8) Nut butter, howver, is very rich and should not be used too freely.

(9) Under analysis caffein is found to contain uric acid, a serious disease producer. Like many drugs caffein has a stimulating effect on the nervous system, with the same ultimate reaction of depression and nerve exhaustion leading to complicated diseases.

Tea also contains a drug, tannin, which hardens the tissues and veins and has other harmful effects on the system.

(10) All of the natural flavor is lost from this highly prepared food, and the depraved taste buds crave stimulation. Hence we have on our tables salt, pepper, catsup, vinegar, mustard, chili pepper, highly spiced and seasoned sauces, and many spices, artificial sweets and pickled products.

There is not one bit of body-building material in the whole conglomeration of these seasoners, and in addition they are acid producers and a burden on the system.

(11) There is no part of the human body that is made or maintained by sodium chloride (table salt). The body has absolutely no need for salt and the only result from using it is disease and death.#Salt is an inorganic mineral, and the human system can use only organic matter. Salt, then, is a foreign substance, a burden on the cells and tissues. Part of it is ordinarily eliminated from the system through various means of elimination, but a great portion remains as an irritating deposit causing countless pathological conditions and ultimately becoming a big factor in the suffocation or killing of the vital spark which is life. Some scientists today claim that the constant use of salt is responsible for cancer, paralysis, heart troubles, skin diseases, arthritis, neuritis, rheumatism, lumbago and hardening of the arteries.

BRAGG:

(12) So depraved has our taste become from the use of this irritating substance that the sensitive taste buds have lost their power of detecting flavor and cannot even appreciate the natural flavors unless stimulated with salt. Every article eaten must receive its few grains of the death dealer. # Salt is a destroyer of youth and personal appearance. It cause the skin to become dried up, leathery and wrinkled. It dries the juices that make the eyes large and beautiful. It cakes and crusts in the ears and causes deafness.

(13) The only truly pure foods, from the standpoint of wholesomeness, are the natural foods untouched by man. After an article of natural food has gone through the factory of a manufacturere there is very little of value left in it.

(14) You will observe in this book of recipies and menus that very little manufactured food is included, nor are there recipes ~~and~~ for complicated food mixtures involving much cooking, combining and preparing.

(15) There is no doubt but that elements from the aluminum dissolve into the food cooked in the kettle. #Many cases of evident aluminum poisoning have been brought to my attention in the years that I have been traveling over the country in health work. Persons who, although living on live food and taking care of their physical condition, complain that they are not progressing as they expected to, after changing their cooking ware at my suggestion, report an immediate improvement.

(16) I would recommend all who wish to keep their condition of health at the highest, to substitute glass bowls for mixing and baking, and heavy enameled ware for stewing. Iron ware, stainless steel and earthen ware are also apparent-ly harmless.

(17) Those who have gas, indigestion or stomach trouble will very likely find that gas or an acid condition results when they eat a very starchy food, such as potatoes, rice, cereal or bread foods, with an acid food, such as tomatoes, citrus fruit, or anything containing lemon juice. # Until these people have corrected their condition through proper diet, outdoor life and deep breathing, they will have to exercise constant caution to avoid such combinations of food. # For even the strongest digestions I strictly advise against the eating of fresh fruit with any cooked food, unless the fruit precedes the meal with a wait of fifteen minutes between the fruit and the rest of the food. Fresh fruit is a very active, energetic food and does not mix well with anyother food, with the exception of raw green vegetables.

It is wise for persons suffering from gas, indigestion, stomach troubles, and nervous disorders, to eat plentifully of the raw vegetable salads rather than to

eat great quantities of fresh fruit, and to use vegetable juices as a drink preceding their meals.
(18) I advise the liberal use of raw vegetable salads rather than the unrestricted use of fruit salads, because fruit is exceedingly active in loosening old poisons, and if taken in too great quantity will tend to upset the system. For the average person, three or four pieces of fruit a day, or one very large dishful of fruit salad, is the proper amount. Raw vegetable salads may be eaten to any extent desired. A good sized raw vegetable salad should be part of every meal. Green salad vegetables are blood purifiers.
(19) The taste for raw vegetable salads is influenced greatly by the attractiveness, crispness and daintiness of the salad, and here is where the housewife can help herself and those under her care to better health by her skill in preparing salads that please the appetite. # The two important factors in salad are the scrupulous cleanliness of the ingredients and their coldness. Lukewarm salad stuff does not appeal greatly to the taste. After this comes artful and tasty combination of the vegetables and pleasing appearance of the salad.
(20) A meal which includes much water is not, as a rule, as healthful as one which does not. For this reason a thin soop should always be served alone as a first course and a few minutes allowed to elapse before the rest of the meal is eaten.
(21) Carque has several soups made with his nut milk, used instead of cow's milk. They are all delicious, nourishing, and make a meal in themselves when served with a raw salad and toast. They are as follows:

APPLE AND BANANA SOUP

2 apples
2 ripe bananas
1 pint thick nut milk
1 tablespoon honey

Grate the apples; mash the bananas; add honey and nut milk thoroughly mix all ingredients and warm in a Savory Double Boiler..
(22) The perfect food for mankind in a perfect state is undoubtedly raw fruits and raw vegetables, but after we have lived on a cooked dietary for so long it would be too radical a change at once to diet exclusively on raw food alone. The best diet for the average person is one which is 1/3 to 1/2 raw and the balance cooked food. After some months of the vegetarian mucos-low diet which I teach, the fruit breakfast can be substituted for the other breakfast. With this meal entirely of raw food, and lunch and dinner each including a large raw salad, it is easily seen that one-half the diet can be composed of raw food.

BRAGG'S:

(23) Do not cook vegetables too long. The aversion of most people to vegetables is grounded in the fact that it is customary to boil the life and taste out of the vetetable and serve an insipid, tasteless, washed-out shadow of the real article of food.

(24) SPINICH: Wash carefully many times. Nothing is so unpleasant or disastrous to the appetite as to taste grit or find a worm or bug in spinach.

(25)DRIED SPINACH: Most health food stores, and many grocers, carry dried spinach (as well as other dried vegetables), and it can be prepared more tastily than canned spinach. Soak several hours or overnight, in just enough water to cover.

(26) RICE AND SPINACH

1 cup steamed brown rice, 3/4 cup slightly steamed spinach 2 tablespoons melted butter substitute -Curry powder if desire. Heat rice and spinach together with curry powder to taste. Serve with melted butter. This is delicious with broiled onions over the top.

(27) I feel certain that half of our diseases and inefficiency are caused by the deplorable custom of eating some sweet rich concoction at the end of every meal. The natural food, fruit and vegetables, when unchanged by man and uncooked, contain sufficient sweetening to satisfy the taste. It is because of our highly artificial and unnatural diet that we crave something sweet when we are through with our meal. The sugar requirement for our bodies will be taken care of if fresh fruit is eaten daily. ~~Itcieconcycbecaucecofcthecet~~

(28) FANCY BAKED APPLE: Baking apples; Honey. Core apples and stuff centre with dry fruit & nuts. Raisins or Dates Walnuts or any other nut meats

Place in baking dish with a little water. If desired, the dried fruit and nuts may also be placed around the apples in the baking dish to make a dressing for the honey over each apple. Serve with cream or nut cream.

(29) APPLE SAUCE WITH RAISINS: 4 cups peeled & quartered apples; 1 cup raisins; 3/4 cup honey. Steam apples and raisins & add honey just before removing from fire.

(30) STEWED PRUNES: 1 lb. prunes; 1/2 cup honey; Slice of orange or lemon. Soak prunes over night and then wash well. Simmer slowly with orange until prunes are soaked a long time, they do not need to cook so long and are therefore more healthful.

(31) UNCOOKED PRUNES: Soak prunes several hours and then wash. Add fresh water, hot but not boiling. Cover dish in which prunes are soaking and let stand from 24 to 48 hours. A little honey may be added before serving.

(32) Agar, a gelatine contained in seaweed, is a vegetable product which can be used very successfully in making gelatine desserts. The gelatine commonly sold at grocery stores is an animal product, and very unwholesome. It should never be used. Agar has also the advantage over animal gelatine in that it will jell in 20 to 30 minutes at room temperature.

(33) BETTY'S RAW FOOD ICE CREAM: 2 very ripe bananas; 3 Tblsoons almond butter; 2 Tbsoons honey(or more if taste desires) 3/4 cup finely grated fresh cocoanut; 1/3 cup dates cut in small pieces; 1/4 cup walnuts or pecans chopped; 1 cup water; Vanilla if desired.

Mash the bananas with a fork and whip to a froth. Mix almond butter and honey. Add water slowly to the nut butter and honey so that a smooth cream results. Pour this into the bananas, adding cocoanut, dates and nut. If desired a few drops of vanilla may be added. Freeze and serve.

(34) I am only giving a few recipes for breads as I consider all cereal products, unless dextrated, highly acid forming and injurious to the health. Bread should always be toasted until it is thoroughly browned, dried out and dextrated all the way through. I definitely disapprove of hot breads, corn bread, rolls, muffins, Waffles, gems, and so fort, and do not recommend the use of cooked cereal to any great extent. # The unleavened bread baked slowly and thoroughly, is very much better for the health than the leavened bread. Under no circumstances should bread foods be used which are leavened with baking powder or soda.

(35) The Maker put in fruits, vegetables, nuts and whole grains, all the elements necessary for growth and health, and milk is a complete unessential. In addition it is mucus forming, and leaves uneliminated protein waste in the tissues which forms a fine bed for disease germs to work in.

C A R Q U E : NATURAL FOODS

(1) Our physical and mental well-being largely depends on the normal alkalinity of the blood, while acidosis or toxemia is the primary cause of nearly all pathological conditions.

(2) We cannot imitate these subtle processes of nature and the dream of enterprising chemists to artificially produce synthetic food stuffs to sustain life and growth, can never be realized.

(3) For life and health and for the prevention of bodily disorders, no laboratory concoction can equal the inimitable products of nature. No substance other than the natural organic product is biologically fit for the life of body cells, and nothing else can be safely introduced into the human organism. Although the chemist is able to build up artificially a series of more or less complex organic compounds, his experiments do not represent the synthetic processes of the living cell. All of the so-called organic substances coming from the laboratory are produced by the application of forces and agents which can never play a part in the vital processes, such as extreme pressure, high temperature, strong galvanic currents etc., agencies which would be immediately fatal to the living cell.

To take an extrme case, how can a chemist create an apple? No amount of analysis and subsequent synthesis will enable him to do so, for though he may succeed in reproducing the elements in their due proportions, and even some of their chemical combinations, still there is the bloom of life about the fruit that will ever defy his efforts.

(4) Fruit sugar or sucrose of fruits and succulent plants are the most economical source of heat and energy, for they are readily absorbed by the system. Fruits, in that respect, are superior to the starch-bearing cereals, which require a longer time for digestion than fruits and overburden the digestive organs, if eaten daily in large quantities.

(5) Fats are nature's most concentratedfood principle; they have more than twice the energy value of either proteins or carbohydrates. If taken in moderate quantities, they act as lubricants to the organism as a whole, and especially to the intestinal tract.

(6) THE ALKALINE OR BASE-FORMING ELEMENTS: (The Eliminators of Waste Poisons; the Real Immunizers of the Body)

The alkaline elements, which are very important in the performance of the physiological functions of the body, are aron, sodium, calcium, magnesium, potassium and manganese. They are essential in the formation of the digestive juices and the secretions of the ductless glands, or hormones, which probably regulate nearly all the vital processes of the body. Iron is necessary for the formation of the red blood corpuscles and is the oxygen carrier of the system. The elimination of the carbon dioxide depends largely on sodium, which is the chief constituent of the blood and lymph.

Calcium, combined with magnesium, phosphorus and silicon, makes up more than half of the bony structure of the body and imparts textile strength to all the tisses. It also serves as a neutralizer and eliminator of poisonous acids.

(7) Sodium is only of value to the system if supplied in organic form, as is contained in vegetables and fruits. The addition of salt is both unnecessary and injurious. It is one of the wide-spread perverted habits of civilized man.

(8) Chloride of sodium, or common salt, is an inorganic substance which has caused much confusion in the minds of people, particularly with regard to its necessity as an adjunct to our food. We constantly meet such statements as these: "It is the only substance which we take into our bodies directly from the mineral elements;" and "The desire of salt is instinctive with nearly all animals," or "Common salt is one of the most essential of the mineral constituents of the body. When sodium choride is entirely withheld from an animal, death from salt starvation ensues." All of these assertions, and many similar ones, are almost diametrically opposed to the truth. Why should chloride of sodium be an exception to the other elements? Because a substance has been used as an article of diet perhaps for thousands of years does not justify us, without unbiased investigation, to consider it wholesome. The salt-eating habit may be acquired as any other unhygienic habit, and, if we choose our food rightly, there is absolutely no necessity for it.

The advocates of salt point to the animals who often go for miles to so-called "salt licks," but such a fact does not prove that salt serves as a food or performs some vital functions in the organism. This craving for salt is, in most instances, caused by feeding the cattle on herbage

grown on soils poor in mineral elements, especially sodium, as on mountain slopes where rains have carried away the most soluble parts of the soil and deposited them in the valleys.

(9) The kidneys are most severely affected by the salt eating habit. They become weakened and are unable to eliminate the large amount of salt which is then returned to the tissues and, of course, must be held in solution by water.

(10) Chemistry of food and rational dietetics must replace bacteriology, drugs, serum therapy and operative surgery in the study and practice of medicine. Natural immunity of the organism can be only achieved by maintaining the alkalinity of the blood.

(11) Commercialism has taken advantage of this situation by unduly exploiting the vitamin theory. Specially prepared vitamin foods, in different shapes and forms, are now widely advertised, claiming miraculous effects, and they seem to find a ready sale to a credulous, misinformed public.

(12) Nevertheless, the manufacturers of commercial fertilizers have propagated the idea that the use of phosphoric acid, potash and nitrogen was the only way out of our dilemma of greater production or starvation. On the other hand, the idea of permanent soil building on a foundation of lime combined with soil humus, whether derived from stable or green manures has been woefully neglected by the ~~xxxxxxx~~ vast majority of land owners.

(13) Manure is an unbalanced plant food, supplying too much nitrogen and not enough of the basic mineral elements; is is especially deficient in lime. The continuous application ~~xxxxxxxxxxx~~ of manures produces acidity of the soil which should be corrected by the addition of carbonate of lime or marl to the manure, before it is used as fertilizer.

(14) Sampson Morgan, of Tenterden, Kent, England, another pioneer of rational soil culture, has published two interesting and instructive essays on mineral fertilization entitled "Clean Culture" and "The New Soil Science".

(15) In "Clean Culture" he says: "I have proved that the millions spent by cultivators upon chemical and 'forcing' plant foods have practically been wasted, often causing much harm. I have further proved that many bodily ailments are due to the continued consumption of deficiency foods,

produced with manure, devoid of the minerals furnished in the primary rocks in perfect proportion."

(16) It is but natural that the manufacturers of the usual commercial fertilizers, containing a surplus of nitrogen and phosphates, strenuously oppose all new ideas of sensible soil culture and condemn all mineral fertilizers as worthless and fraudulent. It is a pity that most of the commercial fertilizers are highly endorsed by agricultural teachers, who still consider an abundance of nitrogen the most essential factor in ascertaining the value of any fertilizing material. ~~In fact, laws have [illegible] to prohibit the sale~~

(17) "Thousands of Eastern farms have been abandoned owing to the worn out condtion of the soil, due to overstimulation by so-called fertilizers, consisting of nitrate of soda and other chemicals which burn up the last ounce of its crop producing vitality. #"What our soils ~~n~~ need is food. We must put back the clean, wholesome mineral elements that nature intended and provided for plant life.

(18) Mankind has accepted the idea that fertilizing must be done with manure, reinforced with nitrates and phosphates. But it will be eventually found that despite all such fertilization, the land is slowly but surely losing its productiveness; that insect pests increase, and, what is worse, that the quality of the soil's products is deteriorating. Intelligent soil culture will, therefore, be one of the most important problems with which the growing population of the earth will have to deal, for the health and welfare of nations depend on rational nutrition.

(19) They have spent vast sums to propagate the idea of money-making by crop specialization; of industrial methods as applied to agriculture; of wrong soil fertilization; of farm life which is merely an imitation of decadent city culture. The most important thing the farmer has not been taught is to live the agricultural life for its spiritual satisfaction; to cultivate a small area intensively and live on the natural, wholesome foods of garden and orchard, instead of shipping most of his products to distant markets and spending large sums of money for high priced, denatured foods and patent medicines.

(20) Fruits, ripened by the electric and magnetic forces of sunlight, have the highest atomic cell vibration of all foods, and while we cannot isolate these subtle forces with the instruments of the laboratory, we can feel their

wholesome effect upon our system. Fruits judiciously used, are the best conservers of our vital force. Foods with a low rate of atomic vibration such as denatured and artificially preserved products and flesh foods are overtaxing our vital force and cause its premature exhaustion.

(21) Man does not as yet fully understand his position in nature and the laws which have governed his evolution from lower forms of life during millions of years. According to their bodily structure and their natural capacity to provide, digest and assimilate food, comparative anatomy divides the mammalia, to which man belongs, into four distinct classes: the omnivorous, the carnivorous, the herbivorous and the frugiverous class.

(22) If the blood has an alkaline reaction, oxalic acid is readily neutralized and eliminated, but in case of acidosis a part of the oxalic acid may pass into the kidneys and bladder. The primary cause of this pathological condition is the excessive consumption of meat, cheese, cereals, legumes, etc., which are all highly acid-forming.

(23) Cocoa and black tea (in their dry state) show the highest amount of oxalic acid and over-indulgence in the decoctions made therefrom, combined with an acid-forming diet, will greatly favor the formation of kidney and bladder stones (calculi).

(24) In the fruit of the tree, nature has produced one of her masterpieces. She has provided an ideal food for the human race. Like man himself, fruit trees appeared late in the order of evolution on this planet. The fact that most of our flower-bearing plants and fruit trees are unknown in a fossil state clearly proves their recent origin which in all probability was synchronous with that of man.

Fruits, which nature develops more slowly than other products of the soil, receive for a longer time the beneficient influences of light, heat and air, through which the electric and magnetic forces of the sun are transmitted. In fruits, therefore, we find the highest manifestation of electro-vital energy and cell vibration of all foods; and while we cannot determine by chemical analysis this subtle quality, we can feel its wholesome and enlivening effects through our whole system. Under the continuous influence of the sun's rays, the elements of the soil, together with water and air, build up the millions of wonderful tiny fruit cells in which all the nourishing constituents are brought into the most perfect

and soluble form. In the ripening of the fruit the sun has taken the place of the cook and produced a morsel of exquisite flavor and wholesomeness, most agreeable to the unperverted taste and meeting every demand of the body.

The majority of people still regard fruits not as true foods, but merely as accessories to the more concentrated part of their diet. It is this mistaken idea that has led to an excessive consumption of meat, cereals and dairy products, which overload the system with toxins and overburden the eliminative organs.

(25) They are superior to starch-bearing and heavy protein foods which, in being assimilated, draw more heavily on our nerve force, thus overtaxing and gradually weakening the internal organs.

(26) The principal sweet fruits are dates, figs, raisins, and most of the tropical fruits; the sub-acid fruits are apples, apricots, blackberries, blueberries, raspberries, cherries, grapes, peaches, persimmons, plums, and nearly all deciduous fruits. The acid fruits include Oranges, lemons, grapefruit, limes, pineapples, pomegrantes, strawberries, cranberries, loquats and tamarinds.

(27) The apple tree returns, by proper care and cultivation of the soil, larger yields than any other fruit tree of the temporate zone.

(28) Since most people have more or less defective teeth, they cannot reduce the entire nuts by mastication into such a state that no hard pieces enter the stomach. Even small particles of such concentrated food as nuts are not easily penetrated by the digestive juices and often pass undigested through the alimentary canal.

(29) Nut butters are becoming more popular every year, but most of the commercial products are made from overroasted nuts. The excessive heat develops free fatty acids and, besides, the nuts are often heavily salted.

(30) Aside from these economic considerations, there is certainly more inspiration in planting and raising fruit trees than in sowing and harvesting cereals for the purpose of feeding the larger part to animals The raising of tree crops involves a considerable expenditure of time and money from which no immediate financial returns may be realized. But it is here that a wise government should render assistance.

(31) There are millions of acres of mountainous land within our borders, unsuitable for cereals and yet adapted for different varieties of nut-bearing trees. Our roadsides could be planted as conveniently to nut-bearing trees as to other kinds that do not produce any kind of food.

(¶32) The nutritive and hygienic value of vegetables depends largely on the chemical composition of the soil and the kind of fertilizers that have been applied. In buying vegetables we seldom know where and in what kind of soil they have been grown. As we have explained in a previous chapter, only soil rich in the essential mineral elements can produce sound and wholesome vegetables, while manures and commercial fertilizers supply an excess of nitrogen and phosphoric acid, causing a rank and rapid growth, which misleads the inexperienced consumers. Large sized products generally suffer from a surplus of ammonia and from a lack of alkaline bases. They have no keeping qualities and easily fall prey to disease and insects. No sound human or animal tissues can be built from such poor vegetation and many so-called infectious diseases have their origin in impoverished soil. Vegetables and fruits grown under proper soil conditions are delicious in flavor, very sweet, firm of flesh, deeply colored, not watery, and, of course, more nutritious and wholesome.

(¶33) Owing to their high content of alkaline salts and mild organic acids, fresh vegetable juices are one of nature's best remedies for acidosis, which is undermining the health of many people.

(¶34) A few slices of green peppers, are highly beneficial in increasing the alkalinity of the blood and removing the toxins, especially uric acid, from the system.

(¶35) We have been firmly impressed with the belief that bread, made of different cereals, is one of the essentials for the maintenance of human life. Yet grain could hardly have been used as food by primitive man, who had neither plough nor hoe. H.G. Wells tells us in his "Outline of History" that the chief tool and weapon of Neolithic man, who lived some 15,000 years ago, was an axe made from stone. It was only towards the end of the Neolithic age, perhaps 10,000 years ago, that man began to settle down in certain areas and to use crude agricultural implements for the cultivation of grain-bearing grasses. ~~Thexxxxxxxxxxx~~

Of course, at that time it was easier for man, who still led a half nomadic existence, to raise the annual crops of seed-bearing grasses than fruit trees, who propagation requires a steady settlement.

Recent discoveries tend to prove that the evolution of the human race from its apelike progenitors covers a million years or more, so that the use of

cereals as a food is of comparatively recent origin. The cultivation of cereals, however, has apparently served its purpose in the development of man as an expedient to round out his food supply and make possible a higher degree of civilization. We readily see that this kind of superficial agriculture which only touches the surface of the soil, dates back to the time when men lived in a half savage state and had to devote a good deal of time fighting one another, while their women raised small crops of annual grains. This tradition in agriculture, which still exists in many countries, means a waste of opportunity. It is now time for us to awaken to the situation and begin intensively cultivating fruit and nut trees, instead of continuing to plant grasses, whose roots do not attack the deeper and richer layers of the soil, but quickly exhaust its surface.

Cereasls are not the best food for man. In fact he could live better without them, if a sufficient supply of fruits and nuts were provided, but it will take many years before the intelligence of man has progressed so far that he will give up old traditions and earnestly begin to cultivate this eart of ours so it will give ample nourishment and contentment to all.

(36) The supposed benefit derived from so-called gluten four, often recommended in the case of diabetes is a delusion, for in the manufacturing process nearly all the alkaline elements are washed out.

(37) Glucose is made by means of diluted acids from cornstarch and is denatured and demineralized product; from the standpoint of a rational dietary, glucose is in the same class with refined sugar.

(38) The land necessary for the feeding of a milch cow can, under intensive cultivation, support at least five people, if they live directly on the product of the soil. #As the population of the earth increases, man must by intelligent cultivation of the soil, become independent of the animal for his food supply.

(39) Only three countries exceed the United States in meat consumption, namely, Australia, New Zealand and Argentine, with over 200 pounds per capita in each country. In Europe the average annual per capita consumption is about 70 pounds. It is highest in Great Britain and lowest in Italy. The per capita consumption in large cities is much higher than in the country.

Japan has the lowest per capita consumption of all countries: 1.5 pounds per year of meat and 25 lbs of fish.

(40)"The meat eaters have conquered the world!" is the common remark of superficial thinkers who want to find an excuse for their shambles and to maintain meat-packing as an important industry, simply for the profit there is in it. True, the meat-eating nations have been more or less successful in subjugating peaceful races, but they have done so, not by means of their higher mental and spiritual faculties, but by theeir superiority in the "art of killing", which the white nations have developed to a high degree of perfection by constantly preparing for foolish and costly wars among themselves.

(41) Man is closely related to the primates or anthropoid apes. He resembles them not only in the shape of the skeleton, but there is also wonderful similarity between the ape and man in the structure and functions of the brain circulatory and nervous systems, of the digestive organs and the muscles. Anthropoid apes subsist mainly on fruits and nuts, tender shoots and soft grains, and they develop remarkable strength from these natural foods. In fact, the gorilla, whose habitat is in the jungles of Central Africa, has maintained his supremacy as king of the forest, and no wild animal dares to attack him.

There is a marked structural difference between man, including all frugivorous and herbivorous animals, and carnivorous animals. The latter have atrophied sweat glands, while in the former the glands are well developed. The carnivorous animals, showing these glands only in a rudimentary form, have completely lost the habit of sweating, and this protects them against a sudden loss of water through the skin and a possible condensation and precipitation of waste poison in the system. The fluid that keeps the uric acid and its salts dissolved in the body is the water contained in the blood and tissues. If the fluids of the body are all of a sudden diminished and cooled, as during sweating, a precipitation of uric acid crystals in the system would always cause serious disturbances. Animals, whose food constantly adds large quantities of waste products to those already in the body, must be provided with means to keep these substances in solution. This protection is given to the carnivorous animals by the atrophied sweat glands, which prevent a sudden loss of tissue fluids.

As man is subject to sweating, it is evident that he was not intended to live on meat and highly acid-forming foods. xxxxx

(42) The liver of the carnivorous animal is able to destroy proportionately ten to fifteen times as much uric acid as the liver of man, which is incapable of converting uric acid into urea. This fact is acknowledged by the foremost physiologists to be an unanswerable argument against the use of flesh foods as part of man's diet. The accumulation of uric acid in the system is the cause of gout, rheumatism, Bright's disease, hardening of the arteries, high blood pressure, heart disease and nervous disorders.

Meat-eating originated comparatively late in the history of man's evolution, and it appears that this deviation from his natural diet was by no means voluntary, but caused by extreme want.

(43) While the consumption of flesh foods for many thousands of years may indeed have given to man certain carnivorous characteristics, yet his anatomical structure and physiological functions remain unchanged. This conclusively proves that nature designed him to be a fruit eater. Eventually he will return to a diet consisting largely of fruits, much improved in nutritive and hygienic value by special cross-pollenation and intelligent cultivation of the soil.

(44) Extended research has established the fact that meat protein is twice as putrescible as vegetable protein.

(45) Plutarch, whose famous biographies reveal his wonderful mental activity and genius, never included meat in his diet. Seneca, the famous Roman author, wrote after he adopted vegetarianism: "At the end of a year my new habits have become not only easy to me, but most agreeable."

(46) Fletcher proved that, when food undergoes thorough ~~m~~ mastication, a much smaller quantity is required to keep our nutritional balance than when eaten in the ordinary way. All advocates of natural, uncooked food should particularly emphasize this point. It has been established beyond question that the improvement manifested in the condition of men who give up the ordinary cooked dietary for raw food is, to a large extent, due to the perfect mastication that these foods require. Fletcher found by careful experiment that he could do hard work daily and maintain health by eating only 1½ ounces of protein, or about one-third the amount of the usual standards. He made this gain by chewing his food four times as long as is customary with most people.

(47) Wheat, rye, or barley, in their natural condition, that is, not milled, may be soaked in soft water for twenty-four hours until they begin to germinate, then mixed with a few seeded raisins or dates and run together through a food chopper. This will greatly facilitate the digestion of starch.

(48) The use of free acids - vinegar and manufactured citric acid, for example - also impedes the digestion of starch. One part of vinegar diluted with 200 parts of water completely destroys the activity of the saliva. And yet vinegar is continually used in the preparation and preservation of a large number of food products.

(49) For instance, gluten products are recommended in case of diabetes. Yet such foods will only aggravate the condition, as they are highly acid-forming. The same diet which is helpful in cases of gout and rheumatism will also be valuable in cases of arteriosclerosis and diseases of the heart. The food proving beneficial in afflictions of the liver, will also relieve constipation and diabetes. Natural foods, if properly selected and combined will equalize the body weight; they will bring back both lean and obese individuals to a state of normality through increased alkalinity and the oxidizing power of the blood. We should learn to recognize the fact that acidosis or toxemia - the retention of waste poisons in the system - is the fundamental cause of nearly all diseases.

(50) The alkaline elements, organized by nature in the products of the vegetable kingdom, are the true materia medica. They neutralize and assist in eliminating the toxins; they purify and enrich the blood and increase our vitality and power of resistance.

(51) But as the system becomes more and more purified, all these symptoms disappear. The craving for highly seasoned meats, pastries and artificial sweets will gradually be supplanted by appreciation for natural foods.

(52) An occasional fruit fast, which means living exclusively on fresh fruits, for one or two weeks, will also be found most effective in loosening and dissolving the morbid matter in the body.

(53) Whenever death occurred during the fast it was caused by organic defects which were beyond repair. It is, however, the consensus of opinion among many close observers that prolonged fasts should not be taken by people of a nervous or emotional temperament, especially by those who are below normal weight. It often requires years of careful living to overcome the shock received

by the nervous system from an injudiciously long fast.
(54)The great hygienic value of natural, uncooked foods has already been mentioned. There is something in these foods which cannot be determined by chemical analysis alone and which we may call, for the lack of a more definite term, "vital electricity" - the result of electronic cell-vibration due to the actinic rays of the sun. We know that the cell is a unit of life as the electron is the unit of matter, or more properly speaking, of force. The cell is made up of a group of atoms, each containing numerous electrons, all in active vibration; and consequently electronic atomic vibration is the material life of the cell. The living cells of plants or trees and their products are simple masses of individualized electric force which is constantly generated by the actinic rays of the sun and is most essential for the maintenance of life and health of the higher forms of the animal kingdom and man.
(55) The powerful influence of the sun's actinic rays upon the hygienic falue of foods is illustrated by the fact that small animals fed on hot-house grown tomatoes developed scurvy, while those fed on tomatoes grown outside in direct sunlight do not.
(56) While many contraceptive devices have been developed the fact remains that none of the students of the problem, not even the physicians, have ever perfected any method of birth control that is biologically, physiologically and psychologically sound. Drugs, chemicals and antiseptics used as contraceptive measures have a tendency not only to irritate the mucous membranes of the sexual organs and to produce atrophy, but all these poisons are, to some extent, absorbed by the blood of the mother. Whatever may be said for or against the various methods of birth control, we should realize that self-control must become the most important factor in the solution of this problem. Self-control will always be more practicable after the adoption of a simple, natureal and non-stimulating diet.
(57) And it is only when the blood has a decidedly alkaline reaction that our organs of digestion and assimilation also our glands can function normally, thus completely neutralizing and eliminating waste matter and toxins and maintaining bodily heat and electricity. If they are surrounded by strongly alkaline fluids, the cells of the body will be better preserved and will need less frequent replacement.
(58) The methods of dehydrating fruits have been very much improved during the last ten years, and unsulphured, dehy-

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drated fruits can now be produced with but a little more expense than sulphured, sun-dried fruits, although the latter may be lighter in color and more attractive to the eye. #Dried fruits can be made almost like fresh fruits by the following method. In the evening put the desired quantity of dried fruit, which is to be consumed during the following day, in a dish and add enough soft or distilled water to cover it. After standing from 16 to 20 hours the fruit will have absorbed sufficient moisture and may then be slightly heated to about 100 degrees F., if desired.

(59) Nuts are nature's most concentrated foods and their high nutritive value, in comparison with animal foods, is becoming more widely recognized. #Animal fat is a free fat and will not mix with water, while the fat of nuts freely mixes with water and forms an emulsion resembling cream. #Since few people, on account of defective teeth, can masticate nuts well enough to be acted upon by the digestive juices, the mechanical emulsification of nuts by means of nut mills is quite indispensable.

(60) To make the flaked cereals, the husked and scoured grain is steamed for short time in large revolving drums in order to soften it. While still wet it is run between rapidly revolving stell rollers and pressed into thin flakes. After drying and sterilizing the flakes the product is ready for the market. As flaked cereals are only partially cooked, they may be recooked before serving, although some people eat them without further preparation. Some recipes for using flaked cereals are given below. The shredded products are made with special machinery which tears the steam-cooked kernels into shreds and deposits them in layers or bundles, in which form they are baked.

(61) Only the whole barley or whole barley four should be used. Some flaked cereals such as oats, are cooked at a slow heat for several hours. In these preparations a considerable quantity of starch has been already dextrinized and they may, therefore, be prepared for the table in but a few minutes.

(62) In India the consumption of millet is larger than that of wheat

~~(63) UNLEAVENED FLAKED WHOLE WHEAT BISCUIT:~~

4 cups whole wheat flakes : $\frac{1}{4}$ cup almond butter:
1 cup nut cream : 3 eggs. Beat whites and yolks

(63)
UNLEAVENED WHOLE WHEAT FRUIT CRACKERS: 1 pound whole wheat flour: ½ cup almond butter: 3/4 cup water: ½ cup seedless raisins, ground figs or dates:

Dissolve the almond butter by adding a little water at a time; mix it well until all the water is used. Add the salt and all the flour that can be kneaded in. Work the dough from 10 to 15 minutes; roll out until 1/8 of an inch thick and cut into equal parts. Spread one part with seeded raisins, ground figs or dates; then place the other piece of dough upon the fruit. Press together witha rolling-pin and perforate partly through with a fork at frequent intervals. Cut into any desired shape and bake in a moderately hot oven until of a light brown color.

(64) HONEY COCOANUT MACAROONS: ½ cup cocoanut oil or ½ cup nut cream: ½ cup (½lb.) honey: 1 cup hot water: 2 cups (½ lb.) shredded cocoanut: 2 cups (3/4 lb.)whole wheat flour:

Thoroughly mix the oil, honey and hot water and then stir in the shredded cocoanut and flour. Put in convenient shapes on a well oiled pan and bake in a moderately hot oven for half an hour. This should make about 3 dozen macaroons.

(65) Soy bean sprouts are used by the Chinese in considerabe quantities as a green vegetable in a great variety of dishes. Bean sprouts furnish a fresh vegetable dish during the whole year, especially in winter when green vegetables are scarce or expensive. The dried beans easily sprout in a short time in the proper conditions of heat and moisture. After the beans are washed, they are placed in a wooden tub having small holes in the bottom to drain off the excess of water which is poured over the beans. A bamboo mat or cloth is placed at the bottom of the vessel to prevent the beans from passing through the holes. The beans must be moistened at least three times daily in summer and twice in winter. In cold weather the beans should be kept in a warm room and tepid water used for moistening them. The tub must be covered with a heavy canvas to keep out the light. It takes about 3 days in summer and 2 weeks in winter until the sprouts are fully grown (1½ to 2 inches long) and ready to be eaten. Of the other varieties of beans, the mung bean is best adapted for sprouting. It is more generally used for this purpose than the soy bean, although the mung bean sprouts contain less protein, fat and mineral matter than those of the soy bean. Bean sprouts are a wholesome, inexpensive food and should be more extensively used, as they are rich in vitamins and make a delight

lightful addition to salads.
(66) In places and seasons when fresh fruits are scarce and expensive, vegetable salads should be eaten once or twice daily.
(67) The mono-diet, that is, the eating of only one kind of food at a time, often produces good results, especially with people whose digestive organs are not very strong. The kind of food can be changed from meal to meal, so that monotony is avoided. Each food has its own cellular vibration; and in order to derive the full benefit from natural products, fruits particularly, they should be eaten alone to allow their vibratory forces to exert their full potency. By living on a mono-diet, which should consist largely of fruits, the food constituents are more completely utilized than in the case of a mixed diet, while a large amount of nerve force is conserved in the process of digestion. All animals in the natural state practically live on a mono-diet. This, to a large extent, accounts for their superb health, wonderful agility and freedom from disease. Domesticated animals, which have more or less lost their natural instincts and have acquired abnormal eating habits are subject to the same ailments as man.
(68) The extensive use of spices, salt, vinegar and chemical preservatives in the irrational preparation of our foods makes them unfit for the formation of healthy blood and tissues. Spices, especially pepper and vinegar, interfere with the formation of red blood corpuscles and, through their constant irritating effect upon the mucous membrannes of the intestinal canal, are the chief contributary causes of chronic catarrh and cancer.
(69) Suphur dioxide is still permitted in limited amounts in the preparation of dried fruits, but the producers and packers are always inclined to go beyond the allowed minimum which is 0.35 parts of sulphur dioxide in one thousand parts of fruit. Many European countries have restricted the amount of sulphur in fruit to 1 part in 7,000. According to the investigations of Alfred W. McCann in New York City, the quantity of sulphur dioxide found by analysis in the 1923 pack of California dried fruits ranged all the way up to 3.5 parts per 1,000, which is ten times more than the law allows. ~~The 1924~~
(70) A perverted taste is largely responsible for the excessive consumption of salt among so-called civilized people. There are some persons who use salt on nearly every article of food.

Salt is one of the most insidious condiments and preservatives because of its daily use by the great majority of people, despite the many clinical experiences which p proves its injuriousness. The tendency of the average human mind is to find an excuse for its perverted habits and to overlook and ignore the facts which are against its preconceived notions or desires.

When preparing herbal decoctions, it is not necessary to boil the herbs continuously. Bring the water to a boiling point and set the pan, with the herbs in it, aside for three or four hours.

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( ) The Passion Fruit is a sub-tropical fruit new to Southern California, al though it has been propagated with much success in Brazil and Australia and in other countries where the climate is suitable. Just as the Papaya is a valuable fruit for its papain content so is the passion fruit for the same reason valuable. Papain is the vegetable equivalent to the animal pepsin a digestive juice, and has the property of aiding materially in digesting other foods eaten along with the fruit containing papain.

It is a light laxative and is valyable for that reason in an eliminative diet. It contains elements for a general bodily tonic and has been said to have wonderful "pick-me-up" qualities. An analysis of Passion Fruit shows the following contents: Proteins, Albuminoid subs.. ...1.28%; Sugars, Reducing as dextrose...6.04%; Sugars, Reducing as Invert ...6.26%; Sugars, non-volatile as Seurose...3.29%; Volatile acids as Acetic.011%; Non-volatile acids as tartaric ... 2.44%; Non-volatile acids a Malic.. .2.18%.

( )The sugars found in raisins which make them valuable as energy builders--levulose and dextrose -- are invert fruit sugars. Invert sugars differ from ordinary sugar as we understand it, in that they do not require digestion to turn it into assimilable food material. Refined sugar requires digestive action first, before it is turned into invert sugar, which then follows the same process as the invert sugar we eat in raisins, honey, maple sugar, and fruit sugars. This works hardships on the digestive system that sometimes causes irrepair-able damage. The sugars in raisins cause fats and oils to digest more easily. This makes raisins valuable in salads containing oil or in sandwiches containing olives.

In the raisin, the alkaline metals predominate, such as Iron, Calcium, Sodium. Maganese, Potassium, while the acid forming non-mentals such as Chlorine, Phosphorous and Sulphur do no rend to affect the total alkalinity. Copper is also present in raisins, one of the few fruits or vegetables containing this

mineral. Copper must be present with iron for the proper building of the hemoglobin in blood.

( )Even small particles of such concentrated foods as nuts are not easily penetrated by the digestive juices, and consequently, delay cleavage of these particles, which often pass undigeste d through the alimentary canal.

Nut butter, in which the fats are brought into a state of mulsificati on, attention should be called to the fact that nut butters are frequently made from highly roasted nuts which contain free fatty acids and are often heavily salted. Such preparations are not wholesome, since they overtax the live and kidneys.

Scientific research proves that all nuts, especially in the form of nut butters, furnish a relatively high amount of basic animo acids, and that nut proteins are of a high biological value.

( )<u>Lychee Nuts</u>: contain chemical substances of food value which invigorate and gradually revitalize the entire system.

( ) BROTH: take parsnips, celery knobs, leeksand a little parsley. Cook 15 minutes. Then put thru liquifier or mash and strain.

( )SOUP THICKENER: Any clear soup may be thickend without its losing clarity, by cooking a mashed eggplant and mashed okra with it. The jelly-like consistency which is so unappealing when eating the whole vegetables themselves, modifies the thinness of the soup.

( )CHINESE REST: Have curry sauce served in separate bowl in case too greasy.

( ) Tests show that if coconut, pignolia, seeds or cashew nuts are ground in with soft vegetables, the taste is immensely improved.

( ) There is a vast improvement in taste of breakfast hot ½ minute soaked raw cereal if fat is added in form of nut meal, ~~and it [illegible]~~.

( ) Vegetables must be Fresh. There's a scientific reason why vegetables should be washed and refrigerated as soon as they are brought from the market. When kept at room temperature, some vegetables lose anywhere from 10 to 47 per cent of their vitamin C in only 48 hours; in spinach, green beans and peas, 30 to 50 per cent of the vitamin C vanishes in two days, and all of it in a week.

( )Cook vegetables in very little water, just enough to cover them, and a low simmering fire. First bring to boil on large flame, then lower it to simmer.

( ) Halva is made with eggs-put on banned list.

( )Cold Fruit Soup:Water macerated Tomato, Powdered c Coconut, Sunflower Meal Lemon juice. Heat to temperature required

( )The most delicious Maté is a brown and not green leaf. It must be made with generous heaping tspoon.

( ) Even when Minestrone soup is made in restaurants without meat it is made with maceroni mixed in with the vegetables. This, as an eggproduct, is alone enough to ban minestrone. But often even when made out of vegetable alone, a piece of ham is dipped in during cooking to flavor it and then withdrawn.

( )Manufactured sugar overloads the system with waste products; the liver cannot take care of it, resulting in fermentinn and acidity.

( )For Rice cooked a la Akropolis add 1 spoonful of Olive oil to the water.

( ) To render boiled vegetables quickly palatable use dressing of 1 part Olive oil to 3/4 parts lime juice. Add paprika and herbs if desired.

( ) Kale is best vegetable source of Vitamin A. Apricots have more vitamin "A" than carrots.

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( ) Kale is best vegetable source of Vitamin A. Apricots have more vitamin "A" than carrots.

(51)Pies, cookies and cakes, being made with sugar, impair digestion, This is just as true if they are made of brown sugar, maple sugar and whole-wheat flour.

(52)Until the white man introduced these things, the Hawaiian Islanders had no milk and no grains for centuries. Yet their bodies were splendid, their vigor great.

(53)Commercial jams contain added benzoate of soda preservative, phosphoric acid, binder and coal tar dye coloring. The fruit is treated with sulphurous acid. All jams, jellies or preserves should be excluded from the diet.

(54)Preserved fruits are abominations. They are dead, that is embalmed.

(55)Sugar and honey should not be combined with fruit. Fermentation will result.

(56)All the great claims made for "breakfast foods" are false. Cornflakes, puffed rice, bran food, cream of wheat, oat meal are difficult to digest and too processed to be good food.

(57)Distilled water is the best drinking water obtainable. Objection that it is "dead" has no foundation as there is no live water. All water is lifeless. Nature is ceaselessly engaged in distilling water. Were this process not ceaseless the earth's water would be unfit and too foul to use. Distilled water is not more unnatural than purest rain water. The drinking water of cities has had put in it, chlorine, alum, lime and soda. Chlorine is a poison put in to kill typhoid germs, but enough will destroy human life. Its effects are cumulative. In World War I Chlorine gas was used to kill soldiers.

(58)Discomfort caused by undigested food may be relieved by a hot pack placed over the stomach .

(59)All intense strong destructive emotions abolish not only hunger but also the secretion of digestive juices. These are fright, grief, rage, fear, worry irritableness, despondency, mental shock, and emotional upheaval. One should not eat until calm has beenrestored. Every mood and emotion reacts upon every cell and function in the body.

(60)Cereals are best omitted from the diet entirely, but where this is not done, should form only a small amount of it. They are hard to digest, ferment easily, cause gas. Potato starch digests 8 times more quickly

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MADISON 8219
MADISON 2957
STANLEY 7-2305

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( )THE CHINESE RANGE:There's a reason behind the fresh, natural taste of Chinese foods. And that reason, Hoe Sai Gai hostess Olga Eng will tell you, is summed up in the words"Chinese ranges". "Chinese ranges" is an American expression for a Chinese cooking utensil which has no real American name. The closest American word, thought inaccurate, is skillet. Practically all Chinese vegetable dishes are cooked in this skillet, which is wider and shallower than the American variety. Vegetables cook more rapidly in it because they're immediately exposed to the heat. In deeper American skillets, it naturally takes longer for the heat to reach the top layer. The result: fresher tasting vegetables cooked on the average of five minutes,and more nutritious food, since fewer vitamins are lost through short cooking. That's why Hoe Sai Gai Chinese chard, mushrooms, and peas taste so good.

( ) You can start an interesting conversation almost any time by introducing the subject of Hungarian goulash, or gulash, for there seem to be any number of ideas as to how this delicious stew should be made. Some like it made with one kind of meat, some with another. Some people fill it with vegetables, others contend that a true goulash is all meat, with only the seasoning vegetables included.

Well, no matter what kind of meat you use or what kind of vegetables are included, there is one thing that distinguished the "real stuff". That is paprika, and plenty of it. The middle European will smile at our idea of paprika--mild and sweet, and only a sprinkle used for color and flavor. Hungarian paprika is hot, with a good red color, and is used in some main dishes so liberally that it colors them a rosy red and makes them hot and peppery. They are dishes that call for cool beverages and bland accompaniments like boiled potatoes and golden egg noodles. If your palate is adjusted to blander food. add paprika gradually to suit your taste.

(11)LIME BLOSSOM TISANE:Sold at Culpeper's by the Society of Herbalists at 21, Bruton Street, Berkeley Square, London. Infuse a heaped teaspoonful of the flowers in a teacupful of boiling water for 10 min., strain and drink hot with meals or at bedtime. Nett Weight 1½ OZS.LIME BLOSSOM TISSANE is a sedative and promotes sleep. After Supper Drink; Lime Blossom is ideal, and promotes good sleep. But must use(a) a heaping tsp. in the green plastic cup(b)a little sugar(c) steep for full ten minutes. Also sold by Goodmans Pharmacy,New York.

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(1) LIME PUDDING TREAT: Sold at Dingeman's by the pound or specialize at 55, Bruton Street, Berkeley Square, London.

(42) APPLE CHUTNEY: 12 tart apples; 3 peppers (1 green 2 red) 1 pint cider vinegar; juice 4 lemons; ¼ t. cayenne pepper; 1 mild (sub: onion) 1 cup seedless raisins; 2 cups brown sugar; 1 T. ground ginger 1 T. salt. : Peel, core and chop apples, combine with onion and peppers cut finely; Add vinegar and simmer one hour, stirring frequently. Add other ingredients. Cook another hour, stirring often. Store in sterilized jars.

(43) SPANISH RICE: 3 cups hot cooked rice; 1 cup sliced (sub; onion) 3 T. fat or bacon sub: 1-3/4 t. herbs ½ cup diced green pepper 2 cups cooked tomatoes; 1 bay leaf; 2 t. sugar 5 slices diced cooked sub for bacon: Cook sub; onion in sub; fat 3 min. but do not brown. Add salt, green pepper, tomatoes, bay leaf and sugar; simmer 15 min. Remove bay leaf; add rice and diced sub: bacon; cook 10 min. Serves 6.

(44) DRIED BEANS: May be cooked in many ways, baked with flavorful seasonings. The varieties that are commonly used are black, kidney, lima, narrow, navy, pea, soy and yellow eye beans. One cup of uncooked dried beans equals 2 to 3 cups when cooked. One cup of uncooked dried peas equals 2 cups when cooked.

(45) BOILED BEANS: After thoroughly washing the beans soak overnight or 5 to 6 hours in cold water to cover. (No time for overnight soaking? Then soak dried limas one hour and simmer them for 2 to 4 hours or until tender. Or if they are not soaked at all, they can be made tender by simmering for several hours 'til tender.

(46) BOILED DINNER: 1 cup potatoes; 1 cup carrots; 1 cup (sub: onions); 1 cup celery; ½ pound Protose; 1 t. Savita; 2 T. butter; herbs;: Cut the potatoes, sub-onions and carrots into 8ths, and the celery into dice. Add water to cover, and simmer until the vegetables are tender. Dissolve the Savita in a little of the hot stock, and add. Cut the Protose into small dice, and add. Add the butter, salt and herbs and cook for about 15 min.

(47) ALMOND PEPPERS: 6 green peppers; 1 cup chopped almonds; 1-½ cups boiled rice; 1 t. herb; ¼ t. pepper; ½ cup thin white sauce or rice stock: Wash peppers and remove cores and seeds. Boil for 5 min. and drain. Fill the peppers with the almond mixture, and cover the tops with crumbs. Dot with bits of butter, place on a greased baking sheet and bake 30 min. Serve with own gravy or tomato sauce.

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MADISON 2957
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(71) PUREE OF SPLIT PEAS: Take two cups of green dried split peas and boil until mushy. If water boils away before peas are done, add more. Do not salt the water, as it hardens it and takes longer to cook the peas. When peas are done mash through a sieve and add a quart of milk, salt and cayenne pepper to tast; add the juice of a grated Sub; onion and return to kettle and boil again; when boiling add a T. of flour mixed in two T's of olive oil. Serve in cups or small soup plates.

(72) CURRIED RICE AND TOMATOES: Take one cup of rice and washin several waters, then boil very hard for 15 min. in a large quantity of water. Take a can of tomatoes, add to them 1 t. of curry powder and season to taste. Put a layer of tomatoes in a baking dish, then a layer of rice (being careful to have water all drained from rice), than a layer of tomatoes, and so on until all is used, making the last layer tomatoes. Sprinkle the top with crumbs and place a few bits of butter here and there over the crumbs. Bake in a moderate oven 15 to 20 min. and serve in the dish in which it was baked.

(73) ~~XXXXXXXXXXXXXXXXXXXX~~ FRUIT SALAD: 1 fresh pineapple; peel and cut in small thin slices; 2 or 3 oranges, peeled and cut into small pieces; 6 to 8 bananas; peeled and sliced; 2 or 3 apples, peeled, cored and cut into thin slices; Do not prepare this salad until just before serving, as it is much nicer when thefvruit is freshly prepared and mixed.

(74) ARMENIAN BAJ-JIZ: 2 to 3 T. of Oil, Crisco, or Nut Butter. ½ t. of Black Mustard Seeds. Drop into the hot fat and lift pan from the heat as they explode easily. The seeds add much to the taste but must not be burned. They may be eliminated, however. (Culpeper's Herbal gives them great curative powers.) 1 t. of seeds powdered;; 1/3 t. of cloves; (powdered); 1 t. celery seeds powdered or celery salt; 1 t. cinnamon seeds powdered; 1½ t. Curry Powder; 1 T. brown or raw sugar; 1 large green pepper cut in strips; small can of Tomatoes or 2 cups of fresh tomaotes.: Mix all thoroughly and add enough of any combination of the following vegetables to make 2 quarts.

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(75) DESSERT: Mix soaked figs, orange, soaked raisins, date butter, apricots and little lemon juice or orange peel, and run thru electric liquifier to form puree. The result is delicious and jam-like.

(76) CONDIMENTS: To replace pungent seasoning use liq-efied parsley, pimento and paprika. Pungent flavoring sauce ingredients: (a) endive-(b) tomato-(c) green pepper

(77) The Chinese use their pungent seasoning so lightly that it is hardly detected by the tongue.

(78) BAKED EGG-PLANT: 1 medium size egg-plant; ½ cup minced celery; 1 tbs. chopped parsley; 3 slices bread (a good place to use left-over breads); ¼ tsp thyme; ½ tsp. Marjarom; ¼ cup nut meal; 2 tbs. salad oil; salt to taste; Dice egg-plant. Cook in small amount of water as possible until tender or thoroughly done. Remove from fire, add crumpled up bread and seasoning and nut meal. Mix, put in greased baking dish and bake in moderate oven until brown.

(79) SALAD DRESSING: 1/8 cup molasses; 1 t. paprika; 2 T. tomatoe paste; ¼ cup lemon juice; ½ cup salad-oil (or olive oil); herb seasoning;: Blend molasses and paprika together. Add remaining ingredients and beat well with rotary beater or in liquifier.

(80) [redacted] MOLASSES FRUIT FUDGE: ~~mix~~ 1-½ cups of raw sugar; ½ cup Grandma's Molasses; ½ cup water or nut milk; ½ t. vanilla; 1?4 cup dates; 1/4 cup raisins; ½ cup nuts or coarse nut meal; 2 T salad oil or margarine: Cook sugar, molasses, water or nut milk over low heat, stirring until mixture forms a soft ball. Remove from heat, add oil or margarine, cool; add vanilla, beat until firm. Stir in chopped fruits and nuts. Pour into greased pan, cool, cut into squares.

(81) PASTRY CRUST FOR FRUIT PIE: Measure and sift into bowl: 1 cup sifted Whole Wheat flour; ¼ t. salt; blend in: 5 T. shortening or salad oil; Add enough cold water to hold mixture together. Lightly press into ball. Roll out on lightly floured board. Fold over and fit into pie plate.

(82) CURRIED RICE RING:: 2 cups rice; 6 cups boiling salt-ed water; 1 t. salt; 1 t. curry powder; 2 T melted margarine or salad oil; : Cook rice in boiling water until tender. Dr-ain. Combine with seasonings and oil. Mix well and pack into a greased 10 inch ring mold. Place the mold in a pan of hot water and bake in a moderate oven(350) for 20 minutes.

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MADISON 5219
MADISON 2937
STANLEY 7-2305

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ABBREVIATIONS: T equals: 1 LARGE TABLESPOON.
t equals: 1 small teaspoon .

(1) LENTIL SOUP: 1 lb. red Egyptian lentils, 1 Spanish onion(sliced, a few cloves, ½ small teaspoon herbs, 1 tsp. mixed herbs, 2 grated carrots, 1 oz. butter, 1 Tbl. chopped parsley: Cook the washed lentils with onions, cloves, salt, herbs and carrots in quart of water until thoroughly mashed. Rub through fine sieve with wooden spoon. Put the result in a pan, cream the butter and then add the parsley. If there is not enough liquid stock, milk can be used to make this very nourishing. Some celery can be added with advantage. Serve hot, with dry toast.

(2) NORWEGIAN FRUIT SOUP: Fruit soup can be served cold in summer and hot in winter. When I was in Norway I lived on fruit soup for several weeks, along with whole grain. The result of my physical energy was astounding. I found that I was able to do unbelievable feats of strength as a result.

This soup is more versatile than most soups as it can be served to open a meal, and top it off, or to go with an afternoon repast, if this is part of the daily diet. Here is the recipe: 1 cup prunes, 1 cup of raisins, 2 quarts of cold water, 1 lemon, 1 cup of grapejuice (Micro-Mincer style), Raw sugar to taste: Put prunes and risins on to steam wth the cold water. When the fruit is sufficiently done, add the lemon sliced thin, grape-juice, and add the sugar to taste. Serve this cold or warm depending on the season.

This is a variable type of recipe and may take one or two experiments to get just the proper results. The N orwegians are expertaat this and one needs only a trip to Norway to taste this delicious food andkno how delicious it can be.

(3) MEAT LOAF a la VEGETARIAN: 1 cupful lima beans or peas, 1 cupful bread crumbs, 1 cupful cooked string beans, okra, spinach or other leftover vegetables , 4 large sticks celery with leaves, 1 small onion, 1 cupful walnuts, 1 Tbls. Savita, Minced parsley, Salt if desired, 1 Tbls. butter substitute, 1 bay leaf, 2 cloves, 1 raw carrot.

Put lima beans, bread crumbs, left-over vegetables, celery, onion, and walnuts through the food grinder. Dissolve Savita in a little hot water. Add Savita, minced parsley, butter substitute and salt to ground vegetables, bread crumbs and nuts. Mix all together and bake in a moderate oven in well-buttered pan. Serve with tomato aauce, or with stewed tomatoes used as a sauce.

(4) VEGETABLE CHOP SUEY: 2 pounds fresh bean sprouts

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MADISON 2957
STANLEY 7-2305

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or 2 cans bean sprouts, 3/4 cup bamboo shoots, ½ cup water chestnuts, 1 large white onion, 1 cup finely cut celery, ½ cup green peppers, 1 cup dried mushrooms, piece of butter size of walnut: Soak dried mushrooms 3 or 4 hours. Wash bean sprouts well. Cut bamboo shoots and water chestnuts in one-half-inch cubes. C op green pepers. Mix all together and stew thirty minutes. Bamboo shoots and water chestnuts will not get tender. They should be hard when the chop suey is done. Serve with Savita Gravy or Soy Sauce, and steamed brown rice. NOTE: The bean sprouts, bamboo shoots, water chestnuts and Soy Sauce may be purchased at a Chinese store or any fancy grocery.

(5) HONEY COCOANUT MACAROONS: ½ cup of cocoanut oil, ½ cup honey, 1 cup of hot water, 2 cups or ½ pound of shredded cocoanut, 1½ cups of whole wheat flo r and ½ cup "I-M" Cereal: Mix the oil, honey and hot water thoroughly—stir in the cocoanut and flour. Put in shapes on a well oiled pan. Bake in a moderately hot ~~xxxxx~~ oven for one-half hour. This will make approximately three dozen.

(6) APRICOT PIE: Make a crust of equal parts of California dates and cocoanut ground through a food chopper or chopped in a wooden chopping bowl. Roll out ~~at~~ to a thin layer or mix with mashed banana and one Tbls. of orange juice pressed into a glass baking dish. Make a filling of ground apricots—moisten with orange juice and add some ground walnuts mixed well and put in the crust.

(7) SPAGHETTI a la RUSTICA: 1 lb. package spaghetti, 2 herbs, ¼ cup of olive oil, 6 tomatoes, herbs, few sprigs parsley: Chop parsley very fine, and cook with oil. When well browned, add cut tomatoes, herbs, and continue cooking for about 40 minutes. Pour sauce over cooked spaghetti.

(8) CURRIED RICE: (Serves 6) To: 2 quarts boiling water add slowly: 1 cup unpolished rice. Boil rapidly, uncovered, until kernels are perfectly tender. (20-25 minutes). Drain off cooking water and let the rice stand in a sieve, over steam, for 10 minutes to make the grains stand out separately. Add: 3 T. butter creamed with 1 T. C&B Arrowroot or flour (mixed with enough water to make thin paste) 1 tsp. salt, 2 tsp. sugar. Cook until thick. In a skillet melt: 4 T. shortening. Add: 1 diced onion, 1 diced green pepper. Cook until well browned. Stir in: 1 T. C&B Curry Powder. Combine the two mixtures and simmer for 10 minutes.

C&B RECIPE FOR TOMATO CURRIE: (serves 6) Empty into a saucepan: 1 can of tomatoes. add: 1 T. C&B Arrowroot...

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MADISON 2957
STANLEY 7-2305

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(19) PEA CROQUETTES: Take a cupful of green peas and ~~bi~~ boil them and add sufficient bread crumbs to made them stiff enough t mould, adda little fried chopped herb a little chopped parsley,, shape them into balls or cakes, breadcrumb them and fry in hot ghee. Serve them hot with sauce or brown gravy.

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(20) PEA SALAD: Take a cupful of curds, add half a teaspoon ful of sugar, salt to taste, a little finely chopped green chilies and coriander leaves and mixed with half a cup of boiled green peas. Mix it well and serve.

(21) VEGETABLE PIE: Take one onion, a handful of green peas one carrot, one stick of celery, half ounce sago, one teaspoon ful of flour, one ounce butter, herb to taste. Stew all but the above ingredients together in very little water but dont allow them to gt too soft. Then cut them into small pieces and press them in a pie dish, cover it with crust and bake for half an hour on slow fire.

(22) FRESH TOMATO SOUP: Slice 2 large onions and fry them in ~~xxxxxxxx~~ for a few minutes. Do not brown them. Add 6 quartered tomatoes, and cook together for a minute or two longer. Add a pint and a half of boiling water, some herb seasoning. Boil, and then simmed until the tomatoes are done, then pass the soup through a sieve and serve.

(23) WATERCRESS SOUP: One lb. potatoes, 1 large onion, ½ pint milk, 2 bunches water-cress, 1 oz. margarine, herb seasoning to taste, ½ pint water. Chop substitute for onion finely. Peel potatoes and slice them Wash the watercress well and chop it finely. Boil potatoes nd onions in ½ pt. water till they can be mashed up in the saucepan with the water in which they are boiled. Add watercress and margarine. Stir well and add milk. Season with salt and pepper and simmer for 10 minutes, occasionally stirring to keep it rom sticking.

((24) MIXED VEGETABLE SOUP: Cut into dice 2 leeks, lonion equivalent 1 carrot, half a turnip, half a stick of celery, one potato, 1 oz (equivalent) lean bacon and ½ oz. (equivalent) fat bacon. Fry all gently in the fat. Shred 2 oz. cabbage, add to the rest, and cook until soft with 2 pints water or white stock. Bring to boil and simmer for 20 minutes with 1 oz. rice, and continue to cook slowly for another 30 minutes. Stir occasionally to prevent rice frombu ning. Season thoroughly, and add a little chopped parsley 5 minutes before serving.

(25) DRESSING FOR FRUIT SALAD: For a different dressing to serve on fruit salad, add one teaspoon of chopped maraschino cherries and one tablespoon of orange juice to b boiled salad dressing.

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(26) TOMATO AND RICE PIE: Wash well a teacupful of good rice and boil it. Peel 1 lb. of tomatoes, cut them into ½ inch slices, and put a layer in a butter d pie-dish. Put in rice, sprinkle with curry powder and seasoning to taste. Put the rest of the tomatoes on top, then seasoning and bread crumbs, then plenty of butter and bake for ¼ hr. 73

(27) BAKED POTATO, SALAD: TO COOK: Put the vegetables in a pot over slow fire and put a little olive oil in pot. Then put in the vegetables. The juices will slowly gather from the vegetables to make enough water to steam them and cook them. The salts are retained thereby. This combines baking with steaming.

(28) PEAS AND LENTILS should be soaked at least for 24 hrs. so as to start the glume, and then be cooked.

(29) SEASONING: SEASONING: S age, marjoram, thyme, bay leaves, etc., are used. Finely chopped herbs in herbs browned in olive oil may be added. Stir slowly while cooking.

(30) DIET AND HEALTH : Cooking; (a) Steam vegetables because the steam gets hotter than water and penetrates better, whilst it does not wash away the salts etc. (b) Bake a stew of vegetables by putting in moderate oven for couple of hours, covering them a little with oil and using a tight-fitting lid. ~~(Compiled by the London Vegetarian Society.~~

(31) JULIENNE SOUP: 1 stick celery; 2 (substitutes for onions) 2 leeks; 2 carrots; ½ lb. turnips; tablespoonful "Vegex"; bean stock; seasoning; Cut the vegetables into tiny sticks, put them in the stewpan with water. Cover and cook until soft, stirring occasionally with a wooden spoon. Moisten with three pints of stock and let simmer gently for about an hour. Stir in the seasoning and serve hot with toasted bread dice.

(32) LENTIL ROAST: ½ lb. red lentils; 2 cupfuls wholemeal bread-crumbs; 1 T. tomato sauce; 2 (sub: onions); seasoning. Wash the lentils and cook gently in three-quarters of a pint of water until quite tender. Grate the onions. Mix all the ingredients thoroughly and bake in a greased dish in a moderate oven for half an hour. Serve with mashed potatoes and greens. Equally delicious cold with salad.

(33) PRUNE DUMPLINGS: 1 dozen large soaked prunes; 2 cupfuls wholemeal flour; 1 egg; seasoning; milk; 2 t. raw sugar; Make a smooth dough of the flour, salt, sugar and egg, using a little milk to moisten. Roll out the dough and cut into twelve pieces. On the center of each piece put a stoned prune. Wrap and roll each into a dumpling. Drop the dumplings into slightlysalted boiling water and cook for 12 minutes. Drain well, and sprinkle with raw sugar before serving.

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(14) MACEDOINE OF VEGETABLES: 1 cup whole kernel corn, cooked--1 cup cubed beets, cooked--1 cup carrot strips, cooked--1 cup green peas, cooked--1 cup left-over mashed sweet or white potatoes--3 thsp. butter or margarine (melted)--1 tsp. chopped parsley-Herbs to taste: Drain all vegetables and place in a shallow 8 in. casserole in sections. A spatula may be used to keep vegetables in separate quarters. Place mashed potatoes in a pastry bag and make a border around edge of casserole. Mix melted butter or margarine with parsley and pour over vegetables. Herb to taste. Bake in hot oven (400F.) 15 min. or until thoroughly heated. The amounts of vegetables may be varied according to size of casserole used. Other vegetables may be substituted or, if a can is opened for one of these vegetables, save any remaining portions for a vegetable salad. Serves 6 generously.

(15) CHOP SUEY: 2 thsps. shortening, 4 cups shredded Chinese Beans, 1 1&1/3 cups thinly sliced onion, 1 to 1½ tsps. herbs: Melt shortening in hot frying pan; add cabbage, celery, green pepper, and onion; mix thoroughly. Cover; cook slowly 5 minutes; add seasonings. Serve immediately. Serves 6.

(16) BEAN LOAF: 2 cups boiled beans, 1 cup bread crumbs, 1 cup chopped celery, steamed--½ cup chopped parsley-½ cup nut milk-1 tablespoon whole wheat flour-1 teaspoon herb seasoning if desired: Mix the vegetables and four with the milk, and heat until it thickens: then mix thoroughly with the beans and bread crumbs. For into a loaf of convenient shape and bake in an oiled pan.

(17) BAKED BEANS: 2 cups beans, boiled, 1 cup strained tomato pulp, 1 tablespoon whole wheat flour--1 tablespoon choped onions 1tabl spoon chopped parsley--1 dash of herbs if desired. Make a tomato sauce by mixing the flour and vegetables with the tomato pulp and heat until it thickens. Pour over the beans and bake in a moderately hot oven.

(18) CHILI: 1 large onion-1 large stalk celery-2 canned pimentoes-2 T's green pepper- 1 No. 1 can tomatoes-2 cans dark red kidney beans-1 teaspoon sugar-1 teaspoon Savita 1/3 teaspoon Chili powder-1 teaspoon celery seeds- Herbs- Chop the onion, celery, pimentoes and green pepper, and fry in the butter until tender. Add the Savita and other seasonings, then the tomatoes and kidney beans. Simmer for about an hour, adding a little water as necessary.

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(9) NUT DUMPLINGS serve TOMATOE SAUCE: (made of cracker-dust, bread-crumbs, ~~[illegible]~~, onions, little herbs, and cut-up nuts.)

(185)

(10) SAVOURY WHEAT DISH: Wash one and one-half cupfuls of heat and soak for a few hours or overnight. Cook slowly for three hours in sufficient water to cover. While the wheat is cooking, peel and chop fine three or four large onions and the same quantity of tomatoes and celery sticks. Fry these vegetables for fifteen minutes in two T's of olive oil or nut butter. Simmer one teaspoonful of mixed herbs and two bay leaves in one-half cupful of water for ten minutes. Discard the leaves and add the liquid and the fried vegetables to the wheat, als adding one-half teaspoonful of curry powder, one-quarter teaspoonful of salt and one and one-half cupfuls of milk. Mix thoroughly and pour into a casserole and bake slowly for two hours. Other vegetables, such as peas, beans, carrots, may be used for variety and change. ~~[illegible]~~

(10a) ~~the~~ STEAMED WHEAT; ~~but~~ instead of vegetables, chop four prunes, two figs, some raisin, and soak them in orange juice. Grate one apple, at the time of serving. Mix all the fruits with the wheat, adding a pinch of cinnamon. Place into cold cups, turn out, sprinkle with ground nuts. Serve with fresh cream, or a lemon sauce, or a vanilla sauce.

(11) POTATO-BEAN SOUP: 2 cups diced potatoes, 1 cup soaked navy beans, 4 T's chopped onions ½ cup diced celery and leaves, 8 cups water, 4 T's butter: Mix all ingredients--except the butter-and cook slowly one and a ¼ hrs. Add butter and a dash of paprika. Serve in bowls, piping hot.

(12) ARTICHOKES SAVOY: Remove the outer leaves from the artichokes, cut off the tips and pull them apart. Put six tablespoons of oil in a dish, a handful of finely chopped green parsley, a clove of garlic, a handful of bread crumbs, herbs. Mix all well togethr in a stewpan, add water to the length of two fingers, and let them stew gently until all the water has boiled away and only the oil remains. The artichokes may be allowed to catch a little on the bottom of the pot, as the light crust thus formed gives a delicious taste.

(13) VEGETABLE MARROW: (Carlo Scarabelli, Jasper, Canada) Peel and slice some young vegetable marrow. Saute in butter, and when cooked, add some peeled and chopped tomatoes, chopped parsley, ~~[illegible]~~ herbs. Place this stew in an "au gratin" pan, sprinkle with grated nuts and bake.

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STANLEY 7-2305

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(94) VEGETABLE SOUP: (Mrs. B. Stevens' Recipe). 2 cans tomatoes(1 lb-3 oz. size) 2 sprigs Parsley, remove later--2 leaves of Laurel, or Bay--1 pinch of Thyme-2 cups of String-beans cut in small chunks-6 cups of chopped celery cut in small chunks-4 heaping cups of chopped carrots-12 cups of cold water--½ tsp. MAGGI if desired.--Empty tomatoes into cold water, bring to boil briskly for ½ hour. Add parsley but remove it 20 min. as it gets dark then add string-beans and Laurel leaves and Thyme. Allow to cook (brisk boil) 15 min before adding Celery. Allow celery to cook 15 min. before adding carrots. MAGGI added after carrots have cooked.NOTE: Best soup can be made by allowing the contents now to simmer for 1 hour 3/4...but lessif you desire to eat the vegetables.. the above suggestion is made if broth is the object... otherwise, allow it to continue to boil briskly ½ hour to 3/4 longer after the carrots are added, or until they are tender.

(95)Jerusalem Artichoke and Dasheen are very alkaline vegetab-les.

(96) Roasted chestnuts are the only digestable nut.

(97) When unused all night, let water run from faucet first to remove metal pipe deposits.

(98) Masticate Thoroughly and slowly and the food will be 50% more enjoyable.--your fault of hasty eating will be corrected.

(99) Ida's Recipe: Ground figs or dates(use flaked coconut to assist grinding) dices of apples, raisins, mashed bananas with apple and ground raisins, flavour with cinnamon.

(100)Tomatoes should never be eaten with starch, only with fat food or leafy vegetables. Therefore try them for lunch with salad.

(101)Scotch Highlanders for centruies have eaten their oatmeal ~~for~~ not cooked, but simply scalded.

(102) Lemoncure: Eat raw lemons only. This is good for liver disorders. Grape cure as same result but not so specifically as lemons.

(103) Grape monodiet cure eliminates alcoholism.

(104)Ida's recipe: Banana mashed with fork, mixed with ground nuts, and soaked dried or fresh peaches, garnished with coco-nut, makes delicious unfired pie.

(105) Synthetic vitamins are useless.

(106) Turkish lentils are not gas forming.

(107) Cured father of arthritis at 83 by diet of raw vegetable juices.

(108) Molasses, honey are acid forming; do not use.

(109) Acid fruits do not go with cereals. Hence, the wisdom of waiting one hour after breakfast before taking cereal.

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(1)The animal in a natural state lies down and takes a rest, perhaps a sleep, after a meal.

(2)The heaviest meal should be the evening one, the lightestshould be the morning one--just an orange or grapefruit.

(3)Refrain from eating left-over cooked foods from the previous meal. Unless chilled immediately, they undergo an insidious fermentation. If chilled and then warmed over, the deterioration is as great. Fruits that have been cut and salads that have been shredded also decompose quickly.

(4)Fats have an inhibiting effect upon gastric secretion of hydrochloric acid.

(5)If fruits are eaten with a regular meal, the latter may become a mass of decomposition. Best eat them separate as a fruit meal. Even then separate acid fruits for one meal, sweet fruits for another.

(6)Breakfast Menus:

(1)apple and dates,
(2)grapes and prunes
(3)pears and figs
(4)grapes and apple
(5)peaches and
(6)grapefruit and oranges
(7)grapes and pear
(8)melon

(7)Lunch Menus:

(1)Salad, raw spinach
(2)Salad, raw green peas
(3)Salad, raw turnips
(4)Acid fruits, nuts
(5)Salad, raw chard, nuts

(8)Evening Meal:

(1)Salad, cooked spinach and string beans, nuts
(2)Salad, cooked beet greens
(3)Salad, steamed chard, nuts

(9)Dried fruits should not be cooked as this renders them indigestible. Soak them in just enough water to cover them and let stand all night.

(10)Lemon juice added to food interferes with digestion of them and causes other troubles.

(11)Dried vegetables lose their vitamins within a month or two.

(12)The following may be eaten raw: chard, turnip and beet greens, fresh peas, cucumber (with skin).

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(13)Cooking Vessels: The waterless cooker id best(do not confuse with pressure cooker). It is made of stainless steel, earthen ware, and of manganese. The fear of aluminum pots and pans is unfounded.

(14)Salads must be fed immediately after preparing, otherwise they quickly lose their food value if shredded owing to oxidation by air.

(15)Warming lemon juice interferes with the digestion of both starches and proteins so salad should be eaten alone or with cooked green vegetables only. So omit tomato from salad if these latter foods are taken at the same time.

(16)Don't serve tomatoes cut into thin slices. This destroys its vitamin C. Serve it whole. The same happens to lettuce which should also be served whole.

(17)Use only the smaller cucumbers, as they are not bitter. Do not cut them into more than halves.

(18)Red bell pepper gives flavor.

(19)If young and fresh, peas may be added to raw salad.

(20)Linger over each mouthful of food, enjoy and completely extract its taste—and the more freely will the gastric juice flow and digestion be efficient.

(21)He is a vegetarian—no dairy products, no honey.

(22)Two starches should not be eaten at the same meal—only one.

(23)When dining out, the only safe food is the baked potato. If ordered with a new salad a balance is had.

(24)The most important feature of diet in the hygiene system is the tenet of right combinations.

(25)Eat acids and starches at separate meals.

(26)Eat acids and proteins at separate meals.

(27)Eat proteins and(carbohydrates, starches and sugars)at separate meals.

(28)Eat only one concentrated protein at a meal.

(29)Eat sugar and proteins at separate meals.

(30)Eat sugar and starches at separate meals.

(31)Eat melons alone, or with other fresh fruits.

(32)Eat no desserts at the end of meals.

(33)Eat protein with green leafy vegetables.

(34)EAt the following with starch meal, not with proteins:carrots, turnips, pumpkin,artichokes, potatoes.

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(35)Beans and peas should not be eaten with any other protein or starch, but with green vegetables.

(36)Do not eat honey with starch bread.

(37)Do not eat molasses with starch-cereals.

(38)Do not eat tomatoes(acid)with starch.

(39)Combine the starch meal with a raw vegetable salad.

(40)Salads should be young, tender vegetables, as then their cellulose is digestible.

(41)Fruits should be eaten alone, as a meal: not between meals. Do not take fruit juices between meals.

(42)Coconuts and chestnuts are not proteins but starches.

(43)Acid fruits may be eaten with protein nuts, not starch ones.

(44)Sweet fruits and acid fruits should be taken at separate meals.

(45)On honey: Highly nervous and sensitive people should avoid honey. Those who do eat it should not mix it with fruit, cereals, mushes, or bread(cane sugar combines better with them). Only thoroghly toasted bread may be used with it. But the combination of honey with starch or protein produces gas. I cannot recommend its use. It is an animal food.

(46)Mincing, shredding, dicing or cutting into small pieces of raw fruits and vegetables deprives them of vitamins, flavour, and color. Preferably serve whole or cut into large pieces.

(47)Open-vessel cooking devitalizes food. Rapid cooking at high temperature is better than low heat long continued. Pressure cookers destroy all vitamins. Cook as short a time as possible, leaving vegetables undone. Use only their own juices with only enough water to prevent burning.

(48)The tea user is likely to suffer from headaches when this poisen is discontinued. These will not persist for more than a few days.

(49)Do not eat rhubarb and cranberries. These contain excess of poisonous oxalic acid. Do not eat mushrooms. They are either poisonous or if non-poisonous absolutely indigestible, passing out in the stools exactly as swallowed. There is reason to believe beets too are indigestible. Vinigar is damaging to the liver.

(50)Tea and cocoa are poisons which over-stimulate, cause loss of sleep and overwork the kidneys.

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Food: Eating Out

Vegetarian Eating

Back in bleakest February, I tried to locate some vegetarian restaurants where a person could eat, not only well, but in some degree of comfort. That I found no more than a handful, I ascribed at the time to the traditional image (often a self-image) of vegetarians as joyless, self-denying ascetics. But neither I, nor those of my friends who cook without meat at home make monotonous meals that punish the gut, or leave the tastebuds yawning. So (having just made a second, disheartening round of London's vegetarian restaurants) I'm forced to the new conclusion that the reason so few of them excel is mental laziness on the part of their owners/chefs—an assumption that, in leaving meat off the menu, they've done the whole of their duty. Of the places listed below, most are not unpleasant, but few achieve the delight and variety of home vegetarian cooking.

★**The Nuthouse Vegetarian Café** High Limes, Central Hill estate, (off Hawke Road), SE19. Open 11am-8.30pm Mon-Fri, 11.00am-10.00pm Sat.
Recommended by an anonymous but 'replete' vegetarian, the Nuthouse Cafe not only takes some finding (being, improbably, tucked away in a labyrinthine, Crystal Palace housing estate), but, on the evening that we went there, was out of most of the items on an already undersized menu.

The woman and man who run it, however, were so pleasant and friendly that we decided to stay and have whatever was left. I, at least, am very glad that we did and even my carnivorous companion (whose interest in the café's goldfish tank was not entirely aesthetic) was impressed by the thick, hot, tasty celery soup (34p a bowl) with which we started; also by the homemade bread ('light, delicious') that came with it. She was less taken by her main course of vegetable curry (£1.10), declaring it simultaneously over-hot and boring, but my salad in pita bread (44p) was both surprisingly filling and (if not explosive with taste) pleasantly crunchy and fresh.

For pudding, there were nothing but flapjacks left, so flapjacks (6p each) we had and I've rarely tasted better. A drink referred to as 'lassi' (but in fact a banana and yoghurt shake) was also quite delicious. Only the decaffinated coffee, with which I finished, was disgusting.

Without wine (which we could have brought with us, but didn't think to do) a substantial and by and large pleasant meal came to an amazing £3.90 for two. In a lot one allocated (but never used) as a launderette for the estate, the Nuthouse is not in the best position to attract passing trade. Do seek it out if you live in that part of London.

★**Di's Larder**, 62 Lavender Hill, SW11 (223 4618). Open 10.00am-7.00pm Mon-Sat.
A health-food shop as much as a restaurant, Di's Larder is (predictably) lined with shelves of honey, muesli, Barbados sugar, bran. Open-necked sacks of pulses, grains and nuts slump against one another on the floor. Piled on the service counter is a good-looking, large selection of cheeses.

To one side of the shop, however (and distinguishing it from the hundreds like it) are four tables with benches where customers can sit to eat.

From the counter-menu-which is also for take-away customers— my companion (vegetarian) and I chose avocado quiche (60p a slice), a soya bean rissole (35p), a selection of salads (mixed, red bean, courgette) and two slices of cheese-cake with gooseberry topping and frech, single cream (45 each). (Because the service is basically take-away, however, these priced are all without VAT).

The cheese-cake (to begin at the end) was excellent—thin base, light filling and the gooseberries tasting, not of sugar, but fruit. Most of the salads, too, were fine. The red beans, although coated in slime, didn't taste bad at all. But the quiche, albeit an enormous slice, was tasteless and the soya bean rissole a tacky, heavy mess. Perhaps we should hve chosen hummus with bread (60p), or vegetable curry with rice (£1.15), but it still seems a shame that raw materials that look so good in the shops should be insulted by thoughtless, careless cooking. Our bill for two, by the way, came—with fruit juice, coffee and VAT—to £4.03.

★**Avery's Salad House**, Hind Court, (off Fleet Street), EC4 (353 9071). Open 11.30am-4.00 Mon-Fri. The menu in this light, airy, basement safe is not exclusively vegetarian, but does have a high percentage of imaginative, non-meat dishes—not only salads (potato, cabbage, safron rice, carrot and orange, apple and nut), or quiches (at 75p a slice), but spinach Nicoise (£1.05), jacket potatoes with cheese (70p) and cheese and cucumber mousse (£1.75).

The counter service (for which, at midday, there was no queue) is vaguely flustered and amateur, but this goes well with the atmosphere, which is that of a village hall. Underneath their red-checked clothes, none of the tables match. Pepper and salt are presented in cut glass cruets. Cut-glass butter dishes serve as Ashtrays. Trendy, Avery,s is not.

On the debit side, the quiches (both spinach and mushroom) were tasteless and rather sloppy. The salads, however (40p small, 70p large), were fine and the potato salad was excellent—tangy with onions and good mayonnaise. A wholeweat and sultana scone with butter (22p) was declared by my companion to be 'really very good', whilst my pudding of fresh whipped cream and fresh fruit salad in a caramel and cornflake case (55p) was pure, gluttonous heaven.

The Cona Coffee (although no restaurant ever, ever makes it strong enough) was reasonably tasty and hot and brought out lunch for two to £3.47. A place worth knowing about for a cheap, healthy, pleasant lunch in the City.

★**Mandeer wholefood vegetarian restaurant**, 21 Hanway Place, W1 (323 0660/0651). Open 12.00am-3.00pm and 6.00-10.30 Mon-Sat.
The gaudy facade of the Mandeer restaurant promises (threatens?) to conceal an Eastern strip-joint. Down a flight of stark, steep stairs, through ante-rooms where leftist books, Indian magazines, Indian groceries and Western Lithographs are sold, past closed doors behind which occur Yoga classes poetry recitals, classes in Indian classical dance—the impression becomes more confused.

When finally reached, the restaurant itself is a not unattractive mixture of traditional Indian and Italian trat—pale, tiled floor, chocolate-brown walls, eastern hangings and circular lamps hung low over circular tables.

My companion (another vegetarian) and I are neither of us experts on Indian food, so, whilst she chose dishes at random, I played safe with the Thali 'Mandeer' (£4.15)—a selection of vegetable curries and bhajis served (in small bowls arranged on a tray) with Pilau rice, chapatis, chutney, raita and two milky puddings. The raita (a yoghurt and cucumber 'cooler') was the most delicious I've tasted. The lentil, tomato and pumpkin curry was superb. Thereafter, the Standard deteriorated fast.

Floury, undercooked chapatis, incendiary chutney, bitter aubergines, Pilau rice both over-scented and greasy . . . My companion's Dal Vada (hot vegetable cakes with a sweet-ish sauce—95p) were good, but not so her Bhindi vegetable dish (£1.95). The Mandeer is licensed, its service is helpful and friendly, its atmosphere is both elegant and relaxed, but at £11.82 for two the food should have been much, much better.

★**The Village Garden**, 28 The Ridgeway, SW19 (946 4840). Open 12.00am-10.00pm Mon-Thur, 12.00am-10.30pm Fri-Sat.
Predictable in its decor (whitewash, pine and quarry tiles), the Village Garden also shares with most of the restaurants on this page a good natured, but careless and sometimes irritating amateurism. On the night that my companion and I visited, they'd not only run out of green salad but salad dressing (for heaven's sake!) as well.

However, we persevered and chose from the service counter a white bean rissole (70p), some vegetable curry with dahl (£1.25) and a French bean salad (alread dressed). The green salad did arrive a bit later and was pleasant, if uninspired. The rissole was also pleasant, if short on salt. But the curry tore at the throat, the dahl was [illegible] dish-water with "things" floating in it' and the French beans were stringy.

Our wine (a smoky Italian white called Trebbiano di Romagna) was decent and our puddings (orange cake and trifle—50p-70) were, I must admit, superb; but even were this particular women tempted to, one cannot live by wine and cakes alone.

★**Raw Deal**, 65 York Street, W1 (262 4841). Open 10.00am-10.00pm Mon-Fri, 10.00am-11.00pm Sat.
Raw Deal is located in that depressing, Mansion Block hinterland to the West of Baker Street and, inside, looks not unlike the unloved kitchen of a furnished flat—goos but shabby vinyl wall-paper, unvarnished cork-tiles on the floor. The service is as depressing as the surroundings and even the blackboard menu—at first glance quite exciting—turns out only to be a statement of forlorn intent. Half of the items it promises were not, on the day that I went there, to be had.

Finally, my companion and I took a cauliflower fritter, some egg mayonnaise, some salads (green, mushroom, potato, cabbage) and a couple of glasses of grape juice to a table outside on the pavement.

The salads, 'though made from good, fresh ingredients, were boring. The grape juice was over-sweet. The fritter was a soggy, greasy disaster. Of the puddings that we next went inside to collect, the slice of apricot crumble was almost good, but the brandy-snaps had about as much snap as a stale Communion wafer and less taste than a cover of Privat Eye.

That the meal cost only £3.60 for two was little consolation. (Harriett Gilbert)

FOOD

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CORRECT FOOD COMBINATIONS FOR HEALTH

(190)

Group I: (Starches) Bread-cerals, artichokes, potatoes pumpkin, rice, squash, green peas, dry beans.

Group 2 : (Sugars) All sweets, dates, figs, bananas, raisins, sugar, syrup, honey.

Group 3 : (Fats-Oils) Butter, cream, egg yolks, ice-cream olive oil, vegatable oils.

Group 4:(Roots) Beets, carrots, kohlrabi, parsnips, radishes, turnips.

Group 4a: (Greens) Asparagus, eggplant, gr. beans.

Group 4b: (Salads) Okra, kale, celery, water-cress, cucumber, endive, spinach, lettuce.

Group 5: (Proteins) all Nuts

Group 6: (acid fruits) all berries, oranges, grapes, peaches, apricots, cherries, pineapples, tomatoes.

Group 1: -- combine with groups 3 and 4 but not with 2,5, and 6

Group 2: -& Group 6 are best eaten alone. Group 2 with buttermilk.

Group 3:-- combine with groups 1 and 4 but not with group 5.

Group 4: -- combine with groups 1 and 5 but not with groups 2 and 6.

Group 5: -- combine with goup 4 but not with groups 1-2-3 & 6

Vitamin G (Riboflavin): Lack of it causes eye degeneration, loses of hair, and failure to grow.

It is found in:
Dried yeast, eggplant, dried yellow beans, dried chick peas, turnip greens, wheat germ, dried peas, carrot tops, dried prunes, lima beans, and watercress.

Calcium:

Turnip greens, gilberts, almonds, molasses, dried soybeans, ~~dried~~ watercress.

(171)

CORRECT FOOD COMBINATIONS FOR HEALTH

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It is found in:

Dried yeast, eggplant, dried yellow beans, dried chick peas, turnip greens, wheat germ, dried peas, carrot tops, dried prunes, lima beans, and watercress.

Calcium:

Turnip greens, filberts, almonds, molasses, dried soybeans, kelp watercress.

(83) GARBANZO PIE: Cover bottome and sides of greased baking dish with meal mush or thoroughly cooked and sieved garbanzo beans. Mash well done carrots and celery, or any vegetables; Add ¼ cup nut meal and ¼ cup sunflower meal. Mix well; Season with cumin, thyme and marjarom; Salt to taste; Fill baking dish hich has been lined with the meal mush, cover with layer of mush and bake until brown. Various herb seasonings may be used to make a variety of flavor.

(84) Salads and cooked foods can be improved by spicing them with herbal seeds such as Anise, Caraway, Coriander, Poppy, Sesame and Fennel.

(85) GOOD COOKING WITH PARSNIPS: If you think you don't like parsnips, I should like to suggest that you try removing the centre piece. You should scrub each parsnip, peel thinly, cut in half, cover with boiling salted water and cook till tender. Drain, and use a sharp knife to lift out that rather stringy piece that lies down the centre of each pot. You will find then that the strong taste has vanished and there are the fine creamy white parsnips to prepare in any one of a half-a-dozen or more ways. The simplest method is to coat them with a small spoonful of melted margarine or butter and a little pepper and serve very hot in place of potatoes.

~~They are delicious cooked with~~

(86) Use flour to thicken tomato juice and turn it into sauce; use margarine also.

(87) To dry rice and keep it really hot for serving, put in bottom part of oven and use the lowest possible flame for ½ hour.

(88) Soup will be thick if you use boiling water to mix the powder with and less water than usual.

(89) Put new salad recipe: French endive, cucumber, watercress, avocado, green pepper: (omit, lettuce, tomato, celery, as they are too heavy)

(90) Include "Celery Roots" available in root form, in salads. Tender and easily digestable.

(91) To Salad Dressing: Add chopped Mint.

(92) Aniseed with herb and veg. salt for salad dressing.

(93) Curry Recipe: Add finely-chopped watercress and parsley.

(93a) PALATABLE TEAS: Ming Cha "China", Rose Blossom without sugar) Lapsang Souchong, Formosa Oolong, ~~Orange Blossom~~, Travancore, Earl Grey, Gunpowder, ~~Keemun~~, Jasmine

(93b) Shredded wheat, being whole wheat, has the wheat germ and bran left in it.

TELEPHONES:
MADISON 9219
MADISON 2957
STANLEY 7-2305

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(22) If salt free Tomato Juice is used, overcome the flat taste by mixing a little molasses with it.
(23) Drink breakfast tea neat, preferably sugarless. This is easy if infused not more than 1½ to 2 minutes.
(24) Almond Milk may be prepared by beating up almond butter (from stores) with water or shaking up ground almond meal with water in a Mason screw-lid jar and straining residue through muslin cloth
(25) Cucumber skins should not be thrown away because bitter The most valuable salts are in ~~them~~ the skin. Simmer them in soup.
(26) Silicon needed for hair growth. It is also antiseptic. Silicon foods are peas, spinich, carrots, barley, rye, oats.
(27) Nuts and Beans not only contain protein but also 50% starch. This is why they must be eaten sparingly.
(28) Sulphured Dried fruits canbe detected because they are light and pale, colored.
(29) Iodine foods helps to dissolve and digest fatty foods that are eaten at the same time. They are: artichoke, spinach, pianeapple, pears, strawberries and beets.
(30) Vega restuarant London, Salads include shredded Parsnips, seakale, and shredded carrots.
(31) There is gradation of alcohol content even in wines themselves. Port and sherry are heavy, whereas claret and burgundy are light.
(32) Dried Nectarines: Soak and soften quickly; they make a delicious dessert without added sweetening. Need no cooking.
(33) I Seldom eat in public restaurants, partly because my special diet cannot be had there and partly because the presence of a crowd of self-conscious inquisitive people creates a nervous strain. I dislike crowds, they make me uncomfortable. It is so much pleasanter to eat at home, by oneself or with a friend.
(34) Vega-Rinse:Cleans vegetables and fruits chemically.No rubbing;no dirty hands.Easy.Takes 3 minutes. Removes dirt, all insects and sprays--costs about 1 cent per meal--may be re-used. VEGA-RINSE, 535 North Noble Street,Chicago 22,Ill.

BAILEY ALLEN: VITAL VEGETABLES

(11) A "ravigote"was the inevitable accompaniment of the salad in the Eighteenth Century, and has recently been revived. It consists of finely minced chives, chervil, tarragon, and burnet leaves, piled separately on each serving of lettuce. The name "ravigote" is significant, as it means "to pick me up" or strengthen. There is no better natural tonic than these fresh herbs.

(12) TO prepare Bean Sprouts: Soak a pint of mung beans twenty-four hours. Drain in a colander and allow them to sprout, rinsing each morning with cold water. It will take about forty-eight hours. They are extremely rich in vitamines.

(17) CANDIES: Coconut-Date Roll: Grind (UNFIRED RECIPES) raw coconut (grated) and dates thru food chopper, smooth into thin sheet, spread with pulverized almonds mixed with aittle honey, and roll up. Cut into slices. Date-Nut roll. Put dates thru food chopper. Pat into a thin layer on slightly oiled tin. Sprinkle with thin lay choppednuts and press in gently. Roll as a jelly roll. Chill. Cut into slices. Filled Dates: Pit fresh dates, and fill with walnut meat, chopped nuts, nut butter or a mixture of ground fruits. Dip in honey and roll in shredded coconut. Fruit Candy: Grind thru chopper raisins dates nuts figs coconut. Mix. Place in pan and cut in squares or form into balls. FRUNUTS: ½lbdates, ¼lb Brazil Nuts, ¼lb figs, ¼lb apricots, 1 tb-spoon orange juice. Run solids thru chopper. Knead juice into mixture. Roll into layer ¼" thick, Cut in squares and dip in shredded coconut. Add seedless raisins, if liked, or use walnuts instead of Brazils.

THE SUCCESS OF UNFIRED DIET DEPENDS LARGELY ON REGULARLY FOLLOWING IT. EVEN WHEN TRAVELING TAKE NO EXCUSE AND NEVER DEVIATE FROM IT: IF NECESSARY BRING YOUR OWN FOOD WITH YOU ON TRAVELS.

(18) To counteract the acidity of the system remaining from former starch and protein diet, eat more alkaline foods; these are greens salads & non-acid fruits. (19) ~~Bananas must be banned. Each time I try them a bilious feeling results.~~ (20) Constipating effect of this unfired diet is noticeable during first month or so. It may be partly overcome by having plenty of fruit: fresh with luncheon and dried for supper. (21) Supper of Dried Fruits: Soak them in the morning. To impart a delicious flavour add lemon peel, mint leaves and cinnammon to the water. In the evening pass all the fruit thru a Molino grater mill. (If done dry it will be hard to grate) Use raisins apple peaches figs and stoned prunes, shred them. and apricots. Buy only the unsulphured kind, at health stores. The figs are particularly valuable as anti-constipating because their numerous seeds promote peristalsis. (22) Fresh fruit is made much more delicious if cut up in small pieces and eaten in mixed salad form. The contrast of tastes and flavours accounts for this extra palatability. (Dressingfor vegetablesfor Travel use: 8 tablespo (23) ons olive oil 1½ tablspns lime (not lemon) juice, ¾ teaspoon Richter or VMV veg seasoning power. (24) Flaked nuts and nut-butter should not be mixed with dressings but with the vegetables themselves.

(17)CANDIES:Coconut-Date Roll:Grind (unpeeled) fresh raw coconut(grated) and dates thru food chopper. Mix smooth into thin sheet,spread with powdered almonds mixed with little honey, and roll up.Cut into slices.

Date-Nut roll,Put dates thru food chopper.Put into a thin layer on slightly oiled tin. Sprinkle with thin layer choppednuts and press in gently.Roll as a jelly roll.Chill.Cut into slices.Filled Dates:Pit fresh dates, and fill with walnut meat,chopped nuts,nut butter or a mixture of ground fruits.Dip in honey and roll in shredded coconut. Fruit Candy:Grind thru chopper raisins dates nuts figs coconut.Mix.Place in pan and cut in squares or form into balls. PRUNNUTS: ½lb dates, ½lb Pecan Nuts, ½lb figs, ½lb apricots,1 tb-spoon orange juice.Run solids thru chopper.Mend juice into mixture.Roll into layer ½" thick. Cut in squares and dip in shredded coconut. Add seedless raisins,if liked,or use walnuts instead of Pecans.

(18)To counteract the acidity of the system remaining from former steam and protein diet, eat more alkaline foods;these are greens salads non-acid fruits. (19)Summer must be planned. Such times I try ~~there a hilling feeling remedy.~~ (20)Constipation

effect of this unfired diet is noticeable during first month or so. It may be partly overcome by having plenty of fruit: fresh with luncheon and dried for supper. (21)Supper of Dried Fruits:Soak them in the morning. To impart a delicious flavour add lemon peel,mint leaves and cinnamon to the water. In the evening pass all the fruit thru a Moline grater mill. (If done dry it will pearlize to grate) Use raisins apple peaches figs and stoned prunes,shred them ~~with~~ and apricots.Buy only the unsulphured kind, at health stores. The figs are particularly valuable as anti-constipation because their numerous seeds promote peristalsis. (22)Fresh fruit is made much more delicious if cut up in small pieces and eaten in mixed salad form.The contrast of tastes and flavours accounts for this extra palatability. (23)Dressing for Travel Use: 8 tablespoons olive oil 1½ tablespoons lime(not lemon)juice, ½ teaspoon Richter or VVV veg seasoning powder. (24)Flaked nuts and nut-butter,should not be mixed with dressings but with the vegetables themselves.

1)DRESSINGS should be beaten up with (UNFIRED RECIPES) an egg beater for a couple of minutes to emulsify perfectly. (2)As a substitute for paprika in dressings use celery seed(3)(A)AVOCADO DRESSING:½ ripe avocado, mash it. 1 tblspoon honey.juice of ½ lemon. ½cup tomato juice.Mix avocado with lemon.Add others and beat well.Note that olive oil is not needed.because the fat is supplied by avocado(4)(A)FRENCH DRESSING: Make a basic dressing of 2 parts lemon juice, 1 pt olive oil,2 parts honey, then add tomato juice to taste, and whip with egg beater 3 minutes.Celery seed may also be added,and 4 slices of thin onion may be soaked in the lemon juice for ½hour,then removed.This increases pungency. Shake well before serving.(A)(5) NUTBUTTER DRESSING. use same formula as 'C' but replace avocado by nutbutter. Add orange juice if desired. Or omit the lemon and use tomato juice instead,together with olive oil.Add celery seed or vegetable seasoning.(6)TOMATO SUACE: 1 cup strained tomato juice.1cup nutbutter,minced onion,green pepper,minced parsley, a little honey;blend well for 3 minutes with egg beater. Or use 1 tblspoon olive oil instead of the nutbutter.(7)TURNIP PICKLE. 1 cup grated carrots,1 cup grated turnips.2 tblspoons minced green pepper,½cup tomato pulp.Celery seed and grated horseradish to taste. Add equal parts of lemon and honey mixture to cover vegetables.Allow to stand for a couple of hours before serving.Will keep in closed container for some days.(8)CELERY ROOT RELISH 2cups grated celery root,½ cup finely diced green pepper,½cup diced olives,2½ tblspoons finely cut marjoram,1 tblspn finediced red pepper.Cover with equal parts of lemon and honey and allow to stand, under cover.(9)CUCUMBER PICKLE:½cup diced ripe olives,½cup green pepper,½cup red radish,1 cup diced cucumber.Some pimento.Cover with basic dressing,and stand couple hours, covered.(10)RUSSIAN DRESSING:1 glass tomato juice,½lemon juice,1 tbspoon gratedhorseradish,1tbspn honey. 1 tbspn olive oil.Beat up well. (11)AROMATIC VEGETABLES & HERBS FOR FLAVORING SALADS:Grated black or white radish,grated horseradish root,chopped mustard-greens.Finely diced green pepper.Fresh mint leaves. Dill.Kelp.Celery seed. caraway seed.cloves, cinnamon.Strong herbs;marjoram, thyme,sage,rosemary.Mild herbs;anise, fennel.All these stimulate tastebuds and give a 'tang' to food.Also the following vegetables add their characteristic flavors:parsley,carrot,cucumber,beet, watercress,chives onions

(12)VEGETABLE SALADS :Spinach, (UNFIRED RECIPES
tomatoes,black radish,cucumber,onion (b)2cups grated carrot,1 cup each chopped celery 7 red cabbage, 2 tblspoons each chopped parsley,green pepper,little onion. (c)1 large clery stalk,1 bunch small carrots, ripe olives,minced parsley,lettuce.Shredcarrots and chop celery & let them lie some hours in dressing(d) peel and dice egg plant,celery,bean sprouts & onion. Add tomatoes and serve with dressing as Chop Suey! (e)watercress,red cabbage,cucumbers,shredd carrots (f)tomatoes cucumbers chives dill clery (g)endive, tomato,radishes,parsley,lettuce (h)spinach celery parsley watercress & cucumber.Use Russian dressing. (i)bean sprouts,pimento, spinach,celery,tomatoes.Use basic dressing (j)radish tops, onion tops,carrot tops, finechopt spinach.serve with basic dressing(k)grated beets,grated turnips, chopt parsley,shredded red cabbage chopt pimento (l)spinach,tomatoes,radishes,celery, onions (m)young green peas,water cress,cucumber (n)avocado,endive,chickory,clery,tomato.Basic dressing (o) mustard greens,spinach,peas,parsley,cucumber " Insert (p)Nasturtium flowers,lettuce,parsley cucumber.French dressing. (13)UNCOOKED SOUPS ~~BROTHS~~:Use an electric juicer, or if not available, a cutting mixer,to get the vegetable juice,then combine it with equal part of water heated to 120 degrees;examples:Turnip Soup 10 large sticks celery,2 carrots,½cup tomatojuice 1 small turnip.Add equal part water at 120 degrees and serve at once while hot.* Spinach soup:¼cup spinach juice,1 cup celery juice,1 black radish,small onion.water etc Tomato soup:1 cup tomato juice,1 cup carrot juice, small onion, 1 large green pepper,½ cucumber,little honey. or horseradish CUCUMBER Soup.1 cucumber parsley onion tomato horseradish .Letstand for awhile. Soup addenda.If desired,instead of adding hotwater,add only a little cold water or tomato juice, and heat to warmth required,never cooking. (b)nutbutter or olive oil may be added if preferred (14)POTATO SUBSTITUTES: Rutbaga,parsley root & onion. Squash,parsley root and onion.(15)HOME-MADE NUT BUTTER:Add cold pressed olive oil(this is hard to get and costly, but the ordinary kind is made by steaming olives) to flaked nuts, until proper consistency is reached.Mix well with egg beater.(16)LIVE-GRAIN CEREAL.Soak overnight by pouring hot water over,steel-cut preferably, wheat, oats,rye.Add raisin or any ther dried fruit which swells up by soaking.Or mix wheat oats bran & raisins. Reheat slightly next day but dont boil.Add sugar.

*Or Pour hotwater one hour before mealtime on vegetable grated), and reheat at mealtime without boiling.

INSERTS ON OTHER SIDE:

#13: In order that the plate may not cool too much, the soup bowl should be dipped in boiling water before pouring into it. Heavy china holds high temperature better than thin porcelain.

The most successful way to make an unfired soup is to use an electric liquiefier. Put the vegetables in it with sufficient water, mix in the seasoning and herbs, the resultant juice can be heated to required egree. Not only are the flavor and taste superior to other methods of preparing, but also the result is semi-thick.

****

(25) Nut Tea: 1 oz cashew butter, 1 cup hotwater. Stir well. Add lemon juice and honey. A rotary eggbeater is useful to stir and beat in the nubutter. Then pur thru strainer and serve as tea.

( ) Soak whole wheat or rye grains (from health store) from 24/36 hours. Eat instead of bread, with tea, with or without honey.

( ) The prohibition of acid fruits --lemon, orange, tomato, rhubarb, and pineapple is in accord with the Gita's prohibition of bitter foods.

( )Spices fall into 3 groups. The first disturb the stomach, lower blood quality, excite nervous system and pervert appetite unnaturally, cause sensation of heat, stimulate and irritate. They are harmful. They include pepper, mustard, horseradish, chili, cloves, ginger, paprika. The 2nd. group is slightly stimulating and slightly irritating. It includes allspice, anise, cinamon, cumen, nutmeg. The 3rd. group alone are safe to use. They are call"sweet herbs", are not harmful not irritating, and have a slight antiseptic property, especially thyme. They include, caraway, fennel, marjoram, mint, pimento, paisley, saffron, sage, tumeric, celery seed, bayleaf. They are also called "Seasonings."

( )When buying honey, specify must be Raw not cooked.

( )Are you masticating carefully and slowly?

( ) Papaya helps greatly to digest protein. It should be eaten with protein foods. It does not combine with vegetable salad.

( )Apples, parsley or caraway seeds will remove objectionable odors left by eating strong foods.

( )To give a cooked vegetable salad a "different" flavor, add caraway seeds to the dressing that goes over it.

( )Rye flour has no fat in it. It is a muscle builder.

( )There is a difference between Hyperacidity, which is an abnormal production of hydrochloric acid in the stomach, and Acidosis, which is an acid residue after digesting certain foods in a poorly balanced diet -- too many cereals, for instance.

( ) On a fruitarian diet pure coconut water is a useful, and natural drink to replace tea occasionally.

Food COMBINATIONS:(DR R ALSAKER in ~~Health Culture~~ Mag.)

( ) Should proteins and starches be kept separate at meals, owing to the different media required to digest them --ptyalin for starches and pepsin for proteins?

"A little knowledge is a dangerous thing," because it leads to wrong conclusions. The starch digestion by the ptyalin (in the saliva) is not great; most of the starch digestion takes place in the small intestine/ The protein digestion by the pepsin (in the gastric juice) is not great; most of the protein digestion takes place in the small intestine. Besides, it is impossible to separate protein and star-ches. The best whole wheat contains twelve to fifteen per cent of protein and plenty of starch. All vegetables contain both starch abd protein.

Further, the mouth and stomach are only minor digestive organs. The great digestive organ of the body is- the small intestine; into this organ pours sugar-digesting, starch digesting, protein digesting and fat digesting juices --yes, all foods digest at the same time in the small intestine. Nature has never told us that we can not digest starches and proteins in the same meal, infact, she constructed us so we could.

But-here is a reservation for those who desire continuous health;Nearly all of the concentrated proteins are acidulating to the body; all the grains are acidulating to the body; hence it is a bad policy to eat both concentrated proteins and grain foods-- rye, wheat, mature corn, rice,barley, etc. in any form -- in the same meal. The habitual eating of such combinations as meat sandwhiches leads to over acidity or the toxic state, and then disease. Surely, meat and bread can be digested in peace and amity in the small intestine, but what of that, if such eating results in autointoxication? Sorry , but some careless doctors have misinformed the public. Potatoes baked or jaket boiled, are alkalizing and go well with proteins.

DIETETIC QUESTION AND ANSWERS:(DR.R.ALSAKER in health Culture Mag.)

(Q:)Do mushrooms have any food value.(A:)the scientific answer is, a trace of food value; the practical answer is, almost no food value. It is flavor that counts here, but mushrooms are rather rich in thiamin(Vitaminl)

(Q:)Is maté a valuable drink?(A:)Not is my estimation It contains the poisonous caffein, just as do tea and coffee; it is this drug thatpeps one up in maté.

D I E T

(138)

(1) P.B's ACCEPTABLE DIETARY: dates; figs; papaya; apricots; Chinese green Beans; string-beans; Brazil nuts; filbert nuts; yeast products; avocado; barley; potatoe for soup only; oatmeal; parsnips(for soup only) chinese bean-sprouts; horse beans;wild rice; chick beans(garbanzos);

(2) P.B'S BLACK LIST: cranberries; pecans; sulphur-dried fruits; peasnuts; cashew nuts; walnuts leeks honey; guava; honeydew melon

(3)Never buy hydrated dates. They have white sugar and water added.

(4)FASTING: The waste eliminated thru the skin can best be drawn out by a daily epsom salt bath. But do not remain longer than a quarter hour in this bath on account of the weakened heart condition in fasting/

(5) Do not stew fruit, only soak it and then puree it.

(6)Dates are Fresh Fruit...if kept under refrigeration they will keep indefinitely.

(7) The potato may be used medicinally, for it has great power to absorb the body's acidity.

(8) Dilute first and mix molasses with fruit salad, as too strong to take alone.

(9) Add Pimentoes to Salad ingredient list.

(10) Tomato Juice cleanses the liver.

(11)Distilled Water for use in fasting can be bought at drug stores.

(12) Avocado is a fruit not a vegetable.

(13)Before raisins are used in a salad, they should be soaked first.

(14) Do not use more than just enough parsnip to mingle with the seasoning of a soup or sauce or curry. Too much is acrid and bitter.

(15) Investigate Blueberry Leaf Tea.

(16) German lentils are, in USA, called "Red Egyptian Lentil

(17) Iodine enables one to eat fatty food. If kelp is eaten along with avocado, for instance, it sa orifies the oil and dissolves it. "Sulses" kelp is the best, as from East Coast. The kelp from West Coast has fishy flavor.

(18) Fasting: During the first three days, while cleansing process is operating, it is necessary to wipe tongue at least 2 or 3 times daily.

(19) The water in which unsulphured dried fruit is soaked, should be drunk along with fruit ~~pprx~~ puree and not thrown away.

(20) HASH:Steam vegetables then grease a shallow pan, and bake the vegetables after covering with seasoning.

(21) DISTILLED WATER: is so powerful a solventof deposits that its frequent use may remove the enamel of teeth. Restrict its use to cleansing fasts only.

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MADISON 2957
STANLEY 7-2305

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( ) From middle age diet should be changed as energy needs to be conserved. Much energy is lost in giving the stomach food to digest which the body does not need. So reduce intake to smaller meals and let protein be the main article, reducing carbohydrates and fats to absolute minimum.

( ) The priests of Isis in ancient Egypt were required to purify their bodies as well as their hearts. They not only had to be vegetarians but even certain vegetables considered impure were prohibited. These were garlic, onions, leeks and beans.

( )Beans are hard to digest and cuase unnecessary waste of vitality. If eaten at all, let them be mung beans. Use all others in very small quantities.

( ) Rye Crisp wafers made by the Ralston Co. is a satisfactory substitute for Norweigen Hard tack rye bread, but it also must be toasted like the latter.

( )Kelp or Agar-Agar are very beneficial for brain workers, because of their richness in organic mineral salts( )We consider it quite all fight to cook green vegetables in a pressure cooker. This conserves the organic mineral salts in the vegetables, although there is some loss of vitamin value. But this is inevitable in all cooking processes.

( )Dr. Wirtschafter:(a)"I investigated black molasses. It is true it contains high vitamin content but it also contains pulvendi, which is a poison and which the sugar makers do not know how to eradicate. Hence, I do not advise it.(b)Filbert nuts are a good source of calcium and the lowest in oil of nuts.

( )Chestnuts contain very littleoil but much starch.

( )A Chinese waiter told me that Vegatable Chop Suey is cooked in sauce water that has some chicken soup in it added to flavor the dish. Do not patronize Chinese restaurants again.

( )Although there is still much arguing about the merit of restricting protein, it is now generally agreed that fat, salt and cholesterol should notbe consumed in considerable amounts by sufferers from high blood pressure, kidney disorders and heart disease.

( )To compensate for calcium deficiency through non-dairy diet, take alfalfa, which is a good source.

( )Baking Powder(Sodium Bicarb) as used in bread and cakes, depresses the activity of the pancreas.

( )Brahmins consider restaurant drinking vessels and eating plates to be magnetically polluting and contaminating, They carry their own.

( )Cooked cereal feels too heavy after breakfast. Change to ready-to-eat Minnin Wheat and grapenuts as lighter food.

( ) Macfadden's pulse dropped to 35 beats a minute, half normal, when he lived on a low and meager diet as an experiment. Memo: Eat More Protein. Mine is 6 below normal.

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( )Carque: says almond butters have 21% protein , 16% starch and 61% fat, whereas chestnuts have 6% protein and 42% starch and only 6% fat. The pecan contains more fat(70%) than any othernut; its protein is 12%. Spanish Pignoia has moreprotein(34%) than any other nut; its protein is 12%. Spanish Pignolia has more protein(34%) than any other and 48 % fat. (b)Dried figs, apricots, pears should be soaked for a for a few hours in soft or distilled water, and warmed before eating.

( )Sugars&Starches: perse, are not harmful but their excessive use lessens the desire for foods rich in vitamins and minerals. All natural foods contain them, mixed with proteins.

( )Most of "acid"(sour) fruits givean alkaline reaction in the body, and hence are likely to be beneficial in an "acid" system rather then injurious.

( )Fruits are classified into berries, citrus, melons, tree products, vine products.

? ( )Chestnuts contain on only 2.85 protein whereas almost contains 18.6%.

( )Peach, apricot and nut trees bought for $1.00 will grow enormously in one year and produce plenty of fruit in 12 months after planting.

( )To ripen red bananas more quickly, place in brown bag and store in warm closet.

( )We do not believe in the use of white flour for anyt ing unless you wish to make a paste for papering your walls, as that is the only place it is fit to be used. We have tried whole wheat flour in every way that you use the white four and find it much superior in taste and the results on the body are incomparable.

( )Rose Hips(Vitamin C) : One of the great international discoveries in recent years. Richest known source of Vitamin C, plus other unisolated factors. From the Juicy Ripe Berries of Northern Europe source of the richest potency rose hips.

( ) Dr. Harry Kirschner of Monrovia Calif. an M.D. boradminded used monodiet raw carot juice and with it cured of cancer a woman in one year completely. Raw carrot is a perfect vegetable food, except thatit is low in fat and starch. Banana is a perfect fruit food, except that it is high in starch. Carrot contains all the body needs otherwise.

Matte'sstimulating properties are more gradual in effect than coffee's. They do not cause insomnia.

( )Coconut(fresh)

	Protein/	Fat /	Sugar
	3.4	43.7	14
Banana	1.2	0.2	23

( )Salt is used in packing all canned vegetables and vegetable juices, but it is not required to be mentioned on the label. Therefore, unless canned vegetables say "No salt Added" they are unsuitable for the low-salt diet.

( )All the regular canned soups contain substatntial amounts of added salt.

( )In certain conditions, such as overweight, arterisclerosis(hardening of the arteries)hypertension(high blood pressure), certain heart conditions and certain complications accompanying pregnancy, your physician may see fit to order the elimination of table salt(sodium chloride) from the diet.

( )The body can easily change the sugar contained in food, into fat.

((a) The coconut,wheat germ, rosehip,soaked dried fruit salad, should be allowed to stand 24 hours before eating to improve flavour. (b)Fresh fruit salad: banana, apple, coconut,peach, rosehip.

( )Post-Fast:Regime:De la Torre:Living on tropical fruits and vegetables and finds it supplies all his liquid need; he feels no desire to drink water, so why not consider eliminating tea, and reducing fluid intake by one-half anddrinking a kaffir-matter bland or the French herb from Paris. Order it from France.

( )USE OF CHOPSTICKS : There are wood,bamboo,plastic bone and ivory stix.(b)The upper stick is gripped with forefinger on top and 2nd finger beneath it.The lower stick is gripped between thumb and hand.(c)Move only the upper stick leaving the lower one always fixed.

(34) SPLIT PEA SOUP: 1 pint split peas; 2 qts. water; 1 (sub; onion) 1 carrot; seasoning; mint.: Soak the peas for six hours, then put them in a saucepan with finely minced onion and the grated raw carrot. Moisten with the water and let simmer gently for two hours, stirring occasionally. Pass the soup through a sieve, returning it to a fresh pan. Reheat, and garnish with a little chopped fresh mint.

(35) TOMATO SAUCE: 6 tomatoes; 1 bay leaf; ½ clove herbs 1 (sub: onion); 1 oz. vegetable margarine; pinch brown sugar; nutmeg; celery salt; cayenne pepper.: Scald and peel the tomatoes. Cut up and stew gently with the vegetables margarine, hervs and seasoning. Chop the onion and fry gently in vegetable margarine, without browning. Add the tomatoes and half a cupful of hot water, and cook until reduced b one-third. Stir in the sugar, nutmeg, celery salt and cayenne. Use as required with spaghetti

(36) SCOTCH BROTH: 2 oz. barley; 1 small cauliflower; 1 carrot; 2 (sub; onions) 1 leek; 1 potatoe; 1 level dessertspoonful herbs.: Soak the barley for two hours. Drain, and add to a quart of water and bring slowly to the boil. Meanwhile chop and fry the onions and add to he soup. Prepare and cut up the remaining vegetables and add. Let boil gently for two hours, adding a little water if necessary. Add seasoning before serving.

(37) HARICOT BEAN RISSOLES: Well cook ¼ lb. kidney beans in double saucepan w th plenty of ater. When cooked and strained add chopped onions and seasoning as desired, roll into balls ith a little flour and bake in medium oven. Serve with baked potatoes and chopped cabbage.

(38) STUFFED DATES: Split open some good stoned dates. Insert half-walnuts and roll in raw sugar.

(39) RAW VEGETABLE SALAD: 2 large carrots; 1 cupful chopped Spanish onion; 1 round lettuce; 1 heart of celery; 4 oz. turnips; minced parsley.: Prepare the begetables and grate the carrots and th turnips into separate heaps on a vegetable grater. Arrange these as desired on the lettuce leaves border with he sliced celery, sprinkle with minced parsley, and serve with mayonnaise or French dressing and grated nuts or cheese.

(40) Core BAKING APPLES: Fill centers with blackberry jam and then bake. Serve with all purpose cream.

(41) FAVORITE BAKED BEANS: 2 cups dried beans; herbs; 1 T. bro wn sugar; ¼ t. dry mustard or more if desired; 2 T. molasses; ½ cup boiling water; Soak beans overnight and cook until tender. Mix the salt, sugar, must rd, molasses and water. Pour over the beans. Cover the bean pot or casserole and bake about 1½ hours at 300 degrees. Uncover the last 15 or 20 min. in order to brown the beans. Add more water if beans become too dry.

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(48) RICE LOAF: 1 cup of boiled rice; 1 cup of grated cheese 1 T. chopped sub-onion; 1 cup chopped parsley; 1 cup milk; ½ cup ? 1 herb.: Mix and put into buttered caserole. Dot with butter andsprinkle with cheese. Bake slowly, covered, for one hour.

(49) PEA SOUP LOAF: 1 can Campbell's pea soup; 1 egg; ½ cup bread crumbs; ½ cup white suce; 1 T. chopped sub-onion; 4 grated cheese; 1 T. butter; 1 t. salt; 1 t. Savita;: If desired, ½ cup chopped nuts. Mix all together, adding the white sauce last. Pour into buttered baking dish, sprinkle crumbs on top and dot with butter. Bake in moderate oven for about 3/4 hour.

(50) EASY PUREE OR SOUP: 2 cups navy beans, split peas or lentils; 1 medium sub-onion; 1/8 pound butter; herbs; Soak beans, peas or lentils overnight. Drain and add about 2 quarts of hot water and the onion. Cook until tender, press through colander if desired, and add butter, pepper, herbs. Instead of beans, peas or lentils, one may use potatoes, celery, salsify or green peas.

(51) SOUP STOCK: 2 qts. water; 1½ cups potatoes, diced; ½ cup carrots, diced; ½ cup celery, chopped; ½ cup cabbage chopped; 1 sub-onion diced; 1 cup tomatoes; 1 small bunch parsley; 2 t. herb..1 t. sugar: Combine all ingredients except the herb and cook slowly about 2 hrs. Strain and add herb. This may be used as a foundation for other soups, or may be served unstrained as vegetable soup.

(52) BAKED BEANS: 2 cups navy beans; 1/3 pound butter; 2 T. brown sugar; 1 level t. dry mustard; 3 T. Crisco; 1 Savita bouillon cube; Herbs: Soak the beans overnight in water to cover. Drain, cover with fresh water and ¼ t. baking soda, bring to a boil and drain. Rinse the beans, cover with fresh water and heat slowly, keeping water below the boiling point. Cook until the skins will burst and the water is greatly reduced. Melt the fat in a saucepan, dissolve the Savita cube and add the brown sugar and mustard. Season with herbs and add to the beans, which have been put into a earthen pot. Bake slowly 6 or 8 hrs. uncovering th 1st hr. of cooking so that the beans will be brown on top.

(53) NUT AND POTATO CROQUETTES: cup chopped nut meats; cup bread crumbs; cup mashed potatoes; cup rich milk; T. butter t. celery salt; ¼ t. paprika; 2 eggs or sub: To ¼ cup of the crumbs add ½ the milk and cook to a paste. To the hot potatoes add the rest of the milk and seasonings. Mix with the paste, add the shortening, the nut meats and the well beaten white of one egg. Cool, then shape into croquettes. Roll the rest of the crumbs fine. Beat the egg and the extra yolk. Dip the

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croquettes into crumbs and egg alternately until well coated. Chill. Fry in deep fat-sub: or bake on greased tin, basting occasionally with melted butter and water. Serve with tomatoe sauce.

(54) RICE a la CHINESE: First you need some containers in which you are going to serve the rice on the table, as the rice is cooked right in these individual containers. They s should be a little taller than an ordinary teacup, something like the shape of a glass tumbler. Fill each one a little over two-thirds full of et washed rice, and then fill each container full to the brim with cold water. P lace just enough water in the bottom of a large sauce-pan so that it won't boil over into the container. Bring the water in saucepan to a rapid boil and then stand all the containers in the boiling water. Put the lid on and let it boil about 20 minutes. (This you will have to experiment with according to the size of your containers.) Important!--Do not lift the lid of the saucepan until the end of this time. Each container will be full of beautifully cooked rice puffed up highelike an ice cream cone.

(55) Lunch: Dessert: a delicious dessert is made by mixing sliced fruit with raw oats.

(56) INDIAN POTATO PANCAKES: 1 cup mashed sweet potatoes; 1½ cups corn meal; 1/3 cup milk; 1 egg; 1 green chili pepper, chopped; ½ t. curry powder.: Combine sweet potatoe corn meal, milk and egg. Add chili and curry powder, blending well. Mold into cakes three inches in diameter. Bake on a hot griddle three minutes, or until brown. Turn and brown on the other side. Yield: 12 patties. Serve with chutney.

(57) CHOLORINE & TEA: When a large dose of chlorine is used by the waterworks authorities for sterilising the public supply and also in cases where as a result of the presence in the water of much organic matter and of undesirable gases like sulphureted hydrogen, the water has produced taste and odour, the water, even after boiling, imparts a definite disagreeable flavour to tea. This might be got rid of if the water is first aerated vigorously by pouring it from one vessel to another about a dozen times, maintaining a height of agout a foot in the pouring.

(58) To deprive rice of its starchiness, which is bad for liver, drain off ahd throw away the water in which it has been partly boiled, then add fresh water and finish cooking.

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RECIPES:

(48) Mulligatawny exotic soup: With so many excellent varieties of canned soups available in practically every grocery and delicatessen, it may not seem worthwhile to go to the bother or spend the time manking soup at home. Yet there are some exotic soups from various parts of the world, and a few indigenous to America, that just can't be ~~best~~ canned, or, if they are, that lack the full flavour and the unusual deliciousnessof the homemade variety.

One of the most unusual of such soups is mulligatawny. It is of East Indian origin, and the word means "pepper water", consequently the soup should be highly seasoned, in old England it was more commonly known as curry soup, and, indeed, the original recipe consisted of a rich thin cream soup flavored with curry powder and plenty of spices, and served with a side dish of highly seasoned Indian rice,. Put in shredded coconut, add 2 medium sized onions, minced; I stalk celery, diced; ½ green pepper, minced, andI tart apple, cored, peeled, and diced. Cook this for about 5 minutes, then sprinkle in 1 tablespoon of flour and, I tablespoon of curry powder mixed with I teaspoon of salt, 2 bay leaves, ½ teaspoon of mace, I teaspoon of all spice, 8 pepper-corns, 3 cloves, ½ cup of lentils which have been soaked in cold water overnight, and ¼ cup of freshly grated coconut which has been moistened with the coconut milk. Next add 4 cups of.

Simmer the whole thing gently for at least an hour, or until the cocnut is very tneder, Then remove the pieces from the pot, and strain the remainder into a large saucepan, pressing the vegatables thru the sieve. Cut up, and add to the strained soup, Simmer up once more, and serve very hot in plates or bowls in which I teaspoon of hot boiled rice has been placed.

(*49) Curry Accompaniment: Do you know what to serve as an accompaniment to curried dishes? Typical tidbits include nuts, raisins, shredded coconut, green onion rings, horseradish; crushed dried chili peppers; chopped almonds, chopped green pepper, Serve two or three of these as accompaniments, if you want your meal to approach curry as served in India.

(50) Tomato Jucie Cocktail: Mix thouroughly: Juice of I lemon, I tsp. C&B Currie Powder. Add this mixture to the contents of: I 18-oz can Tomato Juice. Stir and then serve. Chilled.

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MADISON 2957
STANLEY 7-2305

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(59) STUFFED DATES: Dates are such a delicious confection just as they are, but combined with other ingredients are extra special stuffed. If you would like to stuff some of your dates, here are a few good combinations: Candied cherries; Candied ginger; Candied orange or grapefruit peel; Figs, chopped with nuts; Fondant; Fudge; Marshmallows; Peanut butter; Prunes chopped and mixed with nuts and raisins moistened with oran e juice. Raisins and nuts ground together.: Those of you who must have coconut for candy making and cooky baking can take a box of frozen cocoanut drain well and then dry it out in the oven. Then if you arent go'ig to use it immediately store it in glass jars in the refrigerator. Here's a nice confection that requires no sugar.

(60) HONEY FRUIT SLICES: ½ cup shredded cocoanut; ½ cup seedlss raisins; ½ pound dates, pitted; ½ square chocolate; 2 cups bran; 3 to 4 T. honey: Run cocoanut, raisins and dates through food chopper. Add melted chocolate, bran and honey. Form mixture into a roll. Chill and cut in slices with sharp knife. Wrap in waxed paper.

(61) STRING BEANS A LA NICOISE: Simmer together 2 midium-sized onions, thinly sliced, 1 cup canned or fresh tomatoes, chopped fine, ½ green pepper, thinly sliced, 2 whole cloves, a bouquet garni composed of 1 or 2 bay leaves tied with 6 or 7 sprigs of parsley and one sprig green celery top, a pinch of sugar or a bit of honey, and salt and herb to taste, in ½ cup good olive oil until the vegetables are tender or about 20 minutes. Remove the bouquet garni, add 2½ cups canned string beans, or 1½ pounds cooked fresh tender string beans, well drained, Heat well, and serve well drained in a hot dish.

(62) VEGETARIAN BOSTON BAKED BEANS: 1½ lbs navy beans washed well and soaked over night. Cook till slightly tender, then remove from fire and add 2 large chopped onions, 3 or 4 T. cooking oil, t. dry mustard, 3 level T. brown sugar, 1½ T. mollasses, 3 T. catsup, 1 rounding T. of Bakon Yeast, herb totaste for pepper effect. Put in bean pot or individual ben pots and bake till just slightly moist, 1 hr. to 3 hrs. at 325 degrees. Be sure to cook in same water that beans soaded in. The length of time it takes to bake depe ds on how soon they are just moist.

(63) Soaking dried fruit for supper, add raisins to sweeten, or ground dates, instead of sugar.

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MADISON 9219
MADISON 2957
STANLEY 7-2303

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(64) SAVORY TOMATO CONSOMMEE: (1) Heat 4 cups tomato juice with a by leaf and one onion cut into thick slices. (Half-water, half tomato juice may be used, if dedired.) (2) When boiling, remove bay leaf and onion.(3) Add 4 crushed or softened Souplets. Stir until dissolved.(4) Serve hot or cold. Add a spoonful of sour cream to crest the top, if desired.

(65) ~~EXXXXXXXXXXXXXXXX~~ CURRY WITH RICE: L CUP RAW rice; 4 T. fat or oil; 1 cup sliced peeled onions; ¼ cup diced green pepper; 1 cup diced celery; 1 garlic clove, minced; 3 cups diced cooked lamb; 1 t. curry powder;(more if desired) 1½ t. salt; 1 T. Worcestershire sauce; 2 cups stock. Cook rice and keep hot. Cook onion, green pepper, celery and garlic in fat. Add remaining ingredients. Cover and cook about 30 minutes, over low heat. If stock is used, thicken with 2 T. of flour blended in ¼ cup of cold water. Serve i a border of cooked rice, with chutney. Serves 6.

(66) PILAF: Wash 1 cup rice well and drain. Melt 4 T. olive oil in heavy frying pan. Add rice, cook over low heat; stir till browned. Add ½ lb. carrots and meat substitute and brown lightly. Arrange onion rings (2 large onions sliced thin) over top of rice. Dissolve 2 Souplets in 2 cups boiling water and pour over rice. Cover pan tightly. Turn heat low; steam about 1 hr. Serves 4.

(67) TOMATOE SAUCE: Heat and strain several ~~xxxx~~ ripe tomatoes, add several cloves herbs 1 or 2 pepper-corns, 2 or 3 slices pimentoe, 3 or 4 bay-leaves, olive-oil; simmer for 10 minutes, add 2 or 3 cloves, 3 T. of grated cheese, and simmer 3 minutes more. Cool and reheat for fine flavour.

(68) GREEN SPLIT PEA DISH: 1 cup Green Split Peas; ¼ cup sub; onion; 1 to 1½ cups left-over sub: ham, bacon or roast turkey diced; ½ cup celery; ¼ cup diced green pepper(optional) 2 cups cooled egg noodles; herb to taste; 1 T. sugar; pepper tomatoes; 2 to 3 cups left-over mashed potatoes; 2 sub: eggs; Mix peas, onion, meat, celery, green pepper salt, pepper and sugar. Place in alternate layers with the cooked noodles, into a buttered baking dish. Add either tomato juice or whole canned tomatoes to cover. Bake about 45 min. adding water, if necessary. Remove from oven, and spread top wth the mashed potatoes whipped up with the eggs. Place back into overn uncovered, till potatoes are nicely browned. Serve hot.

(69) To Steamed Carrots add carroway seed.

(70) NUT DUMPLINGS: Cracker,(Biscuit) crumbs, Bread, Toast crumbs, ~~EXXXXXXXXXXXX~~ herbs, Nuts,: Serve with Tomato Sauce.

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Causes of liver trouble: eating of refined starches, salt, condiments, certain coffee substitutes, chocolates and especially cow's milk, refined sugars

(37) Dr. Randolph Stone: (I) Raw salads shold not be eaten indiscriminately. The tough fibrous ones-like celery and radishes-impose too hard a task on the stomache and cause nervous indigestion and wind. They are fit only to be cooked. (2) Beans may be eaten provided they are first pureed; otherwise the same objeaction apply to the tough fibrous shell.

(38) Bloating often is caused by eating foods which are gas forming such as beans, onions and bulky foods. Then, too, certain foods cause allergic reactions which produce bloating in an oversensitive individuals, thus producing pain in the small intestine. The foods most often responsible for such symptons are cabbage and the like, raw apples, radishes, cucumbers, chocolates coffee, peanuts. So reduce eating them.

(39) Curry Powder, though you may think of it as a single spice, is actually a blend of many spices. Turmeric, celery seed, Fenugreek, ginger, poppy seed, cardamom, coriander, cayenne, paprika, mace, cumin, nutmeg, cinnamon, bay leaves, cloves and black pepper, are ground together very fine to produce the powder we know as curry.

(40) [illegible]

RECIPES

( )Unfired Bread: Whole wheat grain--2 parts(estes). Whole rye grain-1part. Pinkernel pignolis nuts..½ oz. Add water enough to make a batter. Roll with enough flour to keep it from sticking. Press out and cut with cake moulds. Place on board and dry in the sun.

( )Cauliflower & Beet Salad: Chop in machine 1large cauliflower with 1 large beet. Mix thoroughly. Add a dash of dry horseradish. Mix with dressing. Green

( ) ~~Green Pea Salad~~ Chop in machine 1 large cauliflower with 1 large beet. Mix thoroughly. Add dash of dry horseradish. Mix with dressing.

( ) Green Pea Salad: Add shredded coconut, shredded carrot to fresh green peas. Top with chopped green peppers and dressing.

( )Raw Salad:Put thru a grater 1 stalk celery, 1 sweet potato, 1 carrot, 1 apple, 1 small turnip, 1 cup raisins, 1 cup nuts. Put into this 1 cup olive oil and let stand for several hours. When ready to serve add juice of 2 lemons. Serve on young spinech leaves.

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MADISON 8219
MADISON 2957
STANLEY 7-2305

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and remove (DIET)

( )To soften the outer husk of the corn used in S,A, in making corn tortillas, hydrated lime is used. Although washed off the corn before grinding into flour, some may remain.

)Bland fruits: figs, saphota, papaya, red bananas, melon, chestnuts. Variable fruits: apples, pears, peaches and cherries--some kinds are acid, others non-acid. All berries are acid.

( )Since Vitamin F is most abundant in Flaxseed Cereal and, to lesser extent, in oats and rye, why not run them through blendor with carrot juice. Vitamin F cures brittle nails and Ps.

( )Celery root, beet root and beet green is best source of gluatamic acid (when cooked), which is first cousin to animo acids and has their flavor.

( )Dr R Alexander:The LIVER is the chemical laboratory in which special products needed by the rest of the body are built up from food materials.To do its work properly one of the B vitamins is specially important to it--'Choline'--whose deficiency produces fatty congestion of the liver.Choline is found in Dried brewers yeast (b)Many vegetable proteins are boundsup in cellulose husks or lack one or two essential amino acids,producing deficiency disease. MIRA LOUISE:(Booklets):

(1)CHOCOLATE causes sluggish liver. (2)To TEST RIPENESS of fruit note:Pips of apples and pears are brown when ripe.If not, throw away as cooking does not ripen fruit. (3)SILVER BEET is rich in healing chlorophyll (b)but if juiced must be well diluted or causes flatulence. (4)POTATO baking: smear lightly with oil and place on flat iron shelf in oven (5)Salad dressing Add to, or displace by, orange juice to the lemon juic (6)BRAZIL NUTS make a salad meal very sustaining

HAN SUYIN: (1)We drank lemon-yellow Chinese tea,not Indian brown (2)At Chungking they put hot strong red peppers in everything,tearing at tongue and throat until one had to smother it in brown sugar. (3)Tea is important in the life of every Tibetan.His drinks average as many as 40 cups a day. A.Koestler:Japanese treat their fields with fresh human manure;Western housewives there tell horror tales about cabbages with spots of excrement on them

PEARS produce energy and also neutralize fatigue-causing acids in the blood. OATS contain much fat,in which RICE is poor and therefore less suitable for a cold northern countryOATS are also rich in protein. LETTUCE has narcotic qualities,good for tired nerves CRESS is a member of the mustard family;

(DIET)

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(1) Many herbs are usedas added flavoring, but these are all used in minute amounts and could not irritate the gastrointestinal tract or kidneys.
(2) It is true that some patients develop gaseous distention from such vegetables as cabbage, cauliflower, green peppers, and cucumbers.
(3) The good physician in his daily work must give a great deal of advice. He knows from sad experience that this advice is not always followed. There are many reasons that cause intelligent patients to fail to follow their doctor's orders. Not the least of these is that the doctor's instructi ons are often of of a general nature and the patient fails in his unaided efforts to convert this general information into specific action on his part.

This unfortunate tendency is best illustrated when the doctor gives advice about diet. Not many of us have been trained in the tradition of Brillat-Bacarin and our ideas of the preparation of food would not bring praise from an Escoffier. When, in addition, we interdict the use of so important a condiment as salt, the long-suffering patient soon abandons the practically inedible concoctions that he thinks fit our prescription. To order a "salt free" diet is easy- to expect a patient to live on it for an indefinite period of time is more than a reasonable can expect. The patient needs and deserves help.
(4) The term " salt free" is actually an exaggeration because sodium is present tosome degree, no matter how slight, in almost every food.
(5) Fortunately, most condiments, with the exception of garlic salt and celery salt, are low in sodium and can be relied on heavily as salt substitutes. This especially true of herbs because they require to be used only in small amounts.
(6) Fortunately, too, the vogue for casserole cookery has made widely available the full variety of traditional seasoning herbs.
(7)There are many degrees of low-sodium diets between the Spartan minumum of o.5 grams of sodium daily and the moderate one of 2 or 3 grams. (The average person not on such a diet consumes between 10 to 15 grams daily).

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(7)There are many degrees of low-sodium diets between the Spartan minimum of 0.5 grams of sodium daily and the moderate one of 2 or 3 grams. (The average person not on such a diet consumes between 10 to 15 grams daily).

(8) Most condiments are low in sodium with the exception of salt, celery salt, garlic salt, celery seed, and candied citron. Tomato catchup, mayonnaise, meat extract, Worcestershire sauce, bouillon cubes, and similar prepared hot sauces which rely primarily on salt for flavoring should, of course, never be used.

If you have a choice, fresh herbs are naturally to be preferred to dried. If you must use dried herbs, keep in mind that they are three to four times stronger in flavor than the fresh. It's a good idea to moisten the dried herbs with a little oil a short time before using them.

(9) HERB AND SPICE SEASONING

.326 mg. na per 1gram of mixture
205.650 mg. Na total contents of mixture
(Na content of basil, margoram, savory, bay leaf, and cayenne unknown)

3 ounces each of fried basil, marjoram, and thyme
2 ounces each of fried winter savory, parsley, black pepper, and ground cloves.
1 ounce each bay leaves, mace, and nutmeg
1/2 ounce each of cayenne and dried lemon peel

Put all ingredients in a mortar and pound them together vigorously. Then sift them several times through a fine-meshed sieve. Store the mixture in tightly corked bottles and use as needed.

(10) BREAD AND ROLLS-- It is in this department that you have to be extremely careful because the average slice of bread contains approximately loo milligrams of sodium. In other words, in the fase of a person who is used to eating half a dozen slices of bread a day, the sodium intake would be 600 milligrams, or the total sodium allowed on a minumum low-sodium diet.

Most authorities consider that the omission of ordinary bread and salt butter from the diet are the most important things to remember. Ordinary bread, rolls and muffins are taboo not only because of the salt they contain but because most of them contain baking powder or baking soda as well; and these ingredients are almost as harmful as salt itself. Even the so-called salt-fee breads tested showed a sodium content ranging from 4 to 76 milligrams per 3 1/2 ounces, with an average of 28 milligrams.

(8) Most condiments are low in sodium with the exception of salt, celery salt, garlic salt, celery seed, and canned citron. Tomato catsup, mayonnaise, meat extract, Worcestershire sauce, bouillon cubes, and similare prepared hot sauces which rely primarily on salt for flavoring should, of course, never be used.

If you have a choice, fresh herbs are naturally to be preferred to dried. If you must use dried herbs, keep in mind that they are three to four times stronger in flavor than the fresh. It's a good idea to moisten the dried herbs with a little oil a short time before using them.

(9) HERB AND SPICE SEASONING

.528 mg. Na per 1gram of mixture
206.850 mg. Na total contents of mixture
(Na content of basil, marjoram, savory, bay leaf, and cayenne unknown)

3 ounces each of fried basil, marjoram, and thyme
2 ounces each of fried winter savory, parsley, black pepper, and ground clove.
1 ounce each bay leaves, mace, and nutmeg
1/2 ounce each of cayenne and dried lemon peel

Put all ingredients in a mortar and pound them together vigorously. Then sift them several times through a fine-meshed sieve. Store the mixture in tightly corked bottles and use as needed.

(10) BREAD AND ROLLS-- It is in this department that you have to be extremely careful because the average slice of bread contains approximately 100 milligrams of sodium. In other words, in the face of a person who is used to eating half a dozen slices of bread a day, the sodium intake would be 600 milligrams, or the total sodium allowed on a minimum low-sodium diet.

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Unsalted matzoths are the best bread product you can buy. However, if you are able to, why not make your own bread or rolls? Then you know exactly what they contain. Most flour is very low in sodium, as is comressed yeast. THE USE OF VARIOUS SPICES & HERBS:

ALLSPICE: Combines best features of cinnamon, nutmeg and cloves. For Desserts: baked apples & puddings.

ANISEED: for all soups, tomato juice & carrots .

BASIL: All soups, stews, eggplant, squash, tomatoes, & onions, sauces, stuffing, fruit compotes.

BAY LEAVES: All soups, stews potatoes, carrots, tomatoes, sauces, stuffings.

BORAGE LEAVES: Stews, lentils.

CARAWAY SEEDS: Boiled potato, turnips, beets. Sprinkle on bread and rolls, baked pears, baked apples.

CARDAMOM SEEDS: Pea soup, use ground on sliced oranges, baked apples.

CAPERS: Salads

CELERY SEED: All soups, tomatoes, toast, stuffing, potato salad.

CHERVIL: Use as substitute for parsley.

CHILI: Stews, corn.

CINNAMON: Sweet potatoes, cinnamon toast, applesauce, stuffing, pies, pears, peaches.

CHIVES: Sauces, salads.

CLOVES: If used whole, remove before serving. Potato soup, stuffing, cookies, cakes, stewed fruit, apples, oranges.

CORIANDER: Pea soup, beets, rice, fried potatoes, bread, Green salads, Cookies, mix with cinnamon and nutmeg for apple pie. Rice pudding.

CRESS: All soups, salads.

CUMIN SEEDS: When used in cooking, they should be boiled briefly and pounded. All soups, rice, fruit pies.

CURRY: Tomato soup, Tomatoes, rice.

DILL: can be substituted for caraway. Turnips, potatoes, string beans, beets. Potato salad, green salad.

DITTANY: Similar to marjoram and oregano. Fruit salad.

FENNEL: Has aniselike flavor:

~~GARLIC GINGER~~

GINGER: Fruit desserts

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GINGER: Fruit desserts

MARJORAM & OREGANO: Oregano is wild marjoram. Beans squash, peas, carrots, spinach tomatoes. Stuffing, fruit salad.
DRY MUSTARD:Green beans,
MINT: Most vegetables, salads, ice cream.
NUTMEG: Sweet potatoes, spinach, fruit.
PAPRIKA: Use for color; has mild flavor. POtatoes, tomatoes, salads.
PARSLEY: Use as a garnish. Good combined with sage. all soups, boiled potatoes, carrots, peas, salads, stuffing.
POPPY SEED:Mashed potatoes, on bread, cakes, cookies.
PEPPERMINT: Carrots, potatoes, spinach, squash, fruit cup, fruit compote
PURSLANE: Young leaves in soup, young leaves in salads
ROSEMARY: Peas, spinach, stuffing, fruitcup, fruit-compote.
SAFFRON: Mainly for yellow color. Steep in boiling water. Rice dishes, stuffing.
SAGE: Lima beans, eggplant, tomatoes.
SAVORY: Potato and lentil soups, potato salad
SESAME SEEDS: POTATO Salad, on bread, cookies, cake.
SORREL: Chop leaves and mix with parsley.
TARRAGON:All soups, mshrooms, baked potatoes, mixed green salads.
THYME: Add carefully, very penetrating. All soups, carrots, beets, stuffing.
TURMERIC: Used to replace saffron as coloring.

(11) Foods of vegetable origin as a rule contain little sodium. In most cases fresh vegetables show only a trace of sodium; so they are far preferable to canned and, in some cases, frozen vegetables. Beets, are an excepti on to this rule; fresh beets containing nearly three times as much sodium as canned. Among fresh vegetables the following greens should be avoided: celery, Swiss chard, dandelion greens, spinach, beet greens, and kale.

(12) P.B's
Salad Dressing:1part V-8 cocktail
celery salt, paprika, yeast
or honey. Mix all f

(13) Sal

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Salad Dressing: Part V-8 cocktail, celery salt, paprika, yeast or honey. Mix all

( )Include some parsley in salad as it is rich in Iron. Grate it.

( )Sprayed fresh fruit induced dizzy spells in Editor Rodale. Warning! Cleanse all fruit.

( )Jain diet bans onions & radishes, as too pungent.

( )To enjoy salads have them very finely shredded cabbage, lettuce, green pepper, ~~But~~ have finely grated parsely, carrots. bamboo shoots, and bean sprouts. For dressing use honey lemon and paprika, celery salt and yeast.

( ) Tomato Soup : (Mdme. Godel recipe) Boil potatoes & beet-root. Peel them. Add all available vegetables with water. Boil for 2 hours. Strain the soup out of them. Take equal parts of this soup and of canned tomato juice, mix and hear. Beet root soup. Add mashed beets to above recipe.

( )Saffron: A herb spice-condiment used in Italy and India ~~on with~~ a brilliant yellow dye. It is used to give relish to soups and sauces.

( )Bombay ~~physican~~ banned all ~~dhly~~ lentils, pulses, and beans dried, as being too hard to digest and using up to much stomach energy.

( )Best ~~best~~ unsalted matzos(no shortening, no flavoring) are ~~Unsalted~~ Manischewitz, and Horowitz Margareten. (Must ask especially for Unsalted)

( )Lime juice neutralizes tannic acid and renders it harmless.

(m) Honey is obtained by killing the Drone bees.

( ) California-Unsulphured - Seedless Raisins- Sundried: For use as a breakfast fruit or with cereal, place in water and soak over night. Unsulphured Seedless Raisins are highly alkaline and a natural food source of the vitamins and minerals as as well as fruit sugar.

(1) Seperate starches from all other foods. Don't mix them with other items like fruit or vegetables. Have the starches at a seperate meal.

(2)If feeling tense do not eat as digestive processes do not work and the food remains fermented in the stomach. "Wait untill your are relaxed; meanwhile to keep going take some candy or a drink. "

(3) Peas, lentils, cabbage, cauliflower, asparagus, ~~and broccoli~~ are gas forming vegetables.

( )Dried fruit --apples, pears and peaches are preserved with sulphur, formaldehyde or benzoate of soda. All are rank poisons.

( )Physician: Nuts are indegestable because they pass thru the intestines like grains of sand, irritating them.

DIET

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BY. WILLIAM GUTMAN [illegible] GOVERNMENTAL DIET [illegible]

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(1)Bergholz relates,in"The (UNFIRED DIET)
Food Guide to Glorious Health" case of man over 50,who
by living on a mono-diet of spinach principally, with
some oranges , cured himself of prostatic and bladder
disorders,developed steel-like muscles without exercis
-e,and coveredhis bald head with new hair!

(2)BANNED: String beans ~~and potatoes~~ were found
very indigestible,and caused stomach pain.

(3)Nuts combine best with dried fruit,as the
sugar in the fruit insures burning of the fat in nuts

(4) Cooked or baked grains,being starch, ferment
in the digestive tracts, causing gas.Bread should be
toasted both sides;this renders digestion easier.
Better take soaked raw grain,which does not ferment.
Peas,beans,lentils,being so starchy,have same gas
causing propertyin their cooked state. They must be
sparingly used even in unfired diet,because their
highly concentrated protein is congesting & toxic.

(5)This live-food diet will gradually bring about a
repulsive feeling against stimulation by tea or coffee
For the tired feeling which makes their use necessary
comes from the clogging produced by the starches &
proetins of fermenting cooked food. The energy given
is a false feeling for the cells suddenly break down

(6)The orangutang has a digestive tract similar
to man's.Teeth,stomach intestines & colon are same.
Yet it liveson fruits and leaves,and is ~~considered~~ one
-e of the most powerful creatures, able to bend a steel rifle-barrel in a second.

(7)FROZEN FOODS are subjected to a process which,
while not as destructive as cooking,kills their cells
They must be classed as dead foods.However,they are
superior to canned foods because the extreme heat
used in canning is worse than the freezing process.

(8)The nearer food is toits natural state,the more
proficient it is for supporting life live healthily.
They who experience in their own bodies the greater
benefits of naturalfoods,automatically become firm
disciples and true believers."--Eugene Bergholz.M.D.

The glorious state of health that results when this
marvelous therapeutic agent is used right,cannot be
adequately described..When tried, great becomes the
enthusiasm for the principle that minimal eating is
secret of perfect nutrition & health."-Bergholz.

Science is entirely in error regarding its requirem-
ents of protein and calories in diet...Overcome over-
eating and you have conquered the greatest dietetic
sin."-Bergholz

(9)Dr WM HAY:"By degrees the body can be trained to
depend very largelyo n raw vital foods,and when this
point is reached,it is surprising how small a quantity of
food is required to sustain full health & vigor."

(10)Dr.GEORGE STARR WHITE:Do not judge whether a food has agreed with you or not until 3 or 4 hours after eating it....Cereals,if cooked,ferment in bwels and cause gas;if raw,require the strong stomach of a manual laborer to digest them;therefore eat them very sparingly and masticate thoroly...."Rye-Krisp" and "Shredded wheat" biscuits are the best forms in which rye and wheat respectively can be eaten.Both are free from yeast and well-dextrinised.However if eaten dry they need thorough mastication before being swallowed,and a very little goes a long way....One ounce of raw food gives more nourishment than 5 times its weight in cooked food....After living 6 months on raw food the craving for fancy cooked dishes ceases as well as the craving for denatured foods(processed)... The banana should be eaten only in the country where it grows.Those found in distant places are picked green and slowly ripened in the dark,not sun.They are very hard to digest and are not assimilated by the average person. They give a full feeling and lay on stomach for a long time....However if you must eat them outside their habitat, bake them,when they aredigestible.

B.M. (1)Do not put people abruptly on a raw food diet.They will feel faint and weak;later when eliminative symptoms appear they will be distressed. Only the very heroic few who are close to you should be so advised.It is better for them and safer for you to suggest a half-raw and half-cooked diet.(2)Do not forget that in the USA at least for you to prescribe a cure,suggest a healing diet, or put on a fast will expose you to attack by the BMA and to prosecution by doctors for practising medicine without a license.Even the drugless healers who have a N.D. degree cannot practise until they get in addition a State license. This requires a further examination.Be extremely prudent in your letters books and interviews not to infringe the law,not to advocate extreme measures that are fit only for the few however efficacious they may be. Your self-protection comes first. (3) I strongly advise the No-Breakfast plan as the safest and best prescription to give the generality of sufferers or seekers. This is equivalent to a modified fast. especially if conjoined with an all-liquid lunch,which could best be yoghurt and soup, or fruit juices, or vegetable juices heated,not boiled. If they are accustomed to coffee or tea for breakfast let them have one or two cups,not more,as they will feel too weak without their stimulant.However keep the ultimate goal of a water-drinking breakfast before them. In the evening let them eat as much as they like of whatever they like,for stomach shrinks to normal size on this diet and no tendency to overeat will arise

(41) Note: Canned Baked Bean are to be put on the forbidden list because experience shows that they dull the mind and retard digestion.
(42) Madame Ponticelli says: Soup made from artichoke is helpful. Also the very best raw olive oil. If the best is not obtainable get "sasso" For Liver Trouble?

(43) Chopped mint, can be mixed with either salad dressing or with butter, latter case, add dash cinamon.
(44) Wash all fruit with water, as it contains chemicals disinfectants.
(45) Chinese restaurants: When ordering curry do not ask for sauce, tell them to mix the powder in the chop suey while it is being heated (b) ask for mushrooms to be omitted.
(46) All U.S.A. drugstores and restaurants sell "sherbett" which is ice cream without milk or without eggs.
(47) Indian tea can be drunk very palatably if it is not steeped for more than one minute. It becomes bitter on the second minute.
(48) Do not buy nuts, as they are more easily eaten in nut butter form. Use the mill for pulverizing herbs.
(49) Vinegar is chock-full of putrefying animalculae
(50) Curry powder contains the following seeds: poppy, mustard, fennel, coriander, cumin and cardamon.
(51) Cumin seed is excellent flavoring for rice.
(52) Dill seed is excellent to flavor avocados, tomatos, string beans.
(53) Finochio, Italian vegetable raw, aniseed flavored like celery...delicious--ok for salads
(54) Do not drink a 3rd cup of tea. It makes for nervousness.
(55) Melons were regarded by the Marichees(who ate no eggs and drank no milk) as charged with divinity.
(56) Memo: Wrong American Usage: Do not say, "Brown bread", say whole wheat (or rye) bread.
(57) At Chinese restaurants do NOT order preserved fruit desert. Theysyrup always makes bilousness.
(58) Spice Substittes: BAD: vinegar-white pepper--salt--
HEALTHY: lemon juice--high-grade red paprika--mixed herbs or powdered celery seed.
(59) ITALY: Zuppa alla Certosina is vegetarian. (A) Faggioli = dried white beans (B) Insalata verde= raw green salad.
(60) When ordering, Rissota, ask not to put butter on it but oil instead.
(61) Signori= girls. Signore= Ladies.

TELEPHONES:
MADISON 8219
MADISON 2957
STANLEY 7-2305

315 WEST 5TH STREET
LOS ANGELES 13, CALIF.

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BENTLEY'S
A.B.C. 5TH EDITION

(22) ~~Most of~~ vegetables which do not purée satisfactorily; String beans and all vegetables which have a fibrous lining.
(23) Spinach ~~can~~ should be chopped fine after cooking. Celery should be scraped with a peeler before using either for salads or for cooking.
(24) For salad dressing: Liquefy in electric juicer: radishes, green peppers; parsley, and mix with oil or with broth.
(25) A dleicious and refreshing fruit drink was made by mixiing 3 parts-juice of soaked dried fruits, raisin, apricot, and fig, 2 "-grape juice, I desert spoon molasses-and then beating the misxture.
(26) Instead of bread, a satisfactory change or substitute would be whole rye crackers sexagonal shape; from health food stores in california, they are made without yeast.
(27) The Bhag Gita forbids eating foods in a state of decomposition. Hence yogis will not eat cheese, vinagar, liquor, sauerkraut, beer and wine, which depends for ~~its~~ production on bacterial action.
(28) Put asparagus on banned list because horse-manured.
(29) Cold Drink: Orange juice and water and molasses, ~~Drink daily~~ well mixed together.
(30) Beans conatian much starch, are hard to digest, and cause fermentation.
(3I) Tomatpe juice canned, except Monarch brand, is distasteful. But gallon jars, fresh bought in health food stores is excellent.
(32) Salad improvment: I) Use a mechanical shredder to produce finish like Kramer's salads: Fine and NARROW ~~Strip~~ Strips, thin, ½ " long. Use a dressing with sugar or ~~sad~~ molasses in it.
(33) Sour oranges upset stomach, sweet ones do not, but the commercialy sold oranges are plucked unripe, hence sour. So buy by mail from Florida direct, tree-ripened oranged shipped in a crate. They are sweet and do nto cause biliousness.
(34) Garden Green" brand tea (herb) is O. K. taste ~~N. I. C.~~.
(35) ~~Dr.~~ ~~Hay~~ System: Do not COMBINE Starch with albumen, OR starch with sour acid fruit, or can combine carbohydrate with starch or albumen, albumen with sour or acid, starch with sweet fruit. The juices of one are acid, of the other alkali; if together they create confusion and chaos in stomach. Lentils have both albumen & starch and are best eaten separate from rice if possible. — ~~from~~ Dr. Lars -Erik Essen
(36) Liver trouble: Aluminum poisoning caused by foods cooked in aluminum pans causes bad liver troubles. Never use them. ~~(b) Other causes of liver trouble are eating of refined sugar~~
(37) Shredded wheat can best be used by dipping in liquid tea momentarily. Removing it as quickly as possible. In this way it need not be toasted.

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Food and Health

(1) All excesses are bad. Therefore, mineral waters, so highly vaunted and recommended for this or that purpose are usually too highly mineralized and if used at all should not be used more than in modest quantities.
(2) We know that excessive heat destroys the vitamins in vegetables and fruits. It is therefore prudent to cook vegetables at the lowest possible temperature. This means that the cooking process will take longer but the result is worthwhile. It also means that pressure cookers because of the high temperature they reach should not be used and that ordinary frying should not attain a dark black brown, dark brown, appearance of the food but be content with making it sufficiently soft to be eatable. The temperature reached in ordinary frying is far too high from the point of view of vitamin destruction. Iron, is the best of all cooking pans as the Chinese knew centuries ago. But this is hard to purchase in the West, except when enamled, so that will do. Also, steel pans will achieve a somewhat similar result. In the case of frying pans, a teaspoon full of oil is enough for this low temperature cooking provided the foods are cut up in small flat thin pieces. In the case of potatoes it is best not to cover the pan with the lid as the steam will render them soggy. But in the case of other vegetables the lid is necessary for then they are cooked partly by the

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(Con't. Food and Health)

steam and partly by the oil. This is called cooking vegetables in their own juices. The flame is raised high to start with and then, when the pan is sufficiently hot, it is reduced to the smallest size and allowed to continue. If oil is not used for the cooking of vegetables then just a very little water, enough to generate some steam, may be put in the pan and the lid used to cover.

(3) Foods which contain iodine are usually those got from the sea or seashore and have a fishy odor about them and hence, disagreeable. But a high proportion of iodine is also contained in fresh pineapple so this source may be used. Pineapples also contain an element which helps to digest a heavy protein intake. The liver is stimulated, as is well-known, by bitter tasting vegetables. But, also, by grapefruit, lemon, raw tomato. Cherries are excellent for the kidneys. Black grapes contain a tonic element but grapes in general are ~~diarrhetic~~ diuretic and facilitate the passing of water and the dissolution of uric acid. They, too, also stimulate the liver.

(4) It is well-known that the chlorophyl found in dark green plants is beneficial. But it is not so known that it is usually found together with the mineral, magnesium, which is useful to those who are on a non-salt diet, since magnesium is an important element in both ordinary and seasalt. To get

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(Con't. Food and Health)

the chlorophyl one should reject vegetables which are pale looking because they have been enervated. This applies to lettuce, and to endive. They should be dark green to be worth eating.

(5) Do not add salt to cooking or to served meals. The cells of the body refuse these mineral salts and quickly throw it out. Only the salts which are a natural part of vegetables are tolerated and accepted into the body. Therefore the common preachment of the nature-cure and healthfood advocates that milk and cheese are necessary to provide calcium is fallacious, as the only calcium absorbed is that coming from the plant kingdom.

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(7) "Olives are useful but it is difficult to find them in the shops except in salted form and washing out the salt can be done but of course it also removes some of the food elements. In any case, the green olives should be avoided as they are not ripe. The black olives are therefore the more valuable. Olive oil itself, has valuable medicinal ~~or~~ properties provided it is bought in the cold-pressed unrefined uncooked form. It's also a counteract to the

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(8) As the vegetables served in most restaurants nowadays ~~is~~ taken are from a can which contains ~~a~~ chemical preservative agents and ~~has~~ also lost have their most of ~~its~~ vitamins, it is better to order what is called *crudité* in France. That is chopped up finely shredded raw vegetables mixed together. And then, to have that joined by one cooked plate of potatoes since they are not taken from cans. But even if the restaurant waiter assures you that the vegetables are fresh, too often they have been boiled in a lot of water and all their valuable minerals lost in the water and the vitamins destroyed by the high temperature flame. All that is left is the rough indigestible fibrous ~~fibers~~ texture of the vegetable.

(9) White sugar is obtained by a refining process which adds Methylene, a poison. And canned vegetables and fruits have a preservative called Copper Sulphate, which is also toxic. Even Green Tea, may have coloring matter mixed or used as a dye. Most of the dried fruits have been treated ~~which has~~ with cyanide gas ~~while have~~ citric acid in its chemical form, added also. Milk, and have cheese and butter contain Boric acid as a preservative which, after sufficient length of time, can cause eczema. It is therefore most important, thoroughly to wash all fruits and vegetables several times to remove whatever is clinging to the surface and then to wipe them

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well with a special cloth which itself must be cleaned after each washing. This, of course, applies only to fresh foods.

(10) Among the naturally toxic elements found in foods, as quite apart from those added by human beings, it is well-known that purines exist more liberaly in meats than in vegetables. Unfortunately, there ~~is~~ are one or two vegetables which have nearly as much purine as the meats and they are, tea - and to a lesser degree, cocoa.

(11) The nuts which are richest in proteins are pinenuts, peanuts, pistachio nuts and among vegetable products the richest of all in protein is food yeast by which I do not mean chemical yeast.

(12) It is not only necessary to know what elements a food contains, but also how far it is possible for the human body to absorb those elements without being harmed by the excess or without being able to absorb the elements. That brings in for instance, the question of digestibility. A high protein food like beans, the hard dry beans, maybe hard to digest. It is necessary to strike a balance and adopt a different standpoint to find out what is beneficial to oneself or how much one may, or how little, take of any particular food.

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"Health Secrets From Europe": Book Excerpts
P. Airola

(1) Enzymes are the life-force in raw foods. Vitamins proteins minerals are all essential but vitamins can work only in the presence of enzymes because it is they, the latter, which break down the food that is eaten and change it chemically into substances which can build the human body. Enzymes are catalysts which prepare the food for easier digestion and assimilation. There are powerful enzymes in the stomach which work on the food, and then the partly digested and broken down food enters the small intestine where another kind of enzymes finish the work and extract and transform the vital nutrients from the food so that they can be assimilated by the blood stream and transported to the organs and cells of the body. Bile emulsifies fat and prepares it for assimilation. The emulsified fat is then subjected to the enzymatic action of pancreatic Lipase which breaks the fat into fatty acids. These are absorbed by the blood and used in many vital functions. Trypsin and Amylase are other enzymes which give the final workover to the food. Amylase works on the starches of bread. Thus, the work of the enzymes is necessary to build the living tissues and without their help wounds would not be able to be healed. The important thing is, the enzymes are present only in natural unprocessed foods. Eating cooking canning and pasturization and all processing destroy enzymes. Temperatures of over

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122 degrees of Farenheit are fatal to enzymes. This means that when you cook foods, vegetables or fruits the enzymes are permanently destroyed.
(2) At the ultra-modern Buchigr Clinic and Sanitorium on the continent fasting is amongst the therapists' practise. In connection with this there is given low sodium diet, vegetable juices, particularly cabbages and peppermint tea for the treatment of circulatory and heart diseases rheumatic diseases skin disorders and high blood pressure.
(3) Concentrated juices of fruits and vegetables are not natural foods. They are highly concentrated fragmentary food but they can be used very effectively as medicine. Some juices can even be harmful if consumed in large amounts over long periods. Most of them are largely unnecessary as regular parts of the daily diet of healthy persons. Eating citrus fruits moderately for instance, is a healthy habit but drinking citrus juices regularly may cause disorders such as loss of calcium from the teeth with consequent erosion of the teeth. The concentration of nutrients ~~and~~ in juices is unbalanced and can be detrimental to the bio-chemistry of the body. Hence, usually raw juices should be used in the treatment of disease, almost every disease. They were successfully used by Dr. Max Gersen's Cancer Clinic for instance, and in connection with fasts they are still being used in the modern

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(4) As regards obtaining minerals from raw juices it maybe noted that Potassium is present in grapes tangerines lemons spinach and most of the dark green leafy vegetables. Sodium is present in cherries peaches beets carrots celery and tomatoes. Magnesium in endive, Phosphorous, in grapes tangerines and spinach and watercress. Sulpher, which is important to liver metabolism is present in black and red currents spinach and watercress. Iron is found in parsley apricots and spinach.
(5) Copper is found in potatoes and asparagus. Zinc, in apples pears lettuce asparagus. The healthy function of the prostate gland is dependent upon a sufficient amount of Zinc in the diet. assist in haemoglobin production. Iodine is present in oranges and in spinach. It participates in metabolism through the thyroid gland. Vitamin A, is in Rosehips oranges red peppers and carrots. Its absorption into the digestive tract can be helped by the addition of linseed oil or seseme seed oil. Folic acid is present in spinach parsley oranges and potatoes. Vitamin C, is in black currents, citrus fruits, green peppers parsley rosehips. Vitamin K, is in spinach and cabbage. Vitamin E, is in wheatgerm oil. Hormone-like substances, the so-called vegetable hormones are present in raw juices and antibiotic substances are present in garlic, onions radishes

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(6) In rheumatic diseases the alkaline action of raw vegetable juice dissolves the accumulation of deposits around the joints. Carrot, beet and celery juices are the most suitable. For kidney diseases a small amount of horseradish juice watercress juice, birchleaf juice mixed with large amounts of carrot and celery juice. For prostate disorder, pumpkin juice is beneficial. For eczema and other skin eruptions cucumber juice carrot juice beet juice are recommended.

(7) Most vegetables and fruits today, have probably been heavily sprayed with poisonous insecticides and waxes. They must be washed very carefully in warm water and soap or in mild detergent substitutes of nonchemical origin. Especially to be washed are pears apples grapes plums cucumbers carrots green peppers tomatoes and celery. Rinse well three or four times in progressively colder water, after the wash rubbing vigourously with a brush in the final rinse.

(8) It is not adviseable to make more juice or salad, cutup salad than is needed. Even in the refrigerator storage they rapidly lose therupeutic and nutritional value. Dr. Lars Erik Snewcn, M.D., the leading pioneer of biological medicine in Sweden, whom P.B. met there, writes, "There is no question that Arthritis if

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(9) Bioslavonoids or Vitamin P, always accompany Vitamin C, when it's in its natural form. They are beneficial to the healthy condition of the blood capillaries.

(10) Unfortunately, the best natural source of iodine is kelp, which is dried and powdered seaweed and attainable in tablet or powder form from healthfood stores. I say unfortunately, because I find it has a fishy odor and do not use it. It is also used as a substitute for salt because of its very salty taste.

(11) ~~Polin~~ Pollen, is regarded or was regarded since the earliest ages as possessing miraculous powers. Ancient texts from Egypt, China, Persia refer to it. Greek philosophers claimed it held eternal youth. It was revered as a propagator of life and mixed with honey, was used by the original Olympic athletes for extra vitality. ~~Polin~~ Pollen is the main male germ cell of the plant kingdom. ~~Polin~~ Pollen in beehives and honey comes from Pollen flowers. It is believed

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that it attaches itself to the legs of honey collecting bees and then falls off their legs while they deposit their honey. Also, that it is deliberately collected to feed the young working bees which produce Royal Jelly. Analysis shows it contains 20% protein, all the vitamins except B-12, minerals and trace elements and enzymes and plant hormones. It increases the bodies immunity and stimulates glandular activity. Swedish doctors, in several tests of chronic prostate inflammation, showed that Cernilton, a preparation of ~~polin,~~ pollen in 70% of cases gave better results than the conventional therapy alone. Dr. Lars Eric Snewcn, reports that he has used another ~~polin~~ pollen preparation, Cernitory, for the treatment of hemmoroids and that where the traditional suppositories were ineffective this ~~polin~~ pollen's preparation brought fast relief even in advanced cases. Start Disc 47 (12) Probably, the most beneficial effect of ~~polin~~ pollen is that it quickly produces the same antiputrifactive effect in destroying harmful bacteria in the intestines as lactic acid foods. As is well known, lactic acid foods, soured milk, sour bread, saurkraut etc., occupy high place in the diet of Bulgarians, Rumanians Russians and other European peoples with an enviable record of longevity. ~~Polin~~ Pollen has also been used in the treatments, successfully, of symptoms of ageing either in its pure form or in the form of the Swedish preparations, Cernitin.

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Stat Dis #7

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(13) Russians eat large quantities of Sunflower seeds rich in Vitamin E, complete protein; Vitamin B, minerals and especially rich in zinc which plays an important role in the growth and maturity of the sex glands and is directly linked with the health of the prostate gland. Zinc, is an active agent in most of the so-called virility foods such as oysters, raw nuts, seafoods, onions, etc. Sunflower seeds and Pumpkin seeds are very rich in this mineral. There is a very high concentration of zinc in the seminal fluid and also in the prostate itself more than in any other part of the body. A deficiency of zinc causes an enlargement of the prostate. In Iran and Egypt where many people live on zinc deficient diets, boys suffered from retarded development and growth of the sex organs. But when the diet was supplemented with zinc, they rapidly matured sexually. In many soils zinc is deficient or it is taken out of foods by refining and processing especially when the bran and germ are removed from grains. Other foods rich in zinc are wheatbran, wheatgerm, Brewer's yeast and onions. Pumpkin seeds have about 30% protein 40% unsaturated fatty acids, B Vitamins, lots of phosphorous iron and zinc. They contain a plant hormone which effects mans own hormone production. They are effective remedy for prostate trouble.

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(14) In ancient Babylon women ate Halva to restore their vitality and sex appeal. Research has shown that Sesame seeds from which it is made are rich in Magnesium, Potassium while the honey with which they are mixed is rich in one of the Aminol acids. Sesame seeds are one of the wonder foods of Nature rich in Calcium richer than cheese or milk or nuts in this element. High in protein with about 20 to 28% and protein of a very high quality. Rich in unsaturated fatty acids and in Lecithin and a good source of Vitamin E. It is one of the oldest grains cultivated by man and remains a stable food in many countries of the East the Middle East and East Europe.

(15) There are many different methods of sprouting seeds WAELAN' recommends soaking the wheat grains in water at room temperature for 3 nights then, spreading them thinly on a dish or a paper towel for 3 days. To prevent the grains from molding they must be rinsed under running water 3 times a day. Another method is to soak the grain overnight in cold water then roll the scattered seeds inside a wet clean towel, sprinkle water over the towel several times a day.

(16) To make Halva, take 1 cup of Seseme seeds, 2-Tblspoons of honey, preferably the solid honey, grind the seeds in a mill to a powder, pour this meal into a larger cup and kneed honey into it with a large spoon until they are well mixed and acquired the consistency of a hard dough. Make into small balls and roll them in shredded coconut.

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(17) To make Rosehip Tea, take 1-Tblspoon of dried Rosehips or of Rosehip Powder for each cup of water. Bring to a boil but do not let the infusion itself boil. Then, steep for 5 minutes in the case of powder or 15 minutes in the case of the leaves. Strain, sweeten with honey and the resulting pink colored tea will be rich in Vitamin C. Never use aluminium utensils when preparing this tea.

DIET

( ) In May 1970 page 212 issue of "Deutsches Ärzteblatt" a medical journal is a reference to the Tarahumara Indians of North West Mexico, 3/4 of their diet is maize and beans (frijoles). They seldom eat meat and never milk or milk products. The rest of their diet is "Malven-Spinach, Berries etc. Yet they hold races of 100 km or more among themselves, not ~~merely~~ ONLY atheletes do this but whole families. American physicians found they were among the healthiest people in the world."

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FOOD

( ) It may be taken as a general rule that whatever food is disliked when it is raw, then it is unsuitable as a food for oneself even though the taste changes for the better when it is cooked. Of course, when food is used as a medicine such as the bitterness of endive, bitter endive, chicory as it is called, that is another matter. That is good for the liver.

( ) One reason why extremely hot baths and especially Russian Turkish or sauna baths which cause excessive perspiration, why they are beneficial when taken in moderation, is they tend to eliminate some of the excess of salt which the body contains from wrong diet. A high salt level in the blood is bad in every way. It thickens the blood and increases the gumminess of mucous and retards the recovery of potassium.

( ) Toxic bowels are one of the causes of catarrh. As the blood streams, the blood gets affected and the mucous membranes begin to create and throw off excess of mucous. The undigested remains of food in the bowel breeds this parasite which is one possible cause of catarrh. This parasite is spread by restaurants and where drinking water and foods are touched by persons who have not properly cleansed their hands after toilet. Salt aggravates the harm done by this parasite and both reduce the potassium in the blood thus quickening the ageing process.

( )To restore the missing potassium one should eat foods rich in it and eat them wherever possible in the raw state

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( ) It may be taken as a general rule that whatever food is disliked when it is raw, then it is unsuitable as a food for oneself even though the taste changes for the better when it is cooked. Of course, when food is used as a medicine such as the bitterness of endive, bitter endive, chicory as it is called, that is another matter. That is good for the liver.

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( ) Toxic bowels are one of the causes of catarrh. As the blood [illegible] the blood gets affected and the mucous membranes begin to create and throw off excess of mucous. The undigested remains of food in the bowel breeds this parasite which is one possible cause of catarrh. This parasite is spread by restaurants and where drinking water and foods are touched by persons who have not properly cleansed their hands after toilet. Salt aggravates the harm done by this parasite and both reduce the potassium in the blood thus quickening the ageing process.

( )To restore the missing potassium one should eat foods rich in it and eat them wherever possible in the raw state

FOOD (Con't.)

as to a large extent it is lost by cooking. When restored there is a quick rise in energy and in resistance to disease.

( ) Salt harms the organs the muscles the joints the blood and the glands. I believe, but am not sure, that homeopathic medicine is aware of this and prepares antidotes to decummulate sodium chloride in the system.

( ) Those who, like office workers writers and students, live much in the desk chair and lack the exercise necessary to help keep the body fit, can benefit by doing exercises involving the spine in their own home. This need take just a very few minutes but is very valuable in its results.

( ) Although colon flushes cannot eliminate the toxic parasites in the bowel entirely they can help to reduce them.

( ) It is also noticeable that the thickening of the blood previously mentioned will cause varicose veins in the legs eventually.

( ) On this natural diet you may eat whenever you feel hungry and not tie yourself to fixations about time for meals.

( ) The homeopathic perscription for K compound tablets is as follows:

Kaliarsen 898X	Kalihyd 475X
Kalibich 698X	Kalimur 433X
Kalibrom 228X	Kalinit 285X
Kalicarb 73X	Kaliphos 1M
Kalichlor 603X	Kalisuldh 375X
	Kalisilic 523X

All these suspended in carbo-vegetalis as a tablet to 5 grains

Lost last 2 words "Brigis rights?"

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FOOD (Con't.)

( ) The vegetables which contain more potassium are the leafy dark green such as cabbage, chard, lettuce spinach, watercress, peppers. Among the fruits, apples, apricots, figs grapes, limes and raisins but always taken in the raw condition. Other foods are: Beets, nuts, barley, maize wheat, wholewheat

( )

if not removed, its vitamins and proteins.

( ) Restrict the use of powders when cooking cereals and grain — Beet will completely spoil them — Seeds will cause sticking to side and make a sticky mess. Use only a flavouring powder (Vogue, for instance) and then add it at end, before serving.

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Herbalism

( ) The advantage of living near trees is that they give us plenty of oxygen.

( ) It is not necessary to use chemical insecticide to keep away the despoilers of plants. Most insects dislike mint, geraniums, onions and tomatoes sufficiently to stay away from gardens where these are laid out as borders.

( ) Muscular pain such as sciatica and rheumatism can be relieved by potices made from chopped up cabbage heated and placed on the painful part.

( ) Cress is not only rich in Vitamin C, and minerals, but it has plenty of iron, even more than spinach, without having the disadvantage which spinach has of containing oxalic acid. It also has a medical value in counterfeiting vertigo and thus helping to keep the body balanced.

( ) Even the water used on the market gardens where they grow salads may itself be contaminated so that the salads become dangerous carriers of disease like Hepatitis, quite apart from their being carriers of poisonous chemicals such as insecticides. Therefore, all vegetables and especially salads, should be thoroughly cleaned and if necessary, treated with antiseptic solutions.

( ) Cucumber helps to dissolve uric acid but as it is difficult to

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digest by delicate stomachs it may be cooked or put into soup which makes it more digestible.

( ) Spinach is undesirable for those with tendencies to sci - atica, rheumatism because its oxalic acid increases these ailments.

( ) Beware of herbal teas which have been treated at the farm with poisonous chemical insecticides. It is best to buy them from a biologic or organic healthfood shop.

( ) The apricot is rich in Vitamin A. Grapes, are beneficial to the throat when dried and their sugar gives energy.

( ) Old long stocked herbs, herbal teas and medicines have lost most of their value and are merely corpses. Others even become harmful when they are kept too long.

( ) Plants dislike the contact of metals and especially metal knives.

( ) Mint contains menthol which kills bacteria and medically it helps against colds when inhaled or made into a herbal tea for drinking as well as for inhalation.

( ) Baths of the hands or of the feet made from boiled herbs are very beneficial. The herb chosen should be the one having the quality desired.

( ) A herbal tea made from what is called the beard of maize or the culp on which corn grows has the medical value of dissolving stones in the bladder and thus curing re-tention of the urine.

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( ) Hand and foot baths are valuable because they are the parts of the body which are the most receptive to the curative elements in herbs.

( ) Although Camomile is one of the most valuable of herbs, if taken in strong doses it can cause vomiting. And sage ~~could cause it also~~ "taken in too strong doses, could cause hypertension. Certain vegetables are unfavorable to the liver. These include cabbage whether green or red, brusselsprouts, cauliflower celery, spinach and cucumber; while certain fruits have a similar effect. These include prunes apricots melons and bananas. On the other hand the herbs with the beneficial effect on the liver are artichoke, dandilion (made into a tea fusion?). The dandilion is so powerful that within a half an hour the Dandilion Tea will double the amount of bile produced by the liver. Also good for the liver are carrots, cress and tomatoes and olives. So are grapes.

( ) Honey is beneficial to the throat and so is the herb, Mallow if used as a gargle.

( ) A bath to which Limeblossom has been added relieves insomnia.

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The Mexican Work

More than 20 years ago I made an experiment while living in Mexico and under the proper conditions for such an experiment which enabled me to try out on my own person certain ideas related to the physical sources through which the life force expressed itself. The time has come to tabulate some of the details of that experiment and the conclusions to which it lead.

(1) Synthetic vitamins have established the usefulness but they cannot take the place of natural vitamins which are always to be preferred. If however, the synthetic ones are taken, then the quantity used each day should be at least half of the perscription for natural ones otherwise a chemical content destroys the values obtained from minerals and other elements received from the intake of natural food each day.

(2) Arthritic rheumatic persons are too often suffering from a lack of potassium and this has to be supplied whatever form of treatment they may adopt.

(3) And because such sufferers have got an accumulation of calcium in the affected parts of their limbs, part of the treatment must also consist of removing if possible, this excess of calcium. The intake of potassium, preferrably through natural sources in the diet will help this treatment.

(4) The hardening of the calcium in certain joints and arteries not only makes the person less resistant and

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and more liable ~~liable~~ to arthritis rheumatism but also makes him feel and behave as if he were older than he really is. During the Mexican experiment I subsisted in the early stages by progressive degrees and in the more advanced stages wholly upon uncooked food. The result was that I found in the end that the quantities needed were about half what was previously needed when I subsisted on cooked food and raw food together. Moreover, I found that the sleepiness which followed the heavy cooked meals of former days vanished on the new diet.

(5) I came to the conclusion that a feeling of vital power came with the eating of raw food to an extent unknown on cooked food. I further understood that since cooking destroys a substantial part of the vitamins of food the undestroyed part remains in the raw food. I was fortunate enough to choose for the experiment a small town where the local produce was untreated by poisons insecticides chemical fertilizers or anything like that. It was pure and nontoxic.

(6) I further came to conclusion that one needs variety in diet because the body is composed of so many different elements and all of them need nourishing if a proper balance in its maintenance is to be preserved. Without this balance there may be too much acid in the body and this too opens the way

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to rheumatism or arthritis especially with uric acid. For breakfast, I stopped eating cooked porridge and used a mixture of flaked oats and wheatgerm eaten as it was without cooking or soaking. But, of course, with my morning tea as liquid is necessary. I mixed a little finely ground nuts, usually almonds with the porridge sometimes as a change or to improve the taste. In the cold I think some amount of hot food is necessary and one cannot then find it desirable to live on raw food alone. Vegetable hot soups are particularly advisable in winter. Wheatgerm contains a valuable oil which is an excellent medium for the life force. For lunch, I used beansprouts which are also valuable sources of energy. Not only was most cooked food stopped but also all processed food, all food that had been tampered with in factories and deprived of its virility.

(7) All fertile foods are desirable for this purpose of unlocking the channels of life in the flesh. Seeds especially, contain the trace elements of the various kinds of minerals needed to maintain the body. Where there is a deficiency it must be supplied, where there is an excess it must be toned down. This is why a varied and balanced diet is necessary. Fertile grains and seeds which will sprout if planted are obviously channels of life Chinese are aware of this and for centuries have used soya bean sprouts of winter.

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When hot cooked food is desirable there should still remain a substantial portion, at least half, of raw food in the diet either in the form of *crudité* as the French call it or, for those whose digestion does not go so far as finely grated or well-shredded raw vegetables and salads can be and balanced meals secured and adding a flavoring from the vegetable kingdom but never table salt. However, it is necessary to remember, that the fresher the food the more vital it is. And that the best food, if kept long enough, deteriorates and loses its value. Therefore, these shoppings be done frequently in small quantities rather than infrequently in large ones. In any case, reactions of the body to the various foods must be noted and used to some extent as a guide for each body has either excesses or deficiencies of various so the individual case has to be studied. There cannot be a generalized rule for every case would find something else suited to their type of body. As regards the nuts: It was easiest to use almonds from which the skin had been removed.

(8) I found that it is best to grind the or whatever nut is used to a very fine powder or, for those whose digestions can tolerate it to a paste because coarsely ground nuts are a heavy burden on the stomach and in

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that form or in the form of chewed pieces undesirable. Not only is the oil contained in wheatgerm a vehicle for the life force but the oil contained in all the other grains and seeds and nuts is such a vehicle. An excellent desert was made by using seedless Saltanas:

1 part	Saltanas	liquid honey- 1 part
Almonds	1 part	orange - 1 part
oats	1 part	

after mixing them together. If an apple is grated separatly and mixed with a dessert, will improve the taste.

(9) If beansprouts cannot be got fresh, for they must be used immediately they are ready, then they may be very lightly fried in a very small amount of oil for a very short time. The same, with chicory, or endive as it is called here. But the endive must be well chopped up. When making a lunch or a supper which includes cooked foods or soups vegetables, I found the use of flavoring herbs of great value provided they are used in very slight quantities. I used sage, parsley, ginger which contains many of them. Also, many of these herbs have a medicinal value but should never be taken to excess or they spoil the taste of the food and upset the body.

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(Con't. IB Mexican work)-

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Food

( ) Millet has been eaten in India since the earliest times. To prepare it, wash and cook for a minute or two then reduce the heat to the lowest possible and let it simmer for about 25 minutes. It is a slow low temperature cooking which is best for this and most other cereals or grains. Mix with flour the cooked millet can be turned into pancakes and fried.

( ) Before any grain or cereal, which has not been processed and which is wholegrain, can be used, it should be thoroughly washed several times to eliminate possible insects. At the end of the washings it should be put into a basin of water so that if there are any, they may float to the surface. This applies to millet, rice, wheat and any other whole grain.

( ) It is claimed in macrobiotic and circles that oats contain an element similar to the hormones and therefore, stimulate the thyroid and excite the temperature of the body so that it is best eaten in winter for the sake of its warmth. This may be so, but cannot apply to the processed flaked oats which most of us have to use because of its quicker cooking and more easy digestion than the unprocessed oats. In that case, there is certainly no stimulating At least that is our experience in England and Scotland.

( ) Rye is a useful cereal for those who lead inactive lives as it stimulates the circulation of the blood

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( ) Rye is a useful cereal for those who lead inactive lives as it stimulates the circulation of the blood

(Con't. Food)
and renders the arteries more flexible.
( ) Most lentils whether coming from Greece or Egypt whether brown or red contain small stones and are therefore dangerous to the teeth. This applies also to those sold by health-food stores which should therefore be re-named, "Ill-Healthfood Stores". One should either go through the long and tedious operation of sorting them out and removing the stones by hand, or not wasting time and banishing them from the diet. However, a packeted white dahl from India seems to have been cleaned and free from stones before export. But the dahl sold loosely by weight may contain stones.
( ) Chickpeas, which are eaten in India, Spain and Mexico and the U.S.A., are a valuable and useful food provided the kind which is almost skinless is eaten as then they are much more digestible. They contain the minerals, phosphorus, magnesium and calcium. Whether bought raw or canned they have usually been treated with chemical insecticide so it is advisable to wash them thoroughly before use. But this also is a precaution which should be taken with all other beans and peas.
( ) The soya bean not only contains valuable proteins but also the unsaturated fatty acids which benefit the arteries and also Vitamins A, B, D, and E.
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crops enter directly into the roots of plants below the surface of the ground by the insecticide sprayed into the stems and leaves and fruits.

( ) The safest kind of cooking vessel is made of iron, as in China. The next best, is enamelled iron. The objection to these two is their heavy weight. Glass, and Corning Ware are suitable only for electric stoves. Earthern Ware, as used for centuries in the orient would be suitable provided it is new. Because, once cracks form in it the debris of food may get into the cracks. Stainless Steel is good provided no salt is used in the cooking as this eats into the steel. It is not recommended to use pressure-cookers because the excessively high temperature destroys vitamins more largely and more quickly than ordinary cooking pans. Aluminium should definitely be prohibited. And non-stick pans lined with Teflon, should also be prohibited. As regards the cleaning of cooking vessels, do not use detergents but ordinary salt, as this is harmless in comparison.

( ) It is the germ of a cereal whether wheat or rice, which grows into the new living plant when sown in the ground. All cereals contain this germ: Wheat, rice, millet, oats, rye, barley buckwheat, corn. Unfortunately, this is also why whole living grains are more easily attacked by insects and weavils during the period of storage. And, this is why they must be well sifted, examined washed thoroughly before use to remove

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(Food Con't.)
the eggs laid by the insects or the insects themselves. If after washing they are put into a basin they float to the top.
It is during the Autumn that they are most frequent.
( ) Whole grain breads should not be kept in an airtight container, but in an aerated one, preferably, made of wood and cool.
( ) Seseme oil may be kept much longer without turning rancid than most other oils.
( ) Tahini, which is made from seseme and which is really seseme butter contains phosphorous and ~~lechitin~~ lecithin unsaturated fatty-acid and proteins so its food value is very high. But all those commercially sold have had the hull removed, and therefore, a part of the food value. Only that which is made in Belgium by the Lima Company is made from the whole grain. But, they add a little seasalt as a preservative. Horseradish is useful medically because it is antiseptic, like garlic. And because it acts beneficially on the urinary duct.
( ) Ginsing has been used in China and in adjacent countries for centuries as a rejuvenator and promoter of long life. It is difficult to obtain in the West, in the pure and unadulterated form, so it is best to buy the roots and grind it to a powder oneself. The demerit of ginsing is that it also has an aphrodisiac effect.

(Food Con't.)

the eggs laid by the insects or the insects themselves. If after washing they are put into a basin they float to the top.

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"on Food"

( ) Cooking should be done with the minimum amount of water so that the vegetables are hardly covered. Put the lid on so that the steam thus generated does part of the cooking. Let the water boil for the minimum amount of time necessary to soften the food or even slightly less as the Chinese do. Potatoes are best cooked by baking which gives them the fullest flavor. The crust which forms around fried food increases their palatability.

( ) When using aromatic herbs and spices note that some harmonize quite well with others but, on the other hand, are discordant with still others. These relationships can be determined by experiment and experience during the practice of cooking. Among the spices, Paprika as 'tis called here, on the continent, is a less strong form of Piment, as 'tis called in France. In England, the latter is

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(con't.) "on Food"

called All Spice. Curry can be used to make rice more agreeable or to make spaghetti more agreeable or the two flavors can be associated together as also can Coriander. Saffron is used on the French Riviera to color soup and in India it is used to color rice. It has an extremely mild flavor also and can even be used for spaghetti.

( ) Too much bread eaten at a meal can cause fermintation and the swelling of the stomach through gas. Although Nutmeg is widely used on the continent it has certain toxic qualities and is not desireable in a health diet. There are certain spices which harmonize together and can be used in association as, for instance, Thyme, Laurel, Rosemary and Marjoram. Potatoes can be flavored with Parsley, Mint or Thyme.

( ) Raw salads can be flavored with finely sliced radish or ground Mustard Seed. Rice can be flavored with Thyme and Rosemary.

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RAW ~~FOOD~~ DIET Harm of Acid Fruit Diet with P.B 1st July, 1952.

Mr. Giol, a Danish Argentinian emigrant at interview described his experiences with the raw food diet. He was placed upon this diet by Dr. Nolvi, the woman who has a sanatorium for this purpose on the Danish coast. For twelve months he was allowed to eat fruit, vegetables and milk only. Grains and cereals were banned. The fruit consisted mainly of apples and oranges. At the end of the year, instead of getting better he found himself worse. Physically he suffered from excessive acids caused by the fruit then his sexual powers became impaired. But the worst trouble which resulted was mental. He became totally unable to concentrate and so could not even read. A heavy tightness was felt in his forehead which rendered him incapable of working for some years.

The moral of this is a confirmation of the phylosophical conclusion that balance is needed in all things. The raw food diet is an excellent medicine for certain ailments but a sorry food for permanent diet. As a medicine it may be taken for a few days, week or weeks, but if too prolonged the balance of the body becomes upset.

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Comment by P.B.: The mistake reverses on all acid-fruit diet. But it may also be a contribution to this old ailment

RAW FOOD DIET

Natural Fruit Diet

1st July, 1932.

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11

J. H. OLIVER: PROVEN REMEDIES:

(1) Bad Breath - Supper of juicy fruit only, every night until the breath is quite sweet again. Raw apples make the best type of meal for this affliction

(2) Herb: Tincture of euphrasis (eyebright). Five drops (not more) in a little warm water every two hours. in numerous cases this will dry up the cold in a very short time.

(3) At the beginning of a cold, aconitum is a remedy of great power, and will usually prevent it from developing.

(4) If the skin is not broken, make a liniment of one dram powdered borax and half-ounce each of tincture of myrrh and tincture of cayenne, and rub well in night and morning. If the skin is broken, apply marshmallow ointment.

(5) Some Eye Troubles: Herb.: Four drops of eyebright in a dessrtspoonful of water. Drop a little into each eye with a fountain-pen filler, night and morning. One can get this fluid extract of eyebright at any herbalist's. Chemists stock the same remedy under the name of euphrasia. Two drops are the indicated remedy with this.

(6) At the cinema - don't stare. Keep looking from one part f the picture to another. You will discard your glasses in time.

(7) GALLSTONES: A woman suffering intensely, and whom nothing could relieve, was quite cured by eating raw blackberries (brambleberries). She promptly laid in a stock by bottling them, and ever since she has aborted attacks by this simple remedy.

(8) ITCHING OF THE SKIN (PRURITIS)-Due to malfunctioning of the liver.(See 'Liver"). Herb: Fern burrs, or sweet gale. A sufferer who had endured martyrdom from this affliction for over twenty years was promptly cured with a high potency of influenzinum. Hom: Influenzinum 1 M. Three pilules on empty stomach - say on rising once or twice a week.

(9) MOSQUITO BITES: - To prevent mosquito pests from feasting on you -wash the exposed parts with any kind of carbolic soap and they won't bite - even though you may previously have been a martyre to their attentions. To keep off all winged pests when seated out of doors - sprinkle a few drops of oil of lavender on a sponge - office sponge will suffice- and expose it. They hate the smell, and won't come near it. #If bitten, the remedy is Hom. Ledum. One dose is usually sufficient to reduce swelling and remove all distress.

(10) PROSTATE: (Enlargement of) -Hom.: A bad case - intense pain- was given sulphur 6X, followed by rhus tox, and soon all pain ceased. Another very good remedy is five drops sabal serrulata 1 X Three times a day in a little warm water, and ten drops of Thlaspi bursa pastoris ø in a little warm water at bedtime each night.

(11) THE CIGARETTE HABIT: -Hom.: Caladium 6 night and morning. (South American herb arum.) Usually even chain smokers lose all craving for tobacco. Another remedy, nux vom. 3 taken every four hours. When the craving asserts itself, chew a Hom.: Camphor pilule.

(12) STONE IN THE BLADDER: -Herb.: Burnet, saxifrage, and bladder wrack stewed together in three pints water for twenty minutes. Strain, and take a wineglassful every three hours. This mixture will soon dissolve the stones and bring them away.

(13) TESTICLE: (Swollen) -Bot.-Fluid extract of clematis.

(14) One of the best healers is pure honey. It is antiseptic, soothes the pain, and hastens healing. For burns there is nothing to equal it.

(15) It's surprising, what a number of health-giving things can be incorporated in a salad - from the young and tender leaves of gooseberry bushes and hawthorn trees to the heart of a cabbage chopped up fine. The ancients looked upon the colewort herb as divine because it had such marvellous healing and health-giving properties. Man, working hand in hand with Nature, has cultivated -evolved - from that herb our familiar cabbage (it is still called "colewort" in the dictionary), and has done so without destroying any of its medicinal properties.

( ) As this disk is devoted solely to the subject of food, it might be well to start it off with a glance at the practice of a man who is believed to have lived long beyond the normal average and to have done so in good health. I refer to the Comte De St. Germain. It is known that when invited out to dine he would ordinarily refuse the various courses which others, at the table would eat and content himself himself with a porridge of mixed wheat and oats followed by vegetables and then take some drops of a secret elixer which he carried around with him in a phial and to which he would add water. As for his breakfast, he drank a certain health tea which was made for him by his valet and which is described by the Baron in his own memoirs and who knew the Comte, fairly well. This tea was made by his valet from a ½ pound of Senna leaves 125 grams of Ura and then, Sanbucy. This I believe is Latin name of whatever this thing is. And finally, a hundred and twenty-five grams of Foeniculli, probably Latin, also. The Valet would mascerate these leaves for 24 hours in two liters of spiritual wine and then filter them and then give 10 drops every morning of this extract in a tumbler of boiling water to his master.

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that traces of this nickel may remain in the finished product which would be harmful to the eater. In any case, even if there is no adulteration the catalyzer is still used in the process of extracting them makes it necessary to use chemical solvents at a very high temperature which destroys much of the vitamins. On top of all this margerines are usually quite indigestible because of the extra work thrown on the liver. For all these reasons, it is better not to eat them or to eat products containing them. Another adulterant which may be used instead of whale oil, is tallow.

( ) When purchasing oil for frying or for salads, insure that they are first pressings; cold pressed and free from chemical solvents. This oil never turns rancid whereas most of the oils sold are likely to do so after a time because they have lost their A and D vitamins which prevents rancidity, lost because of the refining process done at a high temperature and often with chemical solvents.

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( ) The green vegetables are those that contain chlorophyll, which is a necessary element for the body and for its health as it captures solar energy and is able to liberate it as soon as eaten. Most fruits contain chlorophyll already having passed through and gone beyond the green coloring stage. But they capture the solar energy too. This is one reason why raw vegetables are preferrable to cooked ones, provided they can be digested. When this is not possible, then of course, cooking is necessary. Pressure cookers should be avoided as they reach too high a temperature which almost sterilizes the food.

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( ) (1) Dr.Bircher Benner`s silicon is good for eyes, found in apple core and pips, so run these through Braun when pureeing lettuce, and also collect and dry pips, so as to grind them in coffee mill to mix with nuts, sprinkler salad etc. (2) Almond milk-puree, grind very finely, filter pressing hard. For mixing with fruits, fruit salad, lettuce tomato salad, but always use raw. Almond puree is very easily digested and very nutritive. (3) Peanuts are banned by Bircher. Meals eaten at night must be well chewed, well salivated and slowly eaten.

( ) Note difference between milk rolls (Schweiz) and water rolls (Semmel); latter are ordinary round but fomer are flatter and paired. The milk free are called "Semmel".

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Further legal-size pages on "Food" are in back of legal-size binder "For Revision".

TRACEELEMENTS :

Seeds have 92. Blood has 92. Seawater has 92. They are chemicals. When combined with the electrical impulse which erupts in seeds + blood there is the pulse of life. When not combined seeds are not fertile and blood is in corpse. Found in iodine too.
TE's are vital. They create energy. They are natural chemicals and metals but only tiny amounts.

( ) Crushing by milling seeds stops their life, as it does human body, so they become dead food. Seeds are useless, dead, infertile, if soaked with water or unduly dried or exposed to air, from vitamin E plus standpoint. Nuts have high E plus fertility factor. Brazil 65% Walnut 64% , Almond 54%, Coconut 50% Pecan 54%.

( ) Fruits have other vitamins only their seeds have E plus.

( ) Barley Wheat Oat seeds are often treated with poisons. Buy only from biologic or organic source.

( ) For K- Compound tablets (prescribed by Cote Marsh),They must be eaten together with the ground grain. It is a 5 gram black carbon tab. It contains 10 trace elements necessary to [illegible] rebuild potassium in blood, to restore its youthful fluidity, by removing its grimy thickening, necessary remove therefore origin of .... Rheumatism and of

(over)

old age. Take one tab a day normally. They cure prostate too.

( ) Potassium disintegrate .....ageing.

( ) TEA

Bancha Tea and Twigs tea. Unpicked for 3 years, is undyed green tea. Roast it in dry pan over gentle heat till fragrant; boil 15 minutes; reboil left-over tea. Don't use too much leaves as causes bitterness then. Also excessive roasting spoils taste.

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TEA

( ) It is a mistake to use metal teaspoon even pure silver. China spoons are too heavy and thick. So change to the kind used in Japanese Tea Ceremony - bamboo wood - delicate handmade. These are sold in Japanese department stores in the Tea Ceremony equipment counter. (Try Hawaii, Los Angeles and San Francisco stores). When visiting West Coast try them there) ~~or ask for~~

( ) Teaplant was native of Southern China. It was used there in very early times in medicine to strengthen will, relieve fatigue, improve eyesight and prevent drowsiness during meditation. The second or third cup raises perspiration.

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( ) JAPANESE GREEN TEA

"UJI-SATO" raw leaf is palest in colour but stronger.

"UJI-GYOKORO" but is darker but milder.

Both are imported by: JAPAN FOOD CORPORATION
South San Francisco
Calif. 94080

UJI, near Kyoto has the repute of growing Japan's best tea.

( ) THE CAMELIA FLOWER

1. Along with cherry blossom and chrysanthemum they are national venerated symbols of the Japanese. They are believed to produce a peaceful atmosphere.

2. Frying oil is got from the seeds.

3. Kyoto, the ancient capital, is its most appreciated centre.

(don't. TEA) P 2

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4. The oil is also as a base to which cosmetics, (hair gloss?) can be added.

5. Young camelia leaves are plucked to make delicate fragrant and sweet tea, more fragrant than high grade green tea.

( ) TO MAKE TEA

1. Reheated water gives flat taste. It must be, (a) fresh from tap
(b) boiling

2. Time is needed for leaves to unfold and release flavour. Use clock, give 3-4 minutes.

3. For light delicate flavour blend 2/3 Oolong with 1/3 Green.

4. Keemun is milder than Darjeeling and is the best of the black teas.
Lapsang is too strong and TARRY for delicate stomachs.

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P.B. Please check #7

5. Teapost must not be metal: use only earthenware, china or glass. Do not clean it with soap or detergent -- only clean scalding water.

6. To get maximum flavour but minimum tannin, double the amount of leaves and halve the time of infusion to 2 minutes.

7. Add lemon to green tea if desired.

As teapot should be warm
Use warm teapot by keeping it on stove
5 mins. dry -

OR USE 2 VESSELS

1st: In its own juice -

Fermented = black tea
Semi Fermented in its own juice = Oolong tea
Dry unfermented = green tea

The Plant of Heaven -= tea

Tea (Cont.)

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The Plant of Heaven -- tea

( ) (1) I like those lines of our poet, Edmund Waller: "The Muses friend, Tea, doth our fancy aid, Repress our vapours which the head invade, And keeps that palace of the soul serene." (2) Tea was used medicinally in China before being adopted for general use. Today the theine in tea is known to produce repeated emptying of the bladder and intestines. It is theine which gives tea the refreshing quality, China tea has less than Indian. Although tannin is more in Indian tea, less quantity is needed to get a brew.

( ) Crole (published 1897) China tea is much inferior to Assam tea. (2) Tea plant was already growing wild in Assam before being introduced from China. In Assam essentials exist for favorable tea growth, tropic heat sun, heaviest world rainfall and suitable rich mould soil. (2a) Assam is a neighbour, adjoining the Yunnan province of China; it is the most eastern province of India. (3) Japanese did not cultivate tea until about 12th or 13th cent.A.D. (4) Many years ago charges of admixture of dye, and other more repulsive impurities such as scents, chemical and vegetable adulterations, ~~iron filings and silica etc.~~ against Chinese teas could not be made about British Indian ones which also were produced by clean machine processes whereas the Chinese used filthy hard methods... see

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( ) Crole cont. ..iron filings and silica etc. were used to glaze green tea. But all this belongs to the past. (5) But although Indian tea has a fuller stronger flavor than Chinese, so that less need be used, pure China tea has a more delicate one. (6) Green Teas (Chinese) are Gunpowder, Hyson, Imperial Twankay. (7) Bohea Tea (Chinese), also from Kumaon and Garhwal, is a compromise between the old green tea and modern black fermented ones; it appears like the latter but has the character of the former. (8) Until 1897 (date this Report) the only manure used on tea estates was Cow Dung. But today (1960) nitrogenous chemical sulphate of ammonia is used on India tea estates. Also insecticide sprays for pests are used. (9) India tea plantations have sickly people working at the "factory", also babies run loose in it, and these may contaminate the tea.

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TEA

( ) If water heat reaches 200°F, which is the ideal temperature to extract full flavor from tea leaves, the brewing need not be longer than 30 seconds. This shows that the hotter the water, the shorter the period of infusion should be.

( ) To bring out its flavor properly, the water used must be briskly boiling. The intervention of a metal ball tea infuser or of a paper tea bag stops the freshly boiling character of the water and thus spoils proper brewing.

( ) Caffeine increases mental activities, especially reasoning, imagination and memory, and lessens fatigue. But the effect is of short duration.

( ) Japanese Zen tea ritual is a religious one. It requires the attender to sip the drink slowly and meditatively, quietly and composedly with thoughts collected and disciplined. It requires the room to be still and peaceful.

( ) Tea came in for much loving comment. " A man who loves tea has learned to live", said Mr. Leong as he sipped his own blend of Formosa black and oolong. "It's a shame that Americans take an oolong tea and steep it until it is black and bitter. It should be light and clear; then you could appreciate it. I think you make your tea not by the tast but by the way it looks! Everything to you must have the same shade of color, but what can you do with jasmine tea? It should be a fragrant pale yellow. Lungsoo is green. They are good teas too". Mrs. Leong told how she brews her tea. "Take a tablespoon for an average-sized pot and pour boiling water over the leaves. Allow the tea to steep for five minutes, but never boil the tea leaves. Never scour a teapot. Rinse it out with hot water."

( ) "Dragon's Pool" is a Chinese green tea, yielding a most delicate beverage, both to smell and taste, and requiring for the most fastidious neither cream nor sugar. It commands a price prohibitive of exportation.

( ) "Shelter" is a Japanese tea with a slightly sweet taste, due to the storing up in the leaves of large quantities of starch, which in the process of manufacture is converted into sugar. It commands a very high price in Japan, where the best of it is reserved for the Imperial Court.

( )The poorer classes are losing their health from the consumption of teas of inferior quality since cheapness of this commodity is incompatible with its real enjoyment or healthfulness. The great bulk of imported tea is cheap, harmfully astringent or even worthless stuff. Good teas are free from astringency.

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( ) Chinese take special care that teapot and tea cup are quite clean. This makes the drink healthier, they assert.

( ) In Peking there was a shop before the war which sold a very costly tea. This yielded a drink which although very pale in color, was very strong in its power to keep one awake for hours. But much more was the claim made by the shopkeeper: that this precious jasmine-scented tea helped one to arouse the various passions!

( ) In the following order— best is green, then violet, grey and last black — tea is regarded in the Orient for its effects and value. It is used in their pharmacopea as an antidote to drunkenness, and a remedy against effects of excessive alcohol drinking. It is considered also to purify liver and blood, and as a remedy for fever.

( ) The Japanese Tea Rite was never brought down to the toiling lower classes but kept for the higher and middle classes only.

( ) The attributes cultivated in the Jap Tea Ceremony are: awareness (especially) slowness, elegance, consciously deliberate movements.

( ) "It is time for Cha-No-Yu" I announce when the unmissable hour of teadrinking arrives.

( ) "La ceremonie du thé inculqué l'art difficile de ne pas lever le petit doigt en maniant la théière, la pince a sucre, la cuiller ou la tasse."
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( ) Earl Grey : China and North-India. Longleaf, black, piquant, slight citrous taste.

( ) Prince of Wales : Chinese, black, longleaf, full body, like Burgundy wine.

( ) Jasmin : Formosa dark, longleaf, jasmin petals mixed in to perfume, rather bitter, has lively tonic effect.

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( ) Twining Queen Mary : North India, black medium size leaf, muscatel taste.

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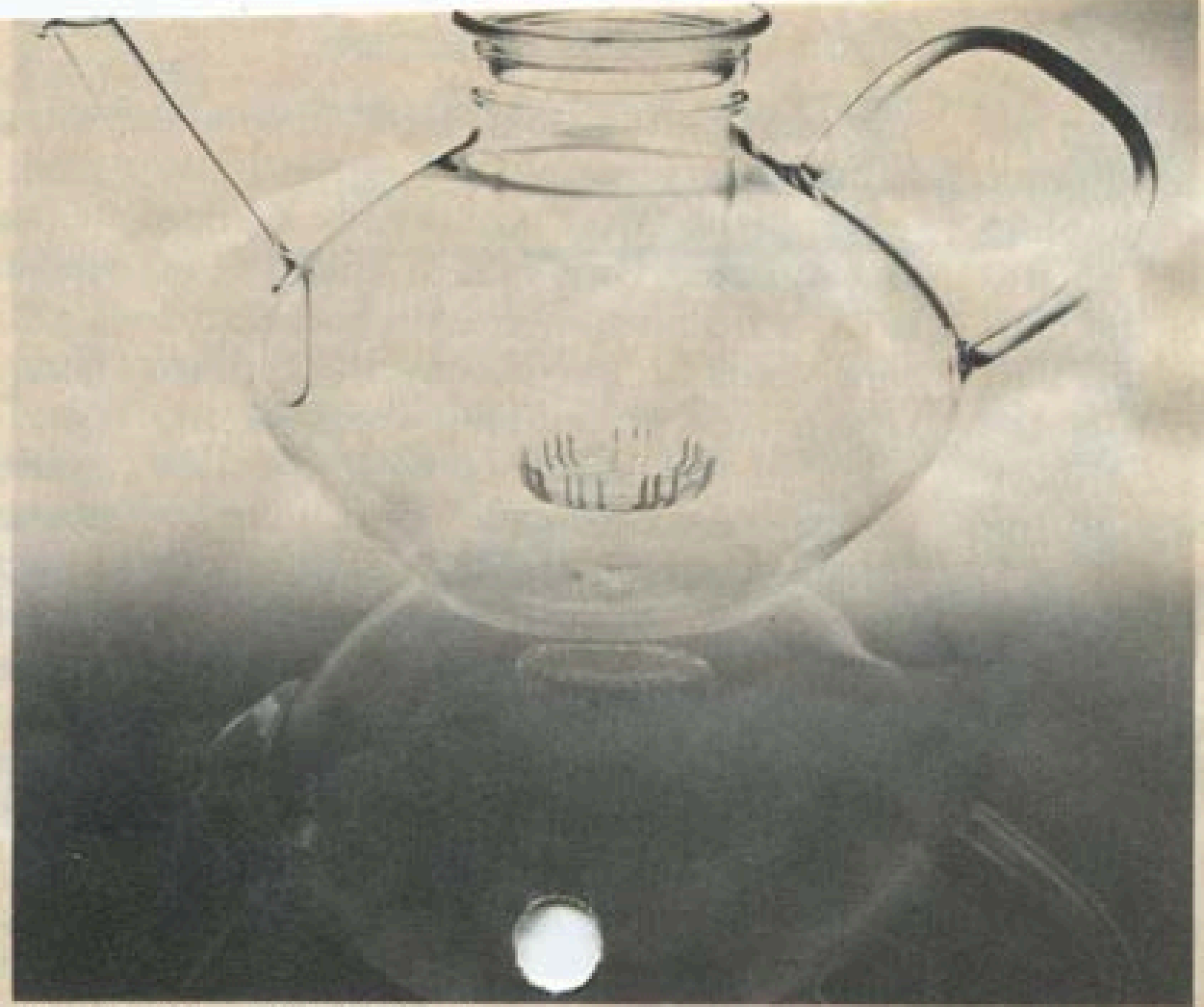
SEEING THROUGH TO THE TEA

Tea can soothe the nerves, quiet an upset stomach, cleanse your skin, even dye your ribbons. Its aroma is very subtle; not until you take your first sip can you appreciate the special fragrance of the Darjeeling, China Black, oo-long, or tisane. And the full flavor of the tea can't be brought out unless the water is boiling furiously and the tea is steeped properly.

The Museum of Modern Art liked this teapot's appearance so much that it's been placed in their Permanent Design Collection. The Teapot, made out of strong, thin glass, is pure joy in its shape and simplicity. Tea leaves go into a glass cylinder with slits in the bottom. When the hot water is poured through the leaves and into the pot, an amber cloud spreads slowly through the water until it reaches a consistent color and you know the tea is ready to drink. The problem with most teapots is that the leaves stay in, making the second cup too strong. With this pot, you stop the brewing instantly by simply removing the cylinder. The Jena teapot is $32.50 postpaid. (A-4)



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( ) Hyson means 'before rain', or 'flourishing spring' therefore it is often called "Young hyson".

( ) Souchong means 'small plant'.

( ) Green Tea has had the tannin pressed out.

( ) The transport by ship through the Red Sea causes much of the fine aroma of tea to be lost in the hot damp air. Hence land-transported tea is reputed as the finest. It is called "Caravan" tea.

( ) Ohsawa: on Tea - To test if tea has been artificially colored by chemicals, make the usual brew, pour some on blotting paper. If latter turns yellow, it is dyed.

( ) Ohsawa: on Tea - Chinese and Japanese Teas are superior to Indian because they are grown higher up on the hills.

( ) Caffeine - is used medicinally as a powerful central nervous stimulant. It is also used as a medicine against affection of the heart.

( ) Russian Way of making tea is to add plenty of hot water to the extract.

( ) Flat water spoils the finest tea; hence as soon as hot water reaches a bubbling boil, pour it at once upon the tea leaves. To delay will cause the water to go flat.

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( ) (2) Another wrong custom is to add fresh leaves to the used ones; for the same reason as in N.1) the theine remains unextracted. If stronger tea is desired, draw fresh leaves in a separate vessel, and add the liquor to that already made.

( ) (3) No tea that has been infused a prolonged time is fit to drink. This can be detected by ~~by~~ extra dark color, bitter taste, astringent flavor.

( ) (4) Distilled Water is even better than fresh water, says Joseph M. Walsh, the leading American tea-coffee expert in 1892.

( ) (5) A tea cosy to cover the pot, not only keeps it warm, but also helps to keep the aroma from escaping.

( ) (6) China Green teas require six minutes, Oolongs 7 minutes to draw thoroughly.

( ) (7) Keemun is a variety of Congou.

( ) (8) Tea is best stored in dry warm place.

( ) (9) Green teas produce anxiety and inability to sleep, while Black teas do not.

( ) (10) Better results are produced by drinking small quantities repeated than by large ones.

( ) (11) Tea-tasters and experts who drink large quantities of tea and frequently become nervous by it, soon recover by a little abstinence.

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( ) The most costly tea is "Monkey Picked" tea. It is rare, grows wild on inaccessible heights and cliffs. Smart monkeys are trained to climb and pick the leaves.

( ) Ceylon-India Teas will not keep as long or as well as China-Jap ones, becoming sour and rancid by exposure in a few months. The great excess of tannin in the former accounts for their dark color, injurious astringency, and harsh pungent taste, causing indigestion.

( ) Indonesian Tea has more tannin than China, does not keep so well becoming sour on brief exposure to air, has thick black body; more like Indian tea than true Chinese.

( ) Adulteration, Coloration, Sanding and Reusing Old Leaves are frauds extensively practised, usually in cheaper grades packed by houses. It is best to buy only from the most reputable firms.

( ) Lids on Cups are provided in order to prevent the aroma and vapor from volatile oils escaping as well as to keep liquid hot.

( )Tea - Sip it so that it strikes the palate, before swallowing, as latter kills the taste.

( ) Congous are inferior to Oolongs and Greens.

( ) Storage - Do not keep stored tea too close to a fire or stove -- dry cool place of moderate temperature is best.

( ) Preparation-In China tea is infused about two minutes, the cup covered with saucer to prevent aroma escaping. Spring or rainwater is used.

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( ) Young-Hyson is a grade of green tea, Hyson N.1 and 2, being other grades of it, as is also Gunpowder. Oolong is midway between green and black. The finest quality of tea comes from the young, tender leaves close to end of branch. The older coarser leaves (probably grades 1 and 2) near the trunk of the shrub are made into cheaper grades.

( ) Tea is harmless to adults if taken in small quantities: Children should not drink it. Large quantities of the caffeine in it have a harmful effect on nerves, while the tannin is mildly poisonous. But the bitter taste, caused by tannin, develops only if the leaves are left to steep. Florence Nightingale's .

( ) Oolong Tea comes from Formosa. It is black but has the flavor of green tea.

( ) The Aroma and Flavor of Tea depend on its volatile oil, but this escapes by tea being kept. Fresh new tea has an intoxicating effect.

( ) Siamese think it unwholesome to drink tea on empty stomach.

( ) Chinese almost instantly pour off the water from the leaves, thus getting only the volatile stimulating principles.

( ) Advice to nurses: "Because you see how one or two cups of tea restore the patient, you think 3 or 4 cups will do twice as much. This is not the case at all.

( ) Hazlitt, the writer, was very particular about the quality, using the most expensive black tea, and consuming nearly a pound a week when alone.

( ) Bulwer Lytton's breakfast consisted of dry toast and half-cold tea.

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( ) (1) The Chinese not only use Jasmine to scent their tea but also lychee fruit. (2) Chinese "Dragon's Well Tea" is regarded as cooling and so especially fit to drink during summer's heat.

( ) Dr. Mishra on Tea Diet: The tannic acid astringency in tea can be offset by taking sugar or, to a lesser extent, by eating something with the tea.

( ) True Chinese Brewed Tea, is color of white wine, sugarless, strong, yet delicate, very stimulating.

( ) The Marocain does NOT contain peppermint. It has ordinary mint such as in Spearmint Chewgum, which is milder and pleasanter.

( ) Even though the Moroccans drink green, mintflavored tea, they still say do not drink it after 5 pm or you will stay awake half the night.

( ) Black tea is merely exposed to the air to ferment, then roasted, whereas green tea is often artificially colored.

( ) Chlordane is an insecticide now in use which is much deadlier than DDT. Yet it is being used on Ceylon Tea plantations, along with various other poisonous sprays.

( ) The Tea-Cult is used for spiritual and aesthetic development and expression in Japan. The Westerner who converts breakfast and afternoon tea times into similar slow rituals gains inward profit from them.

( ) Ronald Fraser: " A man is not always drinking tea but when he does he should do it with ritual, with devotion".

( ) (1) The Chinese not only use Jasmine to scent their tea but also lychee fruit. (2) Chinese "Dragon's Well Tea" is regarded as cooling and so especially fit to drink during summer's heat.

( ) Dr. Mishra on Tea Diet: The tannic acid astringency in tea can be offset by taking sugar or, to a lesser extent, by eating something with the tea.

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(4) Potatoes contain arsenic spray which penetrates them.
(5) Bread contains preservates to keep it fresh which causes cancer.
(6) Bake own bread. Cornmeal 35%, Soya flour 15%, Rice flour 15%, very little sweetening agent. Oven 350 degrees. Bake for thirty-five minutes. No yeast, no soda needed. Unleavened.
(7)The eating of onions and garlic is forbidden to the Yellow-Hat monks of Tibet — the celibate stricter order. A monk who haw partaken of them is regarded as unclean, and cannot take part in any relisous ceremony. He is not even allowed to put out a fire.
(8) When ordering in restaurants, specify Dry toast.
" " " " " in cold drink orders no ice.
(9) Dr. Martin: Chilordane, a chemical, four times more poisonious than DDT , is used as insectcide on fruit and vegetable -s. 80 million lbs. of Arsenic sprays are sold annually in U.S. A.
(10) Watercress stalks are too bitter --sulphur?Shall I eat the leaves only? Tested: Result-- all bitterness vanished. Use only thin branches, leaves, no stems.
(11) Apples are tonics for sluggish live..Use them at breakfast.
(12) Orange juice and bean sprouts are rich in vitamin C , which is anti-pyorrhea and anto-arthritic. The sprouts should be eaten raw in salads.

~~(13)~~ Dr. Blaypingrau: ON MATE

( ) Heart weakness,depleted general strength and insufficient renal activity call for Mate's theraputic use.
(( )) It gives great benefit in the tropics to those exposed to a high temperature.

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TEA.

(17b) (~~GRANDMA~~ FOODS & DIET)

(12) YERBA MATE: (~~The Culpeper~~) A highly stimulating beverage and much recommended for over stout people, as it enables them o sustain themselves on little food. Made in the same way as ordinary tea. 4 ozs. Nett. (see para 11 for address) Early Morning Tea: (1) Use mate. (2) It will be delicious only if you do not steep more than 1½ min. (time by clock) (3) Do not use more than 3/4 tsp. in the green plastic cupful of water (4) Add a very little sugar. Mate Yerba tea contains chlorophll, which softens the hardness of arteries and thus promotes youthfulness.

M. K. GANDHI

The importance of Tea.

The use of tea is said to have originated in China. It has a special use in that country. As a rule one cannot rely on the purity of drinking water in China and therefore it must be boiled before use to ensure safety. Some clever Chinaman discovered a grass called tea which when added to boiling water in a very small quantity gave it a golden colour. The colour did not appear unless the water was realling boiling. Thus the grass became and infallible test for seeing when a given quantity of water was boiled. The way, the test is used, is to put the tea leaves in a strainer and let the boiling water pass through the strainer. If the water is boiling it will assume a golden colour. Another quality of tea leaves is said to be that they impart a delicate flavour to the water.

Tea prepared as above is harmless. But the tea that is generally prepared and takend has not only nothing to recommend it, it is actually harmful. The leaves contain tanin which is harmful to the body. Tannin is generally used in the tannaries to harden leather. when taken internally it

bms

produces a similar effect upon the mucous lining of the stomach and intestine. This impairs digestion and causes dyspepsia. Habitual tea drinkers begin to fell restless if they do not get their cup at the usual time.

ON HERBA MATE

Medical Dr. ANDRES BLAYPIGRAU: In "Inter America" magazine

(1) Matte constitutes among all classes of S. America as a medicine, a recreation, a civility and even a vice.

(2) Itsuse and appreciation by Indians goes back long befor -e the conquest. They somewhat primitively believed it to be a very panacea for different diseases. Paraquay is its original home and the quality, flavor and aroma of the prod -ucts of other regions is notably inferior.

(3) The infusion is taken in the proportion of 20 to 30 grams, the same powder serving for several drawings.

(4) Slight and gradual toasting develops a mild aroma and penetrating taste.

(5) Because of the albumin and casein which mate con- tains in abundance it has a nutritive value absent from tea and coffee.

(6) Its infusion is free from toxic properties, whatever the amount absorbed.

(7) It has very marked influence upon gastric digestion by neutralising the action of acidity in the stmach. Taken one or two hours after a meal, it aids digestion, favors peristaltic movement and prevents constipation.

(8) It serves as a general tonic, a diuretic and a medic- ine that stimulates the secretion or discharge of urine. And it considerably increases the ability of the muscles to bear work. The effects of fatigue are decreased. But like alchohol whereas the action of alcohol is rapid and fugitive, that of mate is slow and persistent.

(9) Like tea and coffee it excits the brain and provokes mental activity. Moreover the stomach muscles are aid -ed and have increased capacity for work.

(10) It has less tannin than tea, hence less astrigent.

(11) With no other food or drink than mate, Indians peddle canoes all day, cowboys ride the plains from dawn to sunset and farmers work tirelessly under withering summer sun.

and

TEA

( )4.Meanwhile put some hot water into teapot & the transfer jug.5.Never use a metal pot. It must be earthenware, nor a metal perforated teaholder. Nor a metal spoon for stirring. Instead use a plastic or wood spoon, infants size.6.Steep the tea in the water for exactly and not more than 3½ minutes.7. Strain off the tea in jug and wash out the leaves. Alchohol works 3 times as fast at Mexico City altitude, so that one drink does the work of 3. Hence, tea as a stimulant must be reduced in strength when living on heights. The present dose of ½ to 3/4 spoon of leaves has been arrived at by test of experience, a full spoon was found too strong. Tea stimulate the cerebral-spinal system but paralyses it afterwards. It relieves headache by paralysing the congested sensory nerves and thereby correcting the painful sensation. Large doses cause intense insomnia and mental unrest; high nervous tension and temperment. Tea acts almost immediately on the kidneys and the result is a nuisance.

( )To make Tomato Sauce half-fry a little green peppers al dente, chopped up add the plain paste, paprika & herbs.

( )Tea: Why rinse teapot with boiling water first? Because otherwise the temperature of the infusing water is lesslowered in pouring in from boiling temperature and the flavor will be better extracted.

( )For use with tea buy limes instead of lemons, as more vitamins are contained in them.

( )Do not use hard water as it fails to extract the finer flavor of tea. Use soft water, spring water or distilled water.

( )Types of Black Tea: (a) Broken, makes darker and stronger brew, leaves are cut into smaller pieces, preferred in Britian. (b) Leaf: lighter brews, less strong, prefered in U.S.A.

( )Oils and herbs used in Mexican, Italian, and Spanish cooking have a cathartic laxative effect: these together with the peppers and tomatoes often cause travelers intestinal sickness. So cut down use of herbs.

( )Dr. Axel Emil Gibson(any books of his are worth buying) says : eat fruit as a separate meal; its acids convert other foods, especially proteids and starches, into fermenting yeasts and alcohols, and decomposing gases. He also says eat raw and cooked vegetables at separate meals. Best: Breakfast-fruit; lunch -raw vegetables; dinner-cooked vegetables.

TEA (DIET) (173)

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TEA

(168)

( ) I abandoned China tea. I was led to do so partly by a desire to keep all drugs out of my diet, and partly by a desire to be quite independent of stimulants for energy. Also tea is a cooked drink. It burdens the kidneys. The extra sensitivity to unsuitable foods and the absorptive power of the body on raw diet also accounts for my giving up tea. For a few days after giving up tea at 6:45 p.m. I became unaccountably fatigued mentally and physically. Felt like an old man and had to stop work. But after that the same hour arrived without any tired feeling. I ascribe its cause to the reaction following abandonment of afternoon tea, which I usually finished by 5:30 pm. The body craved for it; not getting its wonted stimulation, it let itself go down. But it soon readjusted itself to the new regime. Two nights of excellent refreshing sleep followed the abandonment of afternoon tea, whose contribution toward sleeplessness is much more obvious at this high altitude in Mexico than it could be in the plains. — P.B.

) Carrots do not lose Vitamin A when cooked. When Chopped or diced or mashed carrots taste better. To improve their taste, mix with mashed parsnips or diced turnips or use a sauce made of chopped parsely and vegetable water.

( ) Dinner was a great success when after being cooked, all the food was emptied into a frying pan, and thick soup-dressing added; then allowed to simmer on the smallest flame for 25 to 35 minutes. It should be quite dry when finished, like a casserole, and as if show-oven baked.

( ) Add Stewed Parsely (first remove coarse stems) for A and D vitamins. Very rich in iron also.

( ) Do not throw away squeezed lemons or Apple-Pear Cores. Use them in sugar Box to Keep Sugar Soft.

( )Do not keep cut lemons (even in refrigerator) uncovered as they turn excessively acid and harmful. Use up quickly. Throw away after 24 hours.

)Vegetable Flakes: There are two kinds on the NYC market Miers and McCormick's. The former contains 2 ingredients less than the latter; spinach and cabbage; otherwise they are the same. These are dehydrated small pieces dried and mixed. Suitable for soups, stews, dressings, and curries. Highly useful to vegetarians. (flakes)

( )Thr kind of seedless squash which when pureed, I find most papatable is called "Winter Squash" It is salmon-pink in colour. The other kind, yellow, has many inedible seeds.

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and in their way

On DRINKING T E A DIET

( )T E A:George Sanatayana:People who require drinks very hot or very cold have no palate,only blood-vessels. They can't taste anything. Let soup and tea get tepid before drinking them;then you will know what sort of soup or tea you are taking

( )YERBA MATTE gives strength and endurance,more stimulating than tea but contains much less tannin and more chlorophyll. There is no subsequent organic or physical destruction.Stimulates muscles,nerves& brain. Facilitates digestion without disturbing sleep. Lessens hunger.

( )BOTEKA LEAVES TEA:Claimed to be superior in flavor to ordinary tea and a more decided flavor than Matte.Permissible in many ailments where ordinary tea is prohibited.Also used externally as a wash/Popular in Mexico.Especially tasteful to middleaged & elderly

( )TEA made with less leaves(½quantity) was delicious and needed no sweetening. Could be drunk as it is. The harsh and bitter taste and nauseous reaction are due to using too many leaves and steeping too long.

( )Dr. Steincrohn: Tea drunk in large quantities during the day, or taken within the hour before bedtime will act like rain on a tired brain. Thoughts will continue to sprout during the sleepless night like spring flowers.

( )Prof. Hickman: The active principle of tea and coffee caffeine increases secretion of urine.

( )Tea's active drug is caffeine, about 3½percent, The amount present in a cup of coffee is1-3 grains. 5 grains in the blood produces death, showing how deadly a drug it is. It affects kidneys, brain and vital centers in the medulla. It acts as a diuretic on the kidneys, may harm them by increasing excretion of purine bases. Excessive use of tea leads to nervousness -- Caffeine is a useful cerebral stimulant. Neurotic adults, who are easily irritated, should use tea withgreat moderation, or not at all.

On DRINKING T E A

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TEA (180)

( )In view of fine dust in tea causing thermos brew to become black, double strain it before bottling.

( )Tea-tanic acid affects kidneys deletrously, either increasing or retarding urination.

( )The best and hence costlier teas are not so expensive as they seem. For they are stronger than the cheap blended teas, which contain tea dust. Hence, either you use less for same result or get more cups of the same, quantity. A high-grade tea yields 400 cups per pound.

( )Chew well and swallow toast before sipping tea.

( )Take Lime juice in morning tea, as it cleanses empty body and stimulate bowels.

( )By eating toast with tea, the food acts as a buffer for the acids in the drink and thus reduces their harmfulness.

( )The Green Matte brought loose by weight, is highly unpalatable because it was raw. The Matte sold in yellow boxes is good because it is Toasted and hence brown in color.

( ) The ordinary tea temporarily calms the nerve-s, and there are many drugs that do the same-- the sedatives; but they are all harmful.

( )The caffeine poisoning symptoms include a general feeling of tenseness, restlessness and irritability.

( )The belief that hot tea cools a person is a popular fallacy and quite untrue. Only a cold drink will do so.

( )Spices, coffe and tea do not cause peptic ulcers:But They can irritate an ulcer already present by increas-ing stomach acid secretion.

( ) The very best tea according to Chinese in Indonesia is "Teh AH KUAN YING". The name to it is my Hong Kong friend

( )The recurrence of biliousness and nausea is mornings is partly due to tea. It is still to long infused, hence too acid. Cut infusion down to three minutes. Remember McCormic does not strain fine enough.

( )Tea Leaf Packing:Do not press down too tightly into boxes, or leaves break into small pieces, which pass through strainer holes.

( ) I share my pleasure in green tea with poet Shelly.

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(e) The percolator method brews the coffee, sending numerous streams of water through the same grains of coffee untilall the caffeine is extracted whereas tea is merely steeped and not brewed for a couple of minutes yielding a mild infusion containg too little caffeine to depress the body's cells but yet enough to stimulate them.

TEA (181)

( )Shelton is wholly opposed to tea drinking. I have compromised since I do not choose to abandon this habit and do not agree with him on this subject. The best form of compromise is not to exceed present weak infusion of one teaspoon of tea leaf. The use of a egg timer is necessary always so as not to wxceed the three minute period after which tannic acid is extracted.

( ) DR.GILMAN THOMPSON:
HARMFUL EFFECTS OF TEA

( )Dr. Thompson, Professor at Cornell University Medical college of New York City, asserts that the use of coffee to produce wakefulness at night"soon results in forming a coffee or tea habit in which the individual becomes a slave to the beverage, and when deprived of it"suffers from languor, prostration, restlessness and craving." Two or three cups three times a day produce"muscular tremors, nervousness, apprehension, palpitation of the heart, vertigo, heartburn, dyspepsia, constipation, insomnia, and emaciation."He suggests that coffee users, by suddenly stopping the drug, may discover the ill effects that have been produced. The degree of craving experienced is an evidence of the damage that has been done, and of the influence that the drug has obtained over the system. He also says that coffee produces nervous excitement, insomnia, hallucinations, pain in the heart, distressed breathing, and disorders of the circulation. He says:"One may become a caffein(coffee)drunkard just as one may become an alcoholic or morphia maniac." The widespread use of tea and coffee in England and America and in other civilized countries is unquestionably a prolific cause of neurasthenia. Tea and coffee are definitely dangerous to health, if taken in any quanity, and, if the bloodpressure is high, then they must be stopped completely if control is to be regained. If a patient refrains completely from tea and coffee for a month, and then one day, taken even a half-cup of tea, it is possible to tell that it has been taken by the reaction of the spine. This means that tea acts as an intense irritant, and could aptly be descrived as a poison to that person.

(e) The percolator method brews the coffee, sending numerous streams of water through the same grains of coffee. Initially the caffeine is extracted whereas tea is merely steeped and not brewed for a couple of minutes yielding a mild infusion containing too little caffeine to decrease the body's calls but yet enough to stimulate them. Therefore I am wholly opposed to tea drinking. I have compromised since I do not choose to abandon this habit and do not agree with him on this subject. The best form of compromise is not to exceed present week infusion of one teaspoon of tea leaf. The use of a egg timer is necessary always so as not to exceed the three minute period after which tannic acid is extracted.

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Continue 15

( ) Tea Making : Do not let the water boil, nevertheless it should be allowed to reach the full boiling point, upon which snatch the kettle off the fire and immediately (183) without the slightest delay, pour same over tea leaves. The reason why continued boiling is undesirable is that it would carry away in steam the very volatile oil on which the pleasant aroma of tea depends: yet the solution must come to a full boiling temperature, at least briefly, to extract the full flavor of the leaf. [An Expert on]

( ) Tea Infusion: Allow it to stand not more than 2 minutes. This is sufficiently long to absorb practically all of the delicate essential oil which gives the tea its particular flavor. Also sufficient to dissolve out sufficient quantities of tannic acid to make the tast sprightly without being astringent. It will also dissolve out 4/5 of the caffine content.

( )Tannic acid is transformed to gallic acid in the intestinal tract, being innocuous. There is also a valuable portion of albuminoid extractive in the infusion.

( ) The Spanish use tea as a medicine, not as a daily drink. LAXATIVE

(.) OOLONG: This is a much lighter weighing tea than Kemun or EarlGrey. A large teaspoon full, heaped up would only be equivelent to an level teaspoon of the finer leaves. (b) Oolong tea removes headaches.

( ) Dragonwell Is A Green Tea so reserve for breakfast blend. (a) ~~It is also a Ming tea.~~

( ) Cha-No-Yu — is Japanese for the tea ceremony. A ritual in Zen to pay homage to its founder Bodhidharma.

( )(a) Old chinese tea ritual was drunk with reverence (b) Tea was considered to have healing properties and was drunk medicinally. (c) The cult of teaism was of both Chinese and Japanese origin. It is founded on adoration of the Beautiful among sirdid facts of everyday existence. (e) In Tea ceremony, one must hold high-minded thoughts of peace, purity and harmony.

(All vegetables in Japan and Korea are grown with human excretia manure. Therefore, ban Japanese gree tea, and do not buy vegetables from American-Jap stores.

( )(c) There is no ingredient in tea which can harm kidneys. Krebs The Naturopath who asserted this has no grounds. (b) Whereas both coffee and tea are stimulants, the former is also a depressant whereas the latter is not. This is because there is a reaction after effect of coffect of coffee passes away, but not after tea. (c) The caffeine in coffee is so large as to be harmful poison to the body, butso small in prepared tea as to be harmless. (d)This is because on chemical analysis the difference in quantities maybe not large, the method of manufacture releases all the virulent poison of coffee but not of tea. The

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( ) Green Imperial Gunpowder - Gunpowder is a green fired tea of fine flavour and pale liquid colour. Once a favourite of the Imperial household of China - the young green rolled leaves come from the gardens of the Moyune district.

( ) Smoky Lapsang Souchong - Aroma and taste yield a faint smoky overtone imparted in the curing of the tea. Noted for its vigorous and distinctive flavour.

( ) Tea Store - Tea is one of the easiest things in the world to keep fresh. Just be sure to put it in a tightly sealed canister or jar away from cooking odours and spices. It's best not to keep tea more than six months as it will gradually lose its fine flavour.

( ) To carry tea overnight in thermos is a great error. Flavour is lost, tannin increased, stimulating power vanishes.

( ) Jap way of tea drinking : One hand supports bottom of cup; the other hand hold it.

( ) Stop drinking too hot tea which affects teeth.

( ) Tea if warmed up again, near to very hot or boiling, created biliousness.

( ) Oolong is excellent, the mildest of black teas.

( ) Herbs beneficial to liver: parsley, chicory, carrot, celery.

( ) Liver is stimulated by raw onion.

( ) Cooked Artichokes give a thorough cleansing of the colon and bowels.

( ) Rice - Correct quantity: 1 large cup grain / 1 small cup grain - 4 1/4 / 1/2 cups boiling water.

( ) There is a tremendous difference in taste between baked and boiled lentils. Superiority of baked was very noticeable.

( ) Spices and curries should be as fresh as possible, as they lose their flavour when dried.

TEA

( ) Green Imperial Gunpowder - Gunpowder is a green fired tea of fine flavour and pale liquid colour. Once a favourite of the Imperial household of China - the young green rolled leaves come from the gardens of the Moyune district.

( ) Smoky Lapsang Souchong - Aroma and taste yield a faint smoky overtone imparted in the curing of the tea. Noted for its vigorous and distinctive flavour.

( ) Tea Store - Tea is one of the easiest things in the world to keep fresh. Just be sure to put it in a tightly sealed canister or jar away from cooking odours and spices. It's best not to keep tea more than six months as it will gradually lose its fine flavour.

( ) To carry tea overnight in thermos is a great error. Flavour is lost, tannin increased, stimulating power vanishes.

( ) Jap way of tea drinking : One hand supports bottom of cup; the other hand hold it.

( ) Stop drinking too hot tea which affects teeth.

( ) Tea if warmed up again, near to very hot or boiling, created biliousness.

( ) Oolong is excellent, the mildest of black teas.

( ) Herbs beneficial to liver: parsley, chicory, carrot, celery.

( ) Liver is stimulated by raw onion.

( ) Cooked Artichokes give a thorough cleaning of the colon and bowels.

( ) Rice - Correct quantity: 1 large cup grain \ 1 small cup grain - 4 1\4 \ 1\2 cups boiling water.

( ) There is a tremendous difference in taste between baked and boiled lentils. Superiority of baked was very noticeable.

( ) Spices and curries should be as fresh as possible, as they lose their flavour when dried.

TEA as a DRUG

( ) Tea, too is a drug- let us admit this truth at once. But it is a drug which is the favoured drink of Zen Buddhists, the sect which not only puts the practice of meditation on so high a level, but also puts forward as its first and final aim 'the penetration to Reality.' Could a drugged mind penetrate Reality?

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FOOD ~~DIET~~

( ) 1. The Chinese explained that night soil or human manure was collected every day from mansion, house and shack by lorries and hand carts. It was as indispensable to farmers as water. But tea plants are NOT manured - but check this

( ) 2. Too much tea drinking, or if too strong and not diluted with water, leads to hand trembling.

( ) 3. Green Tea is diuretic, i.e. "stimulates flow of urine".

( ) 4. Nails - (1) Vitamins A and D cure longitudinal striations, if their deficiency is cause. (2) Brittleness and thinning are believed due to iron deficiency. Eat spinach ?

( ) 5. Strawberries definitely contain a poison. Hence the allergies to them, the skin rash they cause.

( ) 6. Ban Raw Oil completely. This is the lesson of San Francisco. Cafe nausea - a little AC on salad and beans.

( ) 7. Even though vegetarian diet was prescribed, the large white "horse-beans" (favia-bean &Faggioli-bean) were prohibited by the Orphic Mysteries as being harmful.

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TEA — (DIET)

( ) (1) In China tea plants are not manured.

( ) (2) The finest teas known to China are the first pickings, young and tender, and also the leaf-buds just expanding and unfolding.

( ) (3) Green teas have more sap, not being evaporated and fermented in the factory so long as the black teas; hence they cause more nervousness and wakefulness.

( ) (4) "Imperial" green tea was used in the Royal Palace. It is fullbodied, heavy and dark.

( ) (5) Young Hyson is a bud just expanding.

( ) (6) Twankey is very inferior Green tea.

( ) (7) Hyson-Pekoe green tea, is not exported, because extremely delicate, rare, costly. Yields a light golden pale yellow exquisitely aromatic brew.

( ) (8) Oolong, if from Formosa has delightful aroma.

( ) (9) English Breakfast Tea is a Congou and Souchong blend.

( ) (10) Bohea is old and inferior, cheap for poorer classes.

( ) (11) Souchong is a fine rich young black tea.

( ) (12) Mandarin Tea is rare, costly and confined to aristocratic use.

( ) (13) Japan green Teas are more pungent than Chinese, even though liquor is light-color, and have more effect on nervous system. Lower grades are often fish manured. BAN them as cause flatulence.

( ) (14) Green Tea has 25% tannic acid whereas black tea has 15%. Coloring matter is no longer used in green tea.

(15) ( ) Tea affects other food, preventing about one-third of the proteid intake from being used as nourishment at all. Yet it is SUITE true that tea-drinking renders possible a higher degree of mental and physical exertion for time being.

against this

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When citric acid and tannic acid combine, they produce an acid liquid. To test tea for neutral buffers, the following experiment was performed. Black and green tea were brewed, using equal quantities of water and tea, and steeped for the same length of time (2½ minutes). Then 5 drops of lemon juice was added, and then a second 5 drops were added. At each phase the acidity was measured; the results are tabulated below, with 100% being the most acid, and 0% the least. The numbers in parenthesis are the pH values.

	Pure	with 5 drops of Lemon	with 10 drops of Lemon
Green Tea	3% (6.8)	45% (4.0)	98% (3.5)
Black Tea	10% (6.3)	45% (4.0)	50% (3.6)
Lemon juice	67% (2.3)	67% (2.3)	67% (2.3)

So, both teas get progressively acidic when lemon is added to them.

TJS

In the body, the kidneys react to the citric acid and form a salt, sodium citrate, which is passed out of the body. The overall effect on the body of taking tea with lemon is to very slightly raise the acidity.

( ) Ban Indian Restaurants - Bombay Parsee seer in 1936 said bad for P.B.'s health. Food poisoned in 1953 in Trivandrim.

( ) Mount Athos monks believe that fats and oils not only fatten the body, making one spiritually lazy but also arouse lust. Further St.John of Climacos (6th Cent.) asserted that over-eating "is a begetter of unchastity."

( ) Garlic and Mushrooms are forbidden to Brahmins.

( ) Chinese have belief that dairy products are unhealthy. Milk is not part of their diet.

( ) Rye Bread is usually made with leaven, hence it is often acid in taste, or with vinegar, to keep it fresh a long time.See Dict.y re. leaven.

( ) Investigate through Spanish sources, what is the diet of the fierce bulls used in bull fights. Is it still vegetarian?

( ) Try to buy Sesame Oil to make own Tahini. See books for process of making Tahini

( ) If going to non vegetarian restaurant with someone bring written card to show allergies

A What I cannot eat

B What I can eat

(FOOD)

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( ) Dr. Steiner said that alcohol not only removes protective effects of spiritual life but even destroys results of 7 years meditation.

( ) Circulatory Troubles in the Veins may also be caused by using strong condiments in food.

( ) I get an acid reaction in stomach after plums apples pears etc. fruit. That is why I have to follow it with biscuits to neutralise it by their alkalination.

( ) Food which is very wet is difficult to digest because it cannot be chewed and cannot suck up the saliva juices of the mouth. Therefore the drier food is cooked, the better is digestion of it. Therefore also, toasting bread makes it so much drier and more digestible. - Expert.

( )""My Experience tells me that, both in health and disease, it is a great mistake to think that old people require more "keeping up of strength" by food and stimulants than younger ones. If there be signs of exhaustion, even failure of the heart's action, hot water will be of far more use than any alcohol .... Force-giving heat is the only real stimulant .... The comparative rest which age entails lessens the demand for food, both to produce force and replace waste."" - Dr.Keith.

( ) The higher the heat is, the more water is needed. This is why heat is kept low as possible to stop burning.

( ) There are 3 kinds of fats: (1) Unsaturated liquid vegetable oils with valuable fatty-acid content. These include corn oil and cottonseed oil, which keep the human chloresterol at a safe low level. Soybean and peanut oils belong to this class. (2) Saturated "hard" animal fats with very little fatty acids but dangereously high chloresterol. Coconut oil belongs to this class. (3) Intermediary fats, with a medium amount of fatty acids and chloresterol. Olive oil belongs to this class.

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( ) Vegetables and fruits are principally of value in food because of the mineral salts they contain which are absolutely necessary to the body. Of all our foodstuffs, fruit is the best source of these salts.

( ) Mushrooms are banned by most Indians because they like to grow in filthy places, where urine and excreta abound. Aubergine (Eggplant) are banned by Hindus because of mythologic reasons. Siva is supposed to have rejected them. When offered to him they fell off the plate.

( ) Honey and Ginger are considered aphrodisiac by Hindus but the nectar of the gods by the Greeks!

( ) The Turks drink Hot Sage-tea especially in foggy cold damp weather but the Germans gargle it for throat trouble but do not swallow it. Chinese value the tea for prolonging life and counteracting oil in their cooking, as a tonic and antiseptic.

( ) Parsnips bring on urinary activity(good for bladder and kidney).

( ) Almonds and Brazil nuts are rich in potassium.

( ) Almonds are treated and bleached by sulphur fumes.

( ) Dr.Steiner banned Peanuts because they are not a sun ripening nut, but are grown on ground, and should not be eaten as deficient in sunforces.

( ) As chocolate is sensitive to changes in temperature and to damp our products should be stocked in a cool and dry place.Fluctuations in temperature may cause the chocolate to show a light grey bloom, or by exposure to high temperature over a longer time to show greyish white spots,caused by the cocoabutter in the chocolate. Although this creates an unfavourable impression, it does not render the chocolate unfit for consumption. If chocolate is stored in too damp a place deterioration in the form of mould may be the conconsequence,leaving it unfit for consumption.

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( ) Chicory (British name) Endive (U.S.A. French, Belgian, Italian name) is best if firm smooth, well bleached and perhaps hint of cream or yellow at tips; is worst if green (through exposure to light) when it is bitter.

( ) Spinach contains folic acid, used in treating sprue. Hence include it in Salad, especially raw as it is the Vitamin which heals.

( ) De la Ferriere: "Wine is harmful because of its alcoholic content, but fresh new fermented wine can be absorbed without danger."

( ) The yeast preparations have caused great increase in Pst. Treat them as herbs and use minutest quantity possible. But they were very salty. Salt more than yeast maybe cause.

( ) Ban stewed dried Apricots. Found too acid, even after days of ripening. Perhaps because chemical sprayed (birds refused to eat them).

( ) Breakfast : Oat Porridge are found too heavy on empty stomach. They cause one to be mentally dull and quite sleepy.

( ) Tinned Beans are too heavy and caused one to feel very sleepy.

( ) An excess of oregano spice caused the mouth to be almost blistered; it remained sore for some hours. Ban oregano.

( ) Vermicelli cooked dry and served thick, is the nearest to Spaghettini in Switzerland and Italy.

( ) Sauce Bolognaise on spaghetti is meat sauce.

( ) Restaurant Guide:

NO:	Meat	Milk
	Fish	Butter
	Eggs	Cheese
	Butter	Mayonnaise

Nothing cooked in Butter
Nothing cooked in Animal Fat

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FOOD

(DIET)

( )Caffeine is a diuretic. diuretic.

( )High proteid diet strengthens poor nails

( ) Warning on Bread - Ban all large Vollkorn grain coarse black bread, as caused near-death suffocation by crumbs sticking in throat.

( ) The abandonment of Tomato-Juice (in carrot drink) led to considerable diminution of hives.

( ) Always carry a little packet of broth powder if dining or lunching outside of a restaurant.

( ) The unpleasant acidity of fruit juice drinks can be easily removed by diluting them with hot water 50%.

( ) Ohsawa DIET (1) Natural Brown Rice has no starch, hence needs no washing under faucet. (2) Take 4 volumes boiling water to 2 volumes brown rice (+ 2tablespoons Soy-sauce DUR ing last 10 minutes of cooking). Turn flame down to lowest. To prevent rice sticking together, take Kitchen towel, or paper, when rice is cooked but not yet dried out & put the towel wrapt under the lid of the cooked vessel. The towel will absorb the steam and thus dry th rice. (3) FOR tasty meal cook Black beans, brown rice and put them in frypan with oil, soy-sauce and bean sprouts, curry powder, onion. radish and fry .

FILTH

( ) Ohsawa Diet allows certain fruit such as apples, which are excellent if red. Bans chiefly citrus fruit. Recommends Black Beans (from Hokaedi Northern Japan) as being pure protein. It permits vegetables but does not favor them as they

( ) Ban Chinese Almond Cookies as they do contain egg and often lard.

belong to the Yin side of Nature. It uses Sesame oil for cooking. It declares that excess of the (good) YANG becomes bad YIN. Its most important injunction is absolute need to chew slowly each mouthful, and chew it well. This incidentally means we need smaller amounts food. It is the acid in fruit which causes most of it to be banned. All sugars, even brown, & honey are yin and banned. All dairy products are bad, banned. Bananas are banned. Its 'miso' soup is excellent. Oranges are banned

( )TEAPOTS: Red terracotta glazed earthenware makes the best tea, according to Chinese belief. It loses heat re slowly than other materials.

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( ) Dr. Mishra Method - Bean Sprouts: Place beans on pan after washing thoroughly. Cover with water for 1/3 hours. Pour this off, leaving only 1/4 inch water left (use the poured off water for soup). Shake pan occasionally to redistribute moisture. Expose to sun (not left dark). In 2 days long sprouts appear.

( ) On Tea: (a) True Chinese Brewed Tea, is color of white wine, sugarless, strong, yet delicate, very stimulating.
(b) The Marocain does NOT contain peppermint. It has ordinary mint such as in Spearmint Chewgum, which is milder and pleasanter.
(c) Even though the Moroccans drink green, mint-flavored tea, they still say do not drink it after 5 pm or you will stay awake half the night.
(d) Black tea is merely exposed to the air to ferment, then roasted, whereas green tea is often artificially colored.
(e) Chlordane is an insecticide now in use which is much deadlier than DDT. Yet it is being used on Ceylon Tea plantations, along with various other poisonous sprays.
(f) The Tea-Cult is used for spiritual and aesthetic development and expression in Japan. The Westerner who converts breakfast and afternoon tea times into similar slow rituals gains inward profit from them.
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( ) Bread should not be scorched black as then, said cancer experts, it contributes to cause cancer.

( ) Bread - WARNING - Do not toast beyond golden brown. Black toast tastes and looks repulsive, causes indigestion and is a carcinogem.

( ) Ban Migros`brand of Leinsamen (Linseed) Bread. It has both chemical Conservative and Cooking Salt. But the German brand (from AF stores) has no chemical

( ) Carrots - WARNING - will not come soft steamed even though sliced - better to boil.

( ) Carrot Slices should be boiled in minimum of water and oil if large or thick, as too tough to steam.

( ) Chicoree - WARNING - By letting it soak too long in water it entirely lost its bitter taste and hence all its valuable minerals. 1/2 minute should be maximum.

( ) Red Beet contains Vitamin B12 (same as Folic Acid) which enriches blood and counteracts sprue, while the Beet Leaves stimulate liver by removing its fat.

( ) The hard stuff in the stalk of cabbage (and other vegetables) is of no use to the body, so it remains undigested and it is merely passed along the body until we get rid of it.

( ) Green Mung (Soya) Beans are lighter, more digestible than Red Lentils and cook just as quickly even if not soaked.

( ) Bean Sprouts are excellent if steamed or fried but bad if boiled when they shrivel.

( ) Sprouts and all other dry vegetables - WARNING - must not be placed in top freezing section of Frigidaire. They will be frozen hard stiff and when melted be spoilt.

( ) Parsley is used for 1) potatoes 2) Flageolets.

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( ) Rice is low in oil and proteid so Orientals make this good with dried beans.

( ) Rice, if whole grain, has high calcium and iron content. It is also, being the opposite of salt chemically, slowly able to counteract the harm done by salt.

( ) Rice (1) Use 3 times the volume in water: when boiling point reached, turn heat down to lowest point. (2) When liquid is absorbed, turn heat off but allow rice to remain longer.

( ) Semoule (Griess-Semolina) is young tender milled corn. Its colour is white but when older and thicker, colour turns yellow; it is then called Polenta (Maize) - If not milled the large grains are called Corn or Corn on the Cob. Between the two, Semoule is more nourishing, more digestible and more vitaminous. Both are better tasting if cooked in soup.

( ) Protein-bearing - wheat oats rye millet and rice are members of the grass family. This explain why some animals are grass eaters.

( ) Breakfast - By allowing porridge to stand, covered, after cooking, for awhile it not only dries and thickens but tastes much better.

( ) Potato, boiled or steamed in soup, is delicious. Why fry it? With canned peas it makes a splendid tasty meal - ready in 15 minutes.

( ) Frying Potatoes (and other vegetables), add a few drops water to oil: this creates steam, so potatoes cook more rapidly.

( ) Potato Pancakes can be made without eggs. 1) Grate potato 2) mix with flour; flavor with parsley, curry, and broth 3) let rest for hour or two 4) Fry in oil.

( ) The success of Indian Curry depends on making it "dry", on giving it little water and much frying.

( ) Dr.Gerson bans plastic bags for food, because poisonous.

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( ) Breakfast - By allowing porridge to stand, covered, after cooking, for awhile it not only dries and thickens but tastes much better.

( ) Potato, boiled or steamed in soup, is delicious. Why fry it? With canned peas it makes a splendid tasty meal - ready in 15 minutes.

( ) Frying Potatoes (and other vegetables), add a few drops water to oil: this creates steam, so potatoes cook more rapidly.

( ) Potato Pancakes can be made without eggs. 1) Grate potato 2) mix with flour; flavor with parsley, curry, and broth 3) let rest for hour or two 4) fry in oil.

( ) The success of Indian Curry depends on making it "dry", on giving it little water and much frying.

( ) Dr. Gerson bans plastic bags for food, because poisonous.

( ) Overuse of spices and use of foods and beverages that are too hot, are strongly suspected as possible causes of digestive tract cancer. Overtoasted bread or burned food is also dangerous.

( ) (1) To flavour soups and salads use "Fines Herbes". (2) To flavour vegetables use Oregano.

( ) In my youth our old Yorkshire gardener strongly recommended me to chew a sprig of parsley, stalks and all, so that my mother would not know I`d been to the pub. And now here`s Marika Hanbury Tenison giving the same advice to garlic-eaters.

( ) "Tagliolini" is like a thick vermicelli, far tastier than Spaghetti. It`s excellent. But don`t confuse it with Tagliatelle which has eggs in it.

( ) Georges Ohsawa teaches "Macrobiotic Living. "Man is semi-carnivore; he is not adapted to the consumption or digestion of any animal product. Meat, eggs, milk, butter, cheese - even yoghurt - disturb the mystical balance of yin (water) and yang (fire) whose perfect union is the end of all existence. Western people are yin-sick. Sugar of any kind is against macro-biotic living. But honey is allowed. Herbal medicines are slower but more thorough than conventional ones. We eat oatmeal porridge b`fast, brown bread, raisins, pulses, unpol. rice, slippery elm he says."

( ) Ginger can operate as a spice animating the body and stimulating the mind.

( ) Spices increase the salivation with which "the mouth waters", and indirectly cleanse the cavity of the mouth of food-remains and bacteria; they counteract infections and caries.

( ) Celeria Root is rich in amino acid. It is often used to flavour soups. (I believe the Spanish-American groceries sell it).

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(DIET) FOOD

( ) When in an exhausted state, the body demands food, but if food or drink is cold, there is an immediate drain on the system for heat. The body is thus most taxed to supply heat when it is in a condition least fitted to give it. There is then a natural craving for warm food, or drink such as Tea.

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( ) BAN all citrus fruit. My body cannot tolerate it. Even sweet blood-oranges give the unpleasant acid reaction afterwards. Pineapple and lemon are destructive. In tea, lemon ruins taste.

( ) Fruit Therapy: Lemon: rheumatism, neutralise uric acid. Cassis (french name): rheumatism, gout and liver stimulation. Apple: dissolves uric acid, arthritis and gout.

( ) BAN Dates as large quantity of artificial sugar "enrobes" (french) them to preserve them.

( ) BAN VITAM - I dislike taste now, perhaps because excess of yeast.

( ) When ordering Toast specify "lighter" toasted.

( ) Only 2 countries make dry, fat-free, whole-grain thin biscuits: Scotland and Switzerland (like Darvida) Mrs. Wu Wei Wu

( ) Breakfast orders : specify porridge to be NOT salted (also SOUP).

( ) GiNjelli Oil is the English given name of Sesame oil (INDIAN FOOD).

( ) [illegible]: I discovered that 2 large cups of soup slightly thickened by the milk of polenta, richly flavored by tomato paste, using ceres as a base, and the water of previous days cooking as liquid, gave me a great fillup of energy after a long exhausting day. But when, a little later, I took a plate of solid food, fatigue returned. Lesson: Avoid heavy solid food while ceres supplies all needed elements at least in summer.

( ) Anti Milk - I work at a school which has around 700 girls and 650 boys. Only 300 of the girls and 240 of the boys take their milk. And those who don`t are as healthy as those who do.

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( ) Warning: Bananas even if ripe always give me indigestion. BAN them unless they are cooked as kompott, which makes them digestible.

DIET

(a) KARD (Swiss chard

100 grams are a huge amount - go bad very fast. Buy only 50grams.

(b) do not buy if leaves are large thick & stemmy. Too old - get ~~them~~ Thin small tender chard Long.

Romaine XXXXXXX "LAITVE" is OK for puree if green is dark enough

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( ) Instead of ordering aperitifs (strongly alcoholic) when no grease is to be cut, order beer. The only use of aperitif is to cut fried food.

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( ) Millet golden grain (1) Use 3 times vol of water. (2) Cook 12 minutes (3)It is then fluffy and dry and OK.

With Sugar against disorders of the Liver.

Sweetmeats often have the function of stimulants for the "motor" of our organism.

The importance of sugar as food is most remarkable; as a matter of fact, it produces the energy ? which the organism necessitates. Of this food (aliment) there is not only one single type but various ones and all of them play a first rate part: besides the common sugar there is also the milk sugar or lactose, grapes sugar or glucose, fruit sugar or fructose? and honey sugar or inverted sugar. The sugars, or glucyds?, are also named carbon-hydrates for their molecule contains carbon, hydrogen and oxygen combined among them. Beyond the above mentioned types, the organism utilizes as carbon-hydrates also the starches originating from the soil namely from the wheat, from the rice, from the potato and the Indian corn (maize).

After the sugar has entered the organism, it is convoyed to the liver, which transforms it into "glicogeno" or reserve sugar. With and inverse process the "glicogeno" is then again divided into glucose in order to supply the organism with the sugar it constantly needs. The "glicogeno" is also to be found in the muscles and every contraction of theirs involves a chemical reaction in which the muscle burns that particular combustible of its that is precisely the glucose.

Logically, for the performances of an athlete or for certain kinds of work far more quantities of glucose are needed compared with those required for he who makes only few movements or leads a sedentary life. Above all, as the liver has to provide for the maintenance of a constant quantity of sugar in the blood, it constructs (fabricates) it also at the costs of other substances such as the proteins and the fats.

Sugar has always been utilized in therapy under various points of view: it constitutes, for instance, a proper food also for intellectual workers, for it requires a minimum of digestive effort and is assimilated with a simple transformation of the saccharose into glucose. Generally, after a meal there is

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a slowing up, a relaxation of the intellectual functions with the rising up of a certain inertness in the muscles and a more or less marked tendency to sleeping: therefore he who must submit to intellectual labours does well to feed prevailingly on sugared substances to avoid the above mentioned troubles. Sugar must be particularly considered also by the suffering from hepatic disease, as with these affections the capacity of the hepatic cellule to build up "glicogeno" is rather reduced and a larger contribution of "glucidi" may improve the situation. In fact, clinical experience has proved that all affections of the liver improve more rapidly by a dietetical regimen which is rich in sugared aliments. If ever the person suffering from hepatic disease will have to avoid exaggerating in the consumption of bread and paste, in which are contained the sugars so-called unnatural, i.e. modified and introduced by man into alimentation. These unnatural sugars are said to be more difficult to assimilate, whereas the natural ones. i.e. those contained in the fruit and vegetable which are fresh, are more suitable for the person suffering from hepatic affection. It must also be said that the aliments pre-eminently sugared, as are the sweets, very often are considered simple glutton's food (dainty fare) and therefore used in certain circumstances. These conceptions must be modified and sweets must be considered as a completion of a modern and rational alimentation, of easy digestion and assimilation. The opponents of those theories maintain that an overmuch of sugar may involve an increasing or a facility of dental caries producing: well now, this is a still much discussed argument and it is, on the other hand, eminently hygienic.

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HOW TO USE

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P.E.NORRIS: ABOUT WHEAT GERM (1)Vitamin A content-
1 cup Turnip tops 10 units. 1½ cups Spinach 18 3/4 units
3/4 cup Potato 3 units::3/4 cup carrot 2½ units(2)
Fibrositis has been cured by wheat-germ oil.,rich
in vitamin E.It has also relieved the ache when
applied locally to affected part. "ABOUT NUTS &
FRUITS": (3)Even in ancient times so many products
were made from coconut palm that the Sanskrit name
was 'tree that provides all necessities of life'.(4
Nuts should be gently dried to make them crisp,but
never roasted as that destroys their vitamin BPut
them in a moderately warm over for a few minutes.
This dehydration is essential also to make nut butt-
-er,as if moist they merely clog and form a lumpy
paste. in the mill.(5)Peanuts may be blanched by
lightly heating,then placing on table and pressing
gently with a rolling pin.The red skins will be
loosened and can be blown away,altho they contain t
the valuable vitamin B.But almonds are blanched by
placing in boiling water for 3 minutes.(6)Nuts
protein and fat are highly digestible(7)A vast
quantity of sulphur dioxide is used in packing
dried fruit,which is injurious to health..Hence
wash them if you think they have been sulphured.(8)
The alkaline-acid effect of fruits is measured by
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VEGETABLES SALADS(9)The distilled water in fruits
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if bought in bruised or punctured condition.(11)
Refrigeration robs fruit of its flavour,if kept too
long.(12)Norsemen believed apples kept off old age.
(13)Heavy oranges contain most jiice:thin-skinned o
ones more than those with thick hides,Navels have b
best flavor.(14)A Banana is really ripe when the
white flesh turns brown and semi-transparent;it is
then at its richest in sugar and most digestible.
Monkeys and many tropical people prefere bananas
that way.Don't mistake them for rotten ones;they
are not.(11a)Long refridgeration makes fruit taste-
less and not worth price asked. It is best eaten in
season.(15)The skin of potato contains all the
mineral salts;never peel it.,also 1/5th of the
vitamin.(16)Have a well mixed diet,thus not only
getting more flavor and variety, but also getting
the different kindsof food value(17)Carrots,beettop
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BARBARA DAVIS: ABOUT F O O D VALUES

(1)In the stomach proteins are digested first,fats only later.A protein surrounded by fat may defy the stomach juices and stay like that until the food reaches the fat digesting stage,when it is toolate to digest the protein.So avoid frying.(2)Oatmeal crushed between hot rollers to make 'Quick Porridge oats' gives a poorer food than the coarser chopped -up kind which requires longer cooking.To keep the vitamins it is best not to cook it but to soak overnite.(3)Root veges keep their vitamins much longer than leaf ones.It's best to shop for latter every two days.Lettuce loses vits quicker than cabbage,Soinach quicker than brussels sprou(4)Mint and parslywill keep crisp in a jar of water or can n be grown as potted plants in the kitchen.Rooted parsley will transplant easily but the seed is hard to grow.It likes sun but not heat,air but not draugh (5)Chopping&grating straightway starts destroying-t Vit C This is why shredding etx should be left till the last moment.

NOUNS.

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POTATOES are near relations of the (D I E T)
deadly nightshade--a poisonous plant.Hence its stems
& leaves have a bitter and poisonous sap.If exposed
to the sun it turns green and acquires a bitter taste
when it is dangerous to eat CARROT is a member ofthe
parsley family,as is also the PARSNIP,which is more
nutritious than carrot.

MATE is no relation to the tea plant but is
really a holly CHILLIES is also a member of the
poisonous deadly nightshade family. RICE is not very
digestible;it contains much starch, andmuch less
protein than wheat.We should remedy this lack by
adding protein food to it.Thgreat food differences
between West and East probably play a considerable
part in determining the grater activity of the former
and the slower moving life of the latter. t
VEGETABLE JUICE loses its vitamins if stored overnigh
in the fridge.Either make it fresh,or omit it.
( )When cooking at stove, keep pot handles turned
away from you so that the pots cannot be accidentally
overturned. ( ) Raw nuts,seeds, and vegetable oils
are lecithin rich ( )The CHINESE serve theirGREENTEA
in ethereally thin cups. ( )AFTER MEALS to sit or
lie still for a few minutes gives digestion a fair
start. Or read propped up in an armchair.
( )Fruit-veg picked prematurely or ripened
artificially do not benefit by the change brought
about by the sun's violet and ultra-violet rays,to
receive the lifegiving Potassium (atom K).Instead
they receive dose of Hydrocyanic acid which otherwise
would have been changed by the photosynthetic
process of natural ripening. This acid neutralizes
out existing supply of potassium.Continued over a
period this permits diseases to occur and bring on
anemia in the end. ( )Strawberries not only contain
no lifegiving Potassium even when ripe but have an
overdose of hydro cynaic acid.They should be banned
( ) If CURRY IS TOO HOT add tomato puree,sugar and
lemonjuice. ( )FLUFFY RICE DRY:Wash & drain
1 cup rice.Boil 2 quarts water,add salt,Drop
Rice slowly so boiling is not stopt.Do not STIR.
When rice is soft but firm 12-25 mins rapid
boiling,drain.Place colander,covered with cloth,
over steaming water to fluff and dry rice out
Save ricewater for itsminerals.( )CHESTNUTS: cut
gash on flat side,bake in moderate heat 15 mins

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( ) IF CURRY IS TOO HOT add tomato puree, sugar and lemon juice. ( )PURIFY RICE BY:Wash & drain 1 cup rice.Boil 2 quarts water,add salt.Drop rice slowly so boiling is not stopt,Do not STIR. When rice is soft but firm 12-25 mins rapid boiling,drain.Place colander,covered with cloth, over steaming water to fluff and dry rice out. Save ricewater for itsminerals.( )SUGGESTS: cut gash on flat side,bake in moderate heat 15 mins

MARTIN W. PRETORIUS: NUTRITIOUS RECIPES&MEALS

(1)Over-indulgence in carbohydrates(starches and sweets)leads to disorder of the liver,mental sluggish-ness and a tired loggy feeling.(2)By shredding,cutting and grinding up foods,more area is exposed to the a action of digestive juices.Such foods should however be protected from air,which oxidises them and destroy the vitamins. Nature protects them from air by covering them with tight skins.When skins are ruptured by grinding,cutting and juicing,the air comes in contact with the food tissues and oxidation sets in.Hence salads & juices should be freshly made.The longer they stand,the less vitamins in them.Flours too should be fresh gorund for the same reason.If foods cannot be prepared just before use,protect them from air in air-tight jars or waxed paper. (3)When food is preparedin open saucepan,more air comes in contact with it than with the cover on,resulting in greater vitamin loss.(4)When steam escapes from the pan,turn heat down 'Low' This tenderizes food,instead of devitalizing it.(5)If using the semi-vacuum saucpans never lift the cover off,for this breaks the vacuum and the food may burn.Just follow timetable.(6)Comparative-Value of Pans:Best-Stainless steel;2nd Glassware;3rdenamelware(7)Once nuts are shelled and exp osed to air,the oil inthem readily becomes rancid,giving them a stale flavour. (8)NUT BUTTER:Grind blanched nuts thru a food chopper 2 or 3 times,using the finest plate and taking up the tension until the grinder is hard to turn.Pack in tight enclosure after mixing butter with oil(1 tbspn to 2 cups raw nuts well OR-Place in electric Liquefier or Blender 1 cup oil,2 cups blanched nuts. Alternately run and rest machine for 5-minute periods (15 actual running time)until smooth.Pour into jar & kepp in fridge.As it cools it will thicken to butter (9)CARROT NUT BALLS:1 cup grated carrots,½cup ground nuts,4 tspns dressing.Form into balls and serve with lettuce (10)Fruits,more than any other food,receive the beneficial influences of light,heat &air,thru which the electric and magnetic forces of the sun are transmitted.Fruit has the highest atomic cell vibration--that subtle power which we can feel when eating (Prana--PB?)Fruit is ideal,most conducive to health. Vegetableschlorophyl is a good blood builder(11)Fruit & veges are more assimilable if juiced,as this breaks down the cellulose.Liquefying them is an even better method than juicing,since it takes all the food value whereas latter receives only part.Also,liquefying gives the roughage.in a non-irritating form.so esse-

ntial to elimination. In jouice form this is not the case. Always place the liquid in the blender FIRST, followed by the other ingredients. (12)Use salt only when soup is ready to serve for it is difficult to judge amount needed until then. To bring out so up's flavor, let it stand in covered jar in fridge for 12 hours In addition to salt other seasonings may be used--celery seed, garlic mace thyme allspice. (13)Veg & fruit salad should be crisp & coldVegetables should not be soaked longer than needed to loosen dirt and coax insects out Lettuce should be well drained after washing to make it crisp. (14)CARROT SALAD: Grind very fine in a food chopper and blend with nuts etc(15)Never use 'High' heat in cooking as it may cause food to stick and burn Low temper ture cooking tenderizes food and enables it to retain natural firmness and flavor. No seasoning is then required (16)BRUSSEL SPROUTS: Remove wilted outer leaves Soak 10 minutes in salted water to remove insects Li(17)SPINACH soak in same way. Also rinse several times to remove sand. (17)Dried Fruits are best well steamed or rehydrated This restores moisture and renders them more digestible. When eaten dry they ferment and cause gas. (18)COOKING CEREALS: Serve as dry as possible to insure insalivation for good digestion If ground grains are used they should be freshly milled, as the longer ground grain is exposed to air, the greater the loss of vitamin If cooking cereal in double boilerbring water to rapid boil, add cereal to water, cook for 4 minutes, then finish cooking by placing pan in or over the double boiler. Must stir often. (19)COCONUT MILK: Roam out the soft eye, draining the milk. Crack the nut in small pieces with hammer and pry meat out with screwdriver or paring knife. Grind meat in food mill using fine cutter. Brown skin need not be removed. Add equal part warm water to the drained milk and pour over the ground meat. Soak 1 hour, press out milk thru cloth. Too rich to drink without dilution Keep in fridge. Shake well if standing for a while. OR:-place 2 cup water 1 cup grated coconut in electric blender and run machine 7-10 mins. Strain and mix with other foods or drinks. (20)DRIED FRUIT should not be soaked or flavor is lost, but delicious if steamed. (21)OAT BISCUITS can use coconut milk as a binder. (22)Tortilla: 1 cup boiling water& 1 cup yellow whole cornmeal. Salt. Mix and stir until very thick. When cool, pat into thin cakes (large Brown slightly both sides on ungreased griddle

Add bananas + honey if desired

DAN ALEXANDER: ARTHRITIS & COMMON SENSE

(1)Vitamin D is the therapeutic for arthritics hands.(2)Advanced arthritics cannot open and close their sweets,honey, destroys oils needed to lubricate body and fight arthritis.They gel the tissue fluids,stiffening sets in,and the next stage is being crippled with arthritis.(4)Fibrositis is when connective tissue or fibres become inflamed (5)Back stiffness means tissue fluids are gelling.Eat more oil-bearing food (6)Among arthritis symptoms are:-Dandruff,dry scalp.Absence of ear wax.Brittle or splitting finger-nails,ridges in nails.Encrustations in the corner of the eyes.(7)Joint linings and cartilage are key points;lubricate them and arth.will go.(8) Do not take coffee with meals,except at least 10 minutes before or two hours after.(9)Sugars defeat the lubricating oils.(10)Abstain from starches if you want to cure arth.(11)Even when mixed with water, citric juices erode tooth enamel (12)This includes grapefruit juice ~~(13)~~orange juice They also cause hives (12)Cabbage and green Peppers are rich in vitamin C,socitric fruits can be replaced by them.(13)Apples must not be juiced as this cuts the lubricating oil.(14)Tea dries the linings of joints andbecause of tannic acid content is bad for arthritics.Take it weak(15) Carbonated beverages contain soda which destroys the value of oil(16)Beer is carbonated so drink it sparingly at least 15 minutes before meal or two hours after.(17)Colitis sufferers should pressure-cook raw vegetables and fruits briefly.(18)Digestive juices cannot pulverise the indigestible fibres of fruits and veges.The skins of fruits and the cellulose of vegetbles remain as bulky residue.(19) Hippocrates blamed heavy wine drinking for arthritis It is fact that the value of oils can be largely destroyed by wine,keeping the liver in a constant state of repairing itslefParacelsus also blamed wine.It prevents the oils from nourishing the joints.(20)Loss of hair(an arthritic condition)may be checked by including in diet raw onion garlic(21)If no wax is present in ears,and they are itchy,this indicates arthritis,as also do finger-nails that split with ridges&break easily.

(22)ARTHRITIS: Of course medical treatment includes heat,massage,and certain exercise to maintain normal joint function. (As arth. increases the stiffness increases) and swelling

DrHerman Taller: CALORIES DON'T COUNT

(1) Starving yourself thru fasting may develop a serious condition called ptosis, wherein the abdominal walls collapse, leaving unsupported such vital organs as kidneys and intestines. (2) Toasting removes water from bread, which is a high carbohydrate food, whether whole wheat, rye or white. With identical portions, bread has twice asmuch carbohydrate as potato. Cereals and lentils also have hi carbohydrate content. (3) A diet too rich in carbohyd sugar and starches strains the pancreas and them is usually the first mechanism to deteriorate. (4) 1½ glasses beer provide all the carbohyds the normal body needs. So do not fear that in cutting down on carbohyds, you will endangerthe body (Also, most vegetables are largely carbohyd, including salads& fruits (5) The body can only burn a limited quantity of carbohyd, varying with individuals. Those not burnt are stored as fat (6) Food slightly raises the body temperature for some hours. (7) Low-sodium diet is prescribed for certain skin conditions(hives-PB?) (8) The liver produces fat, breaks it down to a simpler substance which body can use for energy (9 Proteins affect size and weightNations which eat a lot of prtein, like ours, are big menIn China, the average height was 5ft2 inch on a low protein diet In Australia, those parts where protein intake is high average height is 5ft8 whereas in other parts ofit where intake is low, height is 5ft3. (10) In a test men fed with high carbohydrate and low protein lost interest in women, but when high protein was restored their sexual drive regained its former intensity. (11)

	FAT	PROETEIN	CARBOHYDRATE	% of Content
Green Peas(fresh Or tinned)	0	4	9	
Avocado *	26	2	3	
Banana	0	1	22	
Dried Raisins	3	3	75	
Bread(Rye or WW)	3	9	50	
Rice & Oat	1	11	77	
Chocolate(bitter)	52	12	25	
Coconut(prepared)	39	4	52	

(12) Don't worry about taking in too much fat. Your body WILL LET YOU KNOW, BY THE SIGN OF NAUSEA, WHEN YOU HAVE HAD ENOUGH. (13) Linolenic acid is the unsaturated fatty acid in vegetable oilsSafflower has the most (75%), followed by Cornoil (53%). Olive oil has the least (only 5%) (14)

* LENTILS 1% 25% 57%

Uriel Adriana: On The COCONUT (from Edenia)

This is an alias of Arthur W Siegmeister

The mature coconut contains "coconut water" (which is really a dilute solution of all the elements-- protein, fat, minerals, vitamins etc. of the fleshof the coconut) plus the solid coconut meat. The former is especially adapted for human nutrition, while the latter is too rich and overconcentrated food to be eaten by itself. It should be diluted with coconut water to provide "coconut milk", a balanced and healthful food.

In one case, a woman who had advanced consumption was put by a Jersey city ostepath on an exclusive coconut water regimen, which was continued for six months, at the end of which time she was restored to health.

However, we cannot guarantee results when coconut milk is made with any other water except coconut water, nor when any form of dehydrated, processed, fumigated or chemically treated coconut is used. Only fresh coconut and the water of fresh coconuts should be used.

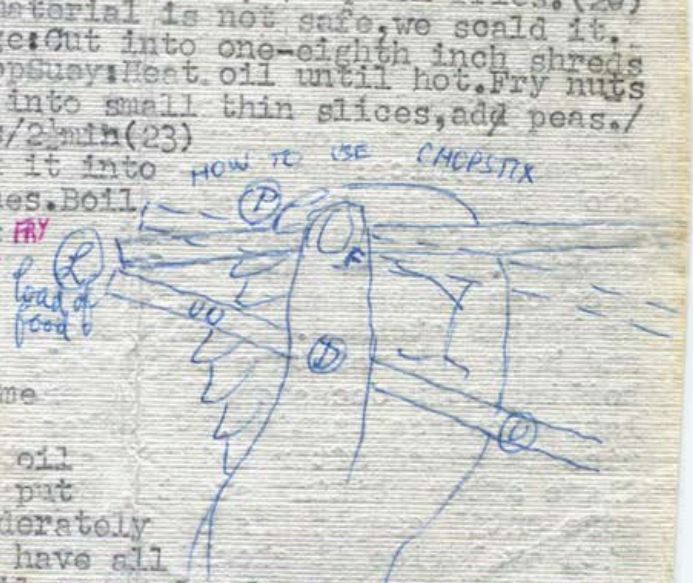
For adults coconut water alone provides a marvelous therapeutic and regenerative regimen. It purifies the blood and intestinal tract, having a laxative, alkaline and detoxifying effect. It provides the purest distilled water obtainable, which provides a true blood-wash, removing toxins from the blood through the kidneys and bladder. In the tropics cocount water is widely used as a kidney and bladder remedy, tending to purify and regenerate these organs. An exclusive coconut regimimen is superior to a fast, since it promotes fuller elimination, keeping the bowels free and open, and preventing the intestinal stasis and autointoxication that may occur during fasting, especially when no enemas areused. The writer knows a case of a very sick woman whowas badly contipated for years. Nothing seemed to help her constipation and she was dependent on laxatives. Going on a coconut water regimen for a few days enabled her to get out of bed and to be strong enough to walk. For the first time in years she had natural bowel movements.

BUWEI YANG CHAO: HOW TO COOK & EAT IN CHINESE

(1)It is proper timing which really counts ingood cooking.(2)STIR-FRYING is quick,impressionistic, continual stirringquickly-frying of cut-up material with wet seasoningIt is particularly good forp preserving vegetable vitamins,as M.I.T.experimm- ents have proved.(3)RADISH_vitamins are stable even against longer cooking.(4)Chinese cook veges lightly,quickly,without water and waste.(5)Upon Chinese diet of the simplest kindmen&women work incredible hours and perform stupendous tasks;their food nourishes.(6)Eating fruit after the meal is not our custom;Chinese eat it only between meals.(7) Tender peas in the pod make a fine crisp green.(8) Starchy roots--potatoes,yamsetc are not considered vegetables proper,since we get our starch in rice wh wheat and grains.This is the filling part of a meal, while vegetables are the 'green' part.Potatoes have n never been popular in China(9) GINGER when used in cooking is cut 1/16th inch thick.(10)Soysauce is made from fermented soybeans and salt.(11)A whitish savoury powder is made from the gluten of flour, called "taste-powder".The old form was made from dried fermented gluten but the Japense introduced a hydrolized gluten called Ajinomoto('prime element of taste')and now Chinese make this as 'Essence of taste'.(12)Our Vegetable-Cutter is really a meat / chpping knife,3 inches wide,8 inches long,1/8th inch at back and sharp at edge,with round handle added. With it we mince and cut up vegetables(13)I advise use of an egg-timer since many 'stir-fried'dishes take about the time of soft-boiled eggs.(14)Confucius spokeagainst eating "anything deficient in seasoning" Chinese use condiments to develop the inherent flavor of ingredients,to produce the important chemcical re- action between food and seasoning under the influence of heat.(15)A chopper is essential for efficient mincing of vegetables (16)The Chinese frypan,"Wok" a concave iron pan is highly desirable for cooking vegetables.(17)Using Chopsticks:The lower one is fixed to base of thumb,pressing down and base of index finger and thumb side of ring finger both pressing upwards.Let this stick slide or roll.The tip of thumb holds down the upper stock as a fulcrum.The tips of index and middle fingers pinch and push on both sides of stick farther down toward the food end. When index finger pushes down harder at P(power) the tip at L(load) comes down and wind

comes down and pinches the food against the fixed stick.Warning:The two lower ones must be even,one must not protrude beyond the other.And both must be in the same plane,otherwise they cant meet.(18)Cutting Vegetables:Cut carrots across at an angle of 30degrees from the axis.Roll the rest of the carrot one-third of a turn(120 deg and cut it farther up so that the new cut will partly cut across the original cut surface & partly cut a new surface.String beans:break off ¼" to ½"from both ends,after stringing(19)Stir-frying is characteristically ChineseThe nearest to it in the West is 'saute'It uses little or no water,uses young tender veges,and quick-fries.(20) Where raw salad material is not safe,we scald it. (21)Celery-Cabbage:Cut into one-eighth inch shreds crosswise (22)ChopSuey:Heat oil until hot.Fry nuts for 1 min.Cut veges into small thin slices,add peas./ Fry for 2 minutes/2½min(23)

Cauliflower:Break it into very small branches.Boil 10 minsHeat oil & fry 2 mins.(24)Stirfrying is our usual method of cooking veges ,some-times boiling& steaming.A little oil is used and veges put in after it is moderately hot.Stir so as to have all parts touch the oil,cover for 1 min,remove lid, add a little water except to spinahh and cabbage which contain enough water already.(25)Cabbage shouldbe fried for 1 min,add little water,fry again continually stirring for 3 min more.Spinach cooks in 3 min but keep stirring while fryingCut into 1-inch sections.Leaves should be separated from hard parts nearer root as they need only ½ the cooking.time.Celery should be cut obliquely into small slices,cookfried 3 mins.(26)Cornflour Gravy (thick):1 tbspoon cornflour to 2 tbsp water pour over veges until translucent.,stirring.(27) Radishes:Smash each one gently with hammer,so as to leave it still whole.This is treatment for use cold in salad.(28)To grow bean sprouts from soybea-ns



is too complicated;the room temperature must be accurately adjusted. (29)Peas:Cover pan after putting peas and water in hot oilCook 5 min.Add sauce,stir 2 mins.(30)Bean Curd:Cut into pieces and fry till brown.Slices shd be ½" thickCook 3½ mins.Do not stir but turn over pieces once or twice.Add seasoning at end and cook ½ min more Excellent with Cabbage and cornflour sauce and taste-powder& little waterCan be boiled instead of fried.It is made from soybean,is almost flavorless hence combines easily with other items, is much more digestible and palatable than the beans themselves,can veen be mixed with salad (31)Soup is partaken at any time of a meal,espe-cially toward the end.(32)Dried Lilies:are soaked in hotwater 1 hr,then rinsed in cold waterBoil, then simmer on low flame,with seasoning,including ginger(33)Rice:The long-grained kind is easier to cook than the oval-grained kind,as latterhas a sticky coating which must be washed awayduring cooking.In China the long-grained is better liked( ) Rice can be boiled or steamedThe oval-grained kind is better steamed.Properly cooked rice should be dry and have all moisture completely absorbed.When boiling stir occasionally to prevent sticking,as latter causes burning.It makes no difference if rice is added after boiling starts.Use very low flame after boiling starts, Cover and cook 20 mins more until sample has no wet shining appearance With oval rice it should be overturned with a ladle because the stivky coating,away thru.(35)Even steamed rice should be boiled for 3 mins before putting on steam for another ½hour.(36)Very thin wheat cakes,called (doilies' are made from flo flour water made into a dough.Wet one side with oil,lay another cake over it,and roll together Bake each side for 3 mins in a heavy griddle pan under cover(37) TeaOnly good and tender leaves are us for green tea.(b)You can pour in more boiling water on the residue to make a second infusion, which is sometimes better than the first ffor green tea and always better for black tea. Fastidious drinkers often throw away a quick infusion and drink only the second one.(c) The cover on the cup is to keep the leaves away from your lips.

This removes the coloring matter

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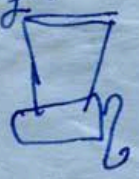

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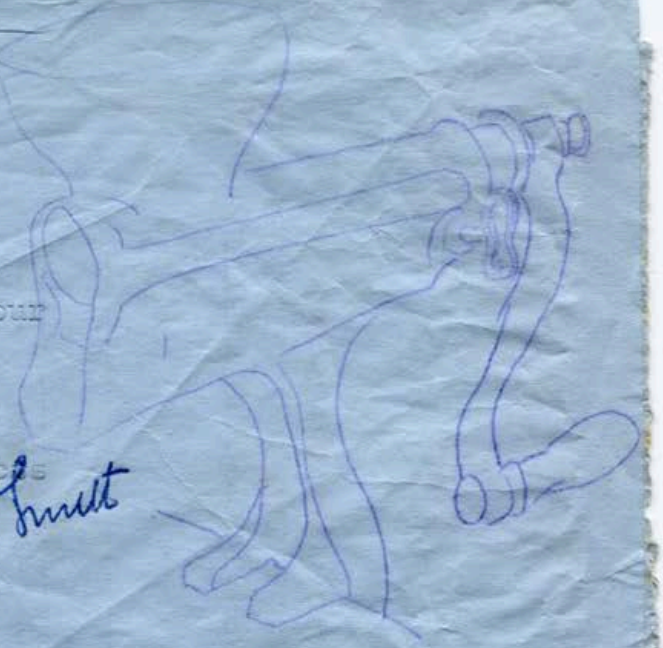

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To open cut here

(DIET)

TEA (~~continued~~) WARNING: Do not use hot water from tap for tea. It contains salt which forms poisonous compound in aluminum . ( )Mate is a laxative.

~~free from astringency~~ HERB TEAS

( ) "~~Teas of the~~" must never be boiled. All plants leaves and flowers must be steeped only, as boiling evaporates and loses their aromatic principles.

( ) Herb roots and barks on the contrary should be boiled ten minutes

( )Chinese and Japaness Black Teas are fermented. To start fermentation, human urine is poured on them. So it is cleaner to use only Green Tea.

( )Coffee, tea, alcohol, smoking and cola drinks stimulate the secretion of digestive acids. Too much acid: Ulcer. Stomach acids also aggravate such conditions as pancreatitis or inflammation of the pancreas gland, source of certain powerful digestive juices.

( )In Japan, the Master of the Tea Ceremony impressed on me that (a)faultless preparation of the brew required water that had almost, or just nearly, reached the boiling point. The water must not be heated one second longer or tea flavor would be adversely affected. (b)The cup of liquid should be sipped slowly in small quantities at a time, not gulped or swallowed quickly in large ones, since one should meditate on the Infinite and Eternal Reality during the entire tea time, and this ought to breed patience, repel haste, and immerse the mind in tranquillity.

( )Tea should be tightly covered and kept in a cool place. Use freshly drawn cold, and not alkaline or hard, water. Boil as little as possible. At 212°F flavor-giving oils and ethers are lost.

( )Highcaste Orientals will not let the metal of a spoon or pot touch the tea infusion, lest it spoil the flavour.

( )Water that has been reheated in a kettle gives tea a flat taste. ( )It takes time for the leaves to unfold and release their flavor. So don't guess--time it by the clock. ( )Tibetans believe green tea helps to dissolve the fat eaten in food. Hence they drink it with dinner. ( )When using tea bowls fitted with saucer-lids, it is Chinese custom to let latter remain in position--not removed--and drink from under the lid. ( )GREEN tea:Use 1 teaspoonful of leaves for small pot or about 2 teaspoonsful for large pot, to suit taste.

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( )My stomach was exceedingly sensitive after the Christmas 1951 fast was ended. This was intended to act as a guide to me, a true and unperverted bodily instinct to help me chose the best diet on which I should hence forth live. During the latter part and for some time after the end of the fast, my drinking of grape and pineapple juice produced biliousness. But my switching to fresh orange quarters did not. The grape juice was Welch's bottled, the pineapple Dole's canned. Hence: This is a warning to eliminate such bottle canned and other preservative-doped foods from my diet. Take only fresh foods and juices.

( )Salt is so corrosive it destroys the control cables of of planes and of any aircraft instrument it touches. So the British volunteered to carry the salt to Berlin in their Sunder-land flying boats.

( ) Vegetables, to be enjoyed in full deliciousness, must be picked and cooked at once. If overcooked, or let to stand on the stove, they become inedible.

Frozen Vegetables lack crispnessand texture, become mushy, lose essential oils.

( )The Hygenic PBSalad:(a) Mix and finely shred the vegetables. (b) Use a dressing composedof lemon juice, tomato puree, and Dr, Bronner's Organic Compound.

( )Millet Bread manufactured by Hunza House, Escondido Calif. contains: Millet flour, soya flour, vegetable shortening, honey, yeast.

Whole Wheat Bread manufactured by Hunza House contains: Fresh ground whole wheat, sprouted wheat, water, honey, bran, yeast.

( ) How to use the Mouli-Julienne Grater: (Julienne= thin matchlike strips) Small-hole Disc is most useful of all. Use it for peas, carrot, beets. Medium-hole disc use for corn horse beans(it hulls the skin off them which can be used for unfired soup). Spinach, which must then be finished by further manual cutting with a knife. Large disc is for red cabbage, radishes, apples. Celery, Green pepper, and cucumber are unsuitable for machine shredding. Chop them into very small pieces with sharp knife. Lettuce is also unsuitable and must be eaten by the leaf, when small, or cut in pieces when large. Unused vegetables should be wrapped in a damp towel, and then enclosed in a Koroseal plastic food bag, for use next day.

( )Carrot tops are rich in vitamin A. Raw spinach is rich in Vitamin A. Deficiency of Vit. G from milk causes pellegra and premature senility. Also found in Turnips, & turnip tops.

( ) Vitamin D deficiency from lack of milk and butter can be replaced by sun baths. Calcium deficiency due to lack of cheese and milk can be replaced by almonds, dried beans, less in oatmeal and carrots.

~~back of~~ found in

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PUMPKINS are over 90% water and completely unnutritio-
-nal.

~~Russell~~ GERSON system

1. Aluminium cooking vessels are poisonous!

2. ~~Pineapple and orange juice canned~~ PB Papaya also for animal fat

3. ~~No [illegible] cans~~, No canned food. ~~(refrigerator can be used)~~

4. No epsom salts. No soda bicarb. No toothpaste (contains salt)

5. No electric juicers or blenders (N.W. Walker's or other hand press better)

6. No cucumber, no pineapple, no orang-es allowed.

7. Cook in vegetables own juices, or add sliced tomatoes to supply liquid. Do NOT put much water. For this purpose Revere Copper ware is best, but Stainless Steel, or enamel, may also be used

DIET

The environs of Tiel

1953			
DAG	1[illegible]	24	31
IDAG	1[illegible]	25	*
DAG	1[illegible]	26	*
SDAG	20	27	*
RDAG	21	28	*
DAG	22	29	*
DAG	23	30	*

aartsdag — 24 en 25 Pinksteren

(1) Ban cabbage and turnips from (DIET) salads as they contain an enormous percentage of sulphur salts which cause unpleasant odor.

(2) Dried garbanza pea is also called chick pea.

(3) Salad dressing: ~~Sesame, water, lemon very little melanes. Mix ingredients. No salt. Alternative salad dressing~~: grated nuts, lemon juice and water.

(4) ~~To make more delicious soy milk experiment to find exact proportions suited to your taste and always measure out same in future~~.

(5) The cabbage family includes: cauliflower, brussel sprouts, broccoli: all of them smell badly when cooking, owing to sulphur content, hence never eat them.

(6) Vegetable broths to be raw, not cooked dehydrated and powdered vegetables, left uncooked.

(7) Add garbanza soup to every night meal of soup.

(8) Green peas, having plenty of protein, if used in salad, take place of cheese.

(9) Salt and pepper and concentrated legumes and cheese and tea irritate nerves and stimulate sex.

(10) Disadvantage of souplet tablets is that they contain a lot of salt.

(11) Cocoa contains poisonous drug, theobromite, like caffeine.

(12) Grated nuts go rancid more quickly, so have only a few nuts grated fresh each day for daily use only.

(13) Pepper causes hardening of the liver

(14) Salt causes 50% less pepsin to be secreted by the stomach. Pepsin is essential for the digestion of proteins. So salt renders digestion of protein food incomplete or too slow

(15) Canned vegetables and fruits have to be cooked for two to three hours befor e canning, as part of the process, or els e subjected to excessive heat under steam pressure. As a result they los e most of their vitamins and minerals. During the months after canning the loss continues, their food value deteriorates still further. In addition they are heavily salted, the vegetables, fruits have white refined sugar added as a sweetener. Canned foods are too devitalized to support life healthily.
(16) For building teetch: Place one cup oats in quart jar, cover with cold water until full, let stand two hours. Drink.
(ii) masticate food till it is nearly a liquid
(17) Apples are beneficial for sluggish liver.
(18) Beets are source of vitamim A.
(19) Raw Cauliflower good for breath.
(20) Celery good for sciatica and vit.A.
(21) Red currants good for liver trouble.
(22) Oranges are good for liver troubles.
(23) Tomatoes cleanse liver, contain vitA
(24) Fasting: A heavy coating, caused by starch decay, forms on tongue on second day. Continue fast until tongue becomes healthy pink-reddish color again. Breakfast on tomato Juice.
(25) Texas (pink) grapefruit is sweet.
(26) Vermicelli and noodles contain eggs, but spaghetti and macaroni do not.
(27) Stop all ice-cold drinks taken from icebox at home and in restaurants. Allow to warm up. They start cough irrita te
(28) Teeth powder: iodised sodium chloride and sodium bicarbonate.
(29) Grapefruit is fine liver tonic.
(30) Failing eyesight greatly releived by seven day fast.

(31) It is dangerous to live on (DIET) an all-fruit diet alone under present conditions, e xcept where you can grow your own fruit. For most fruits are sprayed with poisonous insecticides and are picked green before nature has had time to convert the starch of unripe fruit into sugareof ripe fruit. On the other hand the vegetables are not sprayed and if plucked before maturity are young tender and even better fit for eating.

(32) FASTS: Short fasts are 1 - 3 days; medium fasts are 7 - 16 days; and long fasts are 7 - 21 days. Exception fasts in last resort in desperation are 40 days. Where all fasting is impossible, or impracticable, go on fresh fruit or vegetable salad diet (without protein and without dried fruits.)

(33) Combinations: Raw salad combines well with any food. But protein nuts should not be eaten with the oily salad dressing. Proteid balances well with dried fruits.

(34) During a fast the most elimnative drink is distilled water. It attracts and dissolves the hardened mineral deposits.

(35) If a can of food is not cooked long enough to be sterfilized, the contents will ferment, producting gases that may rip the can open. To avoide this, most canners cook tinned food longer than is necessary, thus utterly devitalizing it.

(36) I find coffee substitutes like Postum and Soyfee leave disagreeable after-effects, like actual coffee itself, even though they are palatable. But "Minute Brew" (Kelloggs) is an exception to this and quite free from after effects. This is because others are roasted but this is not.

(37) Overeating of starch causes liver disease; by forcing the amount of work of the liver. Complete rest of several months by eliminating starches.

(38) Pythagoras: The abstract mind remains keener and alert and able to sustain contemplation better if food is under-eaten.

(39) Luch Salad: Avocado, little romaine lettce, green pepper, bell pebber, tomatoe, red pepper, bean sprouts, celery. [Do not mix oil with herbs.]

(40) Seasoning: Sprinkle dressing of little oil, add herbal seasoning. Add grated nuts. [separately]

(41) People on a rawfruit diet report a feeling of permanently walking on air, of great power of sustained mental concentration and of immense physico-mental energy.

(42) Steiner: Banned from diet potatoes, because they dull the intuative mind and Soya Beans, because they sprea-d materialism! The introduction of potatoes in E-urope is connected with beginning of loss of aith. The introduction of Soya Bean from East

(43) Honey and eggs are also out, for reasons too revolting to print, although they ~~were~~ are made all too clear in the Ghadiali Encyclodedia, a three-volumne opus, which sold for sixteen dollars the set .

(44) Mint Tea: Has the effect of increasing blood circulation and hence of warming the body. It stimulates secretion of bile, hence good for liver. Also good for gall Bladder.

(45) Colon Flashing When Fasting: Use the small enema end-piece only for the first day. This will clear a path for the large high-colon end-piece which should be used on the 2nd day and later days. Also the small piece should be used as a single preliminary every day the large one is to be used.

(46) Fruit Juices: Use their vitamins value after 24 hours at most.

(DIET

(47) A Starch Free Diet: Easter, 1948. Gave up. Results in terms of freedom. More energy, freeoctc urnes, endurance, mental poise, clear andimp- rd mental work.

(48) Hercuard Comnington: Said he never knew anyone who could work on intellectual and literary pursuits more continuously and steadily for so many hours at a stretch, and for so many days together, than himself and became a fruit man. That not only raw foods but also amounts reduced to half. A great deal of nervous energy is used up by digestive processes, and half of this is therefore saved. Camyton takes only twelve ounces of food a day, including juices. He says a fruitarain diet also necessitates a couple of hours less sleep and yields a feeling of cleanness and lightness throughout the body.

(49) Correct Food Combinations For Health:

Group I (STARCHES)	Group 2 (SUGARS)	Group 3: Fats -Oils
Bread-cereals	All sweets	Butter
artichokes	dates-figs	Cream
potatoes	Bananas-raisens	~~egg yolks~~
pumpkin	Sugar-syrup	ice-cream
rice-squash	honey	olive oil
green peas		vegatable oil
dry beans		

Group 4 Roots	Group 4 Greens	Group 4 salads:
Beets	asparagus	okra-kale
carrots	Brussels sprouts	broccoli
Kohlrabi	cabbage-onions	celery-cress
parsnips	cauliflower	cucumber
radishes	eggplant	endive
turnips	gr.beans	spinach-lettuce

Group 5, Protiens: All nuts, Butter-milk-cheese, cottage cheese, eggs-milk, mushrooms, fish.

Group 6, Acid Fruits: All berries, oranges, grapes peaches, aprricots, cherries, pinapples, tomatoes,

Food Comb. Com.

Group I, combine with gr's 3 &4 but not with 2, 5 &6. Group 2, and Gr. 6 are best eaten alone. Gr. 2 with butt-ermilk. Group 3, combine with gr's I and 4 but not with gr. 5.

Group 4, combine with Gr. I & 5 ~~but not with Gr's 2, 3, 6, and 6.~~ Group 5, combine with Gr. 4 but not with groups I, 2, 3 and 6.

(50) Cooking should be steamed, roasted or baked, never fried and preferably not boiled.

(51) Grandma's
old Fashioned
Molasses
contains no Sulphur Dioxide or Other Preservative

(52) Sour Grapefruit sour lemons and sour oranges are injurious to liver & cause bilious after effects.

(53) Grapes are very beneficial in chronic bronchitis.

(54) Dried fruits and raisins should be washed off, as may contain insects.

(55) Soup should be kept in the mouth for a couple of seconds to prepare them for the initial stages of digestion and thus enable gastric juices effect needed changes in it, own absence of mastication.

(56) Nuts disagree only when not thoroly masticated, but if they are grated or liquified they are excellent.

(57) Tomatoes and strawberries contain ovalates useful for sufferers from bronchites.

(58) Yeast belongs to a group of Fungi plants with ability to change sugar by fermentation into alcohol and carbon dioxide.

(59) All fruits nuts & green leaf vegetables are mucus-free & healthy. All other foods of civilization without exception are mucas and acid-forming & unhealthy.

(60) Bananas maybe used very sparingly, mostly in liquefied drinks.

(61)
P.B's Acceptable Dietary:
Raisins, figs, dates. Nuts are concentrated food contains tremendous quantity of calories (3000 to the pound) supplies protein carbohydrates vitamins, minerals: but only almond and filberts are acceptable. Apples, Peaches, Plums Pears dried Prunes, Spinach, Lettuce(romaine) Stringbeans, Greenpeas, Tomatoes, Tomato juice black molasses (high calcium & iron content)
(62) Don't eat biscuits & crackers. "For want of lard, National Biscuit Co., the nation's largest baker, closed its New York and philadelphia plants. All other big bakers either cut production or planned to close.
(63)Bananas do not agree but if you will cut off the pulpy covering 1/16" thick, all round this mi might make them more agreeable. Bananas must be thoroly masticated and electrically liquified.
(64) Starch must go thru several processes or stages of digestion before the body can use it. The last stage is to become sugar. All this work is done at the cost of the body's energy. All cereals including wheat, and oats are starchy and hence energy-wasting.
(65)Puree or consomme, by removing the coarse rough fibers and the tough skin, and by reducing the rest to a pulp, renders the highly indigestible vegetable much less hard t digest .
(66) Metchnikoff (and his disciple Dr. John Montagu) blamed raw food for introducing bacteriological decomposition in the intestines. But bacteria cannot exist where a suitable soil is lacking. Raw food diet keeps the bowel clean and free from bacteria. The cases showed by M were all cook d food eaters, hence his theory does not apply to us.
(67) Full vitamin value belongs only to foods that are: (1) fresh..(2) ripe..(3) raw.
(68) To pour nut milk into cup first & add tea after, is to reduce bitter taste.

(69) It is the stickly quality in bread which is harmfull. Hence it should be well baked & well toasted. bans rice altogether.
(70) Use very little starchy food and some protein--to maintain the chemical balance of the body.
(71) Vinegar is chock-full of putrefying, rotton animalculae
(72) Fruit juice is a purer water than that of the best Spring.
(73) Tomato juice stimulates the secretions of the liver and pancreas and is useful after sugary food.
(74) Lettuce contains opium. Salad, being composed of highly fibrous materials, is very indigestable-Hence it should be well-masticated or well chopped.
(75) Unfermented Cider is a wholesome drink.
(76) The fibrous material which the puree-grinder removes, is highly indigestible. It is mere refuse.
(77) Drink:made of liquefied fruits, 1 part water, 1 part almond milk slight part, ~~dates~~, raisins & banana to sweeten.
(78)Salt and all other inorganic minerals can be directly utilized only by the plant kingdom, not by the human-animal. The latter can however utilize the plants themselves, which contain organic salts in easily assimilable form. The use of table salt is unnatural.
(79) Vegetables should be covered and steamed on top of the stove very slowly until cooked but not mushy. A few tablespoons of water may be added, if the vegetables seem dry. Serve in bowls over moulded hot, dry steamed rice. Brown rice is best.
(80) The large soft figs which are most tasty are packed in silver paper and printed: "Padre Softenized Calimyrna Figs From The "Rancho Los Padres" Fresno, California".

(81) Dessert of Stewed Fruit is vastly improved in taste if placed in electric liquefier and, wit its juice, turned into a jam, adding little spice if necessary.

(82) Good Combinations; 1) Stewed Fruit & Grated Nuts..2) Salad and fresh fruit...3) Pea-bean and vegetable soup and stewed fruit.. 4) Nuts & Dates...5) Nuts & Pananas...6) Tomatos & vegetables...7) Potatoes with anything.
Bad Comination: 1) Fresh fruit & cooked vegetables...2) Tomatoes & fruits. Bad food combinations create poisonous gases, which cause nervous exhaustion.

(83) PB'S Dietary Black List : bread, cereals. cookies, crackers, cake, Fried foods, cream, cream sauces, chocolates, jams, jellies, eggs, milk, mayonnaise dressing, salt, pepper, mushrooms, onions, sour oranges, lemons, grapefruit, potatoes, turnips cabbage, cauliflower

(84)."You have poisoned your liver with the sprays used on your fruits and vegetables to such an extent that the organ is completely congested. You may not have acquired the condition in a few weeks but over a period of months. Wash your fruits and vegetables and soak for a few minutes iwth a box of Vega-Rinse, a chemical powder, which is dissolved in water and has the ability to absorb all the sprays and poisonous insecticides used on commercial fruits and vegetables. Salt won't remove arsenic, from fruit only hydrochloric acid or Vega-Rinse will do it.

(85) The almost continuous stimulation to nervous system given by tea drinking prevents both recuperative centers and spiritual receptivity from functioning. Says W.J. Macmillan: "Tea drinking stimulates the brain excessively and thus prevents the calming of nervous tension

Swami Sivananda : Tea drinking fills the mind with rajas, excites passion and destroys serenity of thought. The drugs and caffeine, contained by tea and coffee are direct and strong poisons. At the least they cause nervous ex-

citement, and their habitual use causes nervousness and disturbed mental life.

(86) PB'S Herbal Tea:
2 parts affir, 1½ part Mint, 1 part Sage, 1 part Huckleberry 1 part Camomile, ½ part Jasmine, or other very weak China Tea. This breakfast tea is delicious, leaves no bad bilious effect if (1) steeped for not more than 2 minutes.. (2) made with not more than 1/3 teaspoon sugar. After drawing off 2/3 cups replace tea container & steep for one minute more as afternoon tea may be stronger. This herb tea is spoilt by overbrewing. Steep for half the time than for ordinary tea. Beans & Lentils and even pea's form an acid taken in large quantities.

(87) Cellulose Is Indigestible: The wall or shell of a nut, like th wall or shell of vegetable cell is Cellulose. "Not Digestible by man." The nutritious part of a nut, the kernel, is available as food only after the shell s cracked and the kernel removed. Exactly the same is true in the case of content of vegetable cells. Only as the cell walls are broken or fractured are inner nutrients freely available for assimilation. Microscopical examination of pulverized vegetables indicate that 90-95% mechanical cellular fracture is probably a hundred times greater than that effected by ordinary mastication. In Broth Powder made from vegetable ingredients consists of fresh tomato, onion, celery, spinach, pimento, orange, parsley, watercress, chili, celery seed, etc..the raw vegetables have been concentrated by dehydration and reduced to fine powder by steel hammers, these actually break the Cellulose so that the nutrient values (Minerals and Vitamins) inherent in these vegetables are more readily available for assimilation. Warning: Never boil soup powder as that makes for bitter taste.

Do Not Boil Broth Powder: Put 1 to 2 rounding teaspoons of powder to each cup of cold water. Bring JUST to the boil, reduce the heat and simmer for 5 minutes. To boil makes the broth bitter and changes mineral content.

(88Raw celery kohlrabi, radishes and watercress aee to be taken only at periodic intervals. Their sulphur content promotes flow of bile & stimulates liver but is too bitter for regular food.

(89) Spinach should not be cooked more than 8-10 minutes or it will lose its life and flavor.

(90) Oranges must be eaten only if quite sweet and then only at periodic intervals for cleansing the intestines, not as a daily item food.

(91 Tomato juice has a cleansing effect on the intestines.

(92) Cooking no vegetables or soup should be on the stove for more than 30 minutes, or the life principle is destroyed. Use heavy pots with no water, or as little water as possible to prevent burning. A double boiler, which cooks by hot steam, is best as it never burns.

(93)Lettuce provides the chlorine for destroying poisons in the intestinal tract.

(94) Peppermint has a purifying effect on the mucuous membranes of the entire body.

(95) It is necessary to introduce variety in the menus, for this stimulates appetitite.

(96) Cucumber feelings should be saved for soup as theycontain minerals which is the most valuable part.

(97) Tomato juice is the only vegetable product which keeps its full value after cooking or canning.--Hence hight grade canned brands may be used freely

(98) Distilled water release hydrogen and cleanses by penetrating the bodily cells. Use it for fruit juice drinks.

(99) Parsley, Swiss chard and beet greens (tops) are good sources of potassium for stimulating a poor circulation and neutralizing acidity thru their alkalinity.

(100) Asparagus is on black list not only becau se of manuringbut also because of its sulpher content. Vegetable salt is black listed b e- cause it still contains more than 50% tab s salt.

(101) Potassium Broth: Take 5 carrots, small bunch celery, few sprags parsley & handful of spinach. Seasoning material. Cut up fine into 2 quarts water cook for n t more than 30 minutes & strain off vegetables.

(102) Add to PB'S Acceptable Dietary: Parsley (only if powdered or liquefied as in soups never solid) Swiss chard; beet greens (tops); celery; carrots; cucumbers; gooseb rries(only if sweet) apples; strawberries(only if sweet); cherries; honeydew melons; pears; endive(only if powdered and liquefied, as in soups, never salads)

(103) When eating matzo~~t~~s it is essential to masticate thoroly as sharp points may injure delicate menbranes.

(104) Hot cooked food produces languor and the need of siesta or after dinner nap.Whereas raw fruits produce an enlivening effect,also hot cooked food produces sense of oppresive fullness.

(105) Soup and tea should be allowed to cool a little.It weakens stomach,injures teeth.

(106) The large dry dark reddish brown beans which looks like colored butter beans are called " horse beans " but they can only be bought in Italian and Greek stores.

(107) CANNED FOODS: are inadvisable because they use p too much bodily energy, instead of supplying it.

(108) BRAIN WORKERS: need foods containing sulpher as well as phosporus. The sulphur foods include watercress.

DIET (VITALFOOD RECIPES)

( ) Cold Fruit Soup: Water, macerated tomato, powdered coconut, sunflower meal, lemon juice. Heat to temperature required.

( ) Manufactured sugar overloads the system with waste products; the liver cannot take care of it, resulting in fermentation and acidity.

( ) Sprouts may be added to soup just before serving. May be served in sandwiches. Excellent with avocado. May be liquified in vegetable juices.

( ) To make Alfalfa Sprounts- Take alfalfa seed, soak 3 or 4 hours, pour off water, place the seeds in sprouter. Within 3 days the tender young sprouts are ready to eat. Delicious in soup.

( ) Alfalfa is a legume. Laboratory tests show alfalfa sprouts contain 15% more protein than wheat. Rich in clacium and phosphorus - teeth builders.

( ) Lentils can be sprouted.

( ) Nutmeg quickens the sight.

( ) Parsley cures the dim eyes of night blindness. The seed can be sprouted.

( ) Poppyseed if ground to powder and mixed with cereal or broth, or boiled to thickness of honey brings on sound sleep.

( ) I believe that certain tropical fruits possess chemical substances which are absent from fruits grown in the temperate zones, substances which can sustain the body and energize the system so well that only a little ordinary food need be added in the diet. They particularly revitalize because tropical dwellers need extra enerby to be active in their climate.

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"INVITATION TO AN EASTERN FEAST" by AUSTI
-IN COATES

(P1[I])

(1)Care has to be taken to provide finger-bowls, since the yellow pulp of mango stains napkins worse than any other fruit. (2)First of all he pommelled the fruit gently all over with his fingers until the surface became as soft as a down pillow. By this process the delicate fibres of the pulp inside were being detached from the stone and inside of the skin. All that he then needed to do was to thumb off the seal that covers the point of attachment to the branch, put it to his mouth, press the mango slightly and suck. The pulp flowed up softly through the little hole, and at the end he was left holding nothing but the stone surrounded by the drenched skin; his hands were as dry as when he started.

(3)It is the custom, again laid down in the Sastras, to eat nothing uncooked unless, like a banana or a nut, it has a skin or shell to protect the edible part of it. (4)Tea, again whether hot or cold, is cooling; coffee is heating. Certain soft fruits such as mangoes, laichees and mangosteens are heating; bananas are cooling. (5)In India, if we feel our breath smells unpleasant we eat a clove and do so in public.(6)He put his chapati plate to one side, help himself to some chicken on a fresh plate, then with his right hand fold the chapati in two, north to south as it were, subsequently east to west. He then held half the chapati neatly folded in his right hand. The chapati has more resilience than what in the West we call a pancake, and had he relaxed his hold it would not have remained folded but would have spread itself out flat again. Thus he had only to

alter the pressure of his fingers on it to make the two ends open and close like a mouth, and using the chapati as a shield to keep his fingers from actual contact with the food he picked up a morsel of chicken, soaked it in gravy, and began to eat. He took several mouthfuls before the lower portion of the chapati began to moisten, whereupon he ate this portion of it and continued using the dry remainder. After he had used up the entire half in this way he began the second, and the servant then brought another chapati. I noticed that at the end of this succulent meal in which there had been plenty of liquid his fingers were dry; in fact he dusted fromthem the remains of the uncooked flour in which the chapatis were very lightly coated. (7)Indians eat with the right hand only; the left never touches food at table, but generally rests someehere below the level of the table, the most typical position being with the left elbow resting on the table and the left hand hanging in front of the stomach. (8)Each dish, of which in a daily meal there may be four or five preceding thr sweets, is cooked in a different mixt ure of herbs, and after enjoying tow or three of these separately it is pleasant to mingle one with another to form new variants of taste. Emptying liquid from one of the bowls of food is not, as I saw at my first lunch, a matter of pouring it at random over the rice, or the rice will absorb this flavor and there will be no white rice left into which new flavor can be introduced. The method my friends used was to select one region of the rice as it were, treating the area of the rice as a map upon which for example they wished to pour

curry over Rumania and Bulgaria while avoiding Yugoslavia and Greece. Later, after eating the Eastern Balkans, they applied curry to Yugoslavia but with care not to touch Italy. By the end of the meal using this system we were all just reaching Ireland.(9)While eating it is important to tuck one's legs in closely so as not to spill food on one's clothes, and in South India there is sometimes a small board for each person to sit on raising him about an inch from the ground. It is surprising how this device facilitates the process of leaning forward slightly over the thala, and with Tamil food, which is rather more liquid than the Hindu food of Upper India, this gives a foreigher a much-needed confidence.(10)I drank in Muslim style, putting the rim of the glass below my lower lip so that although it touched my skin it was not contaminated by my lips.(11)Brahmins are in a special category, and are expected to be completely vegetarian; they should also deny themselves eggs and heating foods such as onions and coffee.(12)Does individual personality survive union with Atma? This is a question many enquirers with a Christian background ask. It is a point on which the great texts of Hinduism are not specific.(13)It is not usually the custom for monkeys in India to eat the first half inch of a banana. They usually bite this bit off, spit it out, and then enjoy what remains.

( )Bananas: Throughout tropical America the banana is considered a vegetable rather than a fruit. It is cooked. ( )"It is certainly true that the chemistry of the body does not require the addition ofsalt to our food."
--a physician.

DIET

( )The cooking herb called "tarragon" is considered to be a specific for liver troubles. Try it by adding to current herbs used.( )Acid fruits cause hives. Excess of sub-acid fruits do the same.
( )CANDY: Emulsifiers used in it are chemicals, usually polyoxyethylene sorbitan, whose safety is questionable. widely ( )Onions and garlic are classed with meat by Indian holy men as forbidden food. Swami Ramdas asserts they produce irritation in the mind of spiritual aspirants, thus obstructing meditation.
(b) In addition to onions and garlic, the Buddhist monks in Nepal are forbidden to eat tomatoes. In England theywere regarded as being poisonous and cancer-causing until a century ago.( )
TOMATOES: Whether eaten raw or cooked, tomatoes need skinning. To do this, drop them into near-boiling water for about a minute. Drain them and with a sharp-pointed knife loosen the skin from the stem end, pulling it gently towards the base. It should come away clean, leaving the flesh smooth and unbroken.
( )PROF. OKUBO ON FASTING: The principle of short repeated fasts rather than a single long one is in harmony with Nature's requirement as taught by W. Russell's two-way universe. The stomach needs to contract and expand. If either is maintained too long--expansion by excessive stuffing or contraction by excessive fasting,--there is unbalance, disturbance.(Bernard)Ida & I fasted for 45 days, yet had the energy to attend to our daily business & work all the time. The secret: 4 or 5 times a day we drank a tumbler of water mixed with lemon juice and brown sugar.

I could nto live in a land where the sun does not shine <u>every</u> day in the year. It would be impossible for me to endure such bleakness voluntarily. Thereofre I could not live in the grey lands of Europe.

(1a) <u>Home:</u> Should b hidden inside a forest and have a mountain forest-road close by for long slow meditative walks.

It will be fully secluded if built on the slope of a hill, which is covered by a wood or a forest. That is, it will be built inside a clearing of this forest. Being on a hill, the leafy tops of trees lower down will be more thickly screening that they would be if on flat plain where bare trunks would be the screen.

I am fiercely opposed to the common worship of old mansions, antique furniture and historic towns simply because they are old, ~~and~~ antique and historic. I consider them interesting perhaps to look at but uncomfortable to live in. I want my home to be newly built, my furniture and furnishings to be perfectly fresh and perfectly clean. I loather dingly surroundings and stuffy much-lived-in rooms. I dont want a host of dead people's mental atmospheres and surroundings me and depressing me. I want the modern and new because it is clean, reject the obsolescentand faded because it is unclean.

(1b) <u>IDEAL HOME:</u>(a) Roof gardens upon the wings of the X-shaped building, spotted with palms and ferns, with splashing fountains and jumping gold-fish, will bring fresh lake brezzes. Here you will sleep, read or listen to radio-music--or perhaps just lie quietly in the warm sun. (b) The X- contstruction puts sunlight in every room, enhandes privacy since no one room is directly opposite another across a court. It also reduced cross-court noises. (c) There are no door knobs, only a door pull of white bronze.

Climate: (Domestic)

(1) William Sharp: "As soon as I can make enough by fiction or drama to depend thereon we'll leave this atmosphere of fog and this environment of deadening, crushing, paralysing death-in-life respectability. This is London for us. Do you not long for the warm days-- for the beautiful, living pulsing South? This fierce cold and gloom of England is mentally benumbing. Few have the passion of beauty, of the thrilling ecstasy of life.---You can understand how I cannot do my true work, the work of Fiona Macleod in this accursed London.---London I do not like, though I feel its magnetic sorcery. I suffer here. The gloom, the streets, the obtrusion and intrusion of people, all conspire against thought, dream, true living."

" Geographers tell us that the Mediterranean type of climate is confined to a few favoured spots scattered over various parts of the world. Besides the coasts of the inland seea of Europe, it is found in California, in the district round Capetown, in southern Chile, and in the southwest of Australia. To me it seems that those who live in this climate are greatly to be envied. It is not so much the warmth, for Greece can be very cold in spring, and I shall never forget a day at Allassio when the wind was blowing down from the Alps. It is the sunk the clear air, the grand mountain scerery, and above all the incomparable frindly sea, with its rick colours."--by Dean Inge

Estoril, Portugal as a Residential Centre:

"Estoril whcih has the best climatic conditions in Europe during the winter, is situated only 24 miles west of Lisbon, with 6 to 8 hours daily sunshine, and every kind of indoor entertainment and diversion. Hotel and Pension ratte are extremely moderate."

SALT, A CURE FOR POISON IVY: (Prevention Magazine, 1951) Cure for poison ivy which has "worked" in the case of every person on whom he tried it over a period of 30 years. A simple remedy for which it is not necessary to trot off to the druggist's, it is nothing other than plain common ordinary table salt (to which, incidentally, Prevention has no objection when not taken internally). A Reader writes: "Just wet the skin with water, then take a handful of salt and rub in on the wet skin. Let the salt dry on, and repeat every two or three hours. Two or three days will dry up the rash entirely. When skin itches, don't scratch, but wet the skin and rub salt in. It stops the itching." He recommends immediate application of repeated slt solutions as an infection-preventive if you have been exposed to the poison. "Salt will really work," he repeats, "but the secret of it is to keep putting it on often." Make a solution of 1 tablespoon ful of common salt in a pint of warm water, bathing the sores with it every time they itched. In one to two weeks all those sores, including those of hands and fingers, healed.

FASTING AS A CURE OF FAILING EYESIGHT:
Bernarr Macfadden: My sight began to deteriorate rapidly and black specks floated before my eyes, as a consequence of excessive desk work. Abstinence from food for one week brought back normal eyesight. It was a difficult and trying experience, for at that time, according to medical records, fasting brought death within a week or ten days. But at the ends of the week, the black smudge had disappeared from my eyes.

Prof. ARNOLD EHRET: RATIONAL FASTING

An expert's suggestion to fast until the tongue is clean caused many troubles with fanatical fasters, and I personally know of one death. You may be surprised when I tell you that I had to cure patient-s from the ill-effects if too long a fast. The reason will be clear later.

In spite of the above, every cure, and especially every cure of diet should start with a two or three-day fast. Every patient can do this without harm, regardless of how seriously sick he may be. First a laxative and then an enema daily.

SALT, A CURE FOR POISON IVY: (Prevention Magazine, 1951)
Cure for poison ivy which has "worked" in the case of every person on whm he tried it over a period of 30 years. A simple remedy for which it is not necessary to trot off to the drugglist's, it is nothing other than plain common ordinary table salt (to which, incidentally, Prevention has no objection when not taken internally). A Reader writes: "Just wet the skin with water, then take a handful of salt and rub in on the wet skin. Let the salt dry on, and repeat every two or three hours. Two or three days will dry up the rash entirely. When skin itches, don't scratch, but wet the skin and rub salt in. It stops the itching." He recommends immediate application of repeated salt solutions as an infection-preventive if you have been exposed to the poison. "Salt will really work," he repeats, "but the secret of it is to keep putting it on often." Make a solution of 1 tablespoon ful of common salt in a pint of warm water, bathing the sores with it every time they itched. In one to two weeks all those sores, including those of hands and fingers, healed.

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Herbert Mcfadden: My sight began to deteriorate rapidly and black specks floated before my eyes, as a consequence of excessive desk work. Abstinence from food for one week brought back normal eyesight. It was a difficult and trying experience, for at that time, according to medical records, fasting brought death within a week or ten days. But at the ends of the week, the black smudge had disappeared from my xx eyes.

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EMPRINGHAM (DIET

( )Green peas are hard to digest but not if very young. Rich in iron. ( )Pineapple is indigestible unless fully mature.

( ) Stale Corn Tortillas can be utilized by toasting them, or cut into strips and used as noodles in soup. Mexicans grind toasted corn into fine powder, add little water when required for eating, Peruvians add cinnamon and sugar, and make this their sole sustenance for many days even while performing severe physical labor.

( ) If oatmeal is passed thru a nut mill and ground to powder, it can be eaten raw in a muesli.

( )LITCHI (Lee'-chee) fruit is reputed to be one of the most delicious known.

( ) Mate is a stimulant of great sustaining power and causes no depression. Very palatable with sugar.

( ) The classical pizza is Pizza alla Marinara (minced garlic, marjoram, two tablespoons of tomato.

( ) Yeast and honey induce fermentation, which in ancient biblical times was considered a kind of putrefaction. - Adela M. Curtis

( ) Yeast causes nausea and vomiting, so ban soup powders which containit.

( ) Tilleul, the French herb, is narcotic and sedative, helps induce sleep.

( ) Verbena, (French Verveine) is a healing and stimulating herbal tea. It mixes well with Matte.

( ) Dandelion is a tonic for torpid liver. Use the leaves in salad and the roots in "Dandelion Coffee".

( ) When buying carrots, insist on organic, as they were found far sweeter and more palatable and satisfying.

( ) Try eating meals squatting on thin cushion Japanese fashion on heels.

( ) Sage is to be infused as a herb tea, says Greek seller. It's good for throat.

( ) Oregano is to be used on salads.

( ) The protein of potato is physiologically more effective (66%) than that of whole rice, rye and oat (62%, 60%, 58%)

( ) Sprouted grains lengthen the youth and fertility period of animals to an advance age; and cure their sterility.

( ) Thyme to flavor soup counteracts putrefaction and gas in the digestive tract.

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Folic Acid is contained in soybean sprouts, oil of corn, olive, peanut or soybean, green peppers,

( ) Food rich on Vitamin A - Broccoli leaf, dried apricots, beet greens, raw carrots, dandelion greens, mustard greens, parsley, spinach, very deep colored sweet and yam potatoes, if raw.

( ) Use fresh herbs for seasoning salads, if available. If not, dried herbs which are no more than 6 months old. Beyond that time, they lose fragrance and flavor.

( ) **Dr. Pietro Rotondi recipe: Garbanzo beans,** whole wheat grains, chili, a little water. Cook the slow way overnight on lowest possible flame.

( ) Restaurant Dining . Wipe knife and fork on paper napkin for antiseptic purposes, or bring your own (junior sized).

( ) Cows and elephants eat no fat food yet they get fat and keep fat all the same. Why cannot fat free diet be quite in order, since I share the same animal body with them?

( ) Calcium is present in beans, almonds,turnip top greens, mustard greens, kale.

( ) Iron (needed by elderly people to avoid fatigue of anemia) present in beans, leafy green vegetables, especially spinach, dates and raisins.

( ) Older people need more protein, but less daily quantities of general food.

( ) Foods processed by methods of decay are no more natural than those embalmed by chemical preservatives. Whether milk is processed by molds to make limburger cheese, or germs to make cottage cheese and lactic acid products, or by enzymes to make cream cheese, they are all products of decay. Cheese is wholly unfit for human food.

( ) Sulphur helps liver secrete bile and is necessary for hair and nails. Found in cabbage, so use in juices.

( ) Vitamin B2 (Riboflavin) is needed for dim vision, bloodshot eyes, easily watering eyes. Found in broccoli, juice raw.

( ) Sprouted Seeds are good source of protein, vitamins, all B and C and E, minerals, enzymes, folic acid.

( ) There is Vitamin A deficiency if you cannot see clearly on entering a dark movie theater. Take supplements and the condition will clear up.

(Sprouting growths can be obtained from the following sees, grains and beans; millet, soybeans, beans and peas, lentils, oats, wheat, mung beans, barley, corn, buckwheat, lima beans, alfalfa, black-eyed peas, rye, cress seed.

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( ) The litchee is classified as a sub-tropical fruit not as a tropic one.

( ) Sesamèe plant is used throughout India (Ency.Britannic and other tropic lands for the sake of the oil got from its seeds. It has been cultivated from time immemorial. The color of the seeds ranges from white to yellow to black. Teel Oil is used for the same purposes as olive oil. The leaves are used as a demulcent medicine for infantile dysentery. The seeds are sweet and yield half their weight in oil, which is inodorous and keeps for years without becoming rancid. It is second only to coconut oil in the variety of its uses. The oil has a laxative effect and is so used in medicine. The oil is used in lubricating soap making illumination and cosmetics. Poor qualities are adulterated with peanut oil. The cake left after oil has been pressed forms a food for the poorer classes and is a good food for cattle. Sesame is also called "bene". Used by ancient Egyptians and Greeks too.

( ) Both the radionic machine and a special kind of Nateropathy declare the soyabean protein to contain a poisonous element.

( ) Oranges produces an alkaline reaction, as proved by analysis. They give good nourishment yet require no digestion. Hence, they are better than heavy foods. The citrus acid does not increase acidity in the body. Citric, malic and tartanic acids are healthy giving, but oxalic acid, found in rhubarb, is a poison to the body. Spinach, sorrel and asparagus have less oxalic acid than rhubarb; their juice should be thrown away and the vegetables only eaten, for their iron. Dr. J. Empringham, M.D., D.Sc.

( ) Follow the Brucker Benner rule of beginning meals with raw food, as then cooked or processed foods will be much less inferior and fermentative. This is very important.

( ) Salt Substitutes: Safe ones are caraway seeds(only 17 milligrams of sodium), celery seed (must be seed only) (140 ml. per every 100 grams), dill seed (only 13 ml.) Paprika (82 Ml), curry powder (45 ml. These are also rich in potassium, generally lacking in saltless diet and much needed by the body. Red cayenne pepper may also be used.

( )"Dried bananas are very nutritious and easy to digest, contain 70% sugar or more".

( ) Pepita Seeds are some fruit seed, generally melon. They contain Silicon, Calcium, Portein, but only a little oil; are recommended for liver and general debility of the system.

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( ) Menu- Papriked chunks of boiled potato, organic stringbeans (not at all stringy)quite superior to ordinary, peach or fruit salad, dessert with dressing of figs and coconut persimmon.

( ) Plantains are cooking bananas of coarse texture and only slightly sweet. Only sweet-fruited bananas may be eaten raw. If green bananas areput into cold storage, they may keep for a long time, but will never ripen. See J.E. Higgins "The Banana". "Textbook of Tropical Agriculture by H.A.A. Nicholls.

( ) Lychee- China's favorite fruit - In Southern China, the litchi or ychee fruit grows. The seeds do not keep well, the trees are difficult to transport. It took a long time for the tree to gain a foothold in the American tropics; in fact, it has scarcely done so yet.

( ) Calcium rich foods are beet greens (which are also enzyme rich) almonds, broccoli, dandelion greens, kale and mustard greens. Of all these, broccoli is richest.

( ) A worker for Hamburg importer of dates had to abandon job after 6 months as it made her sick. Her work was to pick out the worms before packing dates in fancy or plain boxes! So stop eating all except fresh dates, bought direct from grower and only in their season.

( ) Tropic Fruits: Carob is native of Mediterranean range, now cultivated in warm countries. Also called St. John's Bread and locust tree and algarroba. The pods are important forage crop, being eaten by all kinds of stock; the sweet pulp is palatable for human food.

( ) Lichees - Dried lichees nor more resemble the indescribable flavor of fresh lichees than dried apple resembles a well ripened fruit. Lichees are doing well in Florida. They have been planted here and there in Brazil, Panama and Honduras. Cheremoya is native to Southern EEquador at moderated locations.

( ) There are fruits which without much effort on the part of man add to food supply in tropics - avocado, breadfruit, bananas and peach palm (Pejibaye). Last named requires no cultural attention, produces 100 lbs. annually of fruit which when boiled in salted water tastes like chestnut. It contains fat and starch.

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DIET

( ) Indian bread (chapati or roti):flour, water and a little oil put on plate over fire for five minutes.

( ) Empiringham - Bean sprouts and tomatoes contain Vitamin C.

( ) Lima beans, fresh or dried, are the most alkaline product of nature.

(3) Honey contains no protein, no vitamins, very little minterals, but is better than sugar as it requires no digestion.

(4) Horseradish is a poisonous weed, irritates kidney bladder. Ordinary radish is the same, but if the skin is removed, and it is well masticated, it becomes healthful.

(5) Kale is rich in calcium and good as a winter salad. Seakale is not the same, but has valuable mineral salts and laxative effect.

(6) Lemon and orange and grapefruit ultimately render tissues and blood more alkaline as the citric acid is rapidly lumed up and expelled in the breath and valuable potassim left behind.

( ) If toothbrush is left wet, it becomes crowded with harmful microbes. It should be sterilized by immersion in diluted alcohol, ti-treeoil solution, etc.

( ) Baked potatoes are easily digested. Its protein is complete and its reaction is alkaline, whereas wheat, grain, cereals and bread lack several amino-acids and are acid in reaction.

( ) Salt like all preservatives is a poison.

( ) There is no danger of the body becoming too alkaline. Life is a process of combustion and this continually produces acid.

( ) The fresh green leaves of brussel sprouts, and lettuce, contain Vitamin A.

( ) Senna Seeds infused or boiled are remedy for depression and sadness. They are laxative of course so combine with some herb tea also to prevent their causing griping.

( ) Sesame seeds can be ground finely, mixed with coconut or other nuts, maple sugar, dates to make candy.

( ) Pepitona Seed (a squash) are used by Quatemala Mayas are a good source of protein, easily digested, but high fat.

( ) Watermelon seeds boiled and made as a tea stimulate the kidneys and cure their disorders.

( ) Rye, millet, wheat seeds soaked raw for few days in fruit juice until fermenting make delicious dish.

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( ) Algarrobo is a dry-land thorn tree which produces gums. It is found in the semi-desert areas of the South American coast. It produces pods containing a sweet edible pulp used as feed. A dry syrupy liquor prepared by prolonged boiling of the pulp is used as a tonic in northwest .

( ) The litchi tree seems extremely susceptible to cold (?) Another species of litchi, the longan tree, is better adapted to America. Its nuts are smaller and less sugary than litchi, but are regarded by Chinese cultivators as having useful medicinal qualities.

( ) List of Tropical Fruits: Breadfruit,mangosteen banana, custard apple, jackfruit, papaya, guava, coconut, mango, sapodilla,(also called sapita), tamerind.

( ) So far as Dr. Bronner's preparations contain sodium potassium and other salty-tasting chemical ingredients added to the original base of natural vegetables, these being metallic, cannot be absorbed by the body. Instead they are deposited in it and remain to become a source of serious disease.

( ) Empiringham - Plum contains benzoic acid, which is injurious to kidneys and bladder, and causative of stones.

( ) Pomegrante skin and partition walls contain much tannic acid. The juice is healthy.

( ) Potato contains all essential amino acids, so a man could live indefinitely on it, whereas he would soon die on a bread diet. This its protein is complete even though only 2%. Bake it to retain minerals until quite tender, but do not over cook it. A dish of water in the oven will prevent this.

( ) Spinach juice should never be drunk as it holds much oxalic acid - an injurious poison.

( ) Malt sugar, or maltose, is formed by nature in sproute of grass seed and grain. It is non-irritating to mucous membranes, easily assimilated and mildly laxative, given to infants. It has many advantages over artificial commercial sugar, and over maple sugar, but not over honey.

( ) Almonds contain prusse or hydrocyanic acid, a virulent poison, but this is found only in the butter variety.

( ) The seed of castor beans is poisonous, so do not use castor oil.

( ) Fava ( ) beans are poisonous to some individuals, but not to others. Do not eat to excess or regularly.

( ) Magnesium deficiency may cause edema (unhealthy swelling) and loss of hair. It is supplied by almonds or Brazil nuts.

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(DIET)

( ) Pumpkin seeds (called pepita seeds in Spanish) have more protein than any other seed, cereal, grain or bean.

( ) Sesame seed have more calcium than any other plant.

( ) Vitamin F, or unsaturated fatty acids if lacking results in brittle nails, dandruff, falling hair and prostate gland disorders

( ) Rice Polishings are rich in Vitamins B6, B1, and in Niacin vitamins. Lack of these two causes motion and morning sickness, excessively oily skin, depression, insomnia, cowardice, irritability and baldness. Rice polishings are also rich in enzymes - the protein form organic substances which render possible chemical reactions and transformations, such as the absorption of calcium from milk.

( ) ERIC POWELL: "Food nourishes and repairs the body but the main source of our energy is the air we breathe."

( ) Food prepared for Swami Ramdas himself contains hardly any spice.

( ) CHINESE RESTAURANTS WARNING: Some cook their vegetables in soya oil but others do so in chicken fat. Always enquire before ordering.

( ) Comte de St. Germain: When at table he never took bread.

( ) Sugar is bad because too highly concentrated.

( ) Pineapple has the quality of absorbing fat. Put a piece on fatty meat and the latter will soon turn lean.

( ) There are 20,000 units of Vitamin A in spinach, and 15,500 in Swiss chard, as against only 880 in carrots. There are 350 units of riboflavin in spinach as against lower figures for all other vegetables.

( ) BANNED: (a) Chinese almond cakes contain lard and egg. (b) Hazelnut bars and macarroons contain eggwhite. (c) Fruit tarts contain eggyolk. (d) Apple pie contains butter. (e) Spumoni contains eggyolk. (f) Tortoni has eggwhite.

( ) Tahini, chickpeas, and lemon juice makes a delicious dressing.

( ) Curry Sauce: Add milled nuts powder, especially pistachio, to thicken, and soaked seedless raisins to sweeten, and simmer. After serving curry, sprinkle it with grated coconut.

( )How to cook rice: (a)Regular method: Use long-grained. Wash in warm water, drain. Add very slowly to rapidly boiling water. Reduce heat so rice boils gently. Cook with pan uncovered until grains are tender (that is, they have no hard center when pressed between thumb and finger). Drain at once in a sieve. Pour hot water through it to remove loose starch and to separate the grains. Place in warm oven for short time, or cover with cloth and place over hot water on back of stove. (b)Quick method: Wash thoroughly in several waters, rubbing between hands to remove starch. Drain. Bring to vigorous boil over moderate flame. Cover tightly, lower flame, cook until tender. Do not stir or overcook. Keep in warm oven until ready to be served.

( )Tossed green salad: Wash, dry and then shred with a silver knife. Next refrigerate well. Add seasoning just before serving. Tarragon gives a tang.

( )Salade Cathay: Pour boiling water over bean sprouts and discard any discolored pieces. Chill thoroughly. Serve with thin slices of avocado on top, and season.

( )Curry dressing for green salads: Mix curry powder with oil and lemon, finely-chopped onion and tarragon herb.

( )Baked beans should be mashed <u>before</u> heating in the same saucepan to be used for latter purpose.

( )French croissants and brioches (rolls) are made with eggs.

( )Sour rye bread contains sour milk.

( )Crumpets are made with milk and butter; muffins contain egg.

( )<u>Warning</u>: Eggplant Pargiana contains cheese. Croutons contain butter. Risotto is made with butter. Kasha is made with butter. Gnocchi are cooked with milk and butter. Ravioli contains egg. Some tomato sauce is made with butter.

( )Dr. Max Benner, of Zurich, claims that mental distress and nervous trouble would vanish on a full vitamin diet of foods grown in sunshine, raw fruits and vegetables, and whole cereals.

( )Gersen diet: If waterless cooking is difficult, use sliced tomato to provide the liquid for cooking. Keep lid on pan while cooking; use asbestos plate between pan and flame to prevent bottom from burning.

Rudolph Steiner says somewhere that potatoes should not be eaten because they hinder [illegible] intuitive mind, and also that soya beans should not b[illegible]aten because they have been introduced from the East and help to spread modern materialism. I can understand and agree with what he says about the effect of potatoes, but cannot understand his point about the effect of soya beans. Do you agree with his statements in these matters?

DIET

Answer by Dr ~~[illegible]~~, Lars-Erik Lossen

R.S. is right talking as mentioned about potatoes, beans and the like. As I pointed out to You, in these foods Nature Herself combines starches and albumens, a not very fitted combination for Humans. But as I also indicated to You: it is impossible for us to exclude ourselves from injurious influences in our days civilisation, the like is'nt less true of food. The point of the matter is our inner attitude towards external things and I think we are to develope within ourselves a condition, capable of s p i r i t u a l i s i n g and t r a n s f o r m i n g those evil influences into good ones, just while having food, by saying grace before meals

(AS I INDICATE IN MY POEM "THE TABLEPRAYER" (BORDSBONEN) PAGE 176 IN THE BOOK "ATOMEN OCH LOTUSBLOMMAN" POEMS BY LARS-ERIK ESSEN.

( ) A Spanish restaurant waiter told me that their rice was fried, their beans were fried both in lard.--Avoid Mexican Restaurants!!!

( ) I added 4 small baked potatoes to the otherwise raw food luncheon today. There wax no fermentation orgas afterwards. Therefore, it is clear that only boiled potatoe produces such bad effects.

( ) Khadrawi dates from Russ Nicoll's Valerie Jean Shop, out in California... these are, Invert sugar variety, and therefore non-acid forming for human organism .. most dates contain same sugar as cane and are very harmful.

( )All vegetables should be quick-cooked and short cooked, Chinese Style.

( )Boiling food kills large percentage of vitamins in them but still leaves some. If the cooking temperature rises above boiling point, then all vitamins are destroyed.

( )Round carrots are called "French Carrots"

( ) Yellow fleshed fruits provide Vitamin A. Heinz canned strained fruits contain sugar, their strained vegetables contain salt.

Pilaf Style Rice.

( ) Use saucepan. Cover bottom with ¼" ol or salad oil. Let it get hot. Put in 1 cup ri Cook till rice gets golden color, but keep st to prevent burning. Then add 2 cups boiling w and any desired herb seasoning, but if curry saffron, it should be added with the oil befo ing.

I'd like to tell you about it, not that I think any personal experience could interest you, but perhaps might help you to help others as I have been helped. So if you can not spare the time and are not interested in the cure of diseases by diet, throw this in the waste basket now, and no feelings hurt.

To begin with I have been ill for years with strange allergies- food allergies of all kinds, and extreme allergies to cold. No one knew what to do about it and I did not either. My body was slowly dying of malnutrition.

Recently I made a hasty trip to San Antonio. While there I talked with a man who had been cured of cancer of the lympth glands (lymphosarcoma). by Dr. Max Gerson's diet. It seems that many years ago Dr. Gerson had been afflicted with allergies. He studied continually and gradually perfected a diet which cured them. He has been on this diet himself for thirty two years. Then he found it cured Tuberculosis and he became famous in Germany where he resided, for his cures of all kinds of T. B.. So the other doctors resented this (This makes a story in itself) and began their fight on him, which has continued to this day. Ten years ago he came to this country, and began to use this treatment in his treatment of cancer.. He cured many cases of cancer and because of this, other M. D. 'S began to try to kick him around.

When I heard all this I wanted to go at once, but was a little afraid I could not stand the cold on trains and planes. After praying for wisdom I packed, and saying, "Dear Overself, please hold my hand," I took a plane for N.Y. City. On the plane, which was not cold to others, I had on winter coat and wrapped in four wool blankets.

Dr. Max Gerson of The Madison Foundation of N. Y. City, fortunately was vacationing at West Point Farms, a beautiful spot in the mountains. He had told me over long distance, to come there.

I found him to be a very brilliant and thoroughly honest man, with a delightful, optimistic, and cheerful personality. Meals according to his direction were served there to about 25 patients, most of whom had cancer, and every one was getting better. He said I was the last non- cancer patient he would accept. He is sixty eight years old and many of us are concerned about who is to take his place.

Dr. Gerson ate in the dining room with us and gave every guest his personal attention, his one desire seeming to get people well. At the first meal he had me take 4 teaspoons of a potassium compound which he said it took him 20 years to perfect. He gives every one the prescription for this. Then I took all the fruit juices to which I had been so allergic for years, and no bad results. I began to improve at once. He had me take daily eleven glasses of freshly prepared juices, th majority of which were apple and carrots, which he considers especially valuable in this treatment.. He explained that before and at birth the body has a sodium majority. After six months it has a potassium majority, but as age advances the sodium clogs and "water logs" the cells and causes illness. So he takes away all the sodium he can, and gives potassium until the body can re-supply it for itself.

The diet was generous, but salt free, meat free, fat free etc; no canned, frozen, preserved or bottled foods allowed. Besides the foods, he adds many vitamins, and large injections of crude liver. No medication other than these.

The lady who serves Dr. Gerson's diet in N. Y. City told me she was cured of two large tumors by Dr. Gerson's diet. I shall not take your time to tell you of other things I saw. However imagine all those people sitting on the lawn under those lovely old trees enjoying themselves, and eating their way back to health with delicious food!

Not knowing how I would react to the diet, at first I was very uncertain of my movements. However I remained one month. When the temp went to 40° I was cold and felt I should come home. I came on the plane without blankets, and was comfortable. Here it is still warm and my house is wide open ., and no wraps (before closed and wraps) and I am eating nicely, and gaining weight. I am to continue the diet here and Dr. thinks in about a year my body will be functioning normally.

I hope to accomplish more this winter with my meditation. Ill health hampered me greatly, but now I feel I have put a lot of bad karma behind me. I've come to feel the nearness of the Overself, and often I seem to feel, mentally, a light touch, like a caress from it.

Thank you again, Dr. Brunton , for your wonderful books. I pray often for God's richest blessings on you that you may live to help others as you have helped me.

If you are writing another book, I wish to buy it as soon as published. I shall ask E. P. Dutton and Co. to notify me.

Sincerely,

Ivy M. McAnelly D.O.

Ivy M. Mc Anelly. (Doctor of Osteopathy-retired)

Dr. RALPH BIRCHER: A TURNING POINT IN NUTRITIONAL SCIENCE

(190)

(1)The very motor of biological regeneration resides in raw vegetable food. We know this for we have seen it work in unexpected and amazing cases but how and why does it work? It is not the vitamines nor the mineral salts nor the chlorophyll nor the quality of proteins nor the saponins nor etherical oils, nor excess of alkalines, nor fibrines, nor saltlessness in raw vegetable food, though all these factors contribute more or less (2)This rule of beginning meals with raw vegetable food is the main rule of BircherBenner diet and has arisen out of discoveries by acute observation. By this rule, digestive leucocytosis is prevented. The organism seems to know that then sufficient oxygen will be neutralised to prevent the ominous aerobic condition. (3(The effect of raw diet is very strong --sometimes comparable to cutting of a knife into an abcess. A special technique has to be applied to find out the proper dosage and proceeding in each individual case : constitution and side effects have to be observed. (4)Dr BircherBenner searched for many years for a sound working hypothesis to explain this unique regenerative power present in raw food. He found the explanation in the second principle of energetics which governs the quality and organisation of energy. (See his book "The Essential Nature and Organisation of Food Energy etc" (pub London, 1939 John Bale Sons& Curnow Ltd) (5)Protein is without doubt the most essential of foodstuffs. But the more a foodstuff is essential, powerful and still mysterious, the more it should be used with discrimination and care to avoid both shortcomings and excesses. In modern times the danger of excessive intake is much more imminent than that of deficiency, and even deficiency can develop in spite of over-eating if the food is lacking in balance and quality; we insist on economy. Highest quality only represents real economy. Whereas optimal intake was generally 120 grams, we fix it 50-60 grams for an adult who works moderately.

than cereal starch. The bread form of cereals is curse. Rice is the best of cereals. All condiments, even garden herbs, all dressings of every kind are irritants. They permeate the digestion with a strong odor until the process is completed.

(61)Raw cabbage is easier for most people to digest than lettuce, and contains 10 times more lime.

(62)Soybeans (hence mung beans? PB) are the best source of riboflavin(B2) for eyesight.

(63)Folic Acid is contained in immature grass. That is the proper source of this B vitamin, not yeast or meat(hence bean sprouts and bamboo shoots and alfalfa shoots— ? PB).

(64)Vitamin A's sources are the outer leaves of lettuce, carrots, tomatoes. sweet potatoes and apricots. This is for nutrition of eye cornea and tooth enamel.

(65)The Vitamins A and B are largely unaffected by heat if cooked briefly but long slow cooking results in loss. They are destroyed by exposure to light as when chopped, ground or shredded. These foods should be eaten whole.

(66)Calcium is lime. It's richest sources are lemons, strawberries, cranberries, watercress, turnip leaves, lettuce, swiss xhard and tomatoes.

IDA C. BAILEY ALLEN: VITAL VEGETABLES

(1) Carrots are credited with the clearness of complexion valued by French women. For this purpose they should be eaten raw; nightly indulgence in a tender uncooked carrot is the secret of bright eyes clear skin, and glossy hair.

(2) Carrots are fed liberally to farm animals where general good condition and sleek coats are much desired. The carrot contains no starch, sometimes difficult of digestion, and no vegetable save the onion has such blood purifying qualities. It ranks next to spinach in iron content. Carrots contain sufficient pectic acid to help dissolve and digest other foods. They are an excellent nervine, also a gentle laxative which proves that there is something in the assertion that carrots"ameliorate harshness of character and reduce nervous irritability." Poultices of grated, raw carrot, in England, are considered stimulating and refreshing applications.

(3) The analysis of the carrot as follows:Water..88.2

per cent. Protein 1.1%..Fat...4% Carbohydrates..9.3% Ash..1.0%..Vitamines..A,B,&C.

(4) Celery belongs to the great group of protectives or growth producing foods. It is classed among the leafy vegetables and it should be used in abundance especially for children. It cellulose, or bulk, is an asset, it stimulates the action of the intestines, and is a cleanser. As a tonic, celery is given to "sooth" the nerves, which it does by direct stimulation of the depressed nerve centres. A few drops of simple fluid extractof celery has nerve tonic value, so when we use a pure celery extract in cookery we add a nerve tonic to our food. Celery acts freely on the kidneys and is often prescribed for neuralgia, both in food and medicine. Its minerals make a valuable blood-builder; it should be used freely in cases of malnutrition.

(5) Chestnut: The chestnut differs from all other nuts, save the acorn, in its farinaceous composition, and because of this peculiar make-up is a favourite foreign substitute for starchy vegetables. In Corea the Chestnut is as commonly used as rice or Irish potatoes in other countries, and in many European districts it takes the place of cereals as well, and is used in many ways. When dried it is shelled and ground into flour or meal, then made into bread or cakes. In the mountains of Italy the meal is mixed with water and baked on hot stones. It is called "Necci." The flour is made into porridge or "Polenta"

(6) The analysis of the chestnut is as follows: Water.....45%.....Protein..6.2%....Fat 5.4%... Carbohydrates....42.1%.Ash....1.3% Vitamines..B.

(6) Parsley: Parsley's value is unsuspected by those who use it for garnishing, insoups, or sprinkled over various veg.dishes. It has a strong tonic property comparable with those of quinine, and the juice of its leaves has been sometimes substituted for it in cases of fever.

Iron: Parsley, lima beans, dried apricots, dried peaches, lentils, watercress. (a little in:) dates, spinach, figs, chards and peas.

Vitamin D: There is no vegetable source , but it is ~~available~~ in sunlight, so take sunbaths. Needed for a milkless diet.

Sources of Vitamin A: (needed by the body with liver trouble and fat deficient.

Parsley, spinach, escarole, chard, dried apricots, carrots turnip greens.

( ) Apples are an antidote to biliousness and liver trouble. They contain iron.

( ) To eat when sad, angry, worried, hurried disturbed is to cause blood fermentation, food poisoning or sickness.

BAILY-ALLEN: VITAL VEGETABLES

(7) Watercress; Water cress is the true nasturtium and near kin to the horse-radish. It contains much sulphur and is considered one of the most valuable salad plants because of the remarkable quantity of mineral matter. Cress is a native of Crete.

(8) Endive: It is always a favourite because of it beauty of leaf form, being broad, smooth, and deeply serrated. The Romans ate it with vinegar and honey to correct the bitter flavour.

(8) LETTUCE: It varies in form as cabbage or head lettuce, the loose-leaved and the upright or cos-lettuce types. Romaine lettuce is the richest in vitamins of the common salad plants. It is supposed to have been grown in India or Central Asia, first of all, and has always had a reputation for soporific virtues. Galen, the great physician, said he had not been able to find a better remedy"for wakefulness."

(9) Sweet Pepers: They contain vitamin A, are valuable eliminators, and because of their capsicum, they stimulate the digestive juices.

(10) Tomato: For years the tomato was known as the "love apple", and was cultivated for ornamental purposes. It belongs to the same great order-- the nightshade family -- of which the Irish potato is a member. Finally the Italians on the shores of the Mediterranean discovered that the tomato was not poisonous. It is a tonic because of its cleansing acids, a laxative because of its bulk, and a builder because of its minerals.

Iron: Parsley, lima beans, dried apricots, dried peaches, lentils, watercress. (a little in:) dates, prunes, figs, chards and peas.

Vitamin D: There is no vegetable source, but it is available in sunlight, so take sunbaths. Needed for a milkless diet.

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~~(7) VITAMIN:~~ VITAL VEGETABLES

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(1) Man creates his own environement. His name, which attaches forces of intelligence to his brain cells, determines to what degree his spirit will be able to manifest its true self, what kind of people he will know, whether life will be a struggle against unbeatable odds or if the light of prosperity will shine upon him. His name, actually a part of his enviroment in its turn has an influence on other conditions around him and works with or against his Spiritual consciousness to produce him as an individual. The Formula: --innate qualities plus heredity and enviroment(both are a part of the same thing) equal personality. In other words, the Spiritual force plus the mental force --or, mathematically speaking,the birthdate plus the name, give the same result -- a conscious physical manifestation of the God Spirit.

(2) Polio is caused by acidosis condition poisoning the blood stream, thru indulgence in sugars, starches and acid citrusfruits and juices and arthritis and tuberculosis is also caused by this. The treatment is to cut out these foods, which includes candy, bread, potatoes, sweet soft drinks, preserved fruits if saturated in sugar syrups, and ice cream. Sugars are the great killers of humanity, starches and sours are it cripplers.

(3) A simple diet that does not require much effort to digest, allows the blood stream to clear of poison, and then the blood builds up vitality.

(4) Because nine out of ten people are not balanced, their digestive organs are unable to create a balanced bloodstream. A diagnosis shows a lack of certain elements, which they are advised to take in concentrated food forms--but on should not eat concentrated food elements of any kind.

(5) There are three basic causes of disease:first, a lack of mathematical balance between the inner Self, Spirit, and the mind. T his results in tension. Secondly, too much starch and sugar, not enough vitalized foods, fresh vegetables and fruits. This leads to over-acidity and devitalizes blood.Thirdly;mental and emotional tension preventing proper relaxation, thus impairing proper functioning of various bodily organs .

(6) Arthritis is caused by too many concentrate starches and sugars. This deposits inor- ganic calcium in the joints. Cancer is a group of cells which, starved for the necessary organic foods, thrive on concentrate starches and meats and grow too quickly. They produce new cells quite beyo e control of body or mind.

(7) Disease could be prevented by dealing with the three basic causes; first, by balancing the name. An unbalanced name creates unnatural desires and chaotic mental condition. Secondly, by learning to control the emotions. Third by following a natural diet that does not include any meat or too much carbohydrate, and does include both raw and cooked vegetables and fresh fruits,unspoiled by added sugar.

DIET

( )Avoid carbonated soft drinks. The pernicious carbon dioxide (acid) in them is assimilated by the body if drunk while effervescing, so at least let them stand until this ceases before drinking—if you must drink them.( )The theory that citrus juice turns alkalinean entering the stomach is correct, provided it has not previously been allowed to oxidize. If that happens, then no alkalizing change can take place. Oxidization begins when juice is exposed to air and continues every minute.( )Greeks eat their protein at one meal and starches at a separate meal.( )Sugar(dates, figs, honey) retard proteid digestion. Fats do the same.( )Salad greens will combine well with all foods. They counteract fats. ( )Black Mung beans, imported here from Peru and used in Indian diet under name "Black Gram" always contain teeth-breaking stones. Hindus make poppadum with them. Avoid them.( )White solid vegetable fats are made by a chemical process in the presence of nickel. They are oils turned into grease, which the body cannot use. Avoid them. Avoid also oils that are cheap, processed or refined, as these have had four/fifths of their lecithin removed (Lecithin emulsifies cholesterol). Avoid also rancid oil, as this deprives the body of its Vitamin E.( ) Complete 1st class protein: almonds 1/2 cup, 18 grams; soybeans 1/2 cup, 35 gm; lima beans (dried) 1/2 cup, 6 gm; dried split peas 1/2 cup, 7 gm; soybean flour 1/2 cup, 22 gm; soybean sprouts 1/2 cup, 4 gm; shredded wheat 1 biscuit, 12 gm. ( )The roots of nut trees sink deeply into the earth, hence their tremendous food value.( )Carrot is good for liver, also contains iron and sulphur, only a very little gas. ( )Raw Food Bread (adapted from Estes): Ground whole wheat grain - 2 parts; ground whole rye grain - 1 parts; raisins - 1 oz; grated coconut - 1/2 oz. Add water enough to make a batter. Roll out on board with flour to keep it from sticking. Press out with cooky forms. Place on a board and dry in the sun.( )Mung bean is also called green gram in India. The Chinese bean sprouts come from it.( )Soybeans come nearest of all meat substitutes to supplying a "complete" protein. ( )Vitamin F, called Unsaturated Fatty Acid, is found in raw rice bran and sunflower seeds, soybean and cottonseed oil.( ) 52 Per cent of sunflower seed is protein, compared with 45 P.C. of soybean.( )Sassafras bark tea: aromatic

Diet

( ) Avoid carbonated soft drinks. The pernicious carbon dioxide in them is assimilated by the body if drunk while effervescing, so at least let them stand until this ceases before drinking—if you must drink them. ( ) The theory that citrus juice turns alkaline when entering the stomach is correct, provided it has not previously been allowed to oxidize. If that happens, then no alkalizing change can take place. Oxidization begins when juice is exposed to air and continues every minute. ( ) Dress at their protein at one meal and starches at a separate meal. ( ) Sugar (dates, figs, honey) retard protein digestion. Fats do the same. ( ) Salad greens will combine well with all foods. They counteract fats. ( ) Black gram beans, imported here from Peru and used in Indian diet under name "black gram" always contain tooth-breaking stones. Hindus make poppadum with them. Avoid them. ( ) White solid vegetable fats are made by a chemical process in the presence of nickel. They are oils turned into grease, which the body cannot use. Avoid them. Avoid also oils that are cheap, processed or refined, as these have had four fifths of their lecithin removed (lecithin emulsifies cholesterol). Avoid also rancid oil, as this deprives the body of the Vitamin E. ( ) Complete list class protein: almonds 1/2 cup, 18 grams; soybeans 1/2 cup, 35 gm; lima beans (dried) 1/2 cup, 6 gm; dried split peas 1/2 cup, 7 gm; soybean flour 1/2 cup, 22 gm; soybean sprouts 1/2 cup, 4 gm; shredded wheat 1 biscuit, 12 gm. ( ) The roots of nut trees sink deeply into the earth, hence their tremendous food value. ( ) Carrot is good for liver, also contains iron and sulphur, only a very little gas. ( ) Raw Food Bread (adapted from Estes): Ground whole wheat grain - 2 parts; ground whole rye grain - 1 part; raisins - 1 oz; grated coconut - 1/2 oz. Add water enough to make a batter. Spill out on board with flour to keep it from sticking. Press out with cooky form. Place on a board and dry in the sun. ( ) Mung bean is also called green gram in India. The Chinese bean sprouts come from it. ( ) Soybeans come nearest of all meat substitutes to supplying a "complete" protein. ( ) Vitamin F, called "unsaturated Fatty Acid", is found in raw rice bran and sunflower seeds, soybean and cottonseed oil. ( ) 52 per cent of sunflower seed is protein, compared with 45 p.c. of soybeans. ( ) Seaweeds have test aromatic

DIET (1) Citrus fruit juice need not be taken in order to get vitamin C. The latter is plentiful in green peppers AND BROCCOLI. Not only does it erode teeth (lemon is worst but orange and grapefruit juice are also harmful) but it precipitates calcium and makes it ineffective. This is bad in cases of calcium deficiency (2) BACKACHE may be counteracted by (a) sitting on low chairs, so that knees are somewhat higher than hips (B) & facing chest forward when walking by pulling in stomach. Walk as if climbing a hill. Never lead with stomach in walking or standing (3) TEST EACH FOODSTUFF when suffering from digestive disorder. This can be done by taking it on an empty stomach, with no other food. By this means tolerance or intolerance can quickly be determined (4) SKIN RASH OR WELTS are caused by acid (sharp) fruit like grapefruit oranges or berries. (4) Tangerines contain less citric acid than oranges. (5) During the canning process of soyabeans, limabeans and shelled peas, a poisonous chemical detergent is used in solution to separate bruised units & shreds of skin, from sound ones by floating (and skimming them off with the froth) DO not eat them (6) MATZOHS now contain NITROGEN TRICHLORIDE — a poison (7) FOLIC ACID is contained on spinach and yeast in good quantities. This is better than the synthetic kind (8) Poison sprays are heavily used on cherries and grapes. Pineapples have a heavy skin so are protected. BANANAS have one also but it is better to buy them green and let them turn yellow at home because some wholesalers use a poisonous gas to turn them yellow quickly. Peas would be safe to eat because protected by the heavy pod. Potatoes would not receive quite so much spray as vegetables growing over ground. (9) Menthol and Mentholated products should be avoided, despite their pleasant coolness. After-effects are harmful (10) Motion sickness may be lessened if you lie down face upward: eyes must be open and look at an object that is not moving (11) Plastic fabrics and cups are made from phenol derivative resins, which are poisonous ~~[illegible]~~ because containing formaldehyde. The former develop skin rashes, coughs, and other maladies; if the latter contact hot drinks they poison as intermalloy over years (12) Potatoes with red skins should be avoided, as this color is got by using dangerous poisonous chemicals (13) PEAS need not be cooked, or only very slightly steamed. They are seeds, & their power is destroyed by cooking. They are so easy to take raw, or slightly (vitalising) raw. (14) Canned foods should be avoided also because high degree heat is necessary in their processing (15) Mud is a quick cure for aching feet (16) Cocoa and chocolate are very rich in oxalic acid, which drains off the body's calcium, so avoid them. (16) Soybean sprouts are richer in protein than mungbean ones (17) It is not wise to attempt to grow bean sprouts in summer unless temperature can be kept about 70° F. (b) If sprouts are tough, this is caused by letting them become dry. They must be kept moist, either by a wet cloth over their surface or

otherwise (c) If refrigerated, keep sprouts moist to prevent wilting (d) select new crop beans for sprouting. For first beginning cover them with 4 times volume of lukewarm water and let stand overnight (no longer) until swollen. Then pour off water and rinse thoroughly (18) AIRSICKNESS can be prevented by following (a) Sit amidships between wings (b) Sit tilted back. Dont let eyes rove over horizon (c) Request stewardess administer oxygen for 10 minutes every half hour: it is a very simple method and quickly overcomes stomach queasiness

CATHARYN ELWOOD: FEEL LIKE A MILLION

(1) If you are ever stranded on a desert island or confined to a bomb-proof cellar for some time, you will survive in far better health if you arrange to get enough sprouted seeds, especially grains and soybeans.

(2)One of the chief advantages lies in the fact that sprouting seeds can give us a new crop of delicious food every two to four days -- a crop that needs no thought to soil conditions composting techniques, blight, bugs, weeks, storm -s sprays. One that can be grown any season and in any climate and is simple to harvest and store for future use. Sprouting seeds offer us a fresh crisp food that compares with meat in nutritive value , to fresh fruits in antiscorbutic(vitamin C) properties, that has no waste, is excellent raw, can be cooked if desired in three to them minutes. On pound of seeds increases to six or eight pounds and so drops the price to practically nil. It is favorite item of food among all healthy primitive groups and all Orient -als.

This miracle food, sprouting seeds, has been known since the beginning of time to contain some magical nutritive values not found in the dry state. The first record of healthgiving values of "sprouties" in in a book on plants written in 2939 B.C. by the Emperor of China.

(3) He fell and broke his arm in two places, at the wrist joint and a few inches above. The doctors put it in a cast but advised him to forget his piano. The injury was so severe that he was told he would never be the virtuoso he showed promise to be. The damage was beyond repair. But good fortune was with him. One day he met an elderly man who told him that every bone would knit if given repair materials. There was something very magical in sprouted wheat, he said, and if he ate it every day his bones would soon become normal. In less than three months another X ray proved that nature had effected a complete mend.

(4) While sprouting is easy, one does have to know how to do it. Once, while visiting in Florida, I saw two wetted paper pie plates with Seeds in between; these were souring away and

simply reeking with anaerobic bacteria. The odor was enough to unsettle the best set tummy. Making use of such makeshift equipment will discourage the most resulute crusader for better nutrition. The art of sprouting requires proper equipment for easy drainage and some way of retaining moisture, proper warmth, and good ventilation.

The following equipment for sprouting is suggested; wide mouthed bottle with perforated lids or gauze covers held on with rubber band or string; sink strainers; flower pots;gauze or knitted bags or "rag dolls" which are just clean Turkish towels For commercial sprouting, large cans or metal-mesh covered trays are used. Hammocks of jute serve for animal-food sprouting. For myself and students I have a most attractive small three drawer sprout chest made. t is built in such a way that each drawer, which is covered with metal mesh, acts as a bed for the face cloths between which we place soaked seeds. When all three drawers are pushed into place, we flush them from the top with warm water in one dousing.After a moment s draining they are easily set out of the way.

Another attractive device for sprouting is a glazed pottery dish which we call a sproutmaster. This is just porous enough to allow the proper amount of moisture through the bottom. This dish sits inside another dish of water.

The equipment, of course, is secondary. The most important item for quality sprouts is quality seeds. These are getting more and more difficult to find. "Grow your own" seems to be the only answer. A freind of mine operating an old fashioned stone grinding mill near Washinton gave me some wheat for my sprouting program when he closed his mill for the hot summer months. Teasingly I said, "if it won's sprout I can't use it." "You bet you life it will, this is the finest grain grown" he assured me. Well, it wouldn't sprout. Just soured on through every know growing method. Something had been done to kill the life element.

Regardless of what kind of seeds you buy,test a few, and if they do not sprout, march right back to the store owner and tell him. You must insist on "live" seeds, and he will try to get them for you. I've had excellent success with biodynamically and organically grown seeds. They are all eager sprouter, develop fully, and keep fresh, even growing after being stored in the refrigerator.

ELWOOD:

4-cont.) So the first step is to get nature's best seeds, wash them thoroughly, pick out the cracked and broken pieces, cover them with about two or three times asmuch warm(70 to 80 degrees) water asyou have seeds. Pure water free from chlorine and flourine is best. Keeping the seeds in a warm place overnight speeds up development of the sprouts.

Soaking seeds eight hours in the summer is long enough. During winter, when growth is slower, 12 to 16 hours gives quicker growth of the sprouts. When you get ready to put them to bed, drink the water they were soaked in -- if palatable. Or use in juices or soups. Mask the flavor, if you wish to, with savita or other healthful flavoring aids. This soaking water is loaded with all the water-soluble vitamins and minerals. Wash the seeds again, flushing them well, and put them to bed in their sprouting mantainer. See that they drain well and keep them warm. Warm water for subsequent washing prevents chilling in cool weather and speeds up growth.

One objection to the rag-doll method -- which is no more than rolling up the soaked seeds in Turkish towel and keeping this damp -- is that they often do not get enough air and if left too long will develop sourness and off odors. If you se a bottle as a container, place it in the dark, as vitamin C seems to increase more rapidly in the dark during early sprouting. Remember that bottles have to be turned upside down and slightly tipped to allow complete drainage and proper ventilation.

The amount of moisture required depends on the temperature and humidity. The seeds must be kept damp. If the day is hot and dry, you may need to give them four to six flushings with water each day. I have found that if enough water is usedto freshen them completely, it is not necessary to use the chlorinated lime which is recommended as a mold retarder. This chemical (calcium hypochloride) is the active bleaching agent in Chlorox which is often used by professional Chinese sprout growers in bleaching the sprouts to remove all traces of the chlorophyl as the sprouts develop. This is a deplorable practice based on the false and fashionable attitude of

the purity and desirablility of whiteness. We want chlorophyl and all other naturally growing values in sprouts.

The flavor and palatability of sprouts depend on the degree of growth. The grain sprouts, such as wheat and rye, are best when about the length of the seed or very little longer. As they grow longer they develop a sweetish flavor which is not appealing to most people. I have some students who let them grow long and clip off the leafy greens for salads -- and enjoy them that way. Do a little experimenting -- it is fun to find something different and know it is so nourishing. Don't be afraid of the wee whiskers that appear on the sprout rootlets. They are especially conspicuous on the grain sprouts. They are not mold but just feeder roots looking for better nourishment. By the way, eat the whole sprout, seed, root, and stem.

May of the other seeds are better flavored and contribute more nourishment as they grow longer. Alfalfa sprouts are simply delicious when the little green leaves are well developed. Add them to salads, soups and sandwich fillings. They are not quite as snappy in flavor as radish seeds and some cresses which sprout beautifully and are also very edible. The mung and xxx soyabean too improve with growth. It is not unusual to grow them three inches long-- and even longer.

Sunflower seeds, fortunately, are becoming a staple of diet in America now. They too can be sprouted, but only with watchful care. You hsve had the experience of whipping cream just that extra second too long and finding you have churned butter? Sunflower seeds must be eaten at just the righttime -- which means when very tiny -- or they leave a strange ting in the back of your throat when swallowed. In just the beginningstage of growth, however, they are truly delicious.

Many of the beans you will find good eating too. Peas are something to rave about. You just have never a more wonderful food unless you have stood in the middle of a patch of organically grown June peas and shelled them right into your mouth. Sprouted peas just lightly steamed with a spot of butter are grand. Or they can be used in salads, soups or casseroles.

Elwood:

After maturing them to the desired degree of growth, you willfind they keep longer if you chill them quickly. Commercially, they are placed immediately in s torage refrigeratiors at about 35 degrees F. for 18 to 24 hours. This sudden chilling prevents further growth and allows you to keep them sotred in a covered vessel in the refrigerator, like any begetable, over an eight-day period. If they are not chilled quickly and thoroughly, they only keep about two to four days.

One more amazing thing about these miracle foods is that the nourishment which developes as the sprouts grow is very stable. For instance, sprouted wheat, after drying (dehydrating) retains its increased nutritive values, which are far above the dried seed form. They also freeze very successfully. Have you ever heard of such a profitable, health wise food?

To increase your nourishment, use them with reckless abandon. Drop them into everything. Any soup just coming off the low-heat stove can be truly enriched with a handful of almost any kind of sprouts. Rye sprouts dropped in just before serving will bring words of thanks; your friends will swear you have added wild rice. The sprouts, when properly grown are soft and can be eaten without cooking. For that reason they are they should not be cooked. Vegetable and fruit salads are crisper and lighter when sprouts are added. The mung is rather bland and is a real favorite.

(5)If you are going to make sprouted-wheat bread you will have a very superior loaf if you use either 100-percent sprouted grain or just 10 percent. Texture, flavor, size and all other desirable values are at their best. The Russians have found tha t bread made from wheat soaked overnight or a little longer and ground through a meat grinder into a paste has an anti-scorbutic value not found in the freshly milled whole wheat. This sprouting wheat dough can then be handled like any dough; molasses, yeast, and other desired ingredients may be added. The Food for Life group in Glendale Calif,is making a wonderful loaf with this method.

I've found that it is very easy to put the soaked grain into the liquefier. If it doesn't liquefy completely, you will have an added nutty flavor which is wonderful. By using about onehalf whole-wheat flour with this mass of liquefied sprouted wheat, you will find flavor you've never enjoyed before in any loaf. What is more, a very few slices will give that comfortable, well-fed feeling. This bread completely nourishes you and prevents the bad havit of overeating, which happens, when you are as hungry as a wolf and try to satisfy your craving for food with processed diluted foods.

The Chinese use sprouted soy andmung beans very generously in their cooking. They fry them with the other vegetables and cook them gently in such specialty dishes as chow mein, and subgum. If you are using them as a vegetable, use a waterless, stainless-steel pan with a cacuum-seal lid and let them heat gently for five to 10 minutes. Add a little seasoning.

(6)Check all equipment used in cooking to make sure no copperor iron from unplated spoons, colanders, shredders, chipped enamel vessels, or other untensils comes in contact with the rosehips. If it does, Vitamin C is instantly destroyed.

(1) The Hunzas of India, regarding whom I have written in my book The Healthy Hunzas , make a wheat product called chapattis. Like wheat cakes, this is made out of ground wheat, but is permitted to be heated on hot plates for only a matter of seconds. Thus the vitamins are conserved.

(2)Compare a crisp lettuce straight from the garden with the limp faded thing it becomes two days later. Its"living" quality has gone, and with it, most of its food value. This cannot be said of seeds.

To get an idea of what nutrition is packed in the average seed we must bear in mind that nature hasplaced an extra store of concentrated feed in it to nourish the emerging plant for a few days. There is enough food in the seed to be used by the young plant to form a root, stem and several leaves without having to get food from the soil.

Seed foods are wonderful for city folk who are faced with the necessity of eating so much processed foods. They can protect themselves by making seed foods a liberal part of their diets. They are also a protection in winter when one is eating stored vegetables that have lost much of their potency.

Much data is available to prove that seeds are a food of high nutritional value.

(3)Chandbliss in experimental work discovered that "variations in the nutrient content of soils have less effect on the seed than any other part of the plant." The best food elements in the soil will be saved for the seed so that the plant will be sure to reproduce itself. Nature wants to be sure of that. This would indicate that seeds have a higher nutritional value than the leafy parts of the plant.

(4)This is an extremely important point to be carefully considered. Those of you who are worried about having to purchase food raised with chemical fertilizers, should see to it that a certain portion of your diet consists of seeds, because the seed is not anywhere nearly as much affected by the usedf strong chemicals as the leaves ~~xxxxxxxxxx~~ or stalks, and thus contains significant amounts of organic elements.

(5) It is a known fact that animals that are fed raw grain seeds can perform much morework than those grazing on pasture grass exclusively.
(6) The leaf contains from three to five times as much mineral content as the seed and is always rich in just those minerals in which the seed is the poorest -- calcium , for instance. The leaf contains protein amino acids, as the seed does. And it seems that thoseof the leaf complement those of the seed, so that the leaves and the seeds together result in a meal rich in all the various forms of protein or amino acids.
(7) Nations that live chiefly on fruits and vegetables might suffer from a lack of phosphorus. Adding meat, cereals or nuts to their diets improve them.
(8) Iron is another mineral in which seeds are rich.
(9) The unsaturated fattt acudsm called Vitamin F by some researchers, are plentiful in seeds too. A wide variety of disorders may be caused b alack of these important fats in the diet --eczema, dry skin, dandruff, brittle nails, f alling hair, kidney disease, disorders of the prostate gland. Fats are carried in the diet by a substance called lecithin, which dissolves easily in the body fluids, so that the fat may be properly distributed to the various places where it is needed.

Cholesterol, a fatty substance that exists in different kindsof foods and is, in fact manufactured in the body as well, depends on lecithin to keep it in a state of emulsionso that the body can use it. Cholesterol, without lecithin, is likely to coll -ect on the walls of blood vessels, or as "stones" in the gall bladder. Where is this essential lecithin found? Chiefly in the fatty portions of seeds.
(10) Why should we sprout seeds? The sprouted seed contains more vitamins than the dry seed. It's just that simple. When the seed is given water and warmth, whatever it is in seeds that starts them to grow gets busy. The seed puts forth a tiny sprout, green and crisp. And as this sprout grows vitamins are formed in it, right before your very eyes. A dried seed contains little or no vitamin C, but as sprouted seeds grow, their vitamin C increases.
(11) The story on the other vitamins is even more astonishing. Seven parts of thiamin(a B vitamin) become nine parts in the sprouted wheat. As for the rest of the B vitamins, listen to what happens to them.

riboflavin increases itself by about four, niacin, pantothenic acid, pyridoxine and biotin just about double their content. And what about folic acid -- that precious B vitamin which prevents pernicious anemia, that vitamin so scarce and rare in food thatnoe of us even get enough of it? Twenty-eight parts of folic acid in a wheat seed become 106 parts of sprouting! In addition, we are told by Dr. Francis Pottenger, Jr. of Monrovia, California, that the sprouts develop into complete protein capable of sustain life. While you watch, then protein is manufactured before your eyes, along with vitamins.

(12) Dr. Clive M. MaCay of Cornell worked on the possibility of promoting sprouted soybeans as an all-round good nutritious food.

A report of his work occurs in Science News Letter for May 22, 1943. Soybean sprouts are rich in peotein and fat, minerals including calcium and usable iron and vitamins, he says. The Cornell workers developed easy methods of sprouting which involve nothing more complicated than a container from which drainage is possible. Place the beans in the pot and pour water over them. Be sure to let the water drain off and keep the beans moist and warm.

(13) Among those sprouting seeds which I have found most interesting are, of course, the common ones: wheat, rye, oats, barley, corn, alfalfa, clover, and parsley. As you know, the list of seeds that can be used is long. The most tasty of the sprouts I have tried so far is parsley when used as a salad. As a breakfast food I prefer the alfalfa. Such common seeds as navy bean, red beans and so forth, when sprouted, require only ten to fifteen minutes to cook, instead of two or three hours. The mung bean also works up well either as a salad or as a cooked vegetable.

"I have experienced with many ways of sprout--ing and have found that the methods commonly described in presentday periodicals have been entirely unsuccessful in my hands. With large quantities of seeds, however, the tray sprouter or Japanese method have worked very well, as has a modification of the Korean method, using a strawberry box. The Chinese way, involving the earthenware pot(or flower pot) was only fairly satisfactory, while milk bottles, mason jars and similar utilities only tend to enhance

the growth of mold. I have had the greatest success by rolling the scattered seed inside a bath towel and dampening this roll from time to time.

I have found that good seeds that get plenty of oxygen during the act of sprouting do not mold. Seeds of low sprouting capacity, an index of poor soil fertility, often succumb to this.

(14) Roberta Ma recommends sprouting beans in a flower pot of two-quart size. Cover the hole in the bottom of the pot with a piece of crockery, she says. Wash thoroughly and soak a quarter of a pound of soy beans for about six hours, until they are plump and the skins burst. Then put the seeds into the flower pot. Sprinkle water on the seeds daily, perhaps twice a day or oftener, to keep them moist. In three or four days at room temperature the sprouts should be ready -- just branching, without any show of green.

(15) How To Sprout Beans and Seeds: (1) Soak beans overnight. (2) Place Beans between towels. Spread pre-soaked beans or seeds loosely over half of damp towel. Cover with other half of towel and roll. Place rolled towel in warm dark place. Another method is to place beans on wet paper towels in bottom of colander and cover with more damp towels. (3) Edible sprouts in three days. After first day unroll towels, rinse seeds, and towels and rewrap. Within three days you will have sprouts over 1" long as shown here in the square dish. Break sprouts from seeds and serve raw in salads, add to cooked dishes or steam lightly for vitamin rich dishes with extra eye and appetite appeal.

(16) As the tiny root or sprout breaks thru the surface of the bean, a growth process occurs that provides valuable vitamin C and B-complex

(17) Sunflower Seeds: A delicious "tid-bit" for for everyday snacks. Drenched in solar energy to maximum maturity. Protein rich - super-digestible and has a high biological value in unsaturated fatty acids. Provides essential Vitamin D, calcium phosphorus, thiamine, riboflavin, niacin, Vitamin A, E, G plus trace-elements.

(18) Sesame Seeds, the basic food at millions of Orientals, have been called "the Food of The Future, No other food can compare in nutritional versatility. They may be used in a variety of ways in the diet. supplying high quality lecithin-rich fats minerals and vitamins. Highly alkaline and therefore easily digestible.

Sprouts and Beans;

(19)About Sunflower seeds, I have found a new way of using them. I ground my hulled seeds through my grinding machine. The resulting product is delicious -- it actually tastes like nuts. We sprinkle it over everything. I have noticed thatmy sight has improved markedly.

(20) And those of us who are worried about the effect of chemical fertilizers on our foods will now have an anchor, the secure feeling that seeds are a class of food which feel the effects of chemical fertilizers the least.

= HOW TO SPROUT BEANS(by Pretorius)::Use soy or mung beans in flower pot,sink strainer(colander)Beans swell six times their size.Soak overnite.In morning put them in the holed container,& cover.Leave in a warm place.Flood with lukewarm water at least 4 or 5 times daily.When sprouts are 2to 3 inches long(5 days) store in cool place like any fresh vegetable.Peas,wheat and rye are also well suited to sprouting.The large amounts of starch in these seedsare changed by enzymes during the growing period into non-starchy vegetable.

Pretorius:DRIED FRUIT should be rinsed then steamedfor 20/25 minutes:-apricots peaches prunes raisins apples.All others 40 mins. If more than 1 season old they spoil unless with sulphur dioxide preservative.Insist on fresh dried fruit

Seventh-day Adventist

( ) In the early days the denomination had a general service to help our people generall-y to eliminate the use of soda, baking powder and yeast, by carrying a stock of heavy cast iron baking irons. These were heated to about 400 degrees, in which cold dough was placed and the steam raised the gems or flat cakes. As grains harden when baked, but vegetables, such as white or sweet potatoes and carrots, soften when baking, one can grate these and combine them with the dough and make flat bread on a griddle, rolling them flat in flour instead of using grease. Waffle irons, heavy frying pans or the top of a stove can also be used for making flat bread. It tastes more delicious when yeast is left out.

(2) Sprouting grains slightly and liquifying them, then adding some flour to thicken the dough, makes the batter rise. Some make beaten biscuits by pounding kinetic energy into the dough on a flat block with a paddle. The more scientific add soda and hydrochloric acid, which makes salt by chemical reaction of the sodium chloride, releasing the hydrogen gas to raise the bread.

(3) The benefit claimed for yeast is that it is a perfect substitute for meat. As seen from the above, it is not a substitute but the real thing. For medicinal use, it is claimed to bepotent with vitamin B, but as the leading doctor of Portland, Oregon, remarked in a health lecture, rice polishings, wheat germ and especially sprouts of alfalfa, grains, mung beans, etc. are far superior with none of the objectionable features.

(4) Wise Man's Soup Stock: Don't throw away the pulp which is left after making carrot and other juices. It makes the most delicious and nourishing soup stock. Put the pulp in a large steel pan and cover with water. Simmer it very lightly for 15 minutes, let stand until cool, and drain through a strainer of cheese cloth. Add your favorite seasoing, and other fresh vegetables and serve at once -- before the vegetables and sprouts have a chance to cook.

(5) Vegetable Juices: carrot, celery, and cabbage leaf; water cress, tomato, lemon juice, spinach, and parsley; carrot, celery and cucumber; carrot, celery and horseradish; carrot, celery and green pepper; tomato and spinach; endive, tomato, and cucumber, mustard greens; tomato, and bellpeppers; kale, tomato.

(6) Your liver is the largest gland in your body It weighs about three pounds and fills the entire space under the right half of the diaphragm. It manufactures digestive juices much as the stomach does, and acts as a reservoir by storing foodsfor future use, and reconstructs foods to fillour needs. The liver filters all the foods, except fat, that are absorbed from the intestinal tract and detoxifies them before they reach the heart. Excessive amounts of poisons such as nicotine, D Dt, caffein, morphine, and atropin, cannot be detoxified, so they overburden and damage the liver. Excessive liquid intake is also dangerous, causing the liver to swell; consequently, the excessive ~~xxxxxxx~~ drinkeroften carries around a liver that is as hard asa board.

(7) One need not engage in violent exercise but a few muscle-toning and stimulating exercsies each day that stretch and relax. They pull the muscles into strength, lift the head high where it should be, and put spring into every step. Ten minutes morning and evening and you will feel like a million. The Hatha Yoga ~~xxxxxxx~~ postures are excellent for extending youth into advanced old age. It is well to begin with a qualified teacher if possilbe. Everything an art of movement, taught by Rudolph Steiner's followers, is another excellent physical activity

"Can you stay Young LOnger" PUBLISHED Interview with Dr. Nathan W. Stock

(U.S. Govt Hospital Research Physician)

(1) We have to know something about the fundamental biochemistry andphysiology that is really behind this whole process of aging.

(2) We have evidence now that the changes that occur -- outside of specific diseases -- are slow-moving things that apparently go on through-out the life span, and that as far as we can determine they are not conditions that suddenly appear at age 64½ or age 70 or even at age 80. Aging begins at 30 -- From studies we have done, I should say that these changes start to occur in degrees that can be detected at about age 30 --speaking in terms of average curves. In other words, various organ systems of the body tend to function less well starting at about that average age.

(3) QUESTION--Could you tell us more about the tendency to start "aging" at about age 30?
ANSWER-- What we have actually studied, for example, are changes in the functional capacity of kidneys --they are awfully important. We have used techniques thatwill identify changes in functions long before the usual clinical tests thatthe physicanuses to identify disease, and our techinques show changes, and if you like you may say impairment, because they are deficiencies For people in the population who are not ill, we find that the 40-year-old on the average has a little less kidney function than the 30-year-old, and so on -- almost a continual decline throughout the age span.

(4) Question-- Does it tend to go down hill at the age of thirty?
ANSWER-- Yes, I think 30. We have studied the same children from theage of 10 up to the age

of 18, and some of them up through their 2[illegible]s and on that side of the curve most things [illegible]e still

still rising -- but as soon asthe growth period ceases, then apparently there is some beginning of a loss of function.

(5) Question-- You mention the age of 30 in connection with impairment of the kidneys, but what about other organs-- have you made similar studies of the heart and other organs?

Answer--We have some information on theheart and blood vessels and there also impairment begins at about 30.

Question--In otherwords, you stop growing at 30/

Answer-- That is the point I would like to make. I think there is one of the clues to the thing, that when the animal stops growing it begins to age. I could quote you some studies about [illegible]tle animals that grow in ponds and what not, and the same general thing is true for these very small animals, up through the insects, and so on. There is some change, physiologicall y, that occurs when growth ceases. Then t here begins some other process. Itis as if life were a kind of dynamic equilibrium -- where there arethings going in and coming out, and during growth it just happens the equilibrium is shifted in the direction of more stuff goig in than there is coming out, whereas on the other side of the scale, there is more coming out than goingin/

JAMES C. THOMSON`S "CONSTIPATION AND OUR CIVILISATION"

(1) Trouble may be avoided with ices if they are eaten slowly and dissolved and warmed in the mouth.
(2) A diet containing plenty of uncooked fruit & vegetables gives the body all its required fluid - in a moderate climate.
(3) Eat starches in a natural way - without accompanying fluid.
(4) The majority take too much liquid.
(5) The stomach lacks sensory nerves and if excessively hot liquids burn it frequently, there is no warning.
(6) Through the sustained use of XANTHIN - producing foods (spirits, wines, tobacco, tea, coffee) the majority of people are over-stimulated. They have become appetite and passion-ridden to a point where sex-creative powers are misdirected and weakened. At present reproductive energy has become perverted into a force for race destruction.
(7) Dr. Tilden`s warning is apposite: "Excessive venery is at the head of all disease-building habits". Its basic cause is wrong teachings, sedentary occupations, irresponsible and hysterical habits and, above all, over-eating. Psycho-analysis is only a half-way release.
(8) I am no longer in favor of long fasts. (Yet 30 years ago, in USA at Battle Creek Mcfadden Sanatorium, my principal duty was supervising fasting patients!) Great improvement may appear for a time but this is more apparent than real, because vital weakening prevents symptoms of acute disease from showing, with vitality lowered, the body concentrates on survival. Prolonged fasting should not become a routine procedure. In modern treatment a "long fast" is restricted to 8/10 days. If necessary this may be repeated at intervals. My personal preference has grown for occasional short fasts rather than prolonged single or repeated ones. The real danger of long fasts is the estraordinary feeling of elation which creeps upon the patient after a week or two. He enjoys a sense of vast superiority over his fellows. It is one of the most amazing emotional experiences. He rises far above

all appeals to reason. He knows he is right. In this state he is truly intoxicated and irresponsible. His judgment becomes less reliable. He tends to undertake large ventures without full consideration of all the factors. He has become emotionally unstable. At a later date these same patients have to be cured all over again by more fundamental and sounder procedures. Now I question the reality of a great proportion of the "cures" obtained by very long fasts.

DUGALD SEMPLE : THE SUNFOOD WAY TO HEALTH

(1) The natural climate of man should be both warm and dry, and his natural food should be nuts fruits and vegetables in a raw or sun-cooked state Here we not that in nuts the nitrogen is in its purest form and associated only with a small proportion of starch. The carbon in fruits is in the form of grape or fruit sugar, which can be very easily assimilated. The excretion of carbonic acid from the lungs does not take place too quickly as the atmosphere contains only the necessary amount of oxygen.

Then again, there is plenty of hydrogen in this diet, in the form of nut fat fats which are necessary where the climate is hot and dry and the skin active in its elimination of moisture. As to the mineral elements, only a small quantity of leaf vegetable is necessary to neutralise the acids, as the reaction of fruit is alkaline. This diet, therefore, favours a life of ease in the tropics and is quitein keeping with the gospel of leisure.

Let us know consider the case of a very cold, moist climate, where food conditions should be reversed. Generally speaking, we need more food in a cold climate than in a warm one, because we need to work harder in order to maintain the heat of the body. This means too that more nitrogenous food must be eaten to replace tissues worn out by work. We need more carbon in our food in cold climates because of the energy required to create heat, and also because the body takes in more oxygen in cold weather than in warm weather.

SEMPLE:

The fire burns more brightly in winter for the same reason that we feel more active on a cold day. The reduction in temperature of the atmosphere has reduced its volume, so that there is an increased amount of oxygen in the air. This means that the carbon in our food becomes so quickly oxidised that a concentrated carbonaceous food is more essential. This we find in the cerals, such as wheat, oats, and rice.

(2) Fat or Oil: We need less fat or oil in a cold, moist climate than in a dry, warm one. This, of course, is contrary to supposed facts, but the proofof the matter is plain. In a moist climate there is more hydrogen in the air, therefore it will be difficult to throw off the hydrogen by the skin as moisture owing to the humidity of the atmosphere. If we take too much hydrogen as food in moist climates we increase the venosity of the blood by retarding the excretion of waste products. If, however, the climate is both cold and dry, then we can take more hydrogen in our food, provided we take sufficient exercise to keep the skin active.

(3) There must be a copious supply of vegetables as food in cold countries, or else acid diseases such as rheumatism, scurvy or eczema will result. The excretion of acids depends upon the presence of alkalis in our food. These we find as organic saltsin salad and root vegetables, without which we cannot maintain healthy vigor.

(4) The effect of the atmospheric pressure on the body has much to do in regulating the necessary quantity of food. Where thebarometric pressure is low, as in high altitudes, more starchy food must be eaten. Professor Mosso, the celebrate Italian, explains this clearly when dealing with mountain sickness. This is due, not to lack of oxygen in the air, but to the too rapid elimination of carbonic acid owing to the absence of the normal sea-level pressur of the atmosphere.

SUMMARY:

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SEMPLE:

(5)Here is what Dr. Bircher-Benner says:"People also thing that they must have their food warm --yes, hot! If by chance he has a bad circulation and is a chilly person, he considers hot food necessary to keep him warm. In reality, his circulation will get worse and the tendency to catch cold more deeply rooted. Real warmth and a good circulation are produced by the chemical energy of uncooked food.

(6) With regard to the fat in food, bakin or roasting fuses the oils and makes them difficult to emulsify and digest. The uncooked fat of nuts or oatmeal is soluble and easily dealtwith by the gastric juices.

(6)When we leave off hot stimulating foods and heavy meals we will no doubt feel lighter; but the new regime of nuts, fruits, and salad vegetables will give us more energy and enjoyment out of life. That heavy feeling after meals will disappear, less sleep will be required, and the first man will live again.

(7) Thisindeed is the difficulty of a strictly fruit and salad diet, for these foods break down too quickly in the body, especially in cold weather. We must see therefore that we include nuts and more starchy root vegetables in our uncooked regime, and it is wise to add also some raw cereals to aid us in getting sufficient nourishment.

(8) The great advantage of using either as ground or soaked meal or as germinated whole grain is that it eliminates the danger of under-nourishment in an uncooked diet. According to Dr. Kollath fruit and vegetables are not sufficient, and it is essential to add "auxons" in the form of raw grain. It is questionable, however, whether the addition of a few milled nots to our regime would not supply all the nourishment for a healthy body. Rice is now regarded as the best of our cereal foods as the result of investigations carried out by Professor J. Barnet Sure, of the University of Arkansas. This of course, applies only to unpolished rice, which is the most alkaline of our cereals and is more easily digested than wheat or oats.

(9) Strictly speaking there is nophysiological need for fat in the form of butter or margarine. In natural foods the fats are mixed with proteins and other substances. Their composition is similar to the starches or carbohydrates from which fats can be formed by the body at any time, only fats contain less oxygen and more carbon and hydrogen.

Our best source is in unfired nuts and dry cereals, such as oatmeal or wheat germ. Cooking fuses the oils in these fats and makes them much harder to digest. The fats in nuts are soluble and easily emulsified by the gastric juice. Those with liver trouble should avoid all fried or roasted fats.

Free fats, such as olive oil and butter, should be used sparingly, because they are more difficult to digest. They must first be saponified by alkaline bases, and that is why we should take plenty of salad vegetables containing sodium salks.

(10)This rule I noticed was faithfully followed by the Bircher-Benner Clinic, all meals beginning with fresh fruit or raw vegetables , to prevent digestive leucocytosis.

(11) Even our dried fruits are mostly bleached with sulphur compounds to make them keep and improve their appearance, especially in the case of raisins, figs and prunes. It is wise, therefore, in using dried fruits to wash them well in warm water before soaking them in cold water overnight.

(12) Fruit is best eaten alone, especially fresh fruit. A very important point to not here is that acid fruits should not be eaten along with starchy or vegetable foods at the same meal. The ptyalin which is the degestive ferment of the saliva acts best in an alkaline solution, hence if one eats an apple along with bread, mouth digestion is arrested and fermentation is caused in the stomach by the partial neutralisation of the saliva.

(13)Dinner: 12 noon to 1 p.m. It is best to make this the main meal of the day, as the body can assimilate food more easily about noon.

(14) The almost universal use of tea and coffee is claimed to be the strongest argument in their favour, and it is quite possible that where not taken to excess they may have a medicinal value. Tea and coffee have powerful diuretic effects upon the kidneys, and thus may help in the excretion of waste products.

SEMPLE:

(14) The best liquid to drink is pure soft spring water, but unfortunately most city and town water is chlorinated and has lime added. Boiling helps to get rid of the chlorine, but it is not so easy taking out the lime. The cold water acts as a natural stimulant, and is a powerful aid to digestion. The best time to drink water is first thing in the morning, and if necessary between meals.

(15) Roasted cereal coffee or tea should be used in strict moderation, as the proteins when roasted are apt to develop similar harmful properties to the caffein elements in tea and coffee. The most important point about preparing unfired dishes is to see that they are served as soon as prepared, otherwise they lose their vitamin virtues and life forces. Leafy greensalads are the best medicine for keeping the blood in a healthy alkaline condition. The list includes lettuce, cabbage, celery, chives, spring onion, endive, cress, spinach, dandelion and other herbs.

(16) Dandelion Salad: The humble dandelion is one of our most valuable salad plants. It is very rich in vitamins and minerals and good for liver and kidney troubles. Choose young leaves or blanch with flower pot. Wash and chop finely.

(17) Mixed Fruit Sweet: ½ lb. washed and stoned dates; 1 ripe banana, 1 large apple, ½ cup seedless raisins, lemon juice: Chop dates, grate apple, and slice banana finely. Mix all together with lemon juice. Press into dish, turn out when firm and cover with desiccated coconut. Serve with nut cream.

(18) Nut Cream: Mix one tablespoon of ground or flaked almonds in a half pint of warm water. Beat well with mixer or egg beater. Sweeten with carrot juice -- the latter makes the nut cream more alkaline.

(19) Tomato Soup: Strain the juice from some large tomatoes, and add finely chopped parsley and grated onion. Sweeten with a little carrot juice, and flavour with a sprinkling of horse radish.

(20) 1 cup nuts, 1teaspon Soya flour, 1½ grated carrot, 1 cup barley flakes. Mill the nuts, mix with barley flakes, add grated carrot. Mix all together, adding a little cold water if too dry. Form into rissoles and garnish with chopped parsley

(21) Strawberries: The strawberry, growing so near the soil, is very rich in mineral element -s, especially in the alkaline sodium, potassium, and magnesium. It is rich also in iron and is excellent for anaemia and liver troubles. Some people find that this tempting fruit disagrees because it induces stomach troubles or a rash disturbance. Thisis really due to its powerful vitalising salts which try to get rid of stored-up poisons.

(22) Some imagine that, because lemons are so acid, they are bad for rheumatism or skin troubles, but fruit acids are combined with potash bases which in the process of digestion exert an alkaline action on the blood. At the same time those suffering from acidosis should keep to the more alkaline green salads until they are able to digest the fruit acids thoroughly.

(23) The date contains about 70 percent fruit sugar and some cane sugar. Because of the latter the date is somewhat difficult of digestion and is better assimilated when eaten with green salads. Dates and all dried fruits should be washed well first and then heated slightly to soften them. The pale Hallawi is one of the best, having asoft fibre and thin skin.

(24) An objection is made by many to the use of figs because of their very numerous seeds, so they should be eaten at the end of a meal for comfort(to other foods)

(25) Bananas should not be eaten until perfectly ripe with black spots. The banana is not so nourishing as generally supposed, being similar in composition to the potato. It contains about 20 per cent starch, 1.3 percent protein, and 0.8 percent mineral matter, consisting mainly of potash, sodium, and chlorine. It is deficient in lime and iron. As a producer of food it has no equal, and while cereals require so much ground labour the banana once established will produce 400 bunches per acre continuously for many years.

(26) Tomatoes: Although classed as a vegetable, the tomato is really the fruit of the tomato vine, which is a member of the poisonous nightshade family. Formerly known as the "love apple", it is now extensively cultivated in many parts of the world. It is the richest edible plant in vital elements.

SEMPLE:

No other fruit or vegetable has a vitamin content equal to that of the tomato. It contains in great abundance all three vitamins, A,B, and C; The acid of the tomato is chiefly malic acid, combined with a trace of citric and just a trace of oxalic and other organic acids. The amount of oxalic acid is too small to have any effect upon the system or upon those suffering from rheumatism or acidosis. On the other hand, its alkaline salts of potash and sodium are very bebeficial in removing uric acid from the system.

(27) Almonds: This is our best edible nut, rich in flesh-forming protein and containing very little starch. The sweet almond is a small tree belonging to the rose family and grows chiefly in the Mediterranean area. It contains about 95 percent nourishing food -- 21 per cent protein and 55 percent fat.

(28) Brazil Nut: This favourite nut contains 65 percent fat and is rich in vitamin B. It has a first class protein of a fine creamy flavour. It contains very little starch andis rich in phosphorus and sulphur.

(29)*Cashew: Is a very acid-forming food, and some find it apt to produce skin ailments. This can be avoided if it is eaten along with fresh salads.

(30) Chestnut: This nut might be classed along with the cereals as it contains little fat and protein but a good deal of starch. It contains tannic acid and also phosphate of potash and magnesia.

(31) Coconut: There is not much protein in the ripened ~~fruit~~ nut. Its chief use is in making copra for the manufacture of fat sub stitutes. Coconuts are poor in mineral salts, but contain vitamin B1.

(32) The best bread is wholemeal, but it is even better to mill the whole grain and eat it in the form of meal; or the grain can be soaked in water overnight, then drained and put through the flaker. Served with dried fruits, it is a real"brawn' food. Another way is to press the flakes or moistened meal into a cake tin, and then set it aside to harden. Mixed with raisins it improves with age.

(33)RYE: Rye flour is rich in silicon and flourine for the teeth. It is a product of northern climates and can endure cold winters. The Swedish"Ryvita" is an excellent and most wholesome cereal product. Rye flour mixed with free flour forms as good healt cereal food for unfired dishes.

(34) Legumes: These are amongst the most nouris -hing foods known, but when cooked they tend to saturate the blood with protein waste poisons.. The best from to eat them is as tender pods, when they have an alkaline reaction. Dried green peas soaked in water make palatable salads when mixed with grated carrot or coconut.

(35)Sugar Peas are a sweet variety which can be eaten along with the pod.

(36) Broad Beans: These are very hardy legumes and can be eaten raw in their fresh young state. Dried lima beans can be soaked in water and usedin salads.

(37)Lentils: These are amongst the most ancient of all foodstuffs. A Hindu proverb says: "Rice is good, but lentils are my life." Lentils are richer in iron than any other legume. They contain vitamin A&B.Soaked lentils in water and lemon juice make a delicious salad.Sprouted lentils contain Vit. C.

(38)Vegetables are not mere additions to our diet but are essential to supply the mineral elements for a balanced meal. They are more necessary in cold or temperate climates where the blood is apt to get too acid, or where fruit cannot be grown successfully. Root vegetables are best to supply building mineral elements for growth, whereas leafy green salads are best to furnish the alkaline and vitamin elements. The roots supply chiefly phosphate of potash, silica, and sodium chloride. While leafy stems are rich in iron and lime to give color and firmness.

(39)Celery: This is a splendid curative salad vegetable, for it has the highest sodium content of any vegetable. Excellent for rheumatism and acid disorders, it belongs to the parsely famil.

(40) Parsley: A most valuable herbal salad rich in all the essential vitamins besides traces of copper without which the body cannot make full use of its intake of iron.

(40)Carrots: The starch in carrots consits largely ~~xxxx~~ of sugar, and its mineral elements are rich in the alkaline potash, sodium and lime. Finely

grated, there is no better health medicine for weak stomachs and all acidstroubles. It will prevent coldsand is claimed to cure cancer if eaten freely. Young carrots are ideal for raw salads.

(41) Parsnips: A very starchy vegetable similar to the carrot, rich in sugar, lime, and potash. The leaves should be eaten in salads as they have a delicious flavour.

(42) Corn Salad or Lamb's Lettuce: This hardy nativ-e plant can be grown from seed in early autumn to supply useful leaves when transplanted. They lack the bitterness of the dandelion and are delicious when eaten with flaked nuts.

(43) Dandelion: Few plants so rich in organic salts and vitamins as the deeply notched leaves. The roasted roots are used as a coffee, and the young fresh leaves are a useful addition to the salad bowl. The leaves can be blanched with an inverted flower pot. Cultivated dandelions come much more quickly to maturity, and the young leaves are good for kidney and liver troubles.

(44) Fungi: Any foodstuff which cannot be eaten in its natural raw state should be avoided. Fungi are of alow order of plant life and are mostly parasitic in habit. Nothing wholesome can thrive without sunshine, air, and moisture. Mushrooms grow best in the dark, and lack vitamins and have little nutritive value. There is always great danger in eating poisonous varieties. Nature has given man, the apex of human evolution, thehighest and best species of fruits on which to live and eat in the sun-shine. They require the least labour both to cultivate and digest, and supply the purest nourishment for a healthy race of truly civil-ized mankind.

(45) Potatoes: are an excellent starchy food, easily digested and rich in vitamins and phos-phate of potash. It is our best alkaline food vegetable, and contains first-class protein and vitamins A,B, and C. All root starchy vegetables are the building or most nourishing natural foods, whereas the leafy vegetables or salads are more necessary to supply the alkal-ine and vital elements. In dried and cooked vegetables the organic salts are depleted of their ionized form and have not the same food value.

(46)
Avoid very hot soups and liquids, as these may lead to ulcers and cancer. Eat only when hungry and do not mix acid fruits and vegetables.

(47) To keep the liver healthy it must have an ample supply of organic iron, sodium, and chlorine, which can only be obtained properly from green salads and fresh fruits. The best curative foods for the liver are tomatoes and oranges.

(48) Kidney troubles: Kidney troubles often arise when the liver is overworked and cannot produce the right kind of digestive fluids. Too much protein food is bad for the kidney ailments; avoid eggs, butcher meat, and cooked pulses. In the case of stone take more olive oil with salads and plenty of tomatoes.

(49) The Chalfont Colony says: "As a result of using compost and the discontinuance of chemical fertilisers and of poison sprays over a period of six years diseases of plants, vegetables and fruits have been virtually eliminated. Those wishing further information should write to the Soil Association, 8f Hyde Park Mansions, Marylebone, Road, London.

(50) Digging not necessary: This method will appeal to those who object to that back-bending lumbago job which has to be done every winter or spring at the latest. It seems almost too ideal to be true, but if you read the various books that have been published by practical land workers you will be forced to agree that digging seems not at all necessary.

The gist of this no-digging science is that if you first clear the land of all weeds or turf, then cover your seeds with riddled compst, the little earthworms will come up to the compost for food and in so doing will dig all you need. Worm casts left by worms are the most nutritious plant food in existence.

The great point about this organic cultivation is that it cuts out not only digging but also the use of chemical manures, which merely stimulate growth and cause no end of plant diseases.

F.C. King, who has written extensively on the subject, contends that sawdust will cure diseases of fruit trees and keep away carrot fly. He contends that when seeds are sown on the top of sawdust excellent crops of lettuce or carrots can be obtained.

SEMPLE:

(XXX) No weeds too will grow in a sawdust bed. Personally, I am still experimenting both with deaweed and sawdust, and so far I have been very successful in growing "open-air Wonder" tomatoes out-of doors.

(51) If the land is being cultivated for the first time, plant potatoes to get the soil into good order for future years.

(52) Carrots: These grow to perfection if planted on a fresh piece of light rich soil. To prevent the carrot fly fill dibbled holes with sand or sawdust. Another good plan is to sow very thinly and let plants stand until wanted.

(53) Stop eating when you are ill, and learn how to use cold compresses to eliminate waste poisons.

(54) Food must be studied not only for the sake of health or economy, but in order to develop the humane instincts of all true civilisation. The daily slaughter of millions of sentient beings with feeling of pain similar to oursleves is, indeed, one of the greatest on our national character. We are loth to admit that animals have rights which should not be overruled by mere selfish gratification. Nations, too, that profess a religion of peace, yet hurt and torture animals in the name of science. To say that flesh-eating is right because it is permitted by the Bible, when our own conscience condemns it is simply to confess that our religion is worse than our own morality.

(55) In defence of flesh-eating it may be argued that there need be no cruelty in the slaughtering of animals provided it is done by the humane killer or painless method. But I would ask those who say this to go and see for themselves what goes on at the slaughter house. There you will see the terrified creatures becoming quite frantic as they are being roped into position.

(56) The idea that animals would soon overrun the earth if it were not for man's too accomodating stomach would certainly be a most serious objection to diet reform, but the facts of the case are very much other wise.

The truth is that only a very small proportion of the animals used for food are bred in this country, the great majority coming from the cattle ranches of America, where they are bred purposely for meat-eating. Once we stop breeding animals for food, Nautre will re-adjust the balance, if necessary with man's assistance.

(57)What in reality is the great obstacle to diet reform is not direct refutation, but gross indifference as to whether it is right or wrong. It is easy to be indifferent so long as we can get others to kill animals for food.

(58) Pressure-cooking saves as lot of time, and although the heat is greater, the shorter time spent in cooking does less damage to vitamin C or the mineral salts than when cooked in a saucepan.

It is an established fact that heat destroys- or impairs the value of most vitamins. Vitamin C, which protects us against skin and dental troubles is easily destroyed by cooking especially when vegetables are put into cold water and only gradually brought to the boil. This vitamin is also destroyed when cooked vegetables are kept for an hour or two before being served. The ferments or enzymes in green leafy vegetables can destroy vitamin C by the action of warm water, but this can be prevented by plunging the vegetables straight into boiling water, which destroys the ferments.

The best way to cook leafy green vegetables is in either a double pan boilerette or a pressure cooker at not too great a heat and keeping the lid tight on the pan during the cooking. Steaming is much better than boiling as this reduces the loss, and should only take from 10 to 15 minutes for cabbage, kale or sprouts.

(59) The important point to note is that we must not rule out a food because it is acid-forming, such as the cereals, but rather watch that our total intake of food inculdes more alkali-forming foods than acid forming ones.

(60) Wholewheat bread tends to be acid-forming, and for this reason it should be twice-vaked or dextrinised. The heat does little

(61) Table of Food Values:

XXXXX	Protein	Starch	Fat	Mineral Salts	Vitamins
Lentils	25.7	53.3	1.9	3.04	A.B.C.
Peas	22.8	52.4	1.8	2.58	B.C.
Almonds	23.5	7.8	53.0	3.1	B.C.
Coconut	3.5	18.1	35.9	1.0	C.
Rice	7.8	76,5	0.8	1.0	
Bananas	1.9	22.9	0.8	1.0	A.B.C.
Dates	6.6	65.3	0.2	1.6	A.B.
Carrot	1.0	9.4	0.2	0.9	A.B.C.
Lettuce	1.4	2.2	0.3	1.03	A.B.C.
Parsnips	1.6	13.5	0.5	1.4	A.B.C.
Potatoes	2.0	21.0	0.1	1.1	A.B.C.
Spinach	3.5	5.3	0.6	2.3	A.B.C.
Tomatoes	1.2	5.0	0.2	0.7	A.B.C.

RUSSIAN COMFREY: Introduced to England in 19th cent by a Quaker as the food plant which yields more heavily per acre than any other. Foliage can be cut from it 4 to 6 times year. It is so very rich in mineral salts that it provides extremely valuable fodder foryoung cattle and foalsof racehorses. It takes up and stores VITAMIN B12 The young leaves can be cooked and eaten by people. As a source of green manure or compost its qualities are such that it can be substituted for animal manure in rotting down the ordinary garden rubbish of the compost heap. It contains Potash, Calcium, PhosphoricAcid etc

SIMPLE:

damage to the starch, the protein is reduced, and the salts converted to ash. This makes the toast acid-neutralising and is similar to the use of baked potatoes.

Finally, citrus fruits, if not fully ripened, may have a very acid effect and withdraw the calcium from the bones and teeth.

(61)

(62)Rich in Calcium: Cabbage, lettuce, soya beans, Sunlight Vit. D.
(63) Blood Purifier: Carrots
(64) Chlorine Tooth-Enamel nourisher:Whole-grain seeds, Whole grain pulse.
(65) Vitamin A: Supplied by sprouted grains, carro -ts, turnip tops, lettuce.
(66) Riboflavin(B2) green peas,cabbage, spinach, tomatoes.
(67) Vitamin B1: Whole grain bread, nuts, pulses.
(68) Vitamin C: Lettuce, tomato, sprouted beans.
(69) Vitamin D: Essential to assimalate calcium: Sunlight, ultra violet rays, sunlamp.
(70) Lentils are more easily digested than peas or beans.
(71) Flatulence caused by pulses(lentils,peas, beans) is due to cooking them in too much water and omitting to eat them with alkaline green salad vegetables.

(H.J.MASSINGHAM:I deplore the modern practice of extracting most of the goodness from the wheatbefore it is madeinto bread,so that large profits can be made from the extracted substances in the form of patent foods.Churchesshould adopt the more appropriate invocation"Give us this day our daily starch!"

( )Sir E J Russell:POTATOES absorb the special pesticide used to treat them by farmers;itgives them a taint.There may be some cumulative effect on persons eating them.(b) used as insect pest control agents

The potent chemicals are more largely used inUSA than UK--yet there are more troubles there from insect pests!We do not yet know the full effects of all these substances. (c)Many market gardeners usechemical sprays as the cheapest way of weeding Carrots,Peas,and other vegetable crops.The latest type of these weed destroyers is absorbed by the plant. . . .

EDWIN BOWEY:(1)The skins are removed from tinned fruits by sulphuric acid baths,Their heavy syrup is to cover up the acid taste. Ban them (2)Frozen foods are delusion.The high freezing point kills the basic food value in them,while the high temperature of the so di they get in processing is equal to a burn,and destroys the vitamins.(3)The harmful part of Celery is the hard core or heart.Do not eat or juice this.But the outer stalks are eatable,altho their grooves are so narrow that they must be cleaned with wire brush.The whiteness of blanched celery is not due to chemicals but to actio of light upon a paper collar put around plant

destroys
from Diet"
RB

DIET:) GRAIN WATER

1 cup millet	1 qt.
1 cup buckwheat	5 cups
1 3/4 cups brown Rice	1½ qts for moist rice
2 cups brown rice	---2 qts. for dry firm.

DIET) Bad foot Combination = Potato with Beans.

DIET:) Herb teas should be steeped never boiled. Bring water to boil, remove, put in spoonful herbs - let settle 20/ (ten or tea) minutes. Strain.

(Medic) Wash with: Borage, Camomile Golden Seal.

(Diet) Tomato Sauce. Strain tomatoes thru colander. Add Sweet Basil & a little oil, a little vege soup or broth powder, simmer few minutes. Use on Soy noodles, brown Rice,

ADD Diet

(Diet) Spaghetti is made from white flour so ban.

(Diet) ~~Add Chickpea powder Paste to burn up~~

(next pg)

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(Serve) Add Chicken powder & sesa to burn up

(Next pg)

Medic) Radishes relieve excess mucus

(~~Medic~~) (Diet) Mustard Cress is not only suitable for salads, but also gives a tang to soup. It has more vitamins than any other kitchen herb.

(Diet) Arrow root powder is best to thicken soup - corn floour is bad.

(Medic) ~~MMEXX~~ Mucus: Golden Seal gargle
" Sage "

Golden Seal despite extreme bitter taste is excellent tonic; liver remedy.

(Diet) Parsley for Soup, veges, potato, brown rice. Mint for sauces, soups carrots; Sage for Herbtea, Soybean.

DIET: + Medic Mustard ban as irritates stomach and inflames

~~DIET: GRAIN WATER~~

(Radish) . Radishes relieve excess mucus

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(Medic) MEDIC Mucus: Golden Seal extra

" Sage "

Golden Seal despite extreme bitter taste is excellent tonic; liver remedy.

(Fine) Parsley for Soup, veges, potato, brown rice. Mint for sauces, soups carrots; Sage for Herbtea, Soybean.

(Mustard) Mustard has an irritates stomach and inflames

(Con't) Diet = Add Chickpea powder a Paste to burn up starch in cereals, grains, bread, to raw and cooked food.

(Cont'd) diet = add Chickpea powder a paste

to burn up starch in cereals, grains,

bread, to raw and cooked food.