

Box 1 stamp

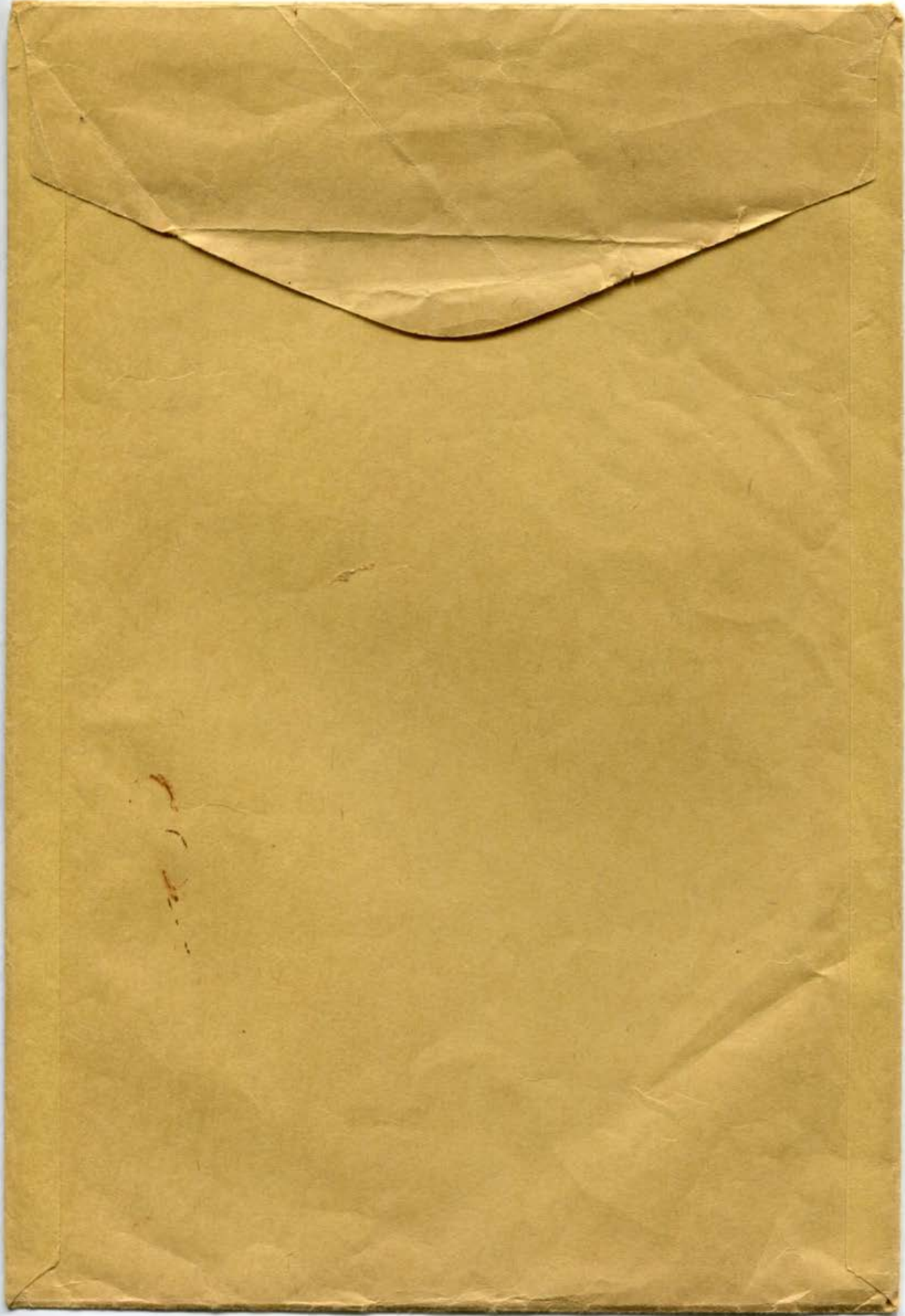
WASHINGTON 9, D. C.

INSTRUCTIONS FOR P.B. HELPERS

1/2

MAPS-
where to shop
how to COOK

instructions on laundry, use of Apartment building
etc.



A coller s'il vous plaît!
Vous aiderez ainsi à prévenir des incendies.
Cipi.

INPLASTOR AARAU

1



Les
allumettes
ne sont pas
des jouets
d'enfants!

2



Fiche
retirée!
Courant
coupé!

3



Huile
sur-
chauffée,
feu
spontané!

4



D'abord
fenêtre
ouverte!
Après
bonne
ouverture!

5



Bougie
soufflée:
sécurité!

6



Gare aux
brâises!

7



Jamais
de cendres
dans le sac
à ordures!

8



Câbles
tous en
bon état!

9



Pas de
fuites!



Où
l'incendie?
Chez
l'éclaircie!

RECEIVED

NOV 19 1914

RECEIVED

NOV 19 1914

RECEIVED

CERIALS (QUICK REFERENCE)


-1-

BULKWHEAT

[SARRASIN]

① Soak, using shallow white enamel pan. Remove stones + husks.

② Sauté using only $\frac{1}{4}$ tsp. oil in non-stick pan, the raw grain.

③ put sautéed grain in heavy blue enamel pan  (KASHA) $2\frac{1}{2}$ water, to 1 grain.

④ cook 20 minutes on low flame.

⑤ 5 mins. before end of cooking add a tsp. of soya powder per person (50% protein). (make a paste with cold water + keep adding water until it can pour easily. Pour over grain. Don't add too much water or grain gets soupy)

⑥ 2 minutes before end of cooking add rice-germ (1 teaspoon per person) if desired.

or
⑦ at end of cooking add wheat germ (1 tsp. per person)

applies for all grains

1. (Glycerol formal acetate)

Procedure

(Glycerol)

1. Glycerol is added to the mixture.
2. The mixture is stirred for 10 minutes.
3. The mixture is then filtered.
4. The filtrate is washed with water.
5. The residue is washed with water.

6. The mixture is then filtered.
7. The filtrate is washed with water.
8. The residue is washed with water.
9. The mixture is then filtered.
10. The filtrate is washed with water.
11. The residue is washed with water.

12. The mixture is then filtered.
13. The filtrate is washed with water.
14. The residue is washed with water.
15. The mixture is then filtered.
16. The filtrate is washed with water.
17. The residue is washed with water.

Glycerol formal acetate

CORN MEAL (polenta*) -2-

- ① sort. (does not usually have many impurities) (*Migros brand 2-minute polenta)
- ② cook ~~10~~ 10 minutes, stirring constantly. 3 water to 1 grain.

COUS COUS*

- ① sort.
- ② rinse under cold water in orange plastic strainer (yes, a little does fall through)
- ③ middle grade [Moyen] cous cous from health food stores take 20 minutes on low flame.

*Moyen.
(middle grade,
"complete"
NOT pre-cooked)

2 ½ ^{water} - 1 grain

COOL DOWN (optional)

1. This class is meant for you
(optional) (optional) (optional)

2. Take time to breathe, sitting
backwards, breathe in & out

COOL DOWN

1. Sit
2. Take one side into water in
change from other (if
a little for for (optional))

3. With great [optional] [optional]
from health [optional] [optional]
to [optional] in [optional]

Handwritten notes at the bottom right, including the number '10' and some illegible text.

SEMOLINA (wheat)

- ① $3\frac{1}{4}$ water to 1 grain
- ② cook for about 7 minutes, stirring constantly. Should be dry consistency + not too wet + soupy.

General (Notes)

- ① 2 1/2 hours to 1 year
- ② work for about 1 minute
- ③ 2 1/2 hours to 1 year
- ④ 2 1/2 hours to 1 year
- ⑤ 2 1/2 hours to 1 year

MILLET

- ① sort
- ② rinse well. needs a couple of strong rinses.
- ③ $2 \frac{1}{2}$ ($-2 \frac{3}{4}$) to 1 ., cook for 20 minutes over low flame.

RICE ^[riz] (whole grain, long rice)

- ① sort. Remove colored grains (green + brown)
- ② rinse well.
- ③ cook 1 hour and 15 minutes at $2 \frac{3}{4} - 1$.
- ④ put rice in heavy BRUN Blender. chop up rice, but do not turn into a gooey paste.

INJECT

- ① Post
- ② ... with ...
- ③ $2H(-2H) + 1$...

INJECT

- ① Post ...
- ② ... with ...
- ③ ...
- ④ ...
- ⑤ ...

- A = often eaten
 B = occasionally eaten
 C = infrequently
 D = only when vegetable is

of exceptional quality.

VEGETABLES

D ① Artichokes ^{medium}; small, hearts only are eaten. cook 45 minutes at low boil. Heart must be an even color, + of good flavor. (Have had bad luck for many months with them.)

B ② BRUSSEL SPROUTS, tiny ones, preferably non-traite, clean, slice in 1/2, steam low flame 12-14 mins.
 (Chou bruxelles)

A ③ CARROTS, small (as they are more tender), and with good strong even orange color (sweeter). peel; slice thinly; steam 15-25 mins over medium-low flame.



B ④ CHINESE CABBAGE, remove layer of outer leaves, rinse leaves. remove thick stems + veins. steam over low flame about 10 minutes.
 (Chou chinoise)



B ⑤ CAULIFLOWER, small, white heads, use only the florets, remove as much stem as possible. Rinse w/ hot, then cold water. steam about 15 mins.
 (Chou fleur)



... (mirrored text from reverse side)

1) 1st step: ...

2) 2nd step: ...

3) 3rd step: ...

4) 4th step: ...

5) 5th step: ...

A (6) ENDIVE (presently out of season)
- use only the tips.

A (7) CHARD, small, tender, fresh
leaves, without spots or
signs of exposure to heat etc.
Rinse well with warm, then cold water.
Remove stems + large + med -
sized veins.
Steam on lowest flame 10-15
minutes.
(cote de bete)

B (8) POTATOES, tiny new potatoes,
peel; steam over low flame
about 15-25* minutes (* depends
on their size).
(pommes de terre)

B (9) PEAS, 1/2 can, extra-fine,
"HERO" brand. Rinse. (decide
what to do with the one
tiny onion in the can). Put into
blender. Add a little water.
grind until skins are well
blended.
(petits pois)

A ① BURRIVE (burry) (burry) (burry)
burry burry burry burry burry

A ② CHARD (chard) (chard) (chard)

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

chard chard chard chard chard

A (10) SOYA SPROUTS . ^{must be perfectly fresh} rinse ; ^{otherwise they're stringy} remove remaining green seed skins .

steam until no longer crunchy (about 20 minutes) .

(pousses de soya)

D (11) TURNIP , ^{white} tiny "turnips only ; + only when tender . peel , slice , steam . (about 10 minutes)

(rave)

B (12) KOLRABHI , peel ; slice thick ; steam 'till soft (about 10 minutes) .

D (13) ZUCCHINI , tiniest little zucchini (about 3-4" long) . rinse ; peel ; slice ; steam (about 20 minutes , low flame .

(courgettes)

ant. 1/2" long
1/2" wide
1/2" high

①

Soft - 1/2" long

Remaining part used as...

②

Turning

stem (about 10 minutes)

③

Karam

stem 1/2" soft (about 10 minutes)

④

Burrows

about 1/2"

pieces (about 3-4" long)

base; feet; stem; 8kram

about 10 minutes

flour

(weight)

FRUITS

APPLES golden delicious only. Best with a nice red blush on them (they're sweeter). Steam for 5 minutes. slice in rings + (pommes)



MANGOES ^{when} a yellow with red blush + fully ripe.

SULTANAS (mixed grapes, seedless)

- Rinse, + remove stems, well (hot, then cold water)
- Simmer for ~~10~~ 3 minutes.

DRY BANANAS (bannan sec)
(Bananas)



- Rinse each banana + rub gently to remove particles.
- cut into slices, ^{possible} nearly cover with water
- simmer on tiny flame for 5 minutes until completely soft.

1912

After dinner up to bed
a box of soap in the
(bath) - then for 2 minutes
the soap - (bath)

covered up to bed
half night

1912
After dinner up to bed
a box of soap in the
(bath) - then for 2 minutes
the soap - (bath)

The 1912 (bath soap)

After dinner up to bed
a box of soap in the
(bath) - then for 2 minutes
the soap - (bath)

FRUIT cont.

BLACK
CHERRIES (cerises noires)



- rinse.
- peel, slice
- steam over low flame for 5 minutes.

DRIED APRICOTS (abricots)

- rinse, sort (for PB use largest apricots of strong orange color - not small brown ones)
- soak for 4 hours, sort again. (covered with water)
- simmer for 20 minutes

PEACHES OR NECTARINES

- let stay until completely ripe + sweet
- peel, slice
- steam for 5 minutes.
- (- if necessary, sweeten with maple syrup.)

FRUIT

FRUIT
FRUIT
(CIVIL ROOM)

FRUIT
FRUIT
FRUIT
FRUIT

FRUIT (CIVIL ROOM)

FRUIT
FRUIT
FRUIT
FRUIT
FRUIT

FRUIT (CIVIL ROOM)

FRUIT
FRUIT
FRUIT
FRUIT
FRUIT

NUTS

CASHEWS *

- sort
- put in small orange coffee grinder
- put powder in small glass jar + refrigerate.

* PB prefers south Indian cashews.

PISTACHIOS *

- sort
- grind
- store in jar in refrigerator

* unsalted, shelled nuts can be found at BIDNA health food store in Montreux, Ave des Alpes.

NOTES

1870-1875

- 1870 -
 - 1871 -
 - 1872 -
 - 1873 -
 - 1874 -
 - 1875 -

1876-1880

- 1876 -
 - 1877 -
 - 1878 -
 - 1879 -
 - 1880 -

KITCHEN

- Don't use soap on dishes or silverware
- No strong cleansers in sink
- sweep floor frequently

BATHROOM

- don't use cleansers in tub or sink - or on toilet seat. Use hard soap only.

TRASH

- P.B.'s waste paper baskets should be dumped into an opaque ^{or paper} bag so items are not visible and then added to garbage bag
- glass should be taken to large garbage cans outside building
- daily garbage goes down chute to left of P.B.'s apartment door as you leave apt.

- pink trash bags now in use are purchased at Placette in houseware dept, across from grocery section. "sachets de congélation pour viande" 270 x 400 mm.

FITTING

Just as easy as taking a subtraction
to show division in fact
- keep the paper up

TRASH

Just as easy as taking a subtraction
to show - or in fact
- keep the paper up

TRASH

The same paper to show
to show that an operation
has no effect on the
value of the number
- same thing as taking a
number out of the
- just giving you the
- off of the number

Vertical
writing
is
easier
to
read
than
horizontal
writing
is
easier
to
write
than
horizontal
writing
is

HERBS

- ~~use only the leaves~~ Most often used herbs are in round plastic container w/ yellow lid.
- remove all tiny stems + use in powdered form
- add 3 minutes before end of cooking.
- use very little.

BREAD

- must be fresh
- PB prefers rye at lunch and cincereal or whole wheat for tea.
- DAR VIDA biscuits are delightful toasted.

1787

~~_____~~

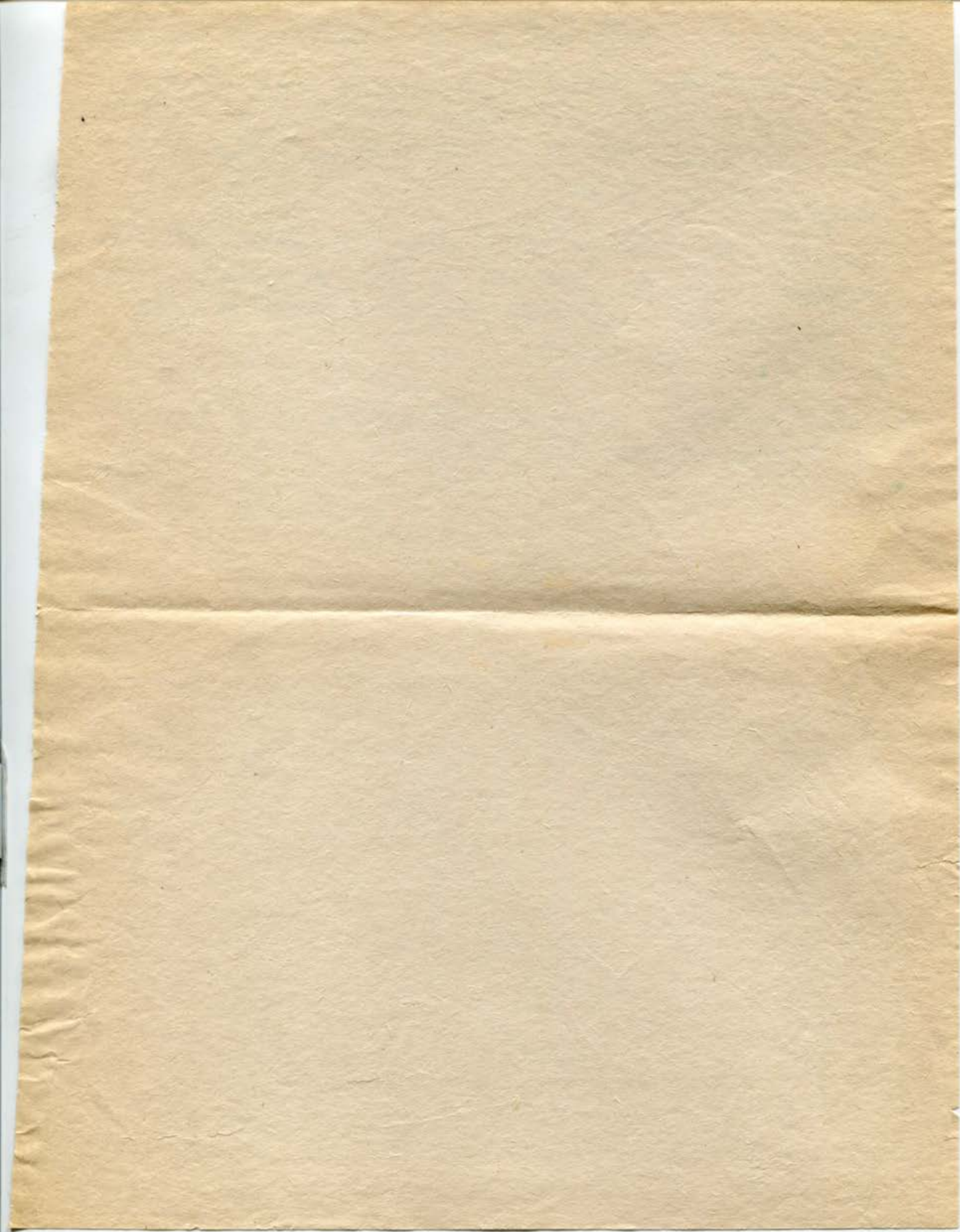
Notes

- But to first
 - It paper for at hand
 - all occurred possible
 - what for the
 - for with the side are
 - delivered the the

The Post Office in Vevey closes at 6:30pm.
Until 9pm there is a service for Express,
which is available from the side door nearer
the railway station. The charge for let
"Express" is 3F.

On Sunday, for a "taxe suplimentaire" of 50c
a letter may be placed in the baggage office
at the station. Whether one first goes to the
postoffice is unknown.

The Post Office in Clarens also closes at 6:30pm;
its side door closes at 7:30pm.



POSTAL INFO



Dr. Paul Brunson

Nu. mail

CH 1807 Bancy (Tand)
SWITZERLAND



PO Info

For Book Post ~~means~~ cheap rate

you must NOI seal (gum down)
packet.

titre de l'ouvrage:

The Power and the GLORY

Prêté jusqu'au

- 4 SEP. 1971

Cote (lettres et numéro)

DA 15366

Tome: _____

1

Vorgewiesene Auswieschrift
Pièce de légitimation présentée
Legittimazione presentata

No

Tarif / Tariffa

Fr.	
-	20 = 60 c.
ober/au-20	- 100 = 80 c.
dela/de/100	- 500 = 100 c.
oltre	500 - 1000 = 120 c.
Für je weitere	1000 Fr. oder
elren Bruchteil	davon 30 c.
En sus, par	1000 fr. ou frac-
tion de	1000 fr. en plus, 30 c.
In plus, per	ogni ulteriore
importo di	1000 fr. o frazione
di	1000 fr.
1000 Fr.)	
Zustelltaxe	30 c.
Factage	
Facchinaggio	

auf den Namen von
au nom de
al nome di
Unterschrift des Zustellers
Signature de l'agent distributeur
Firma dell'agente distributore

18

(2) To send a
single disk
costs relatively
a higher rate than
to send 3 or more

so always
include a couple of work discs
with a letter.

Use the Koldenes
White card for letters

Erntungscheinigung
Zu dem untenstehend angegebenen Betrag erhalten
Recit. la somme indiquée et



Dienstvermerke
Indications de service
Indicazioni di servizio



Aufgabe / Emission / Emissione

N^o

Auszahlung
Paiement
Pagamento

N^o

Telephone ① ~~There~~ No "Person-to-Person" service is available from inside Switzerland to another Swiss #, but it is available to USA from ~~the~~ ZH

② Cables by NLT, not available in Switzerland, so cheapest cable rate is "BRIEF Telegramme"

③ ~~off~~ When ~~using~~ wiring my correspondents abroad a Swiss address, add "CH" as prefix to Leit Zahl (Zipcode) #

13, St. James' Square

London S.W.1

ENGLAND

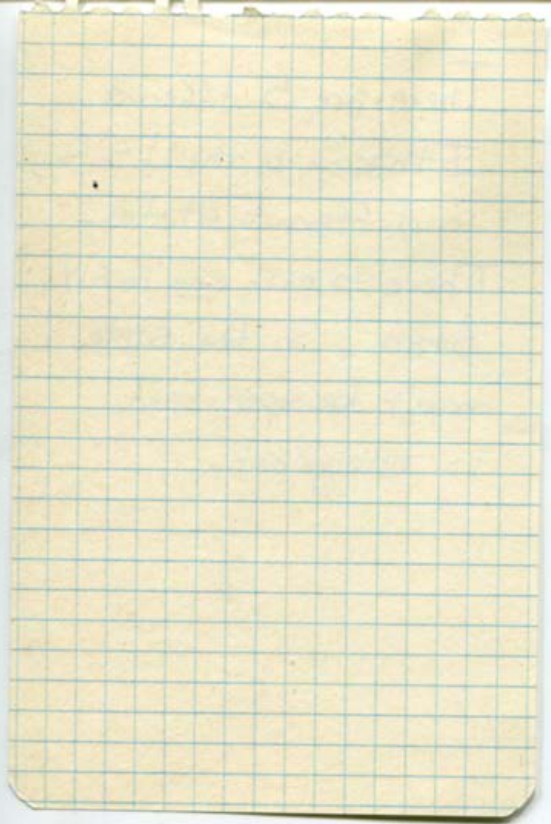
Zurich, 25th October, 1968

ep

The new paperback editions of your
would like to send you copies of
do not know where we shall send
you had been in Zurich, but could
then you would no doubt have con-
should be very much obliged to you
can reach you at present.

There are 5 different
Ithacas in the U.S.A.,
in different states.

There is only one in NY
State, So the state
must be specified
in telegrams.



Empfangsschein
Récépissé
Ricevuta

Bitte aufbewahren
A conserver svp.
Da conservare p.f.

Postanweisung für das Inland
Mandat de poste interne
Vaglia postale interno

Zur Abholung gemeldet am
Avisé pour retrait le
Avvisato per ritiro il

Abschnitt
Coupon
Cedola

Fr. C. Taxe
Tassa

einbezahlt von / versés par / versati da

zahlbar an / payables à / pagabili a

Für die Poststelle:
Pour l'office de poste:
Per l'ufficio postale:

Dienstvermerke
Indications de service
Indicazioni di servizio

No

Auszahlung
Paiement
Pagamento

No

WARNING
Postal
This white form correct to
send ~~with~~ without
using giro dc of
~~using~~ Green form is only
for giro payment

Fr. C.

einbezahlt von / versés par / versati da

zahlbar an / payables à / pagabili a

Frankatur oder
Amstempel
Affranchissement
ou sceau officiel
Affrancazione o
bollo ufficiale



Empfangsbescheinigung
Quittance
Quitianza

Den umstehend angegebenen Betrag erhalten
Récu la somme indiquée d'autre part
Ricevuto la somma indicata a tergo

Dat. 19

Unterschrift des Empfängers:
Signature du destinataire:
Firma del destinatario:

von par da

Tarif / Tariffa

Fr. - 20 = 60 c.

über/au-20 - 100 = 80 c.

dela/der/100 - 500 = 100 c.

oltre 500 - 1000 = 120 c.

Für je weitere 1000 Fr. oder

einen Bruchteil davon 30 c.

En aus, par 1000 fr. ou frac-

tion de 1000 fr. en plus, 30 c.

In più, per ogni ulteriore

importo di 1000 fr. o frazione

di 1000 fr. 30 c.

(Max.-Massimo: 10 000 Fr.)

Fachtagglo..... c.

Zustelltaxe

Firma dell'agente distributore

Signature de l'agent distributeur

Unterschrift des Zustellers

au nom de

auf den Namen von

19

No

ausgestellt in

etablie à

riasciata a

Vorgewiesene Ausweischrift
Pèce de légitimation présentée
Legittimazione presentata

(memo for mail)

HOW ZIP CODE WORKS

ZIP Coded letters and parcels go directly to the sectional center (focal points of air, highway and rail transportation) nearest their destination, skipping stops in between and reducing the number of handlings in route.

WHY WE NEED IT

The national mail volume is more than 72 billion pieces a year.

It rises by two billion pieces a year.

ZIP Code helps us to keep up with this volume while keeping costs down.



The Postal Service thanks you for using ZIP Code on your letters and parcels.

THE ZIP CODE FOR YOUR DELIVERY AREA IS:

10036

KEEP THIS NOTICE FOR READY REFERENCE

USE ZIP CODE

MR. ZIP SAYS: IT'S FOR EVERYONE!

DON'T FORGET TO USE IT IN YOUR RETURN ADDRESS

XXXXXXXXXX
XXXXXXXXXXXXX
XXXXXXXXXXXXX

12345

5¢

Mr. John Doe
3025 Theresa Street
Arlington, Virginia 22207

ZIP CODE SPEEDS PARCELS AS WELL AS LETTERS

Gegenstand
Objet
Oggetto

Adresse Indirizzo

Für Einzahlungsscheine Postcheckkonto-Nr.,
für Einzahlungskarten Teilnehmer- und Referenz-Nr. unerlässlich - Pour bulletins de versement n° du compte de chèques, pour cartes de versement n° d'adhérent et n° de référence
- Per polizze di versamento indicare il n° del conto corrente, per schede di versamento il n° dell'aderente e il n° di riferimento

1	2	3
1 *PA	Hans Meier Thunstr. 20 3005 Bern	N° <input type="text"/> <input type="text"/>
2 *BV	Croix-Rouge suisse Genève	N° 12 - 2400 <input type="text"/> <input type="text"/>
3 *EK	Kreistelephon- direktion Bern	N° <input type="text"/> <input type="text"/>
4 *R	Banque cantonale valaisanne 1920 Martigny	N° <input type="text"/> <input type="text"/>
5 *PV	Sci Club Olivone	N° 65 - 5233 <input type="text"/> <input type="text"/>

Fr. c. Taxe Tassa c. Unterschrift des Postbeamten Signature de l'agent postal Firma dell'agente postale Datumstempel Timbre à date Bollo a data

4	5	6	7
Betrag / Montant / Importo — 100 — 80 Nachn. / Remb. / Rimb. _____			<input type="text"/>
Betrag / Montant / Importo — 25 — — Nachn. / Remb. / Rimb. _____			<input type="text"/>
Betrag / Montant / Importo — 19 85 — Nachn. / Remb. / Rimb. _____			<input type="text"/>
Betrag / Montant / Importo _____ 80 Nachn. / Remb. / Rimb. _____			<input type="text"/>
Betrag / Montant / Importo — 12 — — Nachn. / Remb. / Rimb. _____			<input type="text"/>

Abkürzungen (R, ES, EK, PA) siehe Seite 2, Nr. 3, im Empfangsscheinbüchlein
* Abréviations (R, BV, CV, MP) voir page 2, no 3, du livret de récépissés
Abbreviazioni (R, PV, SV, VP) vedi a pagina 3, no 3, del libretto di ricevute

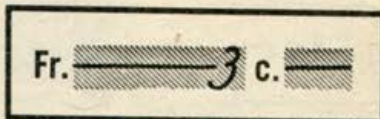


Zur gefl. Beachtung

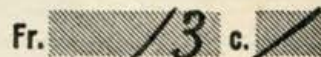
Sofern die Beträge nicht schon vorgemerkt sind, bitten wir Sie, Ihre Einzahlungsscheine und Postanweisungen mit **Tinte**, mit Kugelschreiber (Blei- oder Tintenstift genügt nicht), mit der Schreibmaschine oder in einem Druckverfahren wie folgt auszufüllen:

Avis

Si vos bulletins de versement ou mandats de poste ne portent pas déjà l'indication du montant, nous vous prions de les libeller à l'**encre**, au stylo à bille (le crayon ordinaire ou le crayon-encre en suffisent pas), à la machine à écrire ou par impression typographique, de la manière suivante:



aber nicht so / et non / e non



Avviso

Se l'importo non è già indicato sulle vostre polizze di versamento o sui vaglia, vogliate compilare i moduli con la **penna**, con lo stilo a bilia (la matita comune o copiativa non basta), con la macchina per scrivere o con procedimento di stampa, nel modo seguente:

Es ist **unzulässig**, an den eingesetzten Zahlen irgendwelche **Korrekturen** vorzunehmen.

Diese Vorschriften gelten auch für die Eintragungen in die Empfangsscheinbüchlein.

Wenn Sie 5 oder mehr Einzahlungen miteinander aufgeben, so ist es unerlässlich, diesen ein Verzeichnis beizulegen, auf dem die Beträge einzeln angegeben und zusammengezählt sind.

Beachten Sie bitte die Muster-Eintragungen für Empfangsscheinbüchlein auf der Rückseite.

Generaldirektion PTT

Les **corrections** et surcharges **ne sont pas admises**.

Ces règles s'appliquent aussi aux inscriptions faites dans les livrets de réception.

Lorsque vous déposez simultanément 5 versements ou plus, il est nécessaire d'y joindre une liste des montants, suivis du total.

Prière d'observer au verso les modèles de réception.

Direction générale des PTT

Non è permesso correggere in un modo qualsiasi le cifre.

Queste norme valgono anche per le iscrizioni da fare nei libretti di ricevute.

Se fate contemporaneamente 5 o più versamenti, è necessario allegarvi una distinta con l'indicazione dei singoli importi e del rispettivo totale.

Vogliate osservare, a tergo, i modelli per le iscrizioni nei libretti di ricevute.

Direzione generale PTT

ARE YOU THE TESTING THEY BEST THIS
this paper is being tested

THIS IS TO COME TO THE

HERESCOPE FOR ALL TESTS FOR MACHINES
this is purpose of paper
we are the THE GOVERNMENT MACHINES

ALL how strange the rough side is better

this is the thick paper for testing

For overseas mail use
experimental sheehow for all the dogs and cats

it is necessary to use good copy paper
this is interplastic sheeting

Dr. PAUL BRUNTON

experimental testing paper

C/o National & Grindlays Ltd.,

13 St. James's Square,

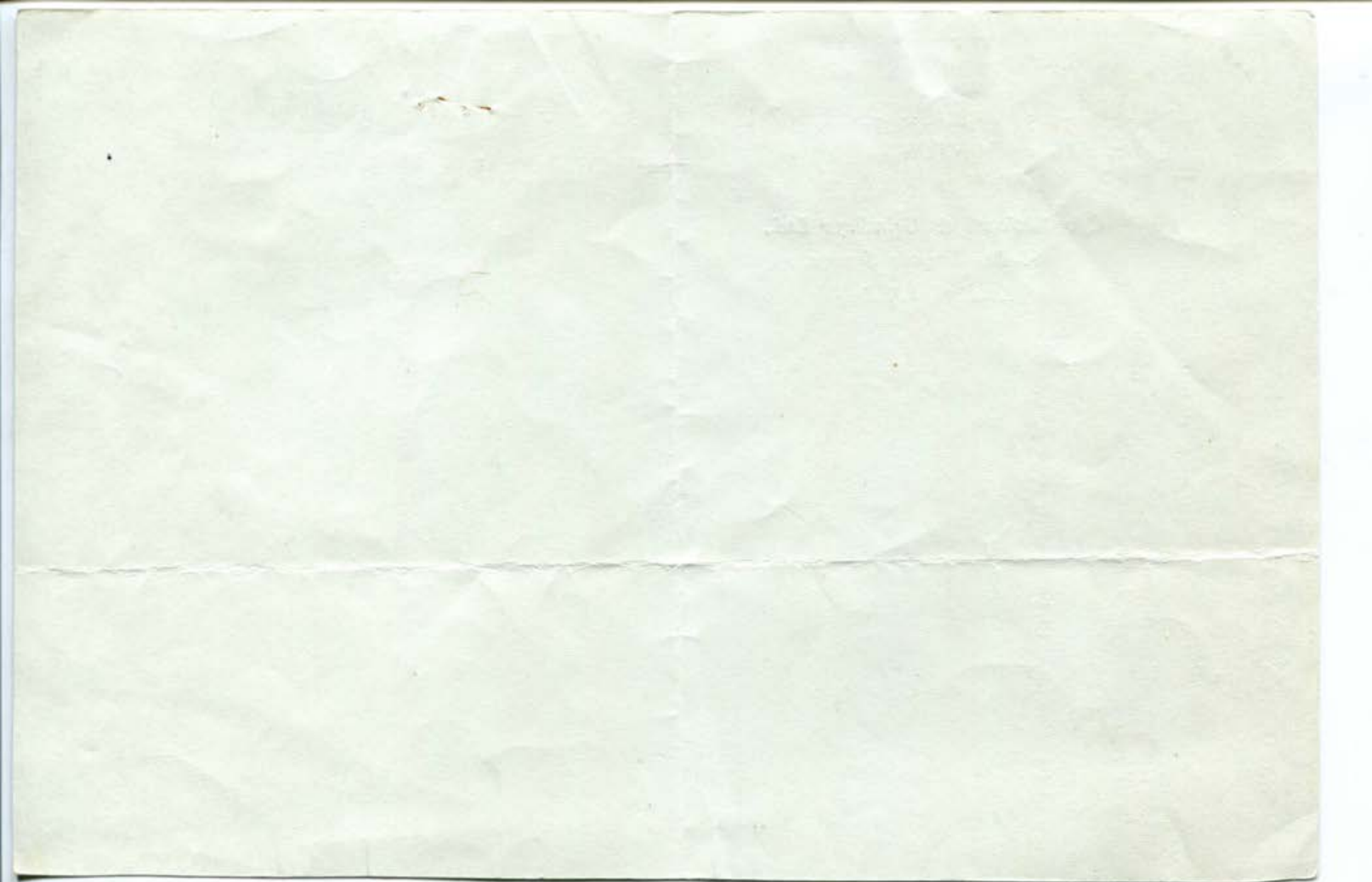
London, S.W.1

testing this is the best final exam

MY DEAR MR JONES AND CO

This sheet in a small
or large AIR cover is just
within the 5 gram overseas
Airmail limit

here is a teatime tragic story



postal information 1980

Jan 26, 80

GUICHETS	Monday to Friday		Saturday	Sunday
Montreux	7:30 - 12:30	13:30 - 18:30	7:30 - 11:00	Closed
Vevey	7:30 - 12:00	13:30 - 18:30	7:30 - 11:00	Closed
Clarens	7:30 - 12:00	13:30 - 18:30	7:30 - 11:00	Closed
La Tour de Peilz	7:30 - 12:00	13:45 - 18:30	7:30 - 11:00	Closed

TAXE *LATE FEE*

SUPLIMENTAIRE	Mon. - Fri.	Saturday	Sunday
Montreux	6:30 - 21:00	11:00 - 16:00	Closed 50c. at Guichet de cases.
Vevey			at Station at Guichet de baggage
Clarens	Not available		50c. + Exprès
La Tour de Peilz	18:30 - 19:00		at Guichet de cases

EXPRES*

	Mon. - Fri.	Saturday	Sunday
Montreux	after 21:00 at Guichet de baggage		at Guichet de baggage
Vevey	6:30 - 21:00	6:30 - 16:00 at side entrance facing station	at Guichet de baggage
Clarens	6:30 - 7:30 18:30 - 18:45	6:30 - 7:30	
La Tour de Peilz	18:30 - 19:00	Go to Vevey	Go to Vevey

LAST PICKUP AT

POST BOX	Mon. - Fri.	Saturday	Sunday
Montreux	22:00	18:00	18:00
Vevey	22:15	17:30	17:30
Clarens	19:30	12:00	10:00
La Tour de Peilz	19:00	12:00	Closed

For placing a telegraph by phone Tel: 110 is always open

TELEGRAPH

	Mon. - Fri.	Saturday	Sunday
Montreux Summer	7:00 - 20:45	7:00 - 20:45	8:30 - 12:30 15:30 - 19:15
Winter Nov. 1 March 31	Same	Same	Closed except Christmas, New Years' and Easter
Vevey	7:00 - 20:45	7:00 - 20:45	Closed
Clarens	7:30 - 12:00 13:45 - 18:30	7:30 - 11:00	Closed
La Tour de Peilz	7:30 - 12:00 13:45 - 18:30	7:30 - 11:00	Closed

* see sack

There is a Post Box about 2 blocks up from Oasis (on opposite side of street) on wall next to grocery store. The pickup is 10:30 am.

EXPRESS: TO AMERICA, THE PLANES LEAVE GENEVA AS FOLLOWS:

Day	Time
MON	11:30 am
TUE	11:30 am
WED	7:20 am
THU	10:00 am
FRI	11:30 am
SAT	10:00 am
SUN	10:55 am

Destination	Mon. - Fri.	Saturday	Sunday
La Tour de Peize	18:30 - 19:00		
Clarens	18:30 - 19:45	6:30 - 7:30	
Vevey	6:30 - 8:00	6:30 - 10:00 at Guchet de bagage	6:30 - 10:00 at Guchet de bagage
Montreux	6:30 - 8:00	6:30 - 10:00 at Guchet de bagage	6:30 - 10:00 at Guchet de bagage

Destination	Mon. - Fri.	Saturday	Sunday
La Tour de Peize	19:00	18:00	Closed
Clarens	19:30	18:00	10:00
Vevey	22:15	17:30	17:30
Montreux	22:15	19:00	18:00

Destination	Mon. - Fri.	Saturday	Sunday
La Tour de Peize	13:45 - 18:30	7:30 - 11:00	Closed
Clarens	7:30 - 12:00	7:30 - 11:00	Closed
Vevey	7:00 - 20:45	7:00 - 20:45	Closed
Montreux	7:00 - 20:45	7:00 - 20:45	Closed except Christmas, New Year's and Easter

OATMEAL

During the cup of a

① ASK PB how to cook

his DEMETER brand

oats [I've never cooked

Oat type]

② add sultanas

during last 5 minutes

of cooking. (a small heapful)

To prepare sultanas:

1) spread out ^{small quantity} on white
enamel / tin pan

2) SORT → remove stems
+ unhealthy looking
ones

cut -

3) Raiseⁿ well
in
hot water, then
cold [to get off
chemicals in the
hot water!]

TEA



A.
Chinese pot



B brown pot
C teacup
y lid



- 1) 4 minutesⁿ for infusion then
strain into brown pot
(B)
- 2) 2 level gold spoons for
1 1/2 cups of water about 4 1/2 - 5
small cups.

1) put 2 scoops (level)
into Chinese pot.

2) pour freshly boiling
water (don't let H_2O
from pile tea kettle [whistle strong])
boil a long time) over
loose leaves - 2 gold scoops
(teaspoons) per

3) pour rest of boiling pot
water into brown
teapot to warm it.

4) stir (about 3 times)

The leaves during the
 $1\frac{1}{4}$ - $1\frac{1}{2}$ minute
in fusion.

5) after 1 minute
of infusion, pour
out heating water
from brown teapot
+ set strainer on top.

6) at 1 1/4 mins. pour
liquid from Chinese
pot thru strainer
into brown teapot.

7.) cover teapot w/
tea cosy.

8.) Serve ^{PB's} tea cup with

FOR LAUNDRY -

- all ^{room} bath towels
- 2 kitchen dish towels
- tablecloth
- PB's bed linen
(- new sheets from Anna)
- The rest of the
dirty laundry is
on floor of hall
coat closet ^(over) + PB
will add what he
may have in his own
bathroom closet.

There used to be
a gold plastic
bag w/ a cord,
but I haven't
seen it in a
few weeks —

1. Apartment.

1.1 Machines

available every other Tuesday afternoon - Jan 1, Jan 15, etc.

1.1.1 Laundry

the machines are on the bottom floor near the rear entrance. Each of the 2 washers can be filled to the top of the drum inside. Use the ^{blue} plastic wide-mouth funnel (usually kept on the water valve when not in use) to insert the clothes in the drum. Once the clothes fall underneath the drum, it is nearly impossible to retrieve them. After filled, close the drum hatch. ^{top} Open water valve on the wall, ~~near the floor~~ beside the machines. Turn electricity switch to 1 (ON). Put soap in the receptacle on the top left side of the machine. Select the cycle you want from the card on the top back of the machine. It gives the duration, temperatures, + price. The buttons on the front of the machine correspond to the cycles. For example, 2+b is 95°, 110 minutes, + costs 2F. The lint trap should be in place on the bottom front, + the screw clamp firmly on. (a flap opens to expose it) Push the buttons you want - e.g. 2 and +b. Make sure the top lid is locked closed. Put in the money, + the rest is automatic.

When finished turn off the electricity switch again. ~~Close~~ Close the water valve + take out your clothes. Clean out the lint trap.

There are 2 dryers: one opposite the 2 washing machines, + a whole room to the right of that room. Both are free (\$) + are activated by turning the time knob on the upper right corner of the former, + to the right just as you enter the large room. ^{for the latter} The little closet is faster, but is too small for ~~many~~ ^{many} things. Start the whole procedure

WARNING:

They are powerful machines, + you could get your arm ground up

\$ 1.20
October

Sheets
Towels
1.60

Use +
not +b

SOAP
2 demilitar
2dl

sprinkle's
cricket
rest in receipt

as soon as you arrive. You will need the whole (2) afternoon to get everything washed & dried.

If there are any problems ask the concierge (he's usually in between noon & about 1:30.) or his wife. His name is M. Bendinante on the 1st floor.

1.1.2 Typewriters - normal operation except PB likes you to type with a piece of paper behind the page being typed to save the rubber drum that the keys hit. Watch the ^{old} one in his office. It often doesn't advance, especially with capital letters.

1.1.3 Kitchen -

1.1.3.1 Coffee grinder - not for coffee - for him at least. Soup powders need to be ground more finely. He uses ground almond powder and ~~and~~ pumpkin seeds ground for his dinners. They are kept in jars in the refrigerator. Soup powders - Vogue and Sunshine Valley are mixed in a 2:1 proportion. Do not fill it above the metal bottom level inside the grinding cylinder.

1.1.3.2 Blender - I never used it, but I'm a dull cook.
1.2 Kitchen & food.

~~I was not a creative cook, although you should be if you have the talent. There are many restrictions, ^{in PB's dull} however that will handcuff you on a lot of things you would like to do. I invariably made cooked vegetables and grain for lunch.~~

1.2.1 Grains: rice, buckwheat, millet, couscous, ~~so green~~ ~~soya beans~~, (pre soak the night before) maize he will eat. use a dry 1/4 cup for each person (he has a silver cup that I used as a measure.) Some, like soybeans & buckwheat, use slightly less. Couscous & maize cook almost immediately. Millet takes about 20 min. Rice & soybeans should be cooked an hour ^{and 15 min.} He likes everything soft. Potatoes are OK once in a while. Check soybeans for stones.

1.2.2 Veggies cooked: OK are carrots, Swiss Chard, bean sprouts,

Chinese cabbage, Kohlrabi (there are several kinds, & the best is a white-light green variety that is non-fibrous. ~~They are~~ the size of a large baseball, & has a semi-rough surface - not really smooth: that variety is fibrous - and ground up peas (the skin is too tough). All should be cooked until soft - no crunchiness left. ~~Use with chard & the other vegetables in the~~ take out veins of the Swiss Chard & cook only the thin green part. Stems and leaf veins are thrown out. ~~Use in the~~ ~~leaves~~. All are thoroughly washed before cooking. No skins of anything - carrots, kohlrabi, potatoes.

1.2.3 This salad: Carrots grated as finely as possible are the bulk of it. Toss in some finely chopped zucchini (tender), a peeled radish or two, ^{and} ~~some Chinese cabbage~~. Total quantity about the size of a large baseball. ~~Make which~~ ~~is cooking & serving~~ with a ~~pot~~ lid with a lid.

1.2.4 Fruit. fresh as possible - apples (golden), grapes, ^{maybe} (Dole unsweetened pineapple), dates, ^{in season} ~~coated~~ ~~grated~~ ~~beans~~, Clementine oranges. Served 1 hr after lunch. ~~Put~~ raisins are slightly cooked. The raisins are sultanas (golden) ^{or blue} ~~or blue~~. _{3 mins}

1.2.5 Tea: ~~Use the same water as the coffee, but~~ ~~with a dash of milk from time to time.~~ ^{Tea} ~~Tea~~ brewed for ^{1 1/2} ~~10~~ minutes for a full pot. ~~It is a long process~~. It must be hot. Cover the brew with a pot cozy and his tea cup should have a little lid on it to keep it that way. He eats Dao Vida crackers & sometimes bread. ^{toasted if not fresh} Ask him what he wants. It is a good idea at the start to keep extra hot water to dilute if you've made it too strong.

1.2.6 Bread. He eats rye and whole wheat - seigle + (4) complet. There is a square (carre) rye which he likes because it is less crusty. I have indicated the baker shops on the map with what they have that is good.

1.2.7 Garbage - bag kept under sink. There is a chute outside the apartment door on the left as you look into the hallway (curicular metal). No wet stuff or glass. Glass is taken down to a garbage room around the corner from where the mailboxes are. ~~Also~~ large items. No oversized bags to clog up the chute.

1.2.8 Medicines: He makes decoctions of several things regularly - Swedish medicine, ginger, + others. He had better show you this himself. Ginger is grated, stewed in water, + the juice is strained off for use.

1.2.9 Nut powders: Grind up ~~almonds and pistachio seeds~~ ^{peanuts} in the coffee grinder. Use the skinless organic varieties if possible. Break up ~~some~~ some before putting them in the grinder to save the ~~grinder~~ machine. He keeps about $\frac{1}{4}$ cup of powder in jars in the refrigerator.

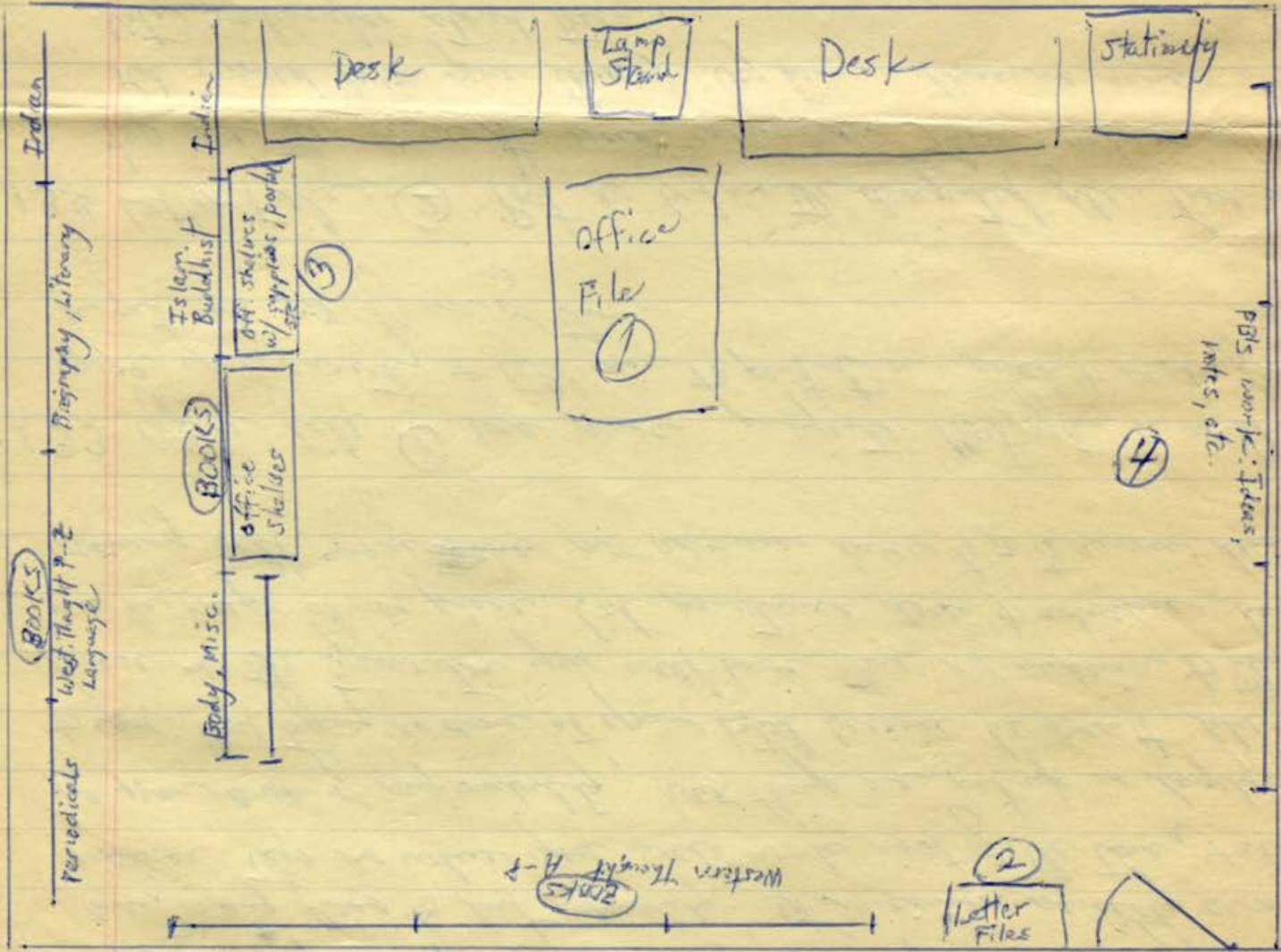
? (1.2.10 Soup powders: Sunshine Valley must be ground in grinder + mixed with bougie in 1:2 portions. Stored in refrig)

1.2.11 Dishes, etc: Lunch -
Serve bowl on plate with a spoon + fork. There is a white lid that fits on his bowl (to keep it hot). Napkin ~~part of the set~~. Grains are best cooked in a heat-retaining pot called Duratherm. It is sewed on a ^{therm}

gold-colored base for heat retention. ~~Difficult to clean~~
~~skillet w/ hot liquid w/ hot liquid~~ there is a white block with
 red hot work under it. ~~It is very hot but say it's ready &~~
~~is still above.~~ He keeps his spoon + fork in a special
 place so he can find it. Cook where. Wash without soap.
 At the end of the day, the dishes + pots should be ~~put~~ dry + put
 away

1.3 Office

1.3.1 Rough Map



1.3.2 Rough descriptions. The rep gives a general outline, & there are ^{too} many items to list separately. It is common-sensically arranged, & since this is where you will work most of the time, & it is your area of responsibility, how things are set up is largely up to you. Most typing is done at your hotel because he doesn't like the noise & the typewriter you will have there is superior to the old one he keeps at his place (it sometimes doesn't advance, has no warning bell, & has ~~no~~ no advance lever to go to a new line.

1.3.3 Office file ① has misc. subjects. Most often he will give you something & tell you to put it in such & such file, or get it out of one of them.

1.3.4 Letter File ② Post is put in the designated file. Those on top are the frequently used categories. Those below are old & need to be gone through by him. There is some Note work also stored there.

1.3.5 Books - his library is a recent arrival to L'Oasis. It is roughly ordered as indicated on the rep according to groups & then alphabetically arranged. You may be refining the setup. Be careful not to pull on the shelving as it is not super secure - particularly the round post shelves. (weak ~~of~~ compression springs in the posts)

1.3.6 Office supplies - general office supplies & gadgets. Post scales, stamps, address books, & rate charts there. Also dictionaries, dictaphone discs there

1.3.7 PBS work (4) (7) Typescript of his ideas on various topics. There are 28 classes of ideas ranging from the absolute to the body. They have been done in both top & side binders, but he is discontinuing the former. All future work will be done on 6"x9" sized paper & 3 hole punch. Also book notes from what he reads. You will be typing these up as he reads.

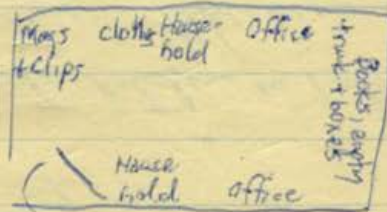
Also at (8) are misc envelopes, label stickers (he loves to label things), empty binders, maps of the area & elsewhere, & a holding place for work he is dealing with.

There are separate binders for unreviewed work, & this should not be incorporated into the IDEA volume until he has done this.

1.3.8 Generally you work here unless he invites you to help him in the living room. Crack down the shutters when it gets dark.

1.4. Storage Areas (Caves)

1.4.1 Attic compartment #14 on the left end of building as you come out of the elevator (top floor). Go thru door & sit on the right. Has books (foreign editions), office, household, clothes empty boxes, & some magazine & articles therefrom. They are in rough groups:



The key is kept in a little box in the closet opposite the kitchen door & is labeled.

1.4.2 Basement. Near rear entrance & laundry room. You need both ~~the~~ apt. door key for outer door & cave key to get in (kept in the same place). This is No. 7. Go thru entrance to laundry room area of the outer door (white) is on left. It is small & hence, not as well organized. Contains art objects,

electrical stuff, nice household, a couple of book boxes, (8) (which should eventually go to attic), a few clothes.
Both caves could be better organized. They were just dumped in by the movers who were impatient & I spent a little time getting it a little more organized. A good project for you. - nice MT party.

1.5 Closets opposite kitchen in hallway. Hardware & linen closet. Sunday items. Poke around to see what's there.

1.6 Bedroom. you will do little in there except make the bed when you come in, clean it up from time to time, & crank down the shutters when it gets dark.

1.7 Bathroom - keep it clean & use freely anytime

1.8 Living Room - He works there during the day. Keep clean. Water the plants here & in the office

2.0 Errands outside

2.1 Shopping - It is your job to buy everything & bring it there - food primarily, but also office, hardware, etc.

~~2.1.1~~ The map shows the places where I shopped frequently although it isn't complete.

2.1.1 Food - Fresh, organic if possible. In season the market in Vervey Trees & Sat am is the best. One person sells unsprayed (non traité) Don't buy too large quantities so it is fresh when eaten. Gen market is best also because it is direct from the farm without being housed with meat. I suggest you buy a back pack about the size of a shopping bag.

3.0 Transportation - the bus is the way to go. The stops ⑨ you need to know about are indicated on the map. Get a monthly "abonnement" as it is the cheapest & can be used for as many rides as you wish for that month. These passes are gotten at the Clarend Depot (~~where the bus stops near your hotel.~~) It is about 1/4 mile from the bus stop to PB's apt.

You will probably go to Lavoisier from time to time, although he said he was going to cut it out in the cold months of Jan + Feb. I used to meet him at the Vevey gare, & he usually took the 11:03 train. He prefers riding the train over a bus to Montreal.

~~4.0 Before you come: He wants you to get your "excuse" together for the Swiss govt. as to why you will be staying longer than 3 months if you do stay that long. Ed used language & vacation as his reason. I had a job related excuse. Under no circumstances say that you have an interest ^{or need for} in working while there. You will be on the plane if you do. You cannot take a job away from a Swiss citizen. Get papers, letters, & whatever documentation you need for your excuse before you go. Ed can write something for you about a job-related excuse, fine. I don't think it is really very difficult to get the visa extension, but it is best not to take any chances. Do not use PB's name. He wants to be left out of it.~~

~~5.0 What to bring: 2 weeks of clothes. The washing machine is available every other week on Tuesday ~~pm~~ afternoon, from Jan 15, Jan 15, Jan 22, etc. Back pack, radio and/or tape recorder w/ tapes if you like music, 1 extension cord, pocket knife, alarm~~

clock that runs on batteries

In general, if you are going to need it, buy it & bring it over. Everything costs at least twice the American price in Switz.

They is there - I'll leave behind
~~Don't bring~~: Office supplies, soap, 1 set of dishes, water boiler (for 1 person)
[hot cup, 1 pan, 1 hot plate], 1 cutting board, large French dictionary, typewriter*, current adapter* (not good for high current levels like an iron - I found out, nor for things that keep time like clocks & tape recorders - they will slow down to 5/6 speed.)
a few books & Ed bought

* these are PK's & will be stored at his place until you arrive.

260
186.0

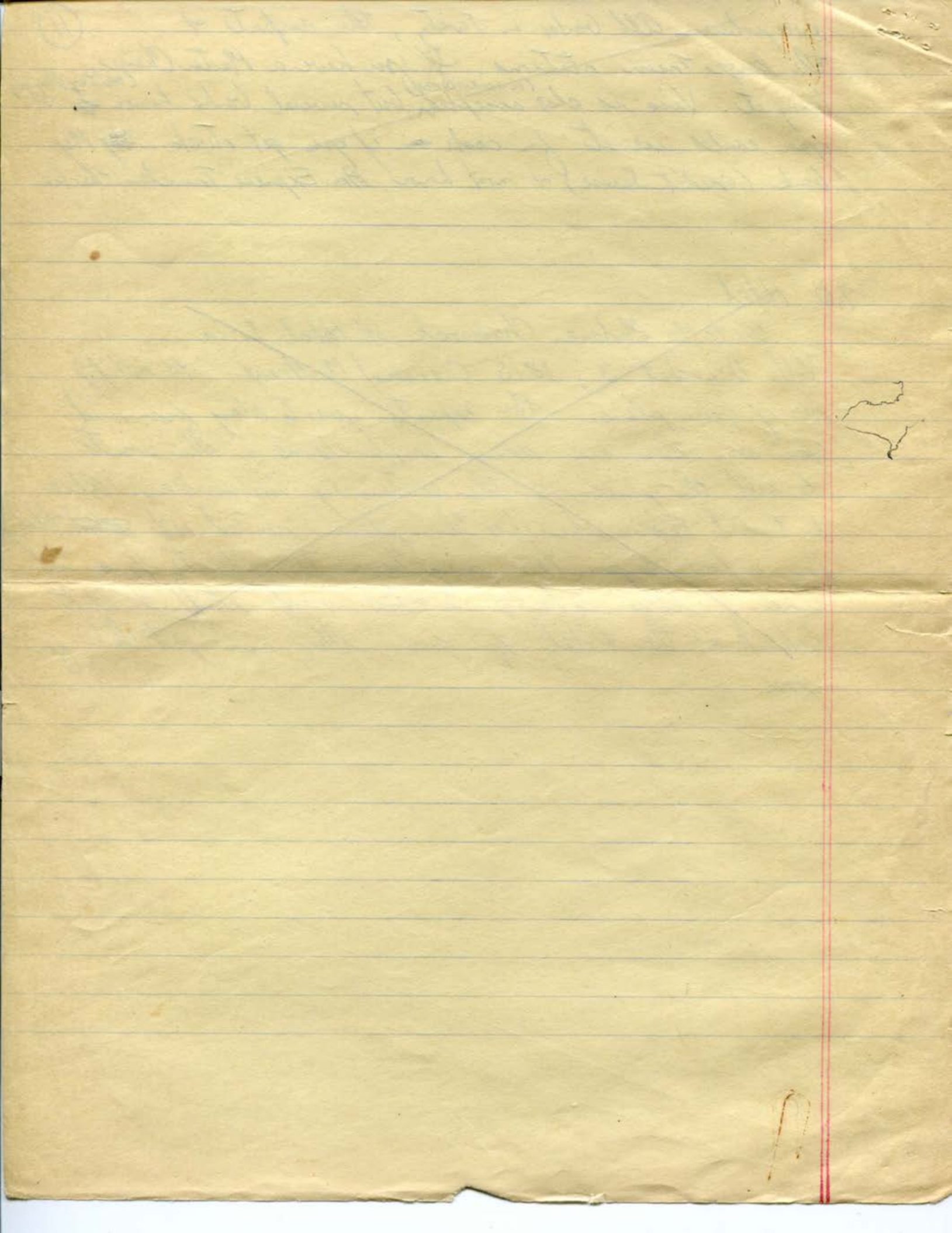
6.0 Money It costs alot to live here relatively speaking. Less my plane tickets I spent \$2200 for 5 1/2 months. I don't think you can live much more cheaply, except that I eat alot! With 2 people you should be able to live ^(rent) less per person. Rent for me was 260 Fr. or about \$156. Transportation is 39 Fr./month/person for a bus pass. Food will probably cost you about 10 Fr./day, or fixed expenses are about 600 Fr./month. (1.6 Fr. = 1 \$)

Pick a bank that has offices in both Vevey & Montreux. Ed & I used Credit Suisse but Banque Cantonale Vaudoise has a branch in Clarens as well as V. & M. You might want to get an efficiency rather than a room since there are 2 of you. A kitchenette & shower would have been a real boon, but you have to pay more of course. However 2 people in 1 room could get heavy - but you will only be there part of the morning, & the evenings. There are exchanges

everywhere - All banks in Switz, the airports & the large train stations. If you have a Master Charge ^(Master Charge) bring it. Visa is also accepted ^(in Switzerland), but several banks honor ~~it~~ & you could use it for cash ~~in~~ if you get stuck. ~~My~~ My bank (Credit Suisse) ~~at~~ not honor Am. Express Travelers Checks. (11)

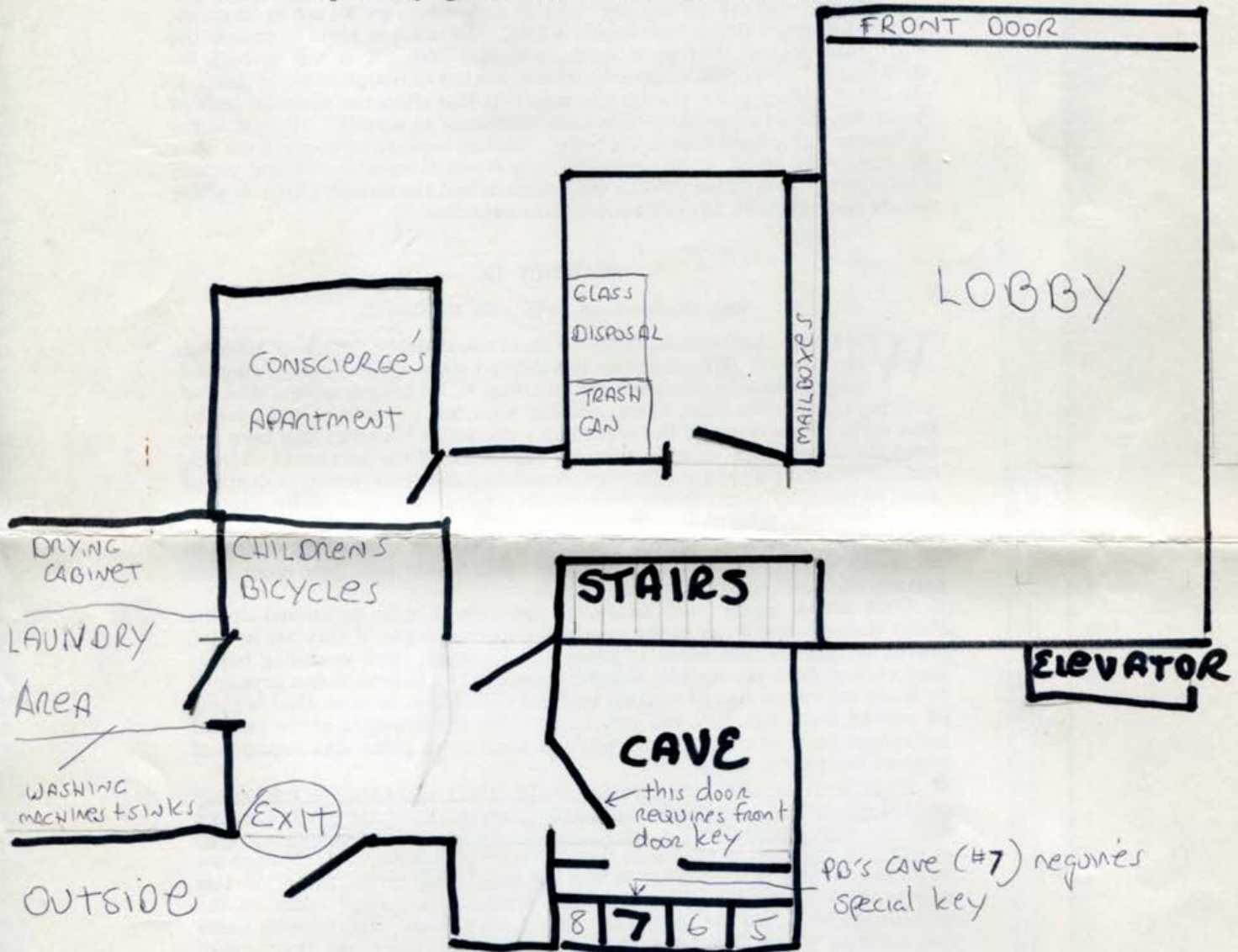
7.0 Hotel

~~Write to Madame Chamorel of Hotel Erica Villa Aubochet 3, 1815 Clarens/Montreux to notify her of your plans. She expects you to stay from mid Jan on. There are some complications. She wants to sell the place, so the continuity is unclear. Also in mid Feb. she has the place rented out ~~at~~ totally for a few days. You may have to relocate for that time. Also I have 2 boxes with stuff I left behind at the hotel for you. She can get them for you.~~



Note on where to deposit glass:

As you exit from the elevator on the ground floor on your left (opposite the staircase) is a door with an F on the front in red. If you go in this room to your left is a large trash can into which falls the trash which is dumped down the chute. Next to it, either on the floor or in bags or boxes, is where you can put any glass which must be discarded.



Note on how to leave building after front door is shut.

After leaving the elevator go to your left. On your left is a ~~xxx~~ door which goes into the laundry and storage areas. If you go through your ~~z~~ this door, immediately turn to your right. On the left, opposite ~~there~~ the children's bicycles, is a white door which can be opened if it is locked by turning the 'KNOB' below the door handle. This will allow you to leave the building after it has been locked at 9 PM. Note: There is no way to enter the building after 9 pm. Once you go outside you cannot enter without possession or a key or buzzing PB's apartment, in which case he will have to come down and let you in.

the reasonable conclusion of their separateness. What both do not see however is that the same powerful misapprehension, the same suggestive force which prevents them becoming conscious of the ultimate reality behind the world's multiformed appearances also prevents them becoming conscious of the ultimate unity which in the end lies between their separateness from each other.

40 When the inter-connectedness and inter-dependence of all existence is grasped, the quest of a purely individual salvation is seen to be an illusory one. I am to be saved not for my own sake alone but because *all* are to be saved; this is the proper attitude we should adopt. We can now begin to understand what Jesus meant when he uttered the words: "Whosoever will save his life shall lose it." For this wider self, which was the Christ-principle in Jesus, is the secret thread which ties man to man. It also offers the scientific basis of Jesus' beneficent injunction: "Love thy neighbour as thyself." It lives in the "I" as the latter itself lives in the body. We can begin to understand too what Paul meant when he pronounced that truly mystical sentence: "I live, yet not I but Christ liveth in me." The Overself is indeed the Cosmic Christ to which we are silently called to dedicate our lesser existence.

CHAPTER IX

THE SHADOWS OF EVIL AND SUFFERING

WHY does the Overself permit the sin of moral evil to exist in its offspring, the person? Why does the World-Mind allow the suffering of physical pain to mar its universe? are questions which always arise. Who that is living today when Pain, like a moaning wind, has passed across the face of this earth in the wake of the onrushing victories of Nazidom, has been free from the distant sight or even personal experience of the horrors of violence, disaster or accident; of the afflictions wrought by dishonest, brutal or depraved men; of the miseries inseparable from poverty, privation and social degradation; and of the agonies borne by sick, diseased and deformed persons? Nay, most creatures are born amid their mothers' pain; lacerating anxiety in some form eventually becomes their intermittent lot; and finally pain once more often attends their exit from the world's stage!

2 Such dismal sights, such saddening experiences, raise occasional doubts about divine benevolence in the minds of religious people, if they are not too craven to question the words of priest and scripture; such wounding terrors may even disturb the smooth ecstatic moods of the contemplative mystic, if he is not too enamoured of his own spiritual enjoyments to heed what is going on around him; and they will certainly trouble the thoughts of the rational metaphysician if he really is one such and not a mere parrot-like repeater of what he has read or heard.

3 When the thoughtful survey the havoc and misery that have now relentlessly pressed the wonted gaiety and common goodness out of present-day humanity's life there come to the strongest hearts moods of heavy despondency, nay, even of tragic despair. It is then that the old plaint of Job rises to expression on twentieth-century lips. "What is the meaning, what is the use of all this suffering? Why do the virtuous endure unmerited anguish? Why do the wicked flourish?" are the bitter cries wrung from them. The seeming waste and stunning wrong of so much human suffering may well make us critical of divine wisdom. Those who cannot reconcile the contradiction of the presence of evil and suffering with the presence of a benign and peaceful God are not to be blamed. Most of us feel that if whatever gods there be had consulted us when making a universe, we would have eliminated these two bugbears of the human race and thus have made a better job of it! It is not too much to say that

10

① makesure elect is off (o)
② before wanting to push button at
bottom until light switches off

③ fill w/ funnel
close hatch + top

④ open water valve + elect → I

⑤ 20L soap in receptacle, sprinkle
some on clothes

⑥ make sure lint trap is screwed in

⑦ cycle 1.20 normal
1.60 sheets, towels +, not +b

usually
3+5

⑧ After wash, press kundalini button for spin

⑨ after finish, turn off elect switch
+ water valve

⑩ clean out lint trap, leave on top

PROFESSOR, University of Hawaii, Yale, and Harvard.
"A Note on 'Continuous Mathematical Induction,'" *Bulletin of the American Mathematical Society*; "The Logical Structure of Chinese Words," *Language*; "The Efficiency of the Chinese Language as a Symbolic System," *Reflections on Our Age*; "Review of George Zipf: Human Behavior and the Principle of the Least Effort," *Language*. A. B., Cornell University; Ph.D., Harvard University; Litt. D., Princeton University.

C. T. K. CHARI. Assistant Professor of Philosophy, Madras Christian College. Author of articles on mysticism and logic in various religious and philosophical journals of India and of notes and papers on the special theory of relativity, time, and psychical research in British periodicals. Contributor to the new *Tamil Encyclopedia* under preparation by Tamil Academy of Madras. B.A., M.A., Ph.D., University of Madras.
HA TAI KIM. Associate Professor of Philosophy and Religion, Ohio Northern University, Ada, Ohio. Author of "Nishida and Royce," *Philosophy East and West*, II, No. 4 (January, 1952); co-author of *Korean Studies Guide*, Berkeley: University of California Press, 1954. A.B., Chosun Christian University, Seoul, Korea; B.D., Drew University; M.A., Syracuse University; Ph.D., University of Southern California.

G. R. MALKANI. Director of the Indian Institute of Philosophy, Amalner. Managing Editor, *The Philosophical Quarterly* of India. Author of *Vedantic Epistemology*, *Philosophy of the Self*, *A Brief Outline of Advaita Vedanta*, *A Study of Reality*, *Problem of Nothing*, and others. M.A., Bombay University, 1914; M. Litt., Cambridge (England), 1923.

PETER MUNZ. Senior Lecturer in History, Victoria University College, Wellington, New Zealand. Author of *The Place of Hooker in the History of Thought*, and articles in the *Hibbert Journal*, *The Philosophical Quarterly*, *The Cambridge Journal*, and others. M.A., New Zealand; Ph.D., Cantab.

LAURENCE J. ROSÁN. Formerly Assistant Professor of Philosophy, Pennsylvania State University, Alabama College, and Queens College, New York. Author of *The Philosophy of Proclus, the Final Phase of Ancient Thought* and an ethics textbook; also several articles in journals, including "A Key to Comparative Philosophy" in *Philosophy East and West* and "The External World and the Self" in the *Yale Review of Metaphysics*. B.A., M.A., Ph.D., Columbia University.

ARTHUR WALEY. Translator of numerous Chinese and Japanese works, including the *Hsi Yu Chi* (Monkey) and the *Tale of Genji*. Latest works are *The Real Tripitaka* (1952) and *The Nine Songs* (1955). M.A., Cambridge; Honorary LL.D., Aberdeen; Honorary D. Litt., Oxford; Queen's Medal for Poetry, 1953.

STORES MOST FREQUENTLY USED

VEVEY ^{cont}

~~13~~ **13** SHAWTALA, best Health Food store around.

- from: takini
- grains
- DAR-VITA BUTSCVITS
- NUTS
- DRIED FRUITS

29 ~~SHAWTALA~~ VITA-SANTE ➔ Health Food near Vevy open market. ^{near} Rue de lausanne
 behind Migros
 on Friday

4 MIGROS, soy sprouts, some vegetable

STATE OF TEXAS

COUNTY OF _____

Know all men by these presents, _____ of the County of _____ State of Texas, for and in consideration of the sum of _____ Dollars, to _____ in hand paid by _____ the receipt of which is hereby acknowledged, that I, the said _____ do hereby sell, grant, convey and confirm unto the said _____ all that certain _____

tract of land _____
situate in _____
County of _____
State of Texas, _____
together with all and singular _____
rights and appurtenances in anywise _____
in anywise in anywise _____

to have and to hold unto the said _____ heirs, assigns and assigns forever, together with all and singular _____
rights and appurtenances in anywise _____
in anywise in anywise _____

TO HAVE AND TO HOLD unto the said _____ heirs, assigns and assigns forever, together with all and singular _____
rights and appurtenances in anywise _____
in anywise in anywise _____

= the best quality
CLARENS

STORES MOST FREQUENTLY USED

21 Pitteloud, grocery. some vegetable + fruits

MONTRÉUX

22 Coppi's (open Mon. am), Rue de la Paix, vegetable - best in Montréux.

23 SCHRAWERS (open Mon. am.) rue Eglise catholique, canned goods, some vegetables

24 MIGROS (closed Mon. am), soya sprouts on Fridays, 3-min. polenta, paper products.

26 BIONA, Health Food, Ave des Alpes (only if necessary)

27 MONTRÉUX SANTÉ, Health Food

25 OPEN MARKET, Friday morning. first off bus stop "place de marche."

VEVEY

BAKERIES : 8 DURIEU* (round) good complet et seigle. seigle ready after 10:00 every day

*closed for vacation
14 July - 3 August

9 NEUHAUS, excellent siegle (ask for "seigle long, came") fresh Tu., Wed., Fri. after 10:10

10 TITUS, Rue de deux marches - wonderful "cinc cereal" bread. (It's their complet.)
open: M, Tu, Friday
7:15 - 12:30 / 13:45 - 18:45
Sat: 7:15 - 12:30 / 13:45 - 17:00
Sun: 7:15 - 14:00
- fresh every day

18: open market, Thursday and Saturday morning
28 - in winter it moves inside in nearby gymnasium
1/2 a block away.

7- Placette: grocery dept. downstairs. vegetable + pink plastic garbage soehn (in Housewares dept.) [are really freezer bags.]

10-11-1900
Friday

at present, however, some vegetable & fruit

10-12-1900

10-12-1900
This has not been a successful
day in the garden.

10-13-1900
I have not been in the garden today, as
I am not well.

10-14-1900
I have not been in the garden today, as
I am not well.

10-15-1900
I have not been in the garden today, as
I am not well.

10-16-1900
I have not been in the garden today, as
I am not well.

10-17-1900
I have not been in the garden today, as
I am not well.

10-18-1900
I have not been in the garden today, as
I am not well.

10-19-1900
I have not been in the garden today, as
I am not well.

10-20-1900
I have not been in the garden today, as
I am not well.

10-21-1900
I have not been in the garden today, as
I am not well.

10-22-1900
I have not been in the garden today, as
I am not well.

10-23-1900
I have not been in the garden today, as
I am not well.

10-24-1900
I have not been in the garden today, as
I am not well.

10-25-1900
I have not been in the garden today, as
I am not well.

10-26-1900
I have not been in the garden today, as
I am not well.

PHONE NUMBERS

P.B. APT 22
107 AVE. DES ALPES
LA TOUR DE BEILZ (VAUD) 1814
SWITZERLAND

(021) 54.96.71

PENSION MARTIN

61.43.48

MADAME A. DOLEYRES
35 rue de Lac
1815 Clavens

PITTELOUD, grocery
Clavens

61.41.41

(grand mother
Piteloud
speaks
English)

will deliver groceries, if quantity
warrants it.

-HERO, extra-fine pear

-Dole pineapple in own juice (non-sucré)
etc.

HOTEL COMTE 54.14.41

HOTEL de FAMILLE 51.39.31

DR. JEAN MORIER - GENOUD* 54.12.77

14, rue de Blonay
Vevey

* DOCTOR who performed
hernia operation, Jun. 20, 80

DAILY
SAMPLE SCHEDULE

MONDAY / except bakeries,

Most stores are closed till afternoon. So shopping is much more limited. So I begin at:

- 1) Coppis, Montreux, for vegetables + fruit
 - 2) Schraner, Montreux
 - 3) Pettelords in Claren
- 4) Then: to Vevey to get fresh bread at DURIEU; petit complet et pain seigle.
closed July 14 - Aug 3

TUESDAY

- 1) Open market in Vevey (grande place)
- 2) can also try Placette (groceries in basement)
- 2) fresh rye at Neuhaas (long, square rye)
- 3) fresh petit pain complet at Durieu - closed July 14 - Aug 3
- 4) possible groceries needed at health food store: shantala.

WEDNESDAY

- 1) Coppis, Montreux
- 2) Schraner,
- 3) Pettelords, Claren
- 4) fresh bread in Vevey: NEUHAAS + DURIEU

THURS

- 1) Coppis, Montreux
- 2) Schraner
- 3) Pettelords
- 4) fresh bread in Vevey
- 5) a good day to get paper products etc. at Placettes, Vevey

closed
July 14 - Aug 3

Friday

- 1) open market in Montreux,
- 2) then to Micros, Montreux to see if they have good ^{FRESH} sprouts (soya)
- 3) fresh bread - eye at Newhaus, Vevey

SAT

- 1) open market in VEVEY
(buy extra for sunday)
- 2) fresh bread [that last well over the weekend :] at TITUS BOLLINGERIE "cinc cereal".
- 3) shantala, health food store

Sunday

no shopping.

[During summer months, POINT ROUGE in Montreux is open (for emergency shopping only!).]

KEY TO MAPS of VEVEY + MONTREUX

- ① PB's apartment - # 22 L'Oasis, 107 Ave. des Alpes
- ② Bus stop from Clarens
- ③ Bus stop to Clarens.
- ④ Food store open Mon am.
- ⑤ Post office (PTT)
- ⑥ Migros - Groceries, Vevey
- ⑦ ^{placette and} Coop city - Dept. store & grocery downstairs
- ⑧ Baker - good whole wheat ^{and seigle} (complet) (Durieu)
- ⑨ Baker - square rye - (seigle carré) (Neuhaus)
- ⑩ Baker - v. good complet and seigle (Hirshbrunner) (Titus)
- ⑪ Coop - grocery
- ⑫ Migros - grocery
- ⑬ Shantala - Health food store
- ⑭ UNIP - Dept. store
- ⑮ Baumans - like Ithaca's Bishops
- ⑯ Sudi - Grocery
- ⑰ Post office
- ⑱ Open Market on Tues & Sat am - when operating in season, best fresh vegetables available. One stand is non-sprayed (non-traité)
- ⑲ Kramer's office supply
- ⑳ General store
- 21 Pitteloud (grocery) -
- 22 Coppis - best vegetables in Montreux
- 23 Schranz - # 2 for vegetables in Montreux
- 24 Mitros -

- 25 ^{Montreux} open market - Fridays morning
- 26 BiONA - health food store -
- 27 Montreux Sante - health food
- 28 winter open market - Tues & Sat, Vevey
- 29 ^{VITA-SANTE} ~~health~~ health food store, rue de Lausanne, Vevey

CHANGE OF ADDRESS.

Please note that from
25th February 1976 the residential
address of Paul Brunton will be
changed from Montreux to the
following:

Paul Brunton
Au Jordil - A
CH 1807 Blonay (Vaud)
Switzerland

It will help me if this
address is not given to others.