

FOOD STUDIES

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GRACE M. BROWN

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THIS LITTLE VOLUME IS LOVINGLY DEDICATED TO

MRS. HARRIET M. PEABODY,

WHOSE UNTIRING EFFORTS FOR THE RECOGNITION OF THE ART OF TRUE COOKING
HAVE INSPIRED ME TO PRESENT IT TO THE WORLD.

GRACE M. BROWN.

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FOOD STUDIES

GREETING

Every book written should have as its foundation, truth, whether the book be pertaining to food for the body, food for the mind, or food for the soul. And although we may think that food for the body and food for the soul are entirely different, all life is so one, that what we take into our bodies is food for the soul, and what we take into our mind is food for the body, as well as the mind and soul.

So you see after all it is a question to be deeply considered in the light of truth, what we shall eat and how we shall harmonize the forces which we absorb in our food, so that it may carry the vibration of construction.

In presenting to our students this book, we are not only giving some rules and recipes for preparing dishes, but also giving suggestions in those recipes of an infinite variety of dishes which may be prepared and arranged from the foundations here given.

We do not intend to speak on the subject of the carnivorous habit, except to say that the forces carried in food composed of animal food are destructive because they are full of fear, and consequently aid in disintegrating the body instead of building

it up. There is nothing emotional in truth, and it is not necessary to appeal to the emotions of a man to influence him to give up this habit. Show him a better way of nourishing his body from a common sense standpoint and he will be only too willing to adopt the better way.

Human beings are always looking for the true and best way of life, but so much is given that is utterly unreasonable and labelled truth, that the very word is losing its power in many minds. The Master said, "To know is to have eternal life," and it is knowledge on all planes which leads us to truth.

The one comfort about all these delusions is that delusions point the way to truth, and certainly it can be nothing but delusion of the senses when we can make our stomach do the work of disintegrating the bodies of our fellow creatures instead of assimilating the life forces from the sun-kissed natural foods. So we are not going to write about questions that have been theorized upon until they are worn threadbare, but simply to state facts about Nature's forces and laws which may be practically applied to everyday life.

Dear Mother Nature! If only we would rest closer to her heart! Here we have whole philosophies built on some science which a little knowledge of nature would show us at a glance. Take all these different systems of physical culture and deep breathing. Now watch a child stretch itself on awakening from a nap. There you will see it all—the relaxing motion, the tens-

ing of the muscles, the expelling of the air from the lungs and the deep inbreathing. It is all there. Where do you suppose Delsarte found his philosophy? In the study of nature, of course. You will realize that if you watch the graceful motions of a wee child before it becomes unnatural and consequently awkward from its self-consciousness. How many of our problems would be solved, and how many mysteries be revealed through the knowledge of Nature's laws, which are concealed from us by our limitations of self-consciousness and unnaturalness!

A truth on one plane is a truth on all planes, and if we need the constructive force in our food, we also need the constructive thought in our food, because whatever thought the cook radiates is absorbed by the atoms of food he is preparing. Cooking is a most beautiful art, and must be appreciated in love by the artist to bring out the fullness of its beauty.

Now let us look at this question from the standpoint of vibration, which is really the standpoint of common sense, because what can be more sensible than a philosophy which explains all things according to mathematical law? And that is what the philosophy of vibration does. We want to nourish the atoms of the body so that they express harmony and strength, and the food they require is a food which is vibrating in the law of harmony and consequently expressing that law.

Does it not stand to reason that all these manifestations of vegetable life which are immediately ripened in the sun must

contain the constructive force by reason of the high vibration which must be the result of direct contact with the sun rays? All these herbs, spices, peppers, grains, nuts, fruits and all these foods which are ripened in the sun carry this high vibration and are the natural food to nourish these sensitive atoms which compose our physical bodies.

People who fancy they receive strength from eating meat, and that meat is stimulating, would be surprised to find how much more strength and nourishment there is in one grain of red pepper than in one pound of meat. What wonderful life forces there are in herbs of all kinds is proved by the fact that in Oriental countries many who are called adepts live for weeks at a time upon herbs alone. And spices are recognized by them as necessary to complete nourishing of the body, and are used in preparing their food and in their drinks.

We are not advocating fasting or speaking against it, although the fact is that most people eat too much, and we hail the fasting fad with welcome, knowing that it will lead to polarization, as extremes of all kinds usually do. When a man needs a fast his inner consciousness always knows it, and unless he feels within, the necessity, he does not require the fast. Again, this wonderful law of nature—we always find the truth of our being there. The real man always knows the requirements of the physical as well as the spiritual man. The God within guides in all the details of life.

The great trouble about the art of cooking is that people do not realize what a grand work it is. They seem to have an idea that cooking as a work is not as dignified as other work. That is only one of the delusions of life. It requires far more tact and experience to cook than to do many other supposedly great works in this world. But, as with all other delusions, it is rapidly disappearing, and the world will soon recognize that the service of cooking is as high as any other service, for how can the services we render to the world be compared, in the true light of that great word Service.

Remember this, that "Trifles are trifles only to triflers," and that "Order is God's first law." The orderly mind, the concentrated thought, the attention to detail, and, above all, love for the work are the foundations for success in any work we undertake.

Never be afraid of making mistakes. One must make mistakes before he can make anything else. As delusions point the way to truth, mistakes often point the way to harmonious and delightful dishes. Anyway, we give you the results of many of our mistakes as they led us into success.

GRACE M. BROWN.

ABOUT SOUP

ABOUT SOUP.

So many have asked us about making soup, if it is possible to make a good, nourishing soup without meat, as though meat was of any use in making soup or anything else. We usually answer by giving them proof in material form, or a good recipe, so they can prove for themselves that soup can be made much more palatable and much more nourishing without meat than with it.

Now, here are a few recipes for making soup, and we think you will find that they will satisfy all the demands of the body for nourishment. This one we call a Scotch Broth, although just why we give it that name we scarcely know.

Three pints of sliced onions, two pints of sliced carrots, three pints of sliced turnips, one pint of sliced potatoes, one-fourth of a pint of minced parsley, one-third of a pint of capers, one-quarter of a pint of pearl barley, one teaspoonful of black pepper, one teaspoonful of salt, one tablespoon of butter. Cook all together for three hours in six quarts of water. Then add two tablespoons full of butter, and two of flour, mixed thoroughly. When free from lumps mix all together thoroughly after adding one pint of cream, and when assimilated by boiling a few moments, it is ready to serve.



If some of the ingredients in these recipes are not easily obtained, or if the recipe seems too elaborate, you can very easily change them. You can study the recipe and see the principle of its construction, and rearrange it to suit the existing condition of your larder.

That is the convenience about our way of cooking. We make it suit our convenience, and make many delicious dishes by simply using the remnants of former meals. When you eliminate meat from your diet, you will see how much more easily you can accomplish this.

This is a recipe for a clear soup. Take three tomatoes, two onions, two small cucumbers, three green chilies. Slice them in three pints of water, then add one teaspoonful of salt, one tablespoonful of butter, one tablespoonful of minced parsley, one-half teaspoonful of celery seed, and one-half pint of cream. Let it cook about one hour. Strain and add one tablespoonful of butter and another half-pint of cream with the meat of four red chilies. Cook ten minutes and serve.

Here is a nice nut soup. Three tomatoes, two onions, two cucumbers, two green chilies, two carrots, in two quarts of cold water. Add one-half teaspoonful of celery seed, one teaspoonful of salt, one saltspoon of marjorum, one saltspoon of thyme, three sprigs of parsley and one cup of minced olives. Boil one hour and a quarter, and then add, after straining, one tablespoonful of butter, one pint of milk, one cup of English walnuts that have

been reduced to meal and browned, two tablespoonfuls of grated cocoanut and one tablespoonful of red chili meat. Cook five minutes and serve.

Here we have a good Boullion soup. One pint of minced carrots, one quart of tomatoes, one pint of celery, one half pint of green chili, one-third of a pint of sago, three pints of sliced onions, four teaspoonfuls of minced parsley, two teaspoonfuls of marjorum, two teaspoonfuls of sage, three teaspoonfuls of thyme, three teaspoonfuls of mint, four tablespoonfuls of Japanese sauce. Boil for four hours in four quarts of water, then strain and add two tablespoonfuls of butter and one tablespoonful of cheese. Bring it to a boil, salt it to taste, and then serve.

Here is an excellent soup. Four minced onions, one pint of finely cut celery, one-half cup of grated carrots, four tablespoonfuls of minced parsley, one saltspoonful of thyme, one of marjorum and one of spear mint, one-half teaspoonful of black pepper, one tablespoonful of minced capers and one teaspoonful of salt. Boil in three quarts of water until tender, or about one hour. Then add two well-beaten eggs that have been mixed with one quart of milk, add one quart of rice or mashed potato. Mix all together, stir well, and add two-thirds of a cup of red chili paste, and two tablespoonfuls of butter, and two of Japanese sauce.

In the next chapter we will tell you something about the sauces which are mentioned here. It is not our intention to

give any recipes which have already been published, although there are many ways of making vegetable soups which are well known, but where one uses the spices, herbs and condiments the result is very different, as you will find upon trying them.

Then we have the soup stock, which can be made and kept in quantity and reduced with hot water as you need it. Here is a recipe for making a soup stock which can be used in endless variety.

Take four onions, four carrots and four tomatoes, chop them up fine and cover them with three quarts of water, then add a cup of barley that has been soaked over night. Let it all cook about four hours, then strain it through a collander and keep it in a cool place. You can use it as a foundation and add vegetables and sauces or whatever you wish, and in a few moments can have a delightful soup.

You see many of these recipes are given in large quantity, but of course you can calculate a less amount, and whenever you want to make the soup richer you can add a little more cream. If you wish to make it lighter leave out something which gives the richness to it.

The thing which we wish especially to impress in this work, is that by using your own intuition and concentration about cooking you will just *know* how to prepare food without any set rules. After a little study into the philosophy from the standpoint of common sense, hundreds of combinations will come

to you. These which we give you are merely suggestions.

This is an easily prepared soup and very popular with artistic cooks. Take two onions, four carrots, four oyster plants and chop them all up fine, then take a bouquet of parsley, mint sage, and one head of celery; chop them up fine and mix them all together. Place them in a stewpan in two quarts of water, then add half a cup of rice with salt and pepper to taste. Let it boil three hours, then add one-third of a pint of cream and serve with parmason cheese and dry toast. This soup can be served clear, if you prefer.

Here is a soup which is very easily and quickly prepared. Take five teaspoonfuls of bean flour, add gradually one cup of cold water, and one clove of garlic finely mashed, and one tablespoonful of minced parsley. Pour over this a pint of boiling water. Simmer fifteen minutes and then add a cup of milk or cream, one tablespoonful of butter, one tablespoonful of Japanese sauce, and two finely cut hard-boiled eggs. This is improved by serving with a finely sliced lemon.

Milk can always be used where one has not an abundance of cream, but we are going to give you the very best way we know, and you can moderate to suit yourselves. The following is a soup which has been called Buttercup Soup. It sounds pretty, doesn't it? And we assure you it tastes as nice as it sounds, although we must admit it looks rather elaborate. But you will not find it so when you come to make it.

One quart can of tomatoes, two cups of cold water, one-quarter teaspoonful of black pepper, eight whole cloves, eight whole allspice, one teaspoonful of salt, one teaspoonful of sugar. Cook for fifteen minutes. Then make a separate preparation like this: Two tablespoonfuls of butter, and take one bunch of finely cut garlic, one tablespoonful of minced parsley, one-half teaspoonful of curry powder, one teaspoonful of chili, and one teaspoonful of paprica. Cook well and smooth in the butter, then add one tablespoonful of flour, one tablespoonful of Japanese sauce, one cup of finely grated carrot. Simmer five minutes. Now take the first preparation, strain it free from seeds and gradually mix them together. It improves it very much to dissolve one saltspoonful of soda in a teaspoonful of water and stir into a cup of rich cream, and then pour it into the boiling soup. It also improves it greatly to add a little boiled rice when serving.

Let me give you a recipe for an Oriental puree, which may be used for almost any vegetable of the nature of the one here given. Two pounds of sliced artichokes, one-quarter of a cup of butter, one tablespoonful of lemon juice and three cups of soup stock, or three cups of milk. Melt your butter in the saucepan, add the artichokes and lemon juice, and cook for five minutes, stirring constantly to thoroughly assimilate the atoms. Then add the stock and simmer until the artichokes are tender. Strain it through a fine collander and heat to a boiling

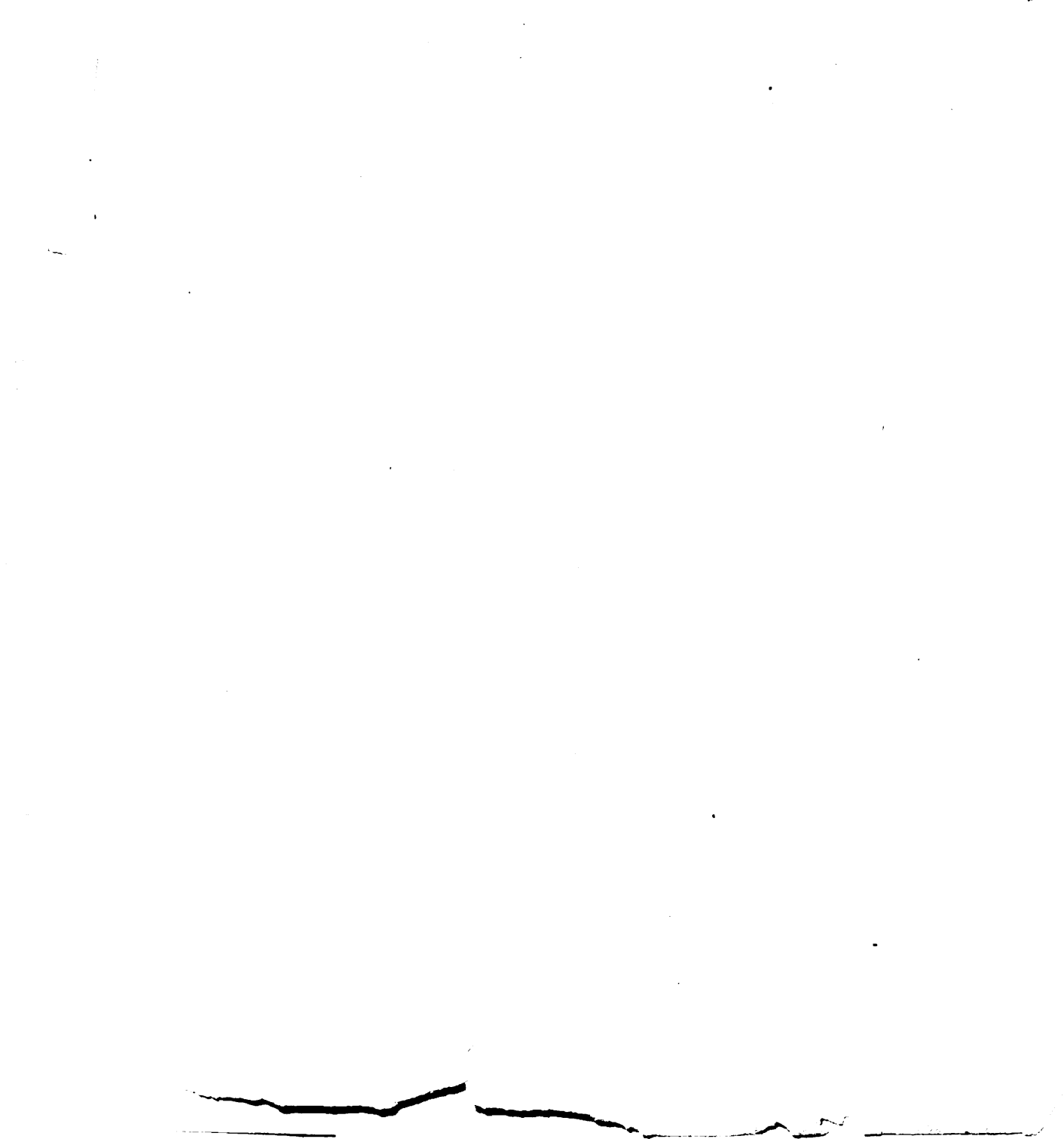
point. Then stir in a cup of cream and add seasonings to taste. You can use curry powder or any kind of herbs and spices you like in this puree, and, as we said before, you can make it with almost any vegetable such as peas, potatoes, celery, etc. But, as in all cases, you must use your common sense. It will not be good with beans or cabbage, only with the vegetables of the same nature as those we have mentioned, and there are many of those.

We have given enough suggestions about soups to last until the spirit moves some one else to suggest more. We want to talk about something else. You will find in each soup the possibility of many more. The only use of any philosophy is that it is the foundation for the mind to work with and evolve greater things.

There is an old saying that cooks are born and not made, but the old things are passing away, and the present knowledge is that what one man can do all men can do. It is our private opinion that a man, and when we say a man we mean every man, can do anything and everything he desires to do. It only remains for him to think he can do it, stop theorizing about it, and then go and do it. There is nothing like action—doing things. One fact or one piece of work is worth a book full of theories.



SUGGESTIONS



SUGGESTIONS

Do you know that every form of spirit carries a different vibration? And that every form of spirit vibrates in harmony with some force in nature? A rose vibrates differently than the sunflower, and carries a different influence in consequence. The olive vibrates in a different key from the cabbage, not that the law governing one is any higher or any lower than the other, but it is different, and has a different use.

The human being corresponds to the Universe. His body vibrates in unison with the planet on which he lives, and with every element upon it, and every part of his body must be nourished with the food which corresponds with that part. In the vegetable world we find every element contained in the planet, and every element necessary to sustain this human being, this manifestation of all life, and the fact that there is infinite variety of vibration in the vegetable world proves that the body requires that variety.

These forms of vegetable life which we call spices carry a very high vibration of life force and are stimulating in their effect, consequently they are to be used with judgment and in moderation. Herbs carry another vibration which radiates wonderful strength to that part of the body which they influence, as you have seen in the history of medicines, and on the same

principle each food has a different mission in nourishing the body. So you can readily see how useful and necessary a variety of food is. This system which we use in mixing so many elements in one dish is the easiest way of absorbing and harmonizing the life forces in food. If you served everything separately, see what an endless work it would be, and the result could not be so harmonious.

You want to enjoy everything you do. Cook because you love to cook, eat because you love to eat, and never eat unless you are hungry and want to, and your food will be filled with vibrations of high life force. There are so many interesting things which one just invents when he loves to cook, and those are the things which are the best of all.

Did you ever try frying almonds in olive oil? They are perfectly delicious, and we must tell you about them. Shell your almonds but do not blanch them, put two tablespoonfuls of olive oil into a frying pan, and when it is hot put a cupful of almonds in. You must be very careful about burning them, as they burn easily, and the slightest scorch destroys the flavor. Let them fry about five or seven minutes, stirring constantly, and then, while they are hot, strain off all the oil and dust them with salt, and, by the way, the oil that you have strained is excellent to use in soup. If you happen to have a kettle of soup on the stove pour the oil right in it, and if there is no present use for it, set it away until there is.

And that reminds us of another point. Never waste anything. It is entirely contrary to the laws of use. And if there is one strong point in our cooking, it is that every particle of food can be used most harmoniously. We often start to prepare a meal, and find a few "leftovers" in the pantry. By using a little inventive genius, which every man has when he thinks, and with a few herbs and spices, we have prepared a meal in very short time which was not only palatable but nourishing and artistic.

Now, about this chili which is in so many of our recipes. We will explain how to procure it and prepare it, and how to substitute for it. And it is really very simple. It is made from the long, large chili peppers. You can procure them dried easily, and then fix them this way. Wash them and boil them half an hour, then strain off the boiling water, pour cold water over them and open them and rinse the seeds all out. Then free the pulp from the skin. That is the chili paste, and that is all there is to it. It can be dried and kept any length of time. Just moisten with water when you go to use it.

When you cannot procure this chili paste, use paprica or use cayenne pepper, either of which can be procured in any drug store and most grocery stores. But, as is the case with chili paste, you have to use all forms of peppers, according to your own taste, for there is a great variety of taste and opinion about pepper. In fact, many people think all forms of pepper

and spices are very injurious, but it is not so, as you will soon find if you use it at all. It is always better to grind your own black pepper. Many of the prettiest individual pepper boxes are little silver grinders, which are used on the table so the pepper can be ground as you use it, and the flavor is far superior to the pepper which is bought already ground.

There is so much variety in these peppers. Take these big bell peppers. There are many ways of cooking them which are very fine. And then these little red peppers, which, in their very appearance, to say nothing of their taste, give all sorts of suggestions of their intimacy with the sun. How spicy and lovely they are!

Then we have many imported sauces which, when they cannot be procured, may be substituted for in many ways. You see, we are not bound to any rule which is nonessential. While there is the principle, "~~Thou shalt~~ not kill," in all our work, and the study of food is the study of constructive vibration and the study of life, we are not bound to any particular flavor. This Japanese sauce is perfectly delightful. The chefs of the Orient are far ahead of those of the Occident in their understanding of this art. But the Japanese sauce can only be obtained from the Japanese stores. There is a Chinese sauce which is fine and which you can more easily get and which is liked equally well by some people.

Worcester sauce mixed with Chutney is a substitute for the

Janapese sauce which is very nice, so don't throw over a recipe because it mentions a few things which you cannot procure. If you know the principles in the construction of the dish you can get the spirit of it and find a substitute which will have the same effect.

Now, about Chutney. It is really a combination of fruit and spices, and can be made in many ways. You can make it with dried fruit or with fresh fruit. If you have not the kind of fruit called for, use some other kind. A good Chutney should always be kept on hand, and we will give you a recipe for one so you can see the principle of it. Of course, the imported Chutneys are dreams of all kinds of goodies, but we are independent, and when we can't have one thing we find something to take its place.

Take equal parts of apples, apricots, pears, onions, tomatoes and peppers, chilies if you have them, and if not the green peppers, and add according to your taste some Cayenne pepper. If you cannot obtain any kind of peppers, use the Cayenne with the fruit. Cook them thoroughly and then strain them through a sieve. Then add half the quantity of tamarinds cooked in molasses, and salt to taste; a few chopped raisins or sultanas can also be added. Then cook the whole to a jelly or fruit butter consistency. While it is hot, seal it in air-tight jars, and it is ready for use.

You can readily perceive the principle of this mixture and what a use it performs in assimilating many kinds of food. You

see this blending in harmony of these elements of nature in the vegetable world for the high purpose of nourishing this temple of the living man is a study worth while, isn't it?

“All things blend and mingle in harmony each with its own particular kind, and all unite in the glorifying of the creator.”

ROASTS AND VEGETABLES

ROASTS AND VEGETABLES.

Principles and their essences result alike from more and more refined essences; In the same way they permeate all the coarser elements, and fill them according to their capacity with the finer forces of nature. It is not our intention so much to give you set recipes, as it is to show by certain combinations how these principles of life forces may be used and assimilated, and to show what wonderful strength and power will come to you from the proper nourishing of the atoms of the physical man.

There are many books published containing recipes, many monthly magazines devoted to advertising and introducing certain lines of foods, which also contain recipes, so we will not pretend to give you those rules for preparing food which you can find in other channels.

Nuts can be used in many ways, so that if you care for the taste of meat you can have your roasts and steaks made from nuts, and there are combinations of mushrooms and also egg-plant which make very nice roasts and steaks and chops if you care for them. Here is a very good nut loaf which is quite different from the usual way of preparing these roasts:

Take six cups of bread crumbs and spread them in a long dripping pan and dry them for about an hour in a slow oven, stirring often, and not allowing them to burn in the slightest. This

evaporates all the moisture and changes the flour into wheat farina, giving it a nutty taste and making it more digestible. When the crumbs are dry, add one teaspoonful of salt, one tablespoonful of minced parsley, one teaspoonful of crumbled sage leaves, half a teaspoonful of black pepper, one quarter saltspoonful of Cayenne pepper, half a saltspoonful of summer savory, one pint of finely cut celery, one sour apple cut fine. Then melt one-third of a pound of butter and fry in this a tablespoonful of minced onion till light brown, pour this over the crumbs, mixing well. Now beat three eggs lightly, add to a pint of milk, and pour over crumbs, letting them stand and soak a few minutes. Then prepare three cups of nut meats, one of filberts, one of Brazils and one of pecans, put them through the grinder, after reserving a tablespoonful for gravy or sauce. Then add the nuts, mix all up thoroughly and shape into a loaf about three inches thick and four wide. Place the loaf on a flat piece of sheet iron, which can be had for a small price and which is useful for many dishes. Butter it well, and put it into a dripping pan in a moderate oven, raising it a little from the floor of the oven. Bake for an hour and a half, basting often with a little hot water and melted butter. It should brown slightly within the first fifteen minutes, but slow baking is necessary to preserve the delicacy of the flavor. When done it should be an even delicate brown. Pass a knife under to remove from the slab and place on a hot platter while making the sauce.

For the sauce melt three tablespoonfuls of butter in an omelet pan, put in it a teaspoonful of sliced onion and let it cook ten minutes, then add half of a sour apple cut in thin slices, and two tablespoonfuls of flour and cook until a bright brown, then add one pint of milk heated, and stir the mixture well, turn one cup of boiling water into the pan the loaf has been cooked in and pour it into the sauce. Be very careful about burning. Now add to the sauce a tablespoonful of lemon juice and half a teaspoonful of salt, a few grains of Cayenne, and the tablespoonful of ground nuts which you reserved. It should be the consistency of thick cream. Garnish with sprigs of parsley and thin round slices of orange. Cut in slices about three quarters of an inch thick and serve on each slice some sauce and a slice of orange.

The above makes a large loaf. You can of course make it any size you like by changing the proportion of the ingredients. It also presents great possibilities of change. We very much prefer it when the nuts, eggs and three-fourths of the milk are left out; that is very nice baked in the crust of a square loaf of bread after the crumbs have been taken out.

Another excellent way of baking some of these roast loaves is to put them in a Hubbard squash. You cut the squash in two and take out the seeds, leaving most of the squash meat in it. You must be sure there is plenty of moisture in the mixture because the squash absorbs the moisture and you do not baste it

while baking. It requires about two hours baking when in a squash.

Here is another roast loaf which is somewhat more simple and is very fine: Cut a thin slice from the end of a loaf of bread and remove the center, crumb the soft portion and mix two teaspoonfuls salt, one-half teaspoonful of black pepper, one-half teaspoonful of paprica, and one teaspoonful of sage. Stir through the crumbs and let dry in the oven until brown. Now put in an omelet pan one-third of a pound of butter, one-half teaspoonful of curry powder, two onions sliced, five apples pared and sliced, fry slowly until brown and when tender mix with the prepared crumbs. Then melt a teaspoonful of butter, add one cup of pounded English walnuts and stir the walnuts and the juice of one orange into the crumbs. Then beat two eggs with one cup of milk or one cup of soup stock and mix all together. Then fill and bake about three-quarters of an hour.

These roasts may be served with vegetables as you would serve a roast of meat. We might very easily give you many more receipts for these roasts, but these are enough to give the idea and you can so easily invent the variety.

We use a great deal of curry powder in our vegetable cooking, but many people do not like this condiment, and where they do not, and the recipe calls for it, you can substitute some other condiment or leave it out. Seasoning is so much a matter of taste that you almost always have to make some changes in

the seasoning. In using curry powder it is well to put the powder in a little boiling water and cook it a moment or two before putting it in the food—unless, of course, the recipe should call for some other way of preparing it.

Now, when it comes to cooking vegetables, you all know about that in the usual way, so it is useless for us to tell things which you know. We will simply give you the thought of combining and serving vegetables in a way which possibly has not occurred to you. You can use canned vegetables or fresh vegetables, and all kinds of vegetables. Almost any vegetable is delightful cooked understandingly, or served without cooking understandingly, alone, but sometimes this mixing of different vegetables is an interesting change.

These imported mushrooms in cans are very nice in curries, and so are the fresh mushrooms, but those in the cans are always easily obtained. Mushrooms are an excellent substitute for meat, and when one has been accustomed to meat they quite fill the demand of the stomach for meat.

Take a can of corn and a can of mushrooms and pour them together in a stew pan, leaving in all the liquid in the can; add a tablespoonful of butter, a pinch of salt and black pepper, and a tablespoonful of curry powder dissolved in hot water. Let it boil about ten minutes and serve with boiled rice.

You can take a can of peas, a can of string beans, and cook them exactly the same way, and all four cans of vegetables make

a delightful curry mixed together and cooked and served with rice. Many like these curries served on toast, or with macaroni, and you can think up so many combinations which are excellent.

Now there is cauliflower; cook it just as you would to serve with a cream dressing and add a little curry powder in the dressing. It also combines nicely with mushrooms. Cauliflower is very accommodating, it mixes well with many other vegetables, and makes good salads also. Cabbage is not good with curry powder nor are potatoes; in fact few vegetables that grow under the ground are improved by curry, but you will find that most vegetables which grow in the direct sun rays are most harmonious with a dressing of curry and served with rice.

Asparagus is not sociable and blends with but few other vegetables. It is nice with peas, and makes nice salads, but dainty as peas are they are delightful harmonizers, they improve almost every combination, and are lovely in salads. Served with carrots and a little lemon juice, peas are delicious; indeed they are the right kind of individuals, strong alone, and strong in their association with others.

Rice is not a difficult thing to cook, although so few people seem to understand it. It is one of the best foods we have, and probably has in it more variety of life force than any grain we use. It is sensitive, however, and absorbs thought vibrations and must be cooked properly to give out that which is within it.

In boiling rice you want to use the proportion of one cup of rice to four cups of water and one teaspoonful of salt, cover tightly in a kettle and boil for twenty minutes, then remove the cover of the kettle and let cook dry over a slow heat. Never stir rice; it seems to have a withering effect upon it. You may cook it in all the new fangled steamers you like, and with all the latest frills, but you will never get the same result as in the simple way we have told you; then each grain stands out clear, dry and white, as though inviting you to perceive its purity and strength.

Rice may be used in so many ways. It is harmonious with everything. You can fry it in butter or oil, you can make it into varieties of croquettes and cakes, and boiled plain it is delicious served alone or with curries of all kinds. I have heard that a diet of rice for a month, plain boiled rice without even butter, would cure the most aggravated case of Bright's disease and many other maladies now considered incurable.

Just serve a meal with one of these vegetable curries and rice, with a little fruit salad or fruit as a finishing touch, and you could never go back to meat and potatoes, and pie or pudding, with their burden of fear and hard work.

Here is a good recipe for a nice vegetable curry: Take a can of string beans, half a can of tomatoes, three sliced onions, put in a skillet with a tablespoonful of butter and salt and pepper to taste. Cook until the onions are tender, and then add a quarter of a pound of cheese, or more if you wish, and a table-

spoonful of curry powder. Let cook ten minutes and serve with rice. It makes a pretty dish to make a pyramid of the rice and pour the mixture all around it on a platter. This same recipe, with three or four green peppers instead of the string beans, is to our taste even better than with the beans. It is one of our pet curries.

These little navy beans make lovely curries and so do the Mexican bean, and you can use such variety in their preparation. After they are boiled tender in water well salted, place about a quart of them in a baking pan, three sliced green peppers, three sliced onions and three tomatoes, a teaspoonful or more if you prefer of curry powder, a pinch of black pepper and about two tablespoonfuls of butter, mix them together and let bake about an hour or until brown. You can put fruit in them or almost any combination which appeals to you; When you are making cooking an art, you will find unlimited possibilities in the preparation of food.

Beans, especially the little navy beans, are very accommodating. You can fix them in dozens of ways and they are always so nice about it, they will conform with your experiments as though they quite enjoyed it. Dear, sturdy little beans, so often unappreciated, they will give you more vital life and strength than many of their more aristocratic cousins.

Here is a nice recipe for macaroni: Prepare the macaroni in the usual way by boiling until tender and draining off the

water. Then have equal amounts of tomatoes and apples peeled and sliced. Take a baking pan and put in a layer of apples and of tomatoes with sprinkles of salt and pepper, then a thin layer of macaroni with slices of cheese and butter. If you like you can dust with Cayenne pepper or season to taste. Then add another layer of apples and tomatoes and so on until the dish is filled, ending with tomatoes. Bread crumbs used in this way instead of macaroni are very nice, and it is a good way to use up stale bread. That is quite an idea, isn't it, giving a recipe for macaroni with the macaroni left out?

Now when you want to be real stylish and have something pretty and different, here is the very thing. It looks beautiful and you can soon know about the taste. This is macaroni honeycomb. Boil for a half an hour in the usual way a package of macaroni in as long pieces as possible, throw cold water over and drain, then cut in inch pieces and stand on end in a dish for cooking. Make a filling of one cup of rolled walnuts, a pint of bread soaked in beaten cream or milk, butter the size of an egg, a tiny bit of parsley, mint and thyme, a clove of garlic or onion finely cut, the yolks of five eggs, pepper and salt to taste. Beat all together thoroughly and pour over the macaroni, steam it for an hour and a half, and then serve with a rich cream sauce.

This is a recipe for macaroni which is used by the Spanish a great deal: Put in boiling salted water one-half a teaspoonful of Spanish saffron, which makes it a beautiful color, and is used

by some to aid digestion. Although we know nothing about this thing called indigestion, we have been told it exists in some foreign countries. Then put about a dozen sticks of macaroni broken into this water and let boil about twenty minutes, pour off that water, and throw over the macaroni some cold water and let it drain. Then mix into the macaroni three tablespoonfuls of finely cut cheese, three tablespoonfuls of butter, half a teaspoonful of paprica, one tablespoonful of chili paste, one tablespoonful of finely cut parsley, smother ten minutes over a slow fire and serve with toast.

We must give you just one more, and that is curried macaroni. Take one-half a package of macaroni cooked until tender, one quart of tomatoes. Bring the tomatoes to a boiling point, then slice in them one-half a pound of cheese, and season with one-half teaspoonful of black pepper, one-half teaspoonful of mustard, one tablespoonful of curry powder, and one tablespoonful of butter, mix all the seasonings together and when it is thoroughly assimilated pour over the macaroni and bake until brown.

Now if you have not already done so, you want to get acquainted with these bell peppers. They are a little conservative apparently in some ways, but perfectly charming when you know them. We will give you a few recipes which contain them just to show you their possibilities. Here is one for boiling them:

After cleaning and blistering half a dozen green bell peppers,

drop them in cold water for a moment so they will peel easily, remove the seed and put in each pepper a thin slice of cheese. Then roll them in bread crumbs and beaten egg and fry in hot butter; then boil them in a mixture made by browning an onion cut fine in hot butter, and thickened with a teaspoonful of corn starch, stir into this one quart of boiling water seasoned with one teaspoonful of salt and a pinch of sage and thyme, put the peppers in that and let it all boil for three-quarters of an hour. This is nice served in rice, and do you know that egg plant fried in butter is nice served with this dish? In fact egg plant can be used in so many ways to enrich other dishes. You can cut it in cubes and after frying in butter or olive oil pour a mixture of curry dressing over it, or what is left from a vegetable curry. That can also be served with rice or toast.

Here is a recipe for smothered green chilies or the bell peppers which is exceptionally nice served with sliced fried egg plant: In two tablespoonfuls of butter fry three cups of sliced chilies and one cup of sliced onions. When it is brown add one cup of boiling water, one cup of soup stock, cover and smother for twenty minutes, add two tablespoonfuls of minced parsley, two tablespoonfuls of Japanese sauce, one cup of walnuts rolled, beat three eggs and add one cup of milk or cream, and stir this into the chilies with a fork, cooking until they are well blended.

Green peppers are very nice fried in butter or oil alone or with the addition of a few onions, or a few tomatoes and onions,

and here is a good recipe for baked peppers: Cut in halves three green peppers, three green tomatoes and two cucumbers; then slice two onions, open the peppers and take out the seeds, and put all the vegetables into a deep baking pan. Over this put butter the size of an egg and sprinkle with salt. It adds greatly to pour a cup of soup stock over this if you have it; if not, pour boiling water over it sufficient to moisten it well. You can season it to suit yourself. Almost any herb or condiment you can think of will assimilate with it.

Don't you see what an endless variety can be made from the few formulas we are giving? Take tomatoes—they are certainly very expressive, and make themselves known wherever you place them, and there is no vegetable which is capable of more combinations and which is of more value to the cook than tomatoes. Tomatoes are nice cooked in this way: Take a quart can of tomatoes, into it put a teacupful of rice and one large chopped onion; let it boil until the rice is well cooked, season while cooking with salt, butter and pepper. Some people add a little cream when it is nearly done.

Then you can scallop tomatoes, and bake them and serve them in all sorts of ways without cooking them at all. It certainly seems strange that only about forty years ago tomatoes were considered poison. They were called red apples, and people would not allow them in their gardens for fear they would

poison the other vegetables. When once they were recognized however, they very soon jumped into popular favor.

Those vegetables which grow under the ground, the roots, do not carry such a high vibration as the vegetables which ripen in the sun. To those people who eat meat they are very important; those who do not eat meat very soon outgrow the roots, and prefer the higher grade of vegetables and the herbs and spices. Potatoes, beets, turnips, carrots and that class of vegetables are usually better cooked alone, although we sometimes make a dish like this: Take cubes of potatoes, turnips, carrots and onions and boil until tender in salt and water, mix all together and while hot pour over a little melted butter.

You may say that we use onions a great deal and they are roots, but they ripen very near the surface of the earth, and have a peculiar and individual character which makes them harmonious with those vegetables which are both above and below the ground. These vegetables, like lettuce and radishes which are always served uncooked, are still another form of vegetable which require a treatment all their own.

Cabbage is another individual vegetable. If you treat it just right you may find it harmonious. Raw and alone it is a useful food. Cooked, we know of nothing except meat with which it will associate, and we have no time for anything which has such poor taste.

Here is something which you should try. It is perfectly

delicious and not at all difficult to prepare: Cook any kind of greens, spinach or dandelion, with a little parsley flavoring. When well done, chop fine one cup of the greens, add two eggs, two tablespoons of finely cut cheese, half a cup of butter or olive oil, one tablespoonful of chili paste, if you have it, if not, use paprica or Cayenne pepper, and salt to taste. This will fill two large or three small egg plants. Take your egg plants and boil until quite tender, then cut off one end, scrape out the seeds, and fill with the above mixture. Then replace the end, put in a baking pan and bake for half an hour.

Now here is a good way to use cold potatoes: Take one pint of cold sliced potato and put it in a steam pan. Mix one tablespoonful of flour and one-half teaspoonful of black pepper, one teaspoonful of salt, and a dash of paprica, two tablespoonfuls of butter, and a cup of milk or more if you prefer the dressing more liquid; pour this over the potato and let it cook over a slow fire until assimilated. A tablespoonful of chili sauce is a great addition to this dish.

Oyster plant is another interesting vegetable, although it does not mix well with others, it is very delicate and nourishing alone.

This grand earth planet is so full and so complete with all the nourishing elements for the life of man, why should we destroy this conscious life of our fellow creatures, when God has given us this fullness of the earth in such abundance. "And God

said, Behold I have given you every herb bearing seed which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed. *To you it shall be for meat.*

SUGGESTIONS

SUGGESTIONS

“For perfect health the spirit must be harmoniously attuned to God, and in his sweet communion receive nourishing food; sending down through the mind the joys of perfect peace, revealing itself on the form of vigorous manhood.” So goes the song of one of the inspired writers, and so should our hearts sing with joy when the needs of the body are supplied with those beautiful elements which come from the heart of nature.

With every mouthful you eat, as with every breath you draw, you should take into your body the constructive force, and the thought of love which is the constructive force should be in the food. It is such a beautiful thing to raise your thought to the Father of all, when you seat yourself for a meal. How full of construction must every atom of food be when such is the thought radiated as you absorb it.

So often we think of a dear friend who said that it is such a satisfaction to eat when he knows there is not a groan in his food. It has cost no agony to take the life, and there is no lowering of the vibrations, because that form of life which is expressed in the vegetables, is raised in its vibration by cooking, and gives out greater life and love by reason of its contact with the fire.

To be moderate in the use of food is of as great importance as moderation anywhere else. What extremists we mortals are

to be sure, and what a good thing it will be when we polarize ourselves, and are not the slave of appetite and conditions. A slave to appetite is a slave to ignorance and error, just as much as a slave to drinking whisky is in hideous bondage.

We have a national organization clamoring for temperance, and they simply mean temperance on one line. If they would only broaden their platform and preach temperance on all planes, it would do a great and grand work, and as far as it goes it does a grand work now, but its members are so very emotional and intemperate in their work that they waste valuable force and quite forget to be broad and reasonable.

How much a matter of opinion all these non-essentials are. Some people think that coffee is rank poison; others think it is an excellent food. Some people have a horror of tea. Many people drink wine with their meals, while other good souls think a glass of wine would send them straight to perdition, although they would have no compunctions of conscience about going out and killing one of God's creatures, a fish or a chicken, for dinner.

It is a good idea occasionally to use your common sense and go to the foundation of things, see what the spirit is which is the cause of every effect, because everything is spirit, and every form is spirit in certain rates of vibration.

Some of these expressions of spirit which we use as food, vibrate much more intensely than others, and under certain processes their vibration increases so that it becomes apparent

to the senses and we call it fermentation. We are not taking the life force out of it, but increasing the force so that its vibration is very high and a small quantity will stimulate to action all the atoms in the body, and we must use understanding and reason in the use of such foods. So we have wines from the high vibration of the extracted fruit juices, and whisky from the distilled grains, and many more concoctions we might mention if we would go into the question of drugs.

Of course the human being responds to every vibration he absorbs, and when the vibration is too high he becomes intoxicated, which is simply unbalancing of the brain forces, and he loses his connection between the objective and the subjective mind. Any too high vibration will cause this unbalancing, and people become insane from many too strenuous vibrations taken into the system in many ways, but what we call intoxication or drunkenness is that form of insanity which results from taking into the system through the stomach those forces which carry so rapid a vibration that the man cannot adjust himself to it.

The question of drinks is one which we must say a few words about, and it is very much a matter of taste these drinks, or perhaps we had better say temperament, for some people require a great deal of liquid in their food and others very little. There is a reason for that of course, but we have no intention to go into solar biology to-day.

We are not condemning anything or any custom. We simply

teach polarization, reason and close association with nature. There is no question but that pure cold water is the one perfect drink, the drink par excellence, and if one desires it flavored, what can be lovelier than a little pure fruit juice added. However, when people desire other and richer drinks, it is easy to find in the realm of essences the substance with which to prepare them.

Take coffee for example. Did you ever see anything which people differ so about as coffee? Why, they will substitute with all manner of manufactured imitation coffees, when the pure coffee is so much to be preferred. And again we have seen people who were dieting. Nothing would induce them to taste a mouthful of coffee, although they really needed its tonic, as it is a good heart stimulant, but they would eat chopped raw beefsteak and scarcely anything else. These people who do not reason for themselves are frequently in bondage to somebody's else fad. We would rather have fads of our own.

If you like coffee and find it nourishing, drink it by all means. It is really very harmonious to its friends. Coffee is a good friend and a bad enemy, and while we are not going to give you any recipes for making coffee, because you all know how to make it, there is one little secret we want to tell you about coffee. It is very sensitive, and requires care in making, and it absorbs thought vibrations so readily. Many times when you think the coffee has given you a heart burn, it is the cook's

temper which you are feeling. Coffee is only healthful and harmonious in response to cheerfulness. It is cheerful itself and requires it in others. That is why coffee should be used for breakfast, if at all, because breakfast should be a cheerful meal. The atmosphere of the breakfast table is apt to determine the events of the day, and the microbe of cheerfulness is twin sister to the success microbe.

Before giving you some recipes about preparing a few drinks we want to say a word about drinking milk. To some people milk is a tonic and a most nourishing food, and those people should drink it, but let your own inner voice guide you about that, because milk is such poison to some temperaments, and when one does not know with the intellect the reason for these things, he always knows with the inner consciousness if he will keep still and think for himself long enough to find out. We remember once being disturbed with insomnia, and we had a desire for a glass of hot milk just before retiring. It settled the insomnia and we went to sleep like a baby, a good baby we mean, and several persons whom we told of it have tried it with the same effect. Some of the mental scientists will probably say, "Well, you thought it would cure you and of course it did." This is all right; we put the thought in the milk perhaps, or perhaps the stomach was lonely. It does not matter so long as we were cured.

Here is a lovely drink, and so easily prepared, we call it

purple nectar, and when you try it you will think it is a nectar fit for the gods: One pint of blackberries, one pint of white grapes, one pint of purple grapes, one pint of water, distilled if possible, two cloves, two small rose geranium leaves. Cook fifteen minutes and strain without pressing, then add one cup of sugar and one cup of orange juice. If this seems too rich you can always add water to taste, and you can use other fruits if you wish to vary the flavors.

And here is an orange nectar, although not quite so simple in its method of preparing: Boil the parings of six red apples down to one cup of juice, cut one lemon into six parts and one teaspoonful of grated ginger root into the boiling apple juice, then squeeze in the juice of one lemon and add eight lumps of sugar which have been rubbed over oranges until they have absorbed the oil. Now rub your punch bowl with three rose geranium leaves, into it strain a cup of orange juice and a pint of grape juice, and the prepared apple juice; when cool add one cup of water, or more if it seems necessary.

Almost everyone knows how to make lemonade, but here is a recipe which a friend sent us not long ago which is excellent: Take the rind of two lemons, the juice of three lemons, half a pound of loaf sugar and one quart of boiling water; rub some of the sugar on the lemons until they have absorbed the oil from them, and then put it with the remainder of the sugar in a jug with the lemon juice. Then pour over the whole a quart of boil-

ing water. When the sugar is dissolved strain the lemonade through a piece of muslin and when cool it will be ready for use.

Here is a delightful way to prepare tea, that cheery little herb which is such a comforter to weary nerves and so soothing to tired brains: Grate into a cup a little ginger root and pour over it some freshly made tea, add sugar and a slice of lemon peel, and you will find it most refreshing, and especially nice to serve at afternoon teas.

These are only suggestions about preparing these fruit juices. We very much prefer just the plain fruit juice, and we frequently take the juice of an orange in half a glass of distilled water in preference to any preparation we know, and we know many more than these.

If you care for the fruit flavors in cooking, it is a very easy matter to make your own flavorings and then you are sure they are not adulterated and that they carry the high vibration which the flavor should. We will give you a few recipes for making these tinctures, which will give you the idea. Here is one for lemon extract or tincture: Cut into small chips the peel of three large lemons, place in a glass and pour over it a quart of alcohol, let it stand until the lemon peel has sunk to the bottom, and then it is ready for use.

Orange is prepared in a little different way. Take a quarter of a pound of dried ground orange peel and pour over it a quart

of spirits, letting it stand for ten days in a closely corked jar, then strain and bottle for use.

For tincture of cloves take a quarter of a pound of heated cloves, put quickly into a jar with a quart of spirits, cover airtight and let stand for ten days; draw off in bottles and close with a cork.

These tinctures are really beautiful things. It seems that the spirit in the alcohol draws out all the spirit of the fruit or the spice, and the result is the essence of the life force. What a wonderful study it is, and what a possibility opens up to us, as we comprehend the ways of the Father in giving to us this life force. Think how the very perfume of the flower nourishes us and stimulates us as it adds to our strength.

“All things conspire to aid thee, and all thou dost accomplish, be it ever so trifling, must redound unto the glory of thy inspiring Father.”

EGGS

EGGS

While eggs are entirely unnecessary in sustaining the life of man, and never used by those who have reached a high plane of development, there are many of us so environed that eggs are a most convenient food; and they have none of the objectionable features of meat—that is, they carry no vibration of fear, and are not destructive in their effect. They are simply undeveloped, and consequently cannot give the sustaining life force of the ripened fruits.

However, eggs are a stepping stone, as it were, and many people who object seriously to the carnivorous habit find eggs most useful as a food, so we are going to give you a few recipes for cooking eggs which you will find quite interesting.

Here are two nice recipes for curried eggs. The first one is quite simple and can be prepared in a few moments:

One tablespoonful of butter and one of olive oil, melt until bubbling; then stir in one teaspoonful of curry powder. Now break in about five eggs and cook very gently for ten or twelve minutes. Put a little salt in the yolks and a little paprika, then turn the eggs over and cook them on the other side.

This recipe for curried eggs is very nice and will pay you for trying it: Take three onions and one head of celery, slice them and fry them in butter until they are well browned; then

add a bouquet each of chopped parsley, mint, marjorum and thyme, with a cup of water in which has been dissolved a teaspoonful of curry powder; then add half a pint of cream and mix it all together in a large frying pan. Let it cook until the mixture becomes a deep brown, then drop six fresh eggs over it without breaking the yolks. Cover it up and let it cook over a slow fire for about two hours. Serve with rice.

Here is an egg chowder: One cup of chopped onions, one chopped cucumber and two sliced tomatoes, a bouquet of sweet herbs or a salt spoonful each if dry, two tablespoonfuls of minced parsley. Mince them all up together with a knife and then put into a saucepan and cover with water and cook until tender. Stir it occasionally and then add one cup of soup stock, two tablespoonfuls of Japanese sauce, one tablespoonful of butter. Now beat four eggs and stir them into the mixture, cook fifteen minutes, stirring often with a fork. This dish can be varied by adding one-half cup of red chili paste. Serve in a border of rice or crackers, or on rounds of toast. You can make still another dish of it by adding a cup of boiled rice while it is cooking.

Here is rather an odd custard, and very nice, too: Add to four slightly beaten eggs a chopped onion, one teaspoonful of finely cut parsley, one teaspoonful of celery salt, pepper and salt to taste. Put this in a well buttered mould and set it in a pan of water. Let it cook slowly in the oven until the custard is well set. Serve with tomato sauce or any favorite dressing.

Chilled eggs: Put six eggs in cold water and boil three-quarters of an hour, remove from the fire and plunge in cold water to shell them. Cut in halves, take out the yolks and mash them fine; to this add two tablespoonfuls of olive oil, one teaspoonful of fine cut parsley, one teaspoonful of minced capers, two teaspoonfuls of red chili paste. Rub well together with a fork. Divide into twelve equal parts and fit these into the halves of the whites. If served hot, white cream dressing is nice. Some people like it flavored with curry powder. If served cold, here is a very nice dressing which may be used for many dishes:

One cup of finely cut celery and one tablespoonful of finely ground cocoanut. Then break yolk of raw egg with one finely cut clove of garlic and one tablespoonful of olive oil, beating thoroughly together, and then add one-quarter teaspoonful of salt, one-quarter teaspoonful of sugar, one-half teaspoonful of red chili paste, one salt spoonful of mustard; then add the beaten white of the egg, and add last a teaspoonful of lemon juice; mix with the cocoanut and celery and spread around the eggs or any dish you are serving.

Here is a nice way to fix eggs for luncheon: Mince one large onion, a bouquet of parsley, thyme, sago and mint, place in an omelet dish with one-half pint of soup stock, two tablespoonfuls of Japanese sauce and one-third of a pint of cream; cook until done and then break and scramble three eggs into it. Let cook about twenty minutes and serve with rice or potatoes.

This is a hasty and very nice way of scrambling eggs: Take two tablespoonfuls of tomato ketchup and one teaspoonful of Worcestershire sauce, two tablespoonfuls of butter and salt and pepper to taste; then scramble into this three eggs and cook as you would to scramble eggs.

Here is a nice way to cook potatoes with egg: Take half a dozen nice, large potatoes and cut a hole on the side; then hollow out inside a space just big enough to hold an egg; season this cavity well and then break an egg in each and replace the potato lid. Tie it on and then bake until thoroughly done.

A way we like better is to bake the potato first and then scoop out some of the inside. Mix it with salt, pepper and butter, four tablespoonfuls of grated cheese, the whites of three eggs thoroughly beaten, one-half cup of cream, and one teaspoonful of paprika. Put the mixture back into the potato and bake about twenty minutes.

We like to bake eggs this way sometimes: Cut the crust off of a loaf of bread and slice the inside into slices about a half an inch thick, butter the slices well and line the bottom of a baking dish with them, then break three eggs over them and sprinkle salt and pepper, and cayenne if you like; then put in another layer of buttered bread and more eggs and seasoning and finish with bread on the top. Now pour over the bread a mixture made by taking a can of tomatoes that have been put through a sieve with a dash of onion juice in it and plenty of

salt and black pepper, and a tiny bit of sugar. Cook for half an hour and serve with lettuce or cress and sliced lemon.

An egg border is such a nice way to serve many dishes. Boil half a dozen eggs for twenty minutes, then make a border of thoroughly mashed well seasoned potatoes around the edge of a platter, press the eggs into the border points up, and set in a hot oven for a few moments. Fill the center with any vegetable you like; string beans boiled and well buttered, or mushrooms, or any combination of vegetables.

Then eggs with olives are nice for garnishing. Boil the eggs hard, and after peeling them flatten the big end so they will stand and in the small end cut a hole big enough for an olive; then serve with lettuce leaves and pour over them a dressing of three tablespoonfuls of olive oil, one of lemon juice, and a little dry mustard, dash of sugar and salt and pepper to taste.

Here is a delightful way to serve barley or rice with eggs: Take two tablespoonfuls of minced onion, two tablespoonfuls of minced parsley, two tablespoonfuls of thyme and marjorum, two tablespoonfuls of Japanese sauce, one tablespoonful of chutney, if you do not happen to have the chutney use tomato ketchup, one-half cup of cream, two-thirds of a cup of red chili paste, one cup of soup stock. Mix all together and bring to a boil, then drop in four eggs, cook twenty minutes and serve in a nest of barley or rice.

Many vegetables are nice cooked with eggs. Take a can

of peas or the same quantity of fresh ones boiled, and make little places just large enough for an egg; then season well and drop four or five eggs, one in each little place, and let cook about ten minutes.

Asparagus with egg is nice fixed in this way: Take two tablespoonfuls of butter in a frying pan and put in a cup and a half of asparagus tips that have been boiled and cut in half-inch lengths; cook a minute or two and season well, and then Gal—9—Mrs. Brown's Cook Book 123456 ..6nn
add three lightly beaten eggs. Cook two or three minutes, turning eggs toward center.

There are probably more ways to cook eggs than any other one thing. The more recipes we give the more seem to present themselves. However, we do not feel so much interested in eggs as in every other food which we use, and have not made so much study of their possibilities. They seem to have their place at present in the food world, and until we have outgrown them we will give them the best treatment we know.

SUGGESTIONS

SUGGESTIONS

“How beautiful the waving grain as upon it glances the brilliant rays of the summer sun.”

Surely the staff of life receives its sturdy strength from the summer sun, and these beautiful grains which are the staff of life are nature's foundation food for the body.

Wheat seems to be the natural grain for bread foods, and the whole grain of wheat is said to contain every element necessary to sustain life. Some interesting experimenter, to prove that fact, tried feeding two dogs, one on bread made from whole wheat, and the other with bread made from the fine white flour. The one fed on the whole wheat grew strong and fat, and the other died of starvation in about a month. Rather hard on the dog, perhaps, but it proved the statement that the whole wheat will sustain life, and also that the nourishing part of the grain is taken out by the process used in making the white fine flour.

Unleavened bread made of the whole wheat flour is the ideal bread. We like it made with the addition of a few raisins or a few chopped nuts. It is very easy to make, and is not only the nicest bread we ever ate, but is so nourishing. Here is a very simple recipe for making whole wheat bread without yeast, and we must not forget to also give you a recipe for making a fine cream oil to use in this bread, as well as to use for making dough-

nuts and other things which many of us have supposed we could not make without lard:

If you want to make two loaves of bread, take about a quart of warm milk and water, or warm water, and two tablespoonfuls of cream oil or olive oil, and stir it into enough flour to be about the consistency of pancakes. Let it stand and soak all night and in the morning add flour, whole wheat of course, enough to knead thoroughly; also add chopped raisins or nuts, or both if you like, or leave them out if you prefer, and salt, butter and a tiny bit of sugar, about a tablespoonful of butter. Now does that sound rather mixed? I never could measure things in cooking, and it is the only hard part about writing this book to say just *how much*, but you will probably get the idea, and if you make a mistake why try it over again and then you will know for sure. Knead it out as you would any bread and be sure and give it plenty of time to bake. If you use a gas range you can put out the flame and let it cool in the oven; it makes a thick crust, but it should bake about two hours.

This cream oil is made of unsalted butter, which you can easily procure in any commission house which deals in such things. Heat it to a boiling point, and then let it stand and cool and settle; then pour off the oil, for now it is oil instead of butter. Slice a lemon into it and let it fry until brown; this cleanses the oil as well as gives it a good flavor. Then take out the lemon and it is ready for use; it can be bottled and kept any

length of time. This oil is lovely for cooking, frying potatoes or making pies, and you who like doughnuts need never fear this oil because they absorb very little cream oil, and made of whole wheat flour and cooked in cream oil are excellent and most nourishing.

Beaten biscuit made without baking powder are lovely. You see, what we want to avoid is this fermentation caused by baking powders and yeast. It is most injurious, and then we have breads made from corn meal made without eggs or baking powder. Have you never in your travels in the South eaten the corn pone made by the dear old cooks of that country? And such cooks as they are, too, because they love their work and put that love vibration into it.

There are many ways of making corn bread, all of which you probably know, and we want to tell you of a lemon honey which is so nice with corn bread. Melt half a cup of butter in a double boiler; then take five eggs and beat well with one and a half cups of sugar, add the juice of four lemons, and the grated rind of two; pour it into the butter and cook until smooth, stirring constantly. It is then ready for use and will keep a long time. This lemon honey on beaten biscuit or corn pone is what children like in their lunches for school and picnics.

It is a wise thing to study these little dainty things for children. Even if they have been accustomed to a meat diet they will soon prefer the better way; and children do certainly like

sandwiches, especially when you vary them constantly and make them look pretty. There is so much suggested in the appearance of things to eat.

Here is a lovely cheese paste to use for sandwiches or to serve with crackers: Take two tablespoonfuls of chili pulp, a sprinkle of black pepper and salt, a dessert spoonful of French capers, a teaspoonful of onion juice or a tiny bit of garlic, one cup of butter and three-quarters of a cup of grated cheese. Take the chili paste and pepper, salt, capers and garlic and mix all together; after they are minced and mixed, then take the butter and cheese and place in a large dish, mix together and then put all the other ingredients in the dish and beat it all to a cream. You can make any quantity of this and keep it in jars, as it will keep any length of time and is so convenient to have in the store room. We always like to have such things on hand, and a store room well supplied with chutneys, sauces, chili paste and cream oil, and all such herbs and spice as one is constantly using, is a great economy of time and labor, to say nothing of money.

If you will try our way of living for a time, you will find that you can set a much more elaborate table, if that is what you require, on just about half the money that you can set a very simple one when you are using meat and the lard and necessities that meat cooks seem to require.

Here is another nice preparation for sandwiches: One-half cup of chili meat, one tablespoonful of Japanese sauce, one clove

of garlic, one tablespoonful of minced parsley, two tablespoonfuls of chutney and one teaspoonful of celery seed; mix all and fry in one tablespoonful of butter five minutes, add one cup of grated cheese, and when it is well cooked serve spread over thin bread.

Then there are such lovely nut sandwiches and salad sandwiches which you all know, and here is an improptu nut sandwich which you can make quite as well by leaving the nuts out if you wish to: Rub a teaspoonful of Worcester sauce and a tablespoonful of tomato catsup into two tablespoonfuls of butter and half as much cheese; when thoroughly mixed add a tablespoonful of ground nuts. These sandwiches made with whole wheat unleavened bread are especially nice for lunches and keep fresh for a long time.

There are unlimited varieties of ways for using the grains without making them into bread. Rice, barley, oats, wheat and corn are all most excellent foods. Boiled plain and served with cream they are known to many of you as breakfast foods. Barley is lovely used that way, only it requires more cooking than most of the grains, and you want to cook it several hours, but it is one of the most harmonious foods to some temperaments.

Oatmeal is an excellent food for some people, but far too heavy for many, especially in the warmer countries. You will find that whatever grows in the country in which you live will be very harmonious to you. Nature seems to adjust the products of earth and sun for the convenience of her children.

Your taste will tell you what belongs to you. It is not necessary to go any farther than the demands of your body to find out what you need, and when the body is normal, they are expressed by the taste. If you happen to be unbalanced and through illness or intemperance the taste has become perverted, then you will use your common sense and see that you polarize yourself. Your craving for any kind of food may mean that your system requires it, and you will have it until you have become balanced once more.

Some temperaments require more salt than others, some more sugar, some more acid and some more starch. A healthy normal taste will soon decide what you need, and when you are not constantly absorbing vibrations of fear by eating the flesh of terror-stricken creatures, you will know yourself and your necessities much better.

Corn is one of the best and most universally used grains we have. Many of you know the great value of popped corn as a food. A diet of popcorn with a little fruit juice and water is a cure-all for many inharmonies of the body, and is often adopted by students of truth when they desire to raise the vibrations and purify the body.

Parched corn is also nice. To parch corn, you take dried sweet corn and put it in a heavy frying pan over the fire and let it cook slowly, stirring constantly until it is well parched. While it is hot put a little butter and salt on it. Whole wheat

can be parched in the same way and served with olives is delicious, and is so nice for lunches. If our professional tramps would take a few of our lessons on lunches it might solve their most serious problem, because there is so much condensed nourishment in these parched grains that they could take a week's supply in a small bundle.

Croquettes made of these grains, especially rice and barley, are so nice; it really seems as though we could write a whole book on the grains alone. Just think of trying to give suggestions for hundreds of recipes which we want to give you in these few pages. However, great is the power of suggestion, and in these days we are not only reading between the lines but above and beyond them.

Here is a very harmonious croquette made of rice: Have ready one-half cup of cooked rice; then into one-half can of tomatoes put two tablespoonfuls of butter, one of minced onion, a spray of parsley, salt, paprika, cayenne and black pepper to taste. Cook for twenty minutes and rub through a strainer; add the cooked rice and simmer five minutes; add one beaten egg, then spread and cool on buttered plates, shape in any form you like, and dust with bread or cracker crumbs, then with egg, then again with crumbs, and fry in a well buttered pan or in a basket of olive or cream oil. The advantage of cream oil is that it does not absorb as does any other oil or butter.

Cake is rather out of our line. We prefer our raisin whole

wheat bread to all the cake you can mention. Besides, all the modern cooks and cooking schools seem to specialize on cake and the carving of meat, and so the field is quite crowded, and we are truly glad to be crowded out.

All the grains are very sensitive to thought vibrations. In making bread, cake, mush and all kinds of grain food be sure to be cheerful and think the constructive thought of love. The lowest vibration of food, such as meat, lard, etc., are so full of destruction that the constructive thought is not absorbed into it. The very highest vibration of food, such as spices, are not particularly sensitive. They are so full of sun force that they are mighty in themselves, but the grains are the food which correspond to our present condition. We are on their plane and they absorb the thought forces which are around them.

The more we recognize the finer forces of nature the more we will require the higher vibration in food, and we will naturally adopt the constructive food. Some students we know of are now living almost entirely on fruit and nuts. If they are thoroughly poised and know what they are doing, it is all right and a beautiful thing to do, but the grains still belong to most of us, and we need their physical properties.

But just notice these truth students all over the country. They will say, "We cannot eat meat any more. We have tried, but it does not agree with us." Of course not. How can such an unnatural thing agree with a student of nature's own. Ah,

yes, dear Mother Nature, it is your own constructive law of love that is manifesting in all our hearts to-day.

SALADS AND DESSERTS

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Sydney Smith must have been a devotee of the salad bowl, and he must also have been addicted to preparing his own salads. Certainly he had decided opinions on the subject and knew something of the spirit of the salad when he wrote the following poem, which is as good a recipe for salad dressing as you will find; of course we always omit the anchovy sauce:

A RECIPE FOR SALAD.

To make this condiment your poet begs
The pounded yellow of two hard-boiled eggs;
Two boiled potatoes passed through kitchen sieve,
Smoothness and softness to the salad give;
Let onion atoms lurk within the bowl,
And half suspected animate the whole;
Of mordant mustard add a single spoon,
Distrust the condiment that bites so soon;
But deem it not, oh man of herbs, a fault
To add a double quantity of salt;
Four times the spoon with oil from Lucca crown,
And twice with vinegar procured from town;
And lastly o'er the flavored compound toss

A magic soupcon of anchovy sauce.
O green and glorious, O herbaceous treat,
'T would tempt a dying anchorite to eat;
Back to the world he'd turn his fleeting soul,
And plunge his fingers in the salad-bowl;
Serenely full, the epicure would say,
"Fate cannot harm me,—I have dined to-day."

Salads give a delightful finishing touch to a meal, and you will find that when you have a good salad for dinner that desert is quite superfluous; in fact, the line between the fruit salad and some of the fruit desserts is difficult to define.

Lemon juice is always preferable to vinegar in making salads. Many people consider vinegar positively injurious, while others think a good wine vinegar is healthful. We prefer the lemon or lime juice; it seems to us from every standpoint to be preferred.

Naturally each country has its characteristic manner of cooking, and the salads are especially noticeable in their correspondence to the taste of the country. In some parts of the world the peppers are the feature of the salad, and the way they skin the peppers in Cuba is interesting. We sometimes use green peppers without skinning them as many do tomatoes, but they are better skinned, and it is very easily done in the way they skin them in Cuba.

The peppers grow very large in Cuba, and they throw them on a hot charcoal fire and keep turning them until they are burned black; then they skin that all off and the pepper is cooked but does not fall to pieces, as the fire is very hot and it burns quickly. Then it is cut in lengthwise pieces and the seeds removed; this is served with lettuce and onions chopped very fine and salad dressing, not mayonnaise, but a mayonnaise dressing would be very nice. Any hot bed of coals will skin the peppers. We are simply telling you the way in Cuba, as a dear friend wrote us about some of the customs of the Cuban cooks.

Peppers are an addition to almost any salad. They can be sliced after the seeds have been removed or chopped, or they can be skinned as we have just told you.

Another salad which is used commonly in Brazil is made of pineapple. The finest pineapples in the world grow in Brazil. It is made of chopped celery and red sweet peppers and pineapple; then set it on ice until ready to serve. It is served on lettuce leaves with a dressing made of olive oil, lemon juice and whipped cream in proportion, and with the seasonings that the taste demands. Garnish with nuts. Tastes differ so in regard to salads that it is the custom in some households to let each one dress his own salad. Put the oil, lemons, paprika or whatever you like on the table, and then serve the salad all ready for the dressing. It is a good idea to rub the salad bowl with garlic. It gives just

a suspicion of the flavor which is really much nicer than a predominating onion influence.

A nice green pepper salad is made with grape fruit, chopped celery and English walnuts. You take the tops off of the peppers and take out the seeds and fill with the following: Two parts of grape fruit pulp to one of celery and three halves of walnuts to a pepper. Mix with mayonnaise. A little chopped apple added is very nice.

Cabbage chopped fine with a hot dressing is a nice change sometimes, and you can make salads with cold vegetables, potatoes, beets, string beans, peas, almost anything, and serve in so many ways. Often in going in a restaurant where there seems almost nothing for vegetarians we order a dish of peas, or asparagus if it is in season, and some lettuce, and then we make a nice little salad and have our own kind of a luncheon. It is not so hard after all to adjust yourself to conditions and have your own way.

How these meat eaters do complain about their meals! Do you know we have been in boarding houses, and especially at summer resorts, where the guests seemed to consider it part of the program to complain of the meals. They would eat enormously of two or three kinds of meat and declare there was nothing to eat, while we would make a delicious meal with the things provided and never eat the meat or pies or lard cooked

things which were on the table. No wonder they complained; their poor, overloaded stomachs had to rebel some way.

A very dainty salad is made by taking a salad bowl and rubbing around it a clove of garlic; then put in some lettuce leaves and rub them gently around the bowl; then pour over them some olive oil, salt, pepper, cayenne to taste, and some lemon or lime juice. A very nice dressing for this salad, or for that matter, any other salad, is made by creaming the yolks of hard-boiled eggs in butter or oil, and adding lemon juice. Season with salt and pepper to taste.

Nuts add richness to salads. They can be chopped or crushed or they can be put in whole. We make salads sometimes by slicing oranges, pineapples or any other fruit we have with layers of halved English walnuts; then cover with French dressing and serve on lettuce leaves.

Tomatoes make lovely salads. They improve fruit salads and they improve vegetable salads, and they are nice alone served with any kind of salad dressing. Tomatoes and cucumbers sliced together make a simple and delightful salad, and cucumbers in season are certainly most useful as a relish.

A very pretty way to make fruit salads is to cut the fruit in cubes; take pineapple, for instance, cut in small cubes like little dice; then prepare a nice head of lettuce and spread the fruit on the heart leaves, add a little celery cut the same way, and cover with a thick mayonnaise dressing.

It makes quite a pretty salad to take a small head of cabbage, cut it in two and scoop out the inside so as to make two dishes, then chop two tomatoes, a little celery, tiny bit of onion, a few string beans and olives and put it in the cabbage heads; garnish with hard-boiled eggs and decorate the cabbage dishes with cloves and spice. Use any dressing you may prefer.

Did you ever try celery root salad? Boil the celery root and slice it in thin slices and serve with oil and lemon juice. The boiled celery root is also nice with other salads. What a variety of combinations one can think of and how simple they are. Lemon, olive oil and salt and pepper make the ideal dressings, and with lettuce, tomatoes, peppers, cucumbers, fruit and nuts and vegetables of all kinds, there is no limit to our combinations.

When it comes to desserts we have almost forgotten about the rich and elaborate desserts we used to consider necessary when we thought meat was necessary. Fruit gives the ideal finishing touch to a meal. Nuts and raisins are nice. Dates and figs with a few nuts. But fresh fruit in season seems really the natural dessert, and the artificial desserts do seem such a burden to the world's workers.

For people who have not outgrown the heavier kinds of desserts you will find the up-to-date cooks and cook books have made a great specialty of puddings, pies and everything of that

kind. Then there are ices and ice creams of all kinds which are not objectionable.

Whipped cream served with sliced or cubed fruit is an easy, pretty way to serve fruit, and take cubes of bananas, peaches and pineapple with a few nuts in them and serve with whipped cream. It is really lovely.

Here is a nice fruit dessert, although cooked and not quite so simple: Take a pint each of raspberries and currants and the same amount of water, with citron, cinnamon, nutmeg and sugar to taste. Cook all together until well cooked and strain through a coarse sieve, thicken with a little corn starch, and then add a cup of rolled walnuts or chopped almonds and cook fifteen or twenty minutes. Pour in molds and let stand until cold. Then turn out of the mold and serve with cream.

People who like pie can have lovely pies with crusts made of whole wheat flour and butter, or whipped cream or cream oil, and it is much nicer than crusts made with white flour and lard.

Mince pies are almost a religion with some housekeepers. They are so in the habit of making mince meat and having a dozen or so mince pies on hand that they would feel lost without. But you can make far better mince meat without the meat. Just leave out the meat and instead of the suet use the cream oil. You know we told you about this oil in our last chapter. Then use strained cranberries and plenty of fruit and apples, just as you

would in your own kind of mince meat, and just see how much better it is.

Here is a delicate pie made of rhubarb which is a little different from the usual kind of rhubarb pie, and you can use dried fruit in the same way: Take one cup of finely cut rhubarb, one-half cup of water and one cup of sugar; cook thoroughly together and when well done add the yolks of two eggs well beaten; pour into a pie plate; line with pastry made of whole wheat flour and cream oil, and when baked spread over the top the whites of the eggs; return to the oven and brown.

A delicious dessert can be made by taking apples and stewing them until they can be rubbed through a collander, set aside a pint of this to cool and then beat the whites of three eggs to a stiff froth and into this beat the apples by the spoonful with a cup of powdered sugar; when very stiff add a teaspoonful of lemon juice; turn into chilled glasses and serve very cold.

Since we have been talking of giving to our students these food studies we have had many recipes sent us, and most of them have been of desserts, so we conclude that the desserts are just what you already have. Our only object is to suggest easier and simpler and truer ways of life in all its detail. If we can assist any of our fellow students to realize with us what a beautiful art cooking is, and that the food question is a vital one to all truth students, we shall be more than satisfied.

It is nature we wish to study in all her forms and phases,

and to come closer and still closer to nature in our daily manifestation of life. It is our aim to teach on all planes that the nearer to nature's purity all things become, the more beautiful they must be.

SUGGESTIONS

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✓ We are taught that the divine inheritance of man is to have dominion over all things, and many people use that as their argument for eating flesh, — that we are to use in any way we wish every creature which we are able to dominate. What *does* it mean that man is to have dominion over all things? Does it mean that he is to destroy that which he has dominion over, and not only destroy it, but cause it to destroy him by the reaction of its conscious fear?

Let us see. We have promised ourselves not to condemn the carvinorous habit, and to say very little about it; simply to show the better way. But in showing the better way, it becomes necessary sometimes to refer to, and touch upon, the path we are leaving. To speak positively of the present life conditions, and not negatively of what is past.

To have dominion means to be master of the self. It means to polarize ourselves in perfect harmony, and by being harmony within we manifest harmony in outside conditions.

Construction is our watchward. To think constructively, to breathe constructively, to eat constructively, that is having the true dominion. Every atom which composes the body is permeated with constructive force when we vibrate in the law of

love, for the law of love says thou shalt not destroy, and then we become life and radiate life.

We may understand intellectually very many interesting facts, we may also have touched upon any quantity of theories as to life hereafter as well as life here, but unless we bring what we know into actual expression in our daily manifestation of life here and now, our knowledge amounts to but little.

The thought always expresses itself in action because action is only solidified thought, and you really become what you think, so if you do really love your fellow creatures, if all life is indeed beautiful to you it is impossible for you to endure the ~~vibrations of fear which permeate the system when you eat the~~ flesh of those fellow creatures. You will just stop eating meat because you cannot eat it. You are waking into consciousness and the drowsiness and negative carelessness of the sleeping time is over.

When nearly all humanity sleeps it devolves upon the waking few to prepare the way for those still slumbering, and very few are yet awake. Most people are entirely unconscious of themselves as well as their relation to other people and outside conditions. So it is upon the truth students, they whose eyes are opening, whose ears are commencing to hear this message, that this responsibility rests; this duty of working for and bringing this force of love and construction not only to their fellow men but to every living creature.

What does it mean to be fully awake? It means, dear heart, to be conscious of the soul force of the universe and to recognize it in the least as well as the greatest form which expresses the spirit. To feel it in the drop of water, in the budding tree, in the tiny ant, as well as in that mighty manifestation of spirit, the human being. It is consciousness of the soul force in each atom in the universe which gives us the true recognition of our relation to life.

We are asked sometimes, How do you draw the dividing line? Does not the vegetable world manifest life and do you not destroy that life when you cook it and use it for food? Now let us use our common sense and let us answer our own questions, for I assure you no man is capable of asking a question he cannot answer, and let us answer it by asking a question. Do you not feel the difference in the soul force, in the consciousness of the loving creatures who look through eyes, and the apple or the lettuce leaf which gives no answering glance of love, but radiates the sun rays in unconscious strength?

If we need a dividing line, there is the place. If our common sense and reason do not tell us the form of life which is capable of fear and that which is not, we can take this rule, to eat nothing which looks through eyes. Beyond that, the inner voice must teach, and the inner consciousness will tell you with unwavering accuracy that form of food which belongs to you.

Yes, indeed, we only need to be awakened to know, to feel

and to recognize our oneness with all the Cosmos and our individual relation to it. When we love nature then we have the true dominion because we understand and are one with it. The beautiful harmony of nature manifests the great love of earth for the source from whence it came.

Human beings are, above all things on earth, greater than all things on earth, because they represent the universe, consequently they have dominion, and the stronger and more constructive a human being becomes in his manifestation of life the greater will be his dominion, because he never loses sight of the grand cause of all life, and his love increases with his recognition.

The one thing which we want to impress in this little volume is that the love principle is necessary in food; first, that the material shall carry the constructive vibration, that it contain the vital essence of the sun rays, and secondly, that it be prepared in love so that it may radiate the great sun principle of life, and so be infilled with strength and harmony.

One of our students said in the class yesterday that he longed to eat an honest meal, one in which all the forces were constructive and carried no heartaches whatever. He wanted to feel that the farmer who plowed the earth worked in love, and was kind to the animals that assisted him; next that the grain was ground in love, or the vegetables picked in love. He longed to eat with a consciousness that everything was a product and

THANK God! For this Truth!

resulted from love, from the planting to the serving. Now wasn't that beautiful? And it is still more beautiful that we are coming more rapidly than we realize to the place where such conditions will prevail.

So many people have an idea that what they eat is of no consequence; they only eat to live, and what does it matter! Such people do not eat to live, they only eat to exist, and their existence is apt to be rather a low order of existence. What you want to do is to eat to *live*, to have abundant life, and more abundant life and fullness of life, and what you take into your being through the stomach has a mighty influence upon the way you are manifesting your life.

Your food influences your thought. I have heard truth students say, "Is not your thought greater than anything else? Can you not overcome any vibration you take into your system, by thought?" Possibly, but what is the use of turning a whole dynamic battery of thought force on overcoming a condition which is so much easier to avoid? It is a great deal easier to keep out of the way of the moving train than to get in front of it and then treat yourself so it won't hurt you when it strikes. It is a great deal easier to eat constructively, and so much more useful to use the thought force in raising the vibrations in other ways perhaps than overcoming, than it is to take into your system vibrations of fear and then spend all your spare time in overcoming the condition it brings. There will be plenty of

work for the healers in other directions, when we are all living in the harmony of constructive life, even if there are no diseases to heal.

Human beings always desire to live in the highest they know, and when they are doing what we call wrong, it is simply because they do not know. If a man is walking a hard, stony pathway, and you show him a smooth, restful way, he will always take it. It is perfectly useless to stop him and condemn the road he is on; that only makes his way harder. What you want to do is to point the smooth, easy road and inspire him to rest his weary heart in the cooling shade and restful valley before him. Sometimes we walk the weary road for a lifetime, when if we would only look "such a little waysie," as the dear baby says, we would see such a broad, happy highway, where there is room and heavenly atmosphere for every living creature.

Dominion! Yes, dominion over all, love for all, health and happiness for all; and do you know that the understanding of what seem the very simplest things frequently solve our greatest problems.

We have given but few recipes, but in those few you will find many. We have said but little, perhaps, but we hope we have expressed the mighty thought of the right of every living creature to manifest his life in love. It may be that some one may see the better way in these pages, and if so the book is a worthy book.

The earth is rich in plenty, and the storehouse of nature is filled with the production of her ample fields. There is every element necessary not only to sustain life, but to fully harmonize and fill to the uttermost with strength every atom of the human being, on the earth planet.

To build this living temple of God in perfection all life must be blended in affinity, all in love; no fear must enter, nothing but the living, loving constructive force.

“Truth removeth error, Love removeth hatred, Life removeth darkness.”