

# **NATURAL FOOD COOKERY**



**NATURE'S SWEETS**

**Herbs and Wholegrain Flours**

**by**

**Gertrude Anders Springer**

CLASS NO.

TITLE

Natural food cookery; nature's  
sweets, herbs and wholegrain flours

L. C. CARD

SPECIAL

AUTHOR

Springer, Gertrude Anders

LIST PRICE

PUBLISHER

YEAR 1955

Lee Foundation for Nutri-  
tional Research

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## FOREWORD

This book is a step in the housewives' march against devitalized, over-processed foods, foods which are so prepared to look pretty on the store shelves, keep for months and even years, and to be shipped great distances, thus saving money for the food corporation at the expense of the health of the consumer who eats the nutritionally-robbed food.

This book is designed to help you in the change over from the use of devitalized white sugar and flour to the art of nutritious, delicious cookery with vitamin-and-mineral-rich wholegrain flours and natural sweeteners. It will help you turn from the vitamin-destroying soda and its twin, baking powder, to yeast with its B vitamins and the protein-filled egg whites as leaveners. It will help you know the value of raw foods in the diet, and the value of raw juices as Nature's sources of vitamins and minerals. These and the herb teas listed can be substituted for teas

and coffees to the ultimate betterment of all concerned. It will teach you to use the minerally-endowed carob and carocolate in place of the fattening, calcium-robbing cocoa and chocolate. It tells you how to use herbs in place of too many condiments and spices.

Most important, this book tells you how to raise your foods so that they have their full supply of natural vitamins and minerals instead of being devoid of these vital elements for health as well as being saturated with excess sulphur and poison spray.

Help yourself to some REAL FOOD. Don't give your family stones when they ask for bread! Only when housewives absolutely refuse to buy over-processed foods will the corporations who profit from this practice cease to put them on the market.



## FUNDAMENTAL FOOD CONCEPTS

The health, well-being and mental attitude of a given person is largely determined by the food he eats. The nutritive value of this food, in turn, is largely determined by the condition of the soil in which it is grown. A depleted soil can only produce depleted food, but a vital, mineral-rich, organically fed soil will produce food that is rich in the vitamins, minerals and essential food elements needed for exuberant health and emotional stability.

The way to build this vibrantly-alive soil is by practicing the Science of Organiculture, or the organic method. This is the natural way of replenishing the soil as practiced by the Asiatics for the past 5,000 years, with the exception of India where animals wastes are burned for fuel and famine stalks the land. It is the science of the LAW OF RETURN, or the putting of all available animal and vegetable wastes back into the soil and adding extra minerals by the use of ground rock fertilizers of which there are now some twenty kinds available.

Anorganically enriched soil is a soil teeming with microscopic life. Bacteria, moulds, fungi and earthworms are Nature's chemists who work ceaselessly to manufacture elements in the soil needed to

produce natural minerals and vitamins in the growing vegetation. Whenever the organiculturist places a mulch on top of his garden, immediately there develops underneath this mulch a lacy network of moulds which sends strands downward to join the hairlike rootlets of the growing vegetables through which the vital nutrients of the mulch are fed directly to the growing plants. Thus the vegetable doesn't need as much food from the soil, and the mulch is releasing food elements into the soil with each rain, and decomposing to feed the soil for the next year's crop all at the same time.

A soil, so built, in time is able to produce vegetables and fruits of such vigor as to *have no need of insects*. Yes, it has been proven beyond all shadow of doubt that insects are Nature's scavengers sent to clean out diseased vegetation just as disease germs are Nature's way of eliminating the diseased humans who have fed on depleted foods from depleted soils.

A raw carrot grown in an organically enriched soil in which the minerals and trace minerals have been produced by natural means is a vitally ALIVE food,



replete with its full quota of vitamins, minerals and properties of health for the eyes.

A raw carrot grown in soil that has been "pepped up" with commercial fertilizer contains sulphur. A medical doctor who has delved into disease from the CAUSATIVE angle, instead of the "effect" end as is so often done, states flatly that he believes there is a direct relationship between the high sulphur content of foods grown in commercial fertilizers and the excessive amounts of sulphur found in the body cells of persons suffering from cancer and the other degenerative diseases.

A raw carrot can also contain a measureable amount of poison which drifted over from a spray job done on the neighboring potatoes or rose bushes, or even a crop dusting job done by an airplane. A college professor sprayed a pea plant with poison spray and six hours later, in the college laboratory, even the roots of the plant were found to be saturated with the poison. In garden spraying, the plant, its fruit and edible leaves and even the soil and soil bacteria and earthworms are poisoned along with every other plant in range of the wind drift.

An organically built soil produces food in which THE VALUABLE LIFE PRINCIPLE IS INTACT. As Pearl Buck once said, "Rain and sun, the strong, sweet properties of minerals, and the hidden magic

of growth are contained in the whole grain. There is a natural affinity between natural foods and the human body. They share the earth as source, and the body so fed holds energies to be found in no other way. We call it health."

It is up to you, the reader of this book, to decide on which kind of food you want to eat. If you decide to try organically grown flours, cereals, vegetables and fruits, then we recommend as a source the NATURAL FOOD MARKET, located midway between Grand Rapids and Kalamazoo and a mile north of Shelbyville on U.S. 131. They mail their foods all over the United States and will send their price list upon request. Address is Shelbyville, Michigan, Route 1.

If you want more knowledge of how to build up your own soil this natural and vital way, then subscribe to the ORGANIC GARDENING & FARMING, Rodale Press, Emmaus, Pa. or NATURAL FOOD & FARMING, Natural Food Associates, Inc., Atlanta, Texas. Prices had upon request.





All of the baking recipes in this cookbook were tested with wholegrain flours purchased of Paul and Lela Boylan who own and operate the aforementioned NATURAL FOOD MARKET on the Dixie Highway. We believe that most wholegrain flours are milled essentially as Paul ground these flours on his Lee Mill. As we know nothing about flourmaking, we asked Paul to differentiate between the kinds and qualities of his wholegrain flours and tell something of their making. Here is what Paul Boylan has to say:

"All of our flours are freshly stoneground in our electric Lee mill which reduces the wholegrain to a fine

## WHOLEGRAIN FLOURS

textured flour suitable for fine-textured breads, pastries, rolls and other good baked products.

Grains from which our flours and cereals are milled, except where noted, are 100% organically grown by local farmers who are mostly members of our own ORGANIC SOIL BUILDERS club, and are certified to be organic.

**100% Organic Bread Flour** is milled from locally grown semi-hard, Michigan Red Wheat. Medium gluten (protein) flour that can be used for all kinds of wholegrain cookery.

**25/75 Blend Flour** is milled from 75% of the above organically grown Red Wheat and 25% HIGH gluten Northwestern hard spring wheat. This is the blend which we use in our HOMESTEADS BREAD as it makes a loaf which stands higher, looks better, and is more commercially suitable. Until such time as we can visit the Northwestern growers, we are unable to certify that this wheat is organically grown though it does come from a mineral-rich soil. This flour is recommended for all types of yeast baking, whether breads, rolls, cakes or waffles and griddle-cakes.

**Unbleached Flour** is milled from the above 25/75 blend but has most of the bran removed. Where a "no bran" diet is prescribed or where an extra fine-textured baked product is wanted, this flour is recommended as the very fine flour is produced by



blowing the exceedingly small particles through a silk sifter. Because of the nature of the red wheat berry (inside-endosperm, middle-minerals and middlings, outside-bran), and the fact that a small amount of the outside covering is ground fine enough to pass through the very fine mesh, this flour will not make a loaf as white as the commercial loaf. However, Nature didn't make the starch part of the wheat berry pure white, as modern millers so nearly achieve by using chemical bleaches. Editor's note: The creamy-golden loaf made with this flour is all in your favor, Paul. Remember the bran has the minerals — so use *it*, too, in other baking.

**100% Pastry Flour** is organically grown and milled from a locally-grown white wheat with only ½% to 1% of the bran removed. Because of its low gluten content, this flour is not suitable for raised yeast doughs but is used where a light cake or pastry is desired. **Cake Flour** is the above Pastry Flour with the bran removed, but we do not like to encourage removal of the bran as it contains the most of the grain minerals. **Corn Flour** is made from either yellow or white organically grown open pollinated corn. It is reduced to a fine flour in the stone mill for blending with other flours or for use in Johnny Cake or in recipes where corn flour is required.

**Rye Flour** is milled from organically grown rye, ground exceedingly fine and can be combined with the high gluten bread flour for rye bread and pumpernickel, or with the pastry flour for rye biscuits. It

has an excellent flavor and can be used with other flours for muffins, pancakes and even doughnuts. **Buckwheat Flour** is milled from organically grown buckwheat and is slightly darker than wheat flour as it carries a bit of the black outside husk. This 100% buckwheat flour has nothing added, and will make the old-fashioned buckwheat cakes so well loved a hundred years ago when yeast starter was used in their making. We still recommend a yeast batter, but suggest that it be made fresh so that no vitamin-robbing soda will be needed to counteract sourness. **Pancake Flour** is a blend of several grains — wheat, corn and rye in equal proportions — with either millet (unhulled) or buckwheat added and all ground together to make a delicious, nutritious and palatable pancake flour. Unhulled millet imparts a unique flavor which is obtained only when the hulls are ground along with the other grains.

**Barley, Oat, Bran, Rice and Wheat Germ Flours** and special blends are produced upon request.

**Soya Flour** can be a full fat flour (all of the fat left in) which many consider nutritionally superior, or it can be a low fat flour (part of the fat removed) for low calorie diets.

**Cottonseed Flour** is a high protein which is especially recommended when one wants to gain weight even though the fat content is low. It adds flavor, appearance and protein to baked breads when used sparingly; it is a fine addition to the diet.

Thank you, Paul Boylan.



## WHOLEGRAIN MEALS AND GRITS

**Brown Rice** is hulled to preserve all of the germ found at the end of the kernel which is usually damaged in traditional milling. It also has all of the mineral-rich polish and bran which is discarded in the milling of commercial white rice. Use in place of white rice.

**Corn Meal** is the yellow or white corn kernel coarsely ground on the stone mill as did our pioneer's. The germ and flour is left in so that the meal holds together in baking. Use for corn bread, cracklin bread, cornmeal mush, pancakes, tamale pie and in breakfast "combination cereals."

**Rice Bran and Rice Polish**—two of the richest sources of thiamin, being the outer bran layer which is left over in making white rice and which has most of the mineral content of the kernel. Use sparingly, as it is very potent food, in cereal, muffins, meat loaves, and with molasses in brown breads and cookies, a tablespoon at a time to start with.

**Oat Groats** are the organically grown untreated kernels with only the hull removed; can be ground for oat flour or cracked to use in cereal with cracked wheat.

**Steel Cut Oats** are the above groats cut into small firm chunks, and one of the tastiest breakfast cereals you will find because of the way it is cut. Use in nut bread, cookies and other baking.

**Rolled Oats**, like the old fashioned kind, are organically grown and make a good breakfast cereal especially if steamed overnight to separate the flakes. Used the same in baking, too.

**Scotch Oatmeal** is a natural oat kernel ground for "oatcakes", scones, cereal, cookies and pancakes.

**Popcorn** makes a good breakfast cereal when freshly popped, if eaten with honey and diluted powdered skim milk. Be sure it is properly grown and unsprayed.

**Wheat Germ** is the germ or embryo of the wheat kernel, rich in Vitamins E, B1 and B2, phosphorus, potassium and other minerals and vitamins. Use in muffins, cookies, breads and breakfast cereals.

**Cracked Wheat or Wheat Grits** is the wheat berry cracked into pieces for breakfast cereal, to extend meats in loaves and patties, and in baking where crunchiness is desired.



**Barley** is the natural white barley with the hull removed but not pearled or polished. Valuable food for babies and invalids as it is easily digested. Good in soups and stews.

**Millet** is a "seed grain" or "seed cereal" and is the *protein grain* containing ten of the basic amino acids with the protein equal in food value to animal protein. It is non-acidforming and non-fattening, and there isn't a better flavored breakfast cereal than millet.

**Sunflower Seed Meal** is another "seed grain" with high calcium, iron and phosphorus content as well as the B vitamins and niacin. Grind the hulled seeds in food chopper or a second in the blender and use in nut breads, cookies, meat loaves, for topping on cereals, salads, cakes, rolls, or eaten raw as an added protein food.

**Coconut Meal and Shreds** is the meat from unprocessed coconuts. Use the meal with diluted powdered milk and honey as a raw breakfast cereal or use in cookies (see recipe division), or soak in water then whizz with milk in the blender for a nutritious drink.

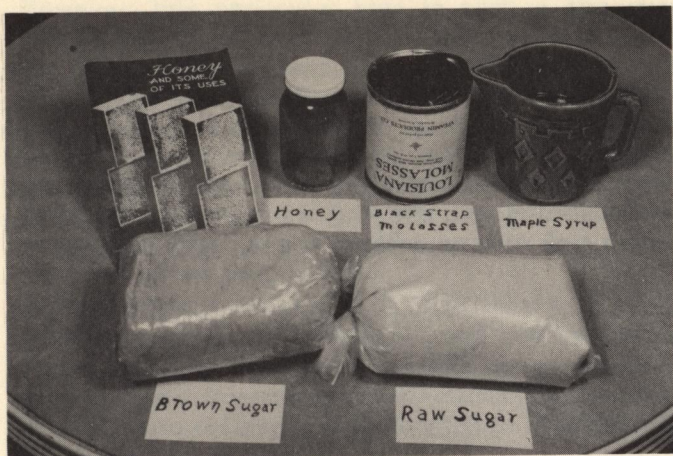
**Carob Meal** has the chocolate taste, is alkaline, high in calcium and natural sugars, and has only 2% fat where chocolate has 52%. Good in reducing diets. Use in baking and breakfast cereal if desired.

**Rye Cereal** is a good substitute for wheat when a change is desired. Rye lovers will welcome this cereal, also allergy sufferers.

**Combination Cereal** is a mixture of grains, three at least. Made to order when different minerals and vitamins are needed, or Laxative or other special effects are desired. Made to order upon request.

All of the above flours and cereals can be purchased from the NATURAL FOOD MARKET, Shelbyville, Michigan, Route 1, by mail order. Price list upon request.





**POWDERED MILK or DRY MILK SOLIDS**—Powdered milk is a high protein food in which the high mineral content, calcium, iron, copper, manganese, cobalt and other trace minerals and the B complex vitamins Thiamin and riboflavin are intensified by the new spray process without high heat instead of being partially or completely destroyed as in pasteurization, (which also prevents body utilization of calcium). Most powdered milk is skimmed and thus is minus the fat which few of us need. Thus overweight people can use it to put these minerals and proteins in their diet without adding weight. Also, it is usually safe for those suffering respiratory ailments where milk is the mucuous forming culprit. You can slip a table-

## OTHER VALUABLE FOODS

spoon of powdered milk in most any baking, cassarole dish, cereal food or vegetables, and the less cooking and baking the better. It is good to use in place of milk anywhere but be careful in heating, as for puddings, as it scorches easily. Powdered milk is an economical, convenient and valuable cooking supplement from the nutritional standpoint.

**HONEY**—Nature's perfect sweetener. High in Vitamin C, thiamin and riboflavin and other B vitamins, minerals, hormones, amino acids and digestive enzymes, it is the purest of foods and a digestive tract purifier, not fermenting in the intestines as does white sugar and everything made with it. Honey is predigested by the bee, it is a good heart stimulant, and a good cough remedy when mixed with lemon juice. Used in baked goods, it retains freshness although its real value lies in using it raw. Fresh fruit should be tree ripened and eaten without sweetening, but processed foods can have honey added just before serving, the fruits should be sundried, frozen or canned without the honey for best food health. Demand pure BLOSSOM HONEY.

**BLACKSTRAP MOLASSES, BROWN AND RAW SUGAR**—These are the sweeteners from the sugar cane during the early part of its lengthy and complicated processing into our modern white sugar. The blackstrap has a lengthy list of minerals, especially if processed under a temperature of 140 degrees.



However, this particular kind is such a vital food that it has to be kept refrigerated and is flown by air during hot weather to get it delivered before it spoils. The raw and brown sugars have considerable amounts of mineral content in them which would have been processed out, had they undergone the remainder of the processing to the white sugar stage. Powdered sugar is still further processed and we recommend that you try coconut meal to dust doughnuts and rolled jelly cakes.

**MAPLE SYRUP, SUGAR, AND SURGHUM MOLASSES** — These are natural sweeteners and can be used in many ways, especially the maple syrup which is good in cakes, frosting and confections (see recipes). Your favorite recipes can be adapted to these sweets as follows:

For 1 cup white sugar, use:

- 1 cup shaved maple sugar
- 1 cup packed brown sugar
- $\frac{3}{4}$  to  $\frac{7}{8}$  cups raw sugar
- $\frac{3}{4}$  cup honey (reduce liquid)
- $1\frac{1}{2}$  cups sorghum (reduce liquid)
- $1\frac{1}{2}$  cups maple syrup (reduce liquid)

**CAROB POWDER AND CAROCOLATE** — Made from the pods of a tree belonging to the legume family and commonly called St. John's Bread: Used in place of cocoa and chocolate which are taboo on many diet lists for the liver damage they cause as well as blocking the body's utilization of calcium. Carob

also has its own supply of Vitamin B which is needed to digest sugar and therefore doesn't rob the body of this vital element. Carob contains calcium, phosphorus, potassium, iron and manganese, is easily digested and assimilated and can be used in reducing diets as its fat content is so low (see carob meal).

**BEAN SPROUTS** or sprouted grains contain a substance not yet named by science but which the ancient Chinese called "vril" and which they found to be a primary life substance. Mung beans are the best kind to sprout, but any grain kernels can be used. (Directions for sprouting in recipe division). Strangely enough, the sprouts contain many times the amount of the C and B vitamins over that found in the parent seed. Sprouts are rich in enzymes as are the first shoots out of the ground in the spring such as asparagus, dandelions, young pokeweed shoots and raw rhubarb tips.

**SEEDS** are protein and they contain the vital life force of the plant, and hold the germ of life itself. Best known seed foods are sunflower, sesame, millet, the whole cereal grains and byproducts like steel cut oats and wheat grits, coconut, peas, beans, and the seed herbs (see herb division).

**Sunflower Seeds** — An unsurpassed source of niacin, a high protein food, rich in calcium and iron, Vitamins B1 and D, thiamin, other vital minerals and trace



minerals, and should be eaten raw daily as well as used in salads and baking.

**Sesame Seeds** — Another high protein food, richer in Vitamin C and calcium than sunflower seeds, containing lecithin, Vitamins E and F plus other vital food elements such as iron, phosphorus and trace minerals. Also a good nerve and brain food because of its vitamin balance.

**LEAVENERS** — Since baking soda is a proven vitamin robber, some authorities claiming that it destroys all vitamins on contact, we shun it entirely in this book. As most baking powders contain some soda, we use them sparingly and hope to eliminate it altogether some day. Of the substitute leaveners, yeast is best as it has the B vitamins. Use it in quick breads, muffins, cakes, doughnuts, pancakes and waffles. We have lately been experimenting with egg whites as leaveners and have found them to be quite satisfactory. They are usually beaten very stiff and added last. If the recipe calls for 1 teaspoon baking powder and 2 eggs, then use 3 egg yolks in the creaming process, no baking powder, and fold in the stiffly beaten whites of the 3 eggs just before baking. Have the tins hot if practical and the oven quite hot to start the baking. This new art must be worked out by trial and error and we welcome all reports on results of these experiments.

**RAW JUICES** — Here are your vitamins and minerals fresh and unspoiled. Bring organically grown vegetables and fruits from sundrenched garden or orchard, put them through juicer or blender (and strainer) and drink them from the spout for best flavor and nutrition.

**RAW VEGETABLES AND FRUITS** — Raw foods are **LIVE FOODS**. Cooked foods are dead foods, and enzymes are destroyed along with most vitamins and many minerals. Eat everything raw that is possible, cabbage, cauliflower, brussels sprouts, broccoli, parsnips, turnips, carrots, beets, greens; chop, grind or put them through a good grater and eat as salads.

Cooking should be gentle and quick—steaming is better; and use the cooking broth always. Eat the skins and seeds if possible.

**KNOX GELATIN** is a pure protein food and should be used with vegetable or fruit juice in place of commercial gelatins that contain white sugar and coal tars dyes which are suspect as troublemakers.

**LEMON JUICE** can often be used in place of vinegars, High in Vitamin C. Use one or the other in cooking bones for soup stock as they release the calcium from the bones.

**PAPRIKA** is a Vitamin C condiment which can replace black pepper in most cookery. Pepper is a known kidney and liver irritant.





From time immemorial, herbs have been used for seasoning, partly for their savory and tantalizing flavor and aroma and partly for their curative or remedial effect. They are rich in vitamins and minerals.

## HERB COOKERY

They have a soothing effect on stomach and nerves and can be lavishly used to replace spices and condiments which are often irritating to kidneys and stomach and consequently are detrimental to health.

Ancient lore, from the Bible to Pliny, from Hippocrates to the Pharaohs, is replete with names of herbs which we can now raise in our kitchen gardens. We can use them fresh in summer and dried and bottled in winter. There is hardly a meat, vegetable, egg or casserole dish that isn't made more tempting and piquant by the addition of the right herbs.

Our little herb cabinet was made from orange crate sides, cut out with a coping saw, nailed together, painted white and trimmed with ivy decals. Then I ordered 15 bottles of herbs from THE HERB-SMITH, 136-19 37th Ave., Flushing, New York, and hung the cabinet beside the kitchen range. Fresh or dried herbs can be purchased from SCOTCH RIDGE HERB, FARM, 4613 W. Main St., Kalamazoo, Michigan. BURGESS SEED COMPANY, Galesburg, Michigan sells seeds and some herb plants, while the Vaughan Seed Company, 601 W. Jackson Blvd., Chicago, Ill., has a collection of seeds of annual herbs which can be started in a hotbed or indoors. You can buy chives and parsley in tiny pots in the supermarket for growing on your window sill. Put them in larger pots, then outdoors in summer.



The following herbs come in seeds: cardamom, dill, celery, sweet cicely, caraway, anise, poppy, fennel, coriander and nasturtium. Of these, the dill, celery and nasturtium leaves are also used. Seeds leaves and sometimes stems (as with sage) are used fresh in season. For proper knowledge of drying, it is best to buy or get a library book on this subject or send for Bulletin No. 1977, United States Dept. of Agriculture, Wash. D.C. for SAVORY HERBS, CULTURE AND USE.

Perennial herbs may be clustered around the kitchen door or planted along the garden path. An old wagon wheel can be laid down and an herb planted in each spoke at the outer end. Or an old ladder can be laid along a border and an herb planted in each section.

Herbs can be tied up in a cheesecloth sack and removed before serving if the family objects to the looks of seeds or flakes in their food. For fresh use, they can be diced fine and blended with the salad dressing for extra tang.

Here is an herb powder that saves much blending trouble and can be used almost anywhere in meats, dressings, stews and soups. Grind fine with wooden potato masher if you have one and store in a dry herb bottle: 2 ounces each of sweet majoram, savory, parsley and thyme, 1 ounce basil, ½ ounce each of sage, bay leaves, dried celery leaves. These are all dry of course.

TOMATOES—celery, basil, marjoram, bay leaf, chives, parsley.

SWEET POTATOES—fennel, mace.

SWEET CORN—paprika

EGG PLANT—bayleaf, sage.

KALE—mace.

SPINACH—mace, marjoram, mint, thyme.

LIMA BEANS—basil, chives, savory, celery.

TURNIPS—caraway, paprika.

CARROTS—thyme, majjoram, mint, lemon balm.

PEAS—thyme, rosemary, tarragon, basil, marjoram, mint, borage.

CUCUMBERS—dill.

BEETS—bay leaf, caraway.

KIDNEY BEANS—bay leaf, paprika.

STRING BEANS—fresh dill, savory, basil, bay leaf.

CABBAGE—caraway, chives, savory, curry powder.

CAULIFLOWER—poppy and celery seeds.

SWISS CHARD—chives, marjoram.

POTATOES—parsley, savory, paprika, basil, dill.

SQUASH—marjoram.

ONIONS—celery seed.

FISH—chervil, fennel, marjoram, thyme, savory, tarragon.

ROAST BEEF—rub with chives or garlic and rosemary or thyme.

BOILED BEEF—basil, bay leaf, thyme, oregano.

POT ROAST—bay leaf, garlic or chives, marjoram, thyme, oregano.

HAMBURGER—chives, poultry seasoning, sage, thyme, basil, oregano.



BEEF STEW—bay leaf, basil, mace, thyme, celery seeds or leaves.

FRESH HAM—thyme, savory.

PORK CHOPS—chives, paprika, savory, thyme, marjoram, mint.

LAMB CHOPS—spearment, garlic, paprika, marjoram.

POULTRY—poultry seasoning, sage, rosemary, chives, curry, celery.

GAME—dill, chives, parsley, celery seeds or dried leaves, sage.

VEAL—rosemary, savory, sage, chives.

VENISON—chives, rosemary.

MEAT LOAF—sage, poultry seasoning, chives, coriander, oregano.

CROQUETTES—thyme, savory, marjoram, chives, celery, sage.

SWEET BREADS—chives, mace, paprika.

SPARE RIBS—garlic, bay leaf, paprika, marjoram, savory, thyme.

EGG DISHES—chervil, chives, dill, parsley, marjoram, basil.

POTATO SOUP—savory, chervil, thyme, basil, lovage, coriander.

VEGETABLE SOUP—bay leaf, basil, thyme, marjoram, savory, celery.

STUFFINGS—sage, poultry seasoning, coriander, parsley, thyme.

RICE—fennel, curry powder, chives, celery seeds and dried leaves.

SANDWICHES—watercress, garden cress, peppergrass, nasturtium leaves

POTATO SALAD—dill, caraway, chives, celery, chervil.

GREEN SALAD—thyme, basil, chives, celery, parsley, mint, dill.

MINT TEA—spearment, lemon balm, apple and lemon mint, peppermint.

ASPIC—bay leaf, basil, thyme, marjoram, chives, celery, dill.

SPAGHETTI SAUCES—thyme, oregano, basil, chives, garlic, celery.

RYE BREAD—caraway, anise seeds.

SEED COOKIES—caraway, anise, poppy, coriander, cardamom.

CHRISTMAS CAKES—anise, cardamom, coriander, caraway, poppy.

COOKIES—poppy, cardamom.

The above are the basic combinations and start in with one herb in each dish and a small amount of it. Gradually work in two herbs, then more, as you learn their characteristic savoryness and how to blend them with discretion.

HERB PLANT SOURCE—Almost all herb, mint and several geraniums in the scented leaf class for jelly making can now be ordered from the SCOTCH RIDGE FARM, address above. They ship plants between May 1st and August 15, and also sell herb seeds.



## SUNFLOWER SEED PIE

Bake a pastry shell the usual way except that  $\frac{1}{2}$  cup ground sunflower seeds are added to the shortening when the pastry is started.



### FILLING —

2 cups milk heated to boiling.

Stir in thickening made of:

$\frac{2}{3}$  cup raw sugar (scant)

2 egg yolks

$\frac{1}{2}$  teaspoon salt

2 rounding tablespoons flour (Mixed in a little cold milk)

Stir constantly until thickened. Cool and add 1 teaspoon vanilla.

Pour in pastry shell. Smooth and sprinkle about  $\frac{3}{4}$  cup of finely ground sunflower seeds over the filling.

### MERINGUE —

Beat the 2 egg whites until stiff and beat in 2 tablespoons brown sugar, honey or maple syrup. Spread on pie and bake until golden brown.

The older cooks will recognize the old-fashioned cream pie filling with the sunflower seed adaptation.



## CAROB CHIFFON PIE

### GRAHAM CRACKER CRUST -

2 cups crushed graham crackers  
 $\frac{1}{2}$  cup nut meats chopped fine  
 $\frac{1}{3}$  cup butter

Blend thoroughly, press in medium sized Pyrex pie dish. Chill overnight or several hours in refrigerator.

### CHIFFON FILLING -

1 envelope Knox gelatin dissolved in  
 $\frac{1}{4}$  cup water.  $\frac{2}{3}$  cup milk  
 $\frac{1}{2}$  cup raw sugar 2 egg yolks  
 $\frac{1}{2}$  cup carob powder pinch salt  
1 teaspoon vanilla

Blend and cook over low flame till it thickens. Add thickened gelatin mixture, blend and cool.

Beat egg whites stiff, fold into filling and add 1 teaspoon vanilla. Pour into shell and let filling set.

### TOPPING -

Whip until stiff 1 package or 1 cup whipping cream. Beat in 2 tablespoons raw sugar. Spread on pie and sprinkle with  $\frac{1}{4}$  cup chopped nut meats. Serve.

## FROZEN OR FRESH STRAWBERRY PIE

Put 1 cup raw sugar on 1 quart fresh or unsweetened frozen strawberries (or  $\frac{1}{2}$  cup raw sugar on sweetened frozen berries) and let stand until about 1 cup of juice is formed, stirring occasionally.

Drain. Heat juice and thicken with 2 tablespoons flour moistened with a little water. Add pinch of salt and 1 tablespoon butter. Cool slightly, add 1 tea-

spoon lemon juice and blend mixture with berries carefully.

Pour in baked, cooled pie shell and chill several hours or until the filling is thoroughly set. Top with whipped cream sweetened with 2 tablespoons raw sugar and serve. Any fresh berries can be made up in this pie.

PIES



## BLACK WALNUT PIE

Grind  $1\frac{1}{2}$  cups black walnut meats in food chopper and make as the Sunflower Seed Pie except to use a big  $\frac{2}{3}$  cups of brown sugar and add blackwalnut flavoring to the vanilla.

Any kind of nut meats may be used.

The topping may be whipped cream and the nut meats may be sprinkled on top of it instead of beneath.

## OATMEAL CRUST

$1\frac{1}{4}$  cups rolled oats  
ground fine  
 $\frac{1}{2}$  cup butter  
2 tablespoons raw sugar

pinch salt  
pinch nutmeg or  
cinnamon

Cream mixture and add more butter if needed to hold oatmeal to pie dish. Press over bottom and sides of pie pan and bake about 15 minutes at 375, or until lightly browned

Many seasonings may be used but see that they blend in with the type of filling used.

## SOYA PANCRUST

$1\frac{1}{4}$  large coffee cup wholegrain pastry flour (unsifted)  
 $\frac{1}{4}$  large coffee cup soya oil (any vegetable oil may be used)  
 $\frac{1}{2}$  teaspoon sea salt

Put ingredients into large pie pan, as no board nor pin is used in this piecrust.

Add 1 tablespoon cold water, sprinkle over the entire surface of the blended flour and oil. Work gently

together with a spoon, then press the crust against the inside of the pan, pinching the edges into a tiny fluted trim. Prick with a fork, then sprinkle with sesame seeds, ground sunflower seeds or finely chopped nut meats.

Bake until lightly browned and done, probably 12 minutes, at 425 degrees.

This crust, besides being a high protein food, is nutty sweet and perfectly delicious.



## PEANUT BUTTER PIE

Bake a pie shell to which 1 teaspoon peanut butter or 1 tablespoon finely chopped peanuts have been added to the shortening before blending.

### FILLING —

Heat 2 cups milk to boiling	$\frac{2}{3}$ cup raw sugar
2 rounding tablespoons flour	2 egg yolks
$\frac{1}{3}$ teaspoon sea salt	

Blend and moisten the ingredients with  $\frac{1}{2}$  cup milk until smooth, stir into milk and cook over low flame till thick. Remove from fire and add 1 big rounding tablespoon of peanut butter and 1 tablespoon of butter. Melt both in filling while hot. Cool then add 1 teaspoon vanilla. Pour in baked peanut shell. Cover with a meringue made of the 2 egg whites beaten stiff then beaten with 2 tablespoons raw sugar. Bake until golden brown.

## WHOLEGRAIN PASTRY

1 cup wholegrain	$\frac{1}{4}$ teaspoon sea salt
pastry flour	$\frac{1}{3}$ cup chilled shortening

Cut shortening into flour and salt. Add enough cold water to make the pastry the usual consistency and chill a few minutes. Roll out and fold over and place on pie plate.

CAUTION: The flour should be ground very fine to make a good pastry.

## SESAME SEED CRUST

Add  $\frac{1}{2}$  cup sesame seeds to shortening in above recipe and proceed as usual.

Or roll out the wholegrain pastry shell, sprinkle with the seeds, roll them in lightly with rolling pin, and bake the usual way.



### CRUSTLESS APPLE PIE

This is a baking dish of apple slices sprinkled with sugar and spice, then topped with a rich crusty topping and baked like pie.

Apples to fill a 2 quart baking dish

$\frac{1}{2}$  cup raw or brown sugar  
1 teaspoon cinnamon or nutmeg

Put a layer of apples then some of the spiced sugar and keep this up till the dish is almost full.

#### TOPPING -

$\frac{1}{2}$  cup raw or brown sugar  
1 teaspoon same spice as used before  
 $\frac{1}{2}$  cup wholegrain pastry flour  
 $\frac{1}{4}$  lb. butter  
pinch salt

Work the butter and other ingredients into the sugar with tips of fingers until it is a crumbly mess. Sprinkle on top of apples and bake in a slow oven and on bottom shelf until applies are tender.

Delicious hot or cold or topped with whipped cream for special occasions. Use more sugar if apples are tart.

### CAROCOLATE CRINKLE CUPS

(Carocolate is a brick carob with the addition of raw sugar to be used like semi-sweet chocolate or as candy)

Melt about 1 ounce of carocolate for each 2 cups. Pick up about half a dozen fluted paper cups and spoon in a good tablespoon of melted carocolate in the top cup. Spread it over bottom and up the sides with a spoon bowl. When completely covered, the entire inside, lift the cup gently out and on a tray or pie tin. If it tends to flatten, leave 3 or 4 cups under it. They can be removed when the crinkle cup is set and used over. Spread as many as you need, work-

ing over several cups each time. Put cups in refrigerator to chill and set, then remove all extra cups to their box and tear carefully the one cup adhering to the carocolate, leaving a crinkled cup to hold fancy nuts, homemade ice cream, chiffon or cream pie filling, pudding or any favorite dessert.

Children love these for parties, they have the fun of eating the dish along with the dessert.



### CAROCOLATE CRUST

12 graham crackers pulverized  
 $\frac{1}{2}$  cup or more of carocolate  
 $\frac{1}{2}$  cup nut meats, sunflower seeds  
ground or chopped, or sesame seeds

Melt carocolate and blend with crushed graham crackers and which ever of the seasonings you choose, or leave plain if preferred. Add carcolate and blend until you have a paste you can spread against bottom and sides of pie pan.

Chill and fill with chiffon or cream pie and top with whipped cream. This makes a very rich yet unfat-tening crust. Delicious!

### GLADYS DOSTER'S LEMON CHIFFON PIE

4 egg yolks beaten slightly  
 $\frac{1}{2}$  cup raw sugar (scant)  
juice and rind (if desired) of 1 lemon  
pinch sea salt

Cook slowly to custard stage, add 1 envelope Knox gelatin soaked in water. Beat 4 egg whites, gradually beat in scant half cup raw sugar. Beat stiff and add to cooled custard mixture.

Pour into baked pastry shell, chill and serve with whipped cream and raw sugar topping.

### DOLLY MORRIS' PIE FILLING

1 tablespoon cornstarch	$\frac{3}{4}$ cup brown sugar
1 cup water	grated rind and juice
2 cups organically grown raisins	of 1 lemon

Cook together, cool and put in the nut crust. Chopped nuts or whipped cream may be used for topping.

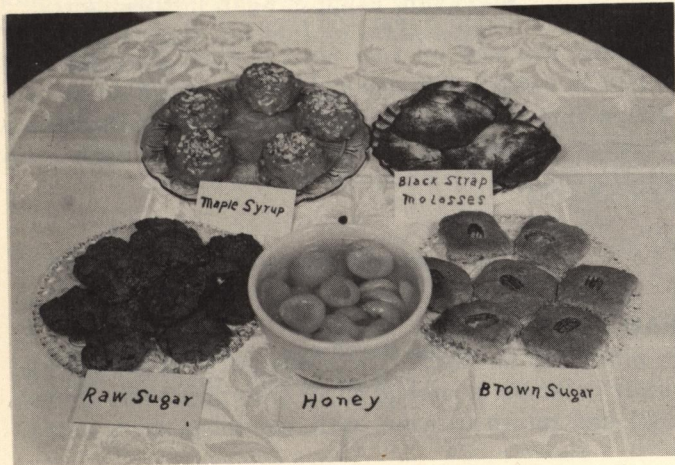
### DOLLY MORRIS' NUT PIE CRUST

1 cup wholegrain pastry flour  
1 cup coarsely chopped nut meats  
 $\frac{2}{3}$  cup shortening or oil  
1 teaspoon salt  
small amount of water

Mix together and use only enough water to hold and press in the pie tins and bake at around 400 degrees until browned. No need to roll out. Use less shortening if desired. This is one of the most delicious pie crusts we have ever eaten.



## BLACKSTRAP MOLASSES COOKIES



- 1 cup raw sugar
- 1 egg
- $\frac{1}{2}$  cup vegetable shortening
- $\frac{1}{2}$  cup blackstrap molasses
- $\frac{1}{2}$  cup buttermilk
- $\frac{1}{2}$  teaspoon vinegar
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1 teaspoon soda
- $3\frac{1}{2}$  cups UNSIFTED wholegrain pastry flour

Put together the usual way and chill dough in refrigerator. Roll out, cut and place cookies on greased cookie sheet and until the family gets used to the nutty wholegrain flavor, top with sugar or raisins. Bake at 360 degrees.

## GLAZED FRUIT COOKIES

To the above dough, add before chilling:

- $\frac{1}{2}$  cup dates
- $\frac{1}{2}$  cup raisins,
- $\frac{1}{2}$  cup figs
- all unsulphured

Roll out very thick and bake until done at 360 degrees. Glaze with maple or honey butter.



## PINEAPPLE COOKIES

- $\frac{3}{4}$  cup raw sugar
- $\frac{1}{4}$  cup butter
- $\frac{1}{4}$  cup lard or vegetable type shortening
- 1 teaspoon vanilla
- $\frac{1}{4}$  teaspoon sea salt
- $\frac{2}{3}$  cup well-drained crushed pineapple
- $\frac{1}{2}$  cup ground almonds or other nuts
- $1\frac{1}{2}$  cups unsifted or
- 2 cups sifted wholegrain pastry flour
- 2 level teaspoons baking powder
- 1 egg

Cream egg and first 5 ingredients. Add pineapple and nuts. Add flour and baking powder. Bake 10 to 12 minutes at 375 degrees. Makes 2 dozen small cookies. Moist and very good flavored.

## UNLEAVENED OAT COOKIES

- $\frac{1}{2}$  cup organically raised raisins
- $\frac{2}{3}$  cup shortening
- $\frac{2}{3}$  cup raw sugar
- $\frac{1}{4}$  cup thinly diluted powdered milk
- 3 cups oat flour, dipped lightly

To get oat flour, see front of book under FLOURS. Puff raisins in a bit of hot water  $\frac{1}{2}$  hour before making. Put together the usual way and flatten on greased cookie sheet. Bake about 15 minutes at 375. Sesame seeds, mace and nuts may be added. You may grind oat flour out of steel cut oats in a moment in your blender by only grinding about  $\frac{1}{2}$  cup at a time. Good emergency measure.

## BROWN SUGAR COOKIES

- $1\frac{1}{2}$  cups brown sugar (packed) 1 teaspoon vanilla
- $\frac{1}{2}$  cup vegetable shortening 2 eggs
- $\frac{1}{2}$  teaspoon sea salt 1 teaspoon baking powder
- 2 cups UNSIFTED wholegrain pastry flour
- LAST - 2 tablespoons milk

Cream sugar, shortening and eggs. Add salt and vanilla. Sift flour and baking powder and blend. Then add the milk and put in teaspoons on a greased baking sheet. Flatten by dipping a spoon in cold water and rolling out with bowl. Top with pecan halves. Bake 10 or 12 minutes at 375 degrees.

## COOKIES



### RAISIN DROP COOKIES

- |                            |                            |
|----------------------------|----------------------------|
| 1 cup vegetable shortening | 1 teaspoon sea salt        |
| 1½ scant cups raw sugar    | 1 cup unsulphured raisins  |
| 3 eggs                     | 1 teaspoon baking powder   |
| 1 teaspoon nutmeg          | 4 cups unsifted wholegrain |
| 1 teaspoon vanilla         | pastry flour               |

Cream sugar with shortening, add eggs and beat, add flavorings. Sift flour, salt and baking powder. Combine and add raisins. Put on baking sheet in large spoonfuls and bake 12 minutes or so at 425 degrees.

### SUNFLOWER SEED COOKIES

- |                            |                        |
|----------------------------|------------------------|
| 3 egg whites               | 1 cup ground sunflower |
| 1 teaspoon vanilla         | seeds                  |
| 1 cup brown sugar (packed) |                        |

Beat egg whites until they hold a peak, gradually beat in brown sugar, then the ground seeds, then add the vanilla and blend. Drop as cookies on a heavily greased baking sheet and bake at 275 degrees from 30 to 40 minutes in the center of the oven. They should be lightly browned, only. When a toothpick comes out clean, they are done. Loosen at once but let cool on cookie sheet. Store in a tight container and if they fall, the flavor is more delicious yet.

### CAROCOLATE CHIP COOKIES

- |                            |                          |
|----------------------------|--------------------------|
| ½ cup brown sugar (packed) | ½ cup chopped nut meats  |
| ⅓ cup lard or vegetable    | 1 teaspoon vanilla       |
| shortening                 | 1 teaspoon baking powder |
| 1 egg                      | 2 cups SIFTED wholegrain |
| ½ teaspoon sea salt        | pastry flour             |
| ½ cup bit-sized carocolate |                          |

Cream first four ingredients, add flavoring, nuts and carocolate. Add flour and baking powder which have been sifted together. Blend. Drop on greased baking sheet and bake at 375 degrees about 12 minutes or until done. Store in closed container and add a piece of bread if you want them moist.



## OATCAKES

1 cup brown sugar, packed      1 cup ground Scotch oats  
2 eggs separated                  1 cup wholegrain  
pinch salt                              pastry flour  
 $\frac{1}{2}$  cup vegetable shortening  
 $\frac{1}{2}$  cup diluted powdered milk  
 $\frac{1}{2}$  teaspoon each cinnamon, cloves, nutmeg and  
ginger

Cream sugar, egg yolks and shortening, add milk alternately with sifted dry ingredients. Beat well and then fold in stiffly beaten egg whites. Bake in paper cups or muffin tins about a half hour at 400 degrees. Nuts and fruit may be substituted for the spices.

## STEELCUT OAT COOKIES

1 cup steelcut oats  
 $\frac{1}{2}$  cup organically grown raisins  
Grind together in food chopper. Add—  
 $\frac{1}{2}$  cup shortening                  1 scant cup raw sugar  
 $\frac{1}{2}$  teaspoon salt                      1 egg  
 $\frac{1}{2}$  teaspoon each of cinnamon and baking powder in-  
1 cup sifted wholegrain pastry flour  
 $\frac{1}{2}$  teaspoon cardamon seeds (ground)

Shape in balls and flatten on greased cookie sheet and bake at 375 for about 12 to 15 minutes. Store in tight container with slice of bread for moistener.

## WHEATGERM COOKIES

1 cup brown sugar, packed      1 cup nut meats  
 $\frac{1}{2}$  cup shortening                   $\frac{1}{4}$  cup milk  
 $\frac{1}{4}$  teaspoon salt                      1 teaspoon nutmeg  
2 eggs                                   $1\frac{1}{2}$  cups wheatgerm  
2 level teaspoons baking powder  
1 cup UNSIFTED wholewheat pastry flour

Cream sugar and shortening, add eggs, nutmeg, salt, and beat good. Then add milk and sifted dry ingredients. Drop by spoonfuls on a greased cookie sheet and bake at 350 degrees for about 12 minutes.

## COOKIES



## COCONUT CRISPS

Beat 3 egg whites until stiff. Slowly beat in  $\frac{2}{3}$  cup raw sugar,  $\frac{2}{3}$  cup coconut meal and  $\frac{2}{3}$  teaspoon vanilla. Spoon on a well-greased cookie sheet and bake about 10 minutes at 450 degrees. Cool briefly then loosen from pan with very sharp knife and finish cooling on the sheet.

If the raw sugar punctures the air bubbles in the egg whites and they go flat, don't worry. The cookies will be soft in that case and actually better tasting than if they had stayed high.

## CARAWAY PARTY SNACKS

When making rich pie crust, roll out some extra and cut in fancy shapes with cookie cutters. Top thickly with caraway seeds and bake in a quick oven like a pie shell. They are perfectly delicious and better if the pie crust is extra salty.

Cut in hearts, diamonds, clubs and spades, they can make a card party tidbit that is a new thrill.

## CAROB NUT CLUSTERS

$\frac{1}{4}$  cup butter  
 $\frac{1}{2}$  cup raw sugar  
pinch salt  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  cup carob

1 cup whole nut meats  
 $1\frac{1}{2}$  teaspoons vanilla  
1 egg  
 $\frac{2}{3}$  cup unsifted whole-grain pastry flour

Melt butter, mix in carob and sugar and cool. Beat in egg, salt and vanilla, then nuts. Sift in flour and baking powder and blend. Drop on greased baking sheet and bake 10 minutes at 350 degrees.

## DORIS LEXEN'S YEAST MOLASSES COOKIES

(For sodium-free diets)

$\frac{1}{2}$  cup vegetable shortening  
 $\frac{1}{2}$  cup unsulphured molasses  
 $1\frac{1}{2}$  cups wholegrain bread flour  
 $\frac{1}{2}$  cup powdered skim milk  
2 packages compressed yeast  
 $\frac{1}{2}$  teaspoon each of ginger,  
nutmeg, cloves and cinnamon

1 egg  
 $\frac{1}{2}$  cup raw honey  
 $\frac{1}{4}$  cup milk  
1 cup organically grown  
raisins  
 $\frac{1}{2}$  teaspoon sea salt

Scald milk, cool and add yeast, honey and salt. Cream the shortening, powdered milk, molasses and egg yolk then add to yeast mixture. Add raisins. Sift in flour and spices and blend thoroughly. Beat egg white stiff and add last. Let dough stand a few minutes then drop by spoonfuls on a baking sheet which has been well greased. Bake about 12 minutes at 350 degrees.

## COOKIES



### STEELCUT OAT MACAROONS

$\frac{1}{2}$  cup raw sugar  
1 egg  
 $\frac{1}{2}$  cup lard or vegetable shortening  
1 teaspoon baking powder, sifted with  
1 cup unsifted wholegrain pastry flour  
1 tablespoon milk added last

1 teaspoon vanilla  
good pinch salt  
 $\frac{1}{2}$  cup shredded coconut  
 $\frac{1}{2}$  cup steelcut oats

Cream sugar, shortening and egg. Add seasoning, oats and coconut, then blend in flour and baking powder. Add milk last and drop in teaspoons on greased cookie sheet and flatten with fork. Bake 12 or 15 minutes at 375 degrees. Makes 18 macaroons. Store in tight container.

### CAROB BROWNIES

Mix  $\frac{1}{2}$  cup carob powder with  $\frac{1}{2}$  cup melted vegetable shortening or lard and let cool.

$\frac{2}{3}$  cup raw sugar  
2 eggs  
1 cup chopped nuts  
1 cup UNSIFTED wholegrain pastry flour  
3 tablespoons milk

1 teaspoon vanilla  
 $\frac{1}{2}$  teaspoon sea salt  
1 teaspoon baking powder

Cream sugar and eggs, add carob mixture and vanilla. Sift salt, baking powder and flour and add alternately with milk. Spread in a 9 x 12 inch pan and bake at 350 degrees until done. Cut in squares when hot but let cool in pan.

### SESAME CRISPS

$\frac{1}{2}$  cup wholegrain pastry flour  
 $\frac{1}{2}$  cup brown sugar packed  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{4}$  cup butter

1 beaten egg  
pinch salt  
 $\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{2}$  cup sesame seeds

Beat egg, then cream with shortening and sugar, then the sifted dry ingredients and seeds and flavoring. Drop in spoonfuls on a greased cookie sheet and bake about 10 minutes at 375 or hotter. Loosen on removing from oven, then let cool on the sheet.

### UNLEAVENED VARIATION

Make the above recipe except omit the baking powder, use 2 egg yolks in the cookies and add the 2

stiffly beaten whites and fold in just before baking.

### COOKIES



### MAPLE NUT CAKE

$\frac{1}{2}$  cup shortening  
 $\frac{1}{3}$  cup raw sugar  
 $\frac{1}{2}$  cup maple syrup  
 $\frac{1}{2}$  cup chopped nuts  
1  $\frac{1}{2}$  teaspoons baking powder  
1  $\frac{1}{2}$  cups sifted wholegrain cake flour

3 eggs  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{2}$  teaspoon cinnamon

Cream sugar and shortening, then blend with egg yolks, then maple syrup. Add sifted dry ingredients and beat, then fold in stiffly beaten egg whites last. Bake in two 8 inch pans about 25 minutes at 375 degrees. Top with maple whipped cream and sprinkle with chopped nuts.

### MAPLE WHIPPED CREAM

$\frac{1}{2}$  pint heavy cream  
 $\frac{1}{2}$  cup maple syrup

Beat cream until thick then slowly add the maple syrup, beating constantly until syrup is added and cream is thickened for spreading.

### MAPLE SPICE CHIFFON

Using a teacup and level measurements, sift into a bowl:

2 cups SIFTED wholegrain pastry flour  
2 teaspoons baking powder  
1 teaspoon cinnamon and caraway seeds  
 $\frac{1}{2}$  teaspoon each of salt, cloves, nutmeg and allspice

Make a well and add the following ingredients, stirring until the raw sugar is all dissolved:

$\frac{1}{2}$  cup salad oil  
scant 1  $\frac{1}{2}$  cups raw sugar  
6 egg yolks  
 $\frac{3}{4}$  cup cold water

1 teaspoon maple flavoring

Put into large mixing bowl:

6 egg whites and  $\frac{1}{2}$  teaspoon cream of tartar

Beat until a spoon cuts a path through the mixture. then pour the other mixture over whites gently and fold in carefully. Pour into large tube pan (ungreased) and bake 55 minutes at 325 then 10 more minutes at 350. Let cool bottom side up on 3 cups, remove and frost with maple frosting and decorate with nut halves or chopped nuts.



### GRAHAM CRACKER CAKE

$\frac{1}{2}$  cup raw sugar  
 $\frac{1}{4}$  cup ground nut meats  
 $\frac{1}{4}$  cup ground sunflower seeds  
1 teaspoon baking powder  
2 cups crushed graham crackers

$\frac{1}{3}$  teaspoon sea salt  
 $\frac{1}{3}$  cup lard and butter (mixed)  
 $\frac{2}{3}$  cup milk  
1 egg  
1 teaspoon vanilla

Cream sugar, shortening and egg. Add salt and vanilla, then nuts and sunflower seeds. Add graham cracker powder and baking powder alternately with milk and pour thick batter into a well greased loaf cake tin.

### TOPPING

Blend  $\frac{1}{2}$  cup brown sugar with either of these:  $\frac{1}{4}$  cup chopped nuts, ground sunflower seeds or sesame seeds or  $\frac{1}{2}$  teaspoon pulverized cardamom seeds. Sprinkle over top of batter and bake about 30 minutes or until done in a 350 degree oven, keeping it

low in the oven to keep the topping from browning too much.

Delicious this way, but you can serve it with whipped cream if you wish.

### EGG LEAVENED ORANGE CAKE

$\frac{3}{4}$  pound butter  
2 cups brown sugar  
6 eggs, separated  
grated rind from 2 unsprayed oranges  
 $\frac{3}{4}$  cup orange juice with pulp  
2 cups unsifted wholegrain pastry flour  
 $\frac{1}{2}$  teaspoon salt

Cream butter and sugar, add egg yolks and beat. Then add juice alternately with flour and salt and beat well. Then fold in stiffly beaten egg whites and lift by spoonsful into a greased tube pan. Bake at 325 until browned, then reduce heat. Cake should spring back at touch in 60 minutes. Cool in tin. Cake is very high even though no leavener except egg whites is used, and is delicious.

### CAKES



## YEAST FRUIT CAKE

- 1 cup organic prunes, soaked, drained
- $\frac{1}{2}$  cup sundried apricots, soaked and drained
- $\frac{1}{2}$  cup organic raisins
- $\frac{1}{2}$  cup chopped almonds
- $\frac{1}{2}$  cup chopped walnuts
- 1 cup candied unsprayed fruit peel
- $\frac{1}{2}$  cup shortening
- $\frac{2}{3}$  cup honey
- 2 eggs
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon each cinnamon, nutmeg and allspice
- 1 cake compressed yeast dissolved in  $\frac{1}{4}$  cup warm water
- 2 cups wholegrain bread flour

Put together the usual way. Line an 8 inch tube pan with wax paper and turn batter in it. Let raise 45 minutes and bake in a 250 degree oven with a pan of hot water in bottom for about 3 hours or until done. Glaze top with honey.

## GLADYS DOSTER'S FARMER CAKE

- 1 cake compressed yeast dissolved in
  - $\frac{1}{4}$  cup warm water
  - 1 cup wholegrain bread flour
- Make a sponge and let rise.

Cream these ingredients then mix with the sponge.

- 1 cup brown sugar
- $\frac{1}{2}$  cup butter
- 1 beaten egg
- 1 teaspoon spices
- 1 cup raisins and dates chopped
- $1\frac{1}{2}$  cups wholegrain bread flour

Turn into a bread pan and let double in bulk. Bake 45 minutes at 375 degrees.



### POPPYSEED CUPCAKES

$\frac{1}{2}$ cup poppyseeds	1 teaspoon baking powder
$\frac{3}{4}$ cup milk	4 stiffly beaten egg whites
$\frac{3}{4}$ cup shortening	$1\frac{1}{2}$ cups raw sugar
$\frac{1}{4}$ teaspoon salt	
$1\frac{3}{4}$ cups unsifted wholegrain pastry flour	

Soak poppyseeds in milk 2 hours. Cream shortening (butter and vegetable shortening) and sugar. Sift dry ingredients together then add alternately with milk and poppyseeds. Beat very well then fold in egg whites last and bake at 350 degrees until cupcakes are done, probably 20 minutes.

### CAROCOLATE CAKE

Dissolve about 2 ounces carocolate in  $\frac{1}{2}$  cup boiling water. Cool.

1 cup raw sugar	1 egg
$\frac{1}{4}$ cup shortening	$\frac{1}{4}$ teaspoon salt
1 teaspoon cinnamon	
1 teaspoon baking powder	
$1\frac{1}{4}$ cups UNSIFTED wholegrain pastry flour	

Cream sugar, shortening and egg. Add carocolate mixture then sift in dry ingredients and beat well. Bake in 8 x 8 square pan about 35 minutes at 350 degrees.

### FROSTING

Beat 1 cup whipping cream until stiff, add 2 tablespoons brown sugar and 1 teaspoon vanilla and beat and spread. Shave carocolate on top to decorate cake. The carocolate can be melted, cooled and

added directly to the whipped cream with half of the brown sugar. This makes a mottled topping which tastes very good and has a "party look."

### CAKES



### MARIAN VANDERWERF'S "MULCHED" CAKE

1½ cups raw sugar  
½ cup shortening  
½ teaspoon cinnamon  
3 eggs, separated  
pinch salt  
2 cups sifted wholegrain flour

1 cup chopped nuts  
1 cup milk  
¼ teaspoon nutmeg  
½ cup raisins  
½ cup dates

#### Broiled MULCH Icing

5½ tablespoons melted butter  
7½ tablespoons brown sugar  
3 tablespoons cream  
¾ cup shredded  
cocoanut.

½ pound nut meats ground fine  
(I use walnuts)  
7 eggs separated  
1 cup raw or brown sugar or half of each  
1 teaspoon vanilla  
pinch salt for the nuts

### PROTEIN CAKE

Beat egg whites until very stiff and dry. Set aside. Beat egg yolks and sugar together until creamy, add nut meats gradually, then salt and vanilla. Fold this mixture into the whites carefully and bake in an ungreased tube pan for 1 hour at 325 degrees. Invert on 3 cups to cool as for angel food.

This is one of the best cakes we have ever eaten. We serve it with caramel sauce. The cake is high in Vitamins B1, A, D, and E.

### CARAMEL SAUCE

⅔ cups maple syrup  
⅔ cups brown sugar

4 tablespoons cream

Simmer a couple of minutes, partly cool and add 1 tablespoon butter, finish cooling.

### CAKES



## ALINE MATHEWS' NUT CAKE

- 4 eggs separated
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{2}$  cup boiling water
- $1\frac{1}{3}$  cups raw or brown sugar
- $\frac{2}{3}$  cups salad oil
- 2 cups wholegrain pastry flour
- $\frac{1}{2}$  to 1 cup chopped black walnuts

Measure everything and arrange it around the mixer as you have to work fast after starting. Keep the mixer on high speed from start to the point where you fold in the flour (this is done by hand). Put the 4 egg whites and salt in a big bowl and beat on high while you put wax paper in the bottoms of 2 deep tins or 3 ordinary ones and grease them well. Have oven at 350 degrees when starting. When whites are in swirls or when scraper cuts a path through them, then add the egg yolks and beat, then add the boiling water and beat well, then add the sugar a little at a time and beat at high until this is all in and blended, then add the oil slowly and beat in. NOW SHUT THE MIXER OFF. Fold in the flour by sifting a bit on the top and folding it in, then fold in the ground or chopped nuts the same way. Be gentle so you don't break the air bubbles. Pour in readied tins and bake 30 minutes at 350 degrees and more if needed. Cake leaves sides of pan when done but test with a toothpick to be sure.

You may bake it as a chiffon cake if you wish. We did. We use a nut frosting on it and it is the best chiffon cake I ever tasted. *Best of all, no soda nor baking powder.*



## MAPLE FROSTING

1 cup brown sugar  
1 cup maple syrup

1 tablespoon butter

Boil sugar and maple syrup gently until it forms a soft ball in cold water. Add butter and beat until it is firm enough to spread. Top with chopped nuts. This frosting also makes superb maple fudge made as above.

## RAW HONEY FROSTING

With beater on 6, beat 2 egg whites until stiff but not dry. Keeping beater on 6, dribble in  $\frac{1}{2}$  cup raw

honey and beat until fluffy and ready to spread. Top with nuts or sunflower seeds.

## FLUFFY RAW ICING

2 egg whites  
 $\frac{1}{4}$  cup brown sugar  
1 teaspoon flavoring  
if desired

$\frac{3}{4}$  cup corn syrup  
(white or brown)  
sunflower or sesame seeds  
 $\frac{1}{4}$  teaspoon salt

Add salt to egg whites and beat until frothy, then add brown sugar and beat until glossy. Slowly add corn syrup and flavoring and beat until frosting stands in peaks or is very thick. Spread on cake and top with ground sunflower or sesame seeds. This amount will make a thick filling and frost top and sides of a large two layer cake. Any left over will keep in the refrigerator.

## CAKE FROSTINGS



### CARAMEL FROSTING

1½ cups brown sugar, packed  
½ cup top milk or coffee cream

Simmer to soft boil stage. Remove and add 2 tablespoons butter and ½ teaspoon vanilla. Beat till creamy and spread on cake.

### CAROB FROSTING

1½ cups raw sugar  
⅓ cup butter

½ cup milk  
½ cup carob  
1 teaspoon vanilla

Gently boil all but vanilla until it forms a soft ball in cold water. Beat until partly cool, add vanilla, beat until ready to spread.

### SESAME SEED GLAZE

For rolls — When ready for oven, brush with a mixture of 1 beaten egg yolk and 1 tablespoon water and sprinkle generously with sesame seeds. Bake from 15 to 20 minutes at 375 degrees.

For Coffee Breads or Cakes — Take from oven 15 minutes before it is done, brush with the mixture, sprinkle with seeds and finish up the baking at from 350 to 375 degrees.

### CAKE FROSTINGS



### RAISED GLAZED DOUGHNUTS

- |                              |                               |
|------------------------------|-------------------------------|
| 1 cup raw sugar              | $\frac{1}{2}$ teaspoon nutmeg |
| 2 eggs                       | 1 cup scalded milk, cooled    |
| $\frac{1}{2}$ cup shortening | 1 compressed yeast cake in    |
| $\frac{1}{2}$ teaspoon salt  | $\frac{1}{2}$ cup warm water  |

5 to 6 cups wholegrain bread flour

Glaze—Have boiling beside the boiling fat a pan in which  $\frac{3}{4}$  cup raw sugar and  $\frac{3}{4}$  cup hot water have been cooked a few moments and as you lift each doughnut from the fat, dunk it in the boiling syrup, turn, drain and place on a buttered platter. These doughnuts have to be stored in a cupboard on a plate or platter, not put in a closed jar, or the glaze will melt. They don't freeze nicely either but they are so good they rarely have a chance to stay around long.

Cream sugar, shortening, eggs and seasoning. Add yeast and water, milk then the flour and enough to make a stiff dough. Cover with melted grease and let rise until double in bulk. Knead down on a floured board, then roll out to  $\frac{3}{4}$  inch thickness and cut with friedcake cutter. Lay doughnuts on a greased or floured surface like a cookie sheet but pull out from center before placing them so that the center will have space left in it after they raise. Let rise about half an hour and fry in deep fat as for friedcakes.

### POWDERED PUFFS

- |   |                          |
|---|--------------------------|
| $\frac{1}{2}$ cup raw sugar             | 1 teaspoon baking powder |
| $\frac{1}{2}$ teaspoon salt             | 1 teaspoon nutmeg        |
| 1 egg                                   | $\frac{3}{4}$ cup milk   |
| 3 teaspoons fat (melted)                |                          |
| 2 cups unsifted wholegrain pastry flour |                          |

Blend sugar, warm fat, egg, salt and nutmeg. Add milk then flour and baking powder. Have fat hot as for friedcakes and dip a teaspoon in hot fat, then in the dough and slide out teaspoons of the dough from the spoon (dipping it in the fat each time) until you have the pan full. Fry until golden brown and done in the middle. Drain on absorbent paper and roll warm puffs in powdered brown sugar. These Puffs are so quickly stirred up that the fat should be nearly hot enough when you start to make the dough. They are light and delicious and quick to make.

### DOUGHNUTS



## "RYE" DOUGHNUTS

2 cups rye flour  
1 cup unbleached wholegrain flour (bran removed)  
2 eggs  
5 tablespoons raw sugar  
 $\frac{1}{4}$  teaspoon sea salt  
1 teaspoon cinnamon  
2 teaspoons baking powder  
1 cup milk

Sift flour and baking powder into a well in a bowl, add other ingredients except milk and blend well. Last add enough of the milk to make a fairly soft dough. Have melted fat hot as for doughnuts. Drop this dough by spoonfuls in the hot fat and fry until done. Drain on paper towels.

---

## CAROCOLATE CLUSTERS

Carocolate is a brick carob which is like milk chocolate. Use it as you do semi-sweet chocolate, in frostings, cookies and candies.

Melt required amount of carocolate over hot water, then stir in the correct amount of desired kind of

nuts, we use the native ones, black walnuts, hickory nuts or butternuts.

Drop in spoonfuls on wax paper and let harden. They are exactly like the commercial nut clusters and are most delightful to nibble on.

## PEHONEYNUT BUTTER

Take required amount of honey that has crystallized and beat it with a spoon, or electric beater, until it has the consistency of lard and is white. Then mix in peanut butter (or any of the nut butters) until the taste is suited.

Use on sandwiches or toppings for wholegrain fruit, nut or cinnamon rolls where a glaze or topping is desirable.

## FRUIT SQUARES

Grind through food chopper 1 cup each of nuts, dates, figs, raisins, candied peel and either sunflower or sesame seeds or coconut. Pack in a cake

pan and let harden and become well flavored through. Cut in squares and roll in sesame seeds or sunflower seed or coconut meal.

## DOUGHNUTS—CONFECTIONS



### THEODORA HALL'S CANDYLADE

Take the peel from unsprayed, organically grown oranges, wash it, cut it in strips and boil it in water until fairly soft. Then add honey, nearly in equal amount, and simmer down to a sugary consistency.

This makes a cross between orange marmalade and candied orange peel and makes a quick use for the rinds of our precious organic oranges. The rind has vital elements found in no other foods.

### HONEY BUTTER

Cream by hand or with mixer—

1 cup butter                      ½ cup honey

### CAROB FUDGE

2 cups raw sugar                      ½ cup milk  
½ cup butter                      1 cup chopped nuts  
½ cup carob powder                      1 teaspoon vanilla

Melt butter, blend in carob and a pinch of salt, add other ingredients and boil until it makes a firm ball in cold water. Remove from fire and beat until it is nearly cool and add vanilla and pour over the nut meats in a buttered pan. You can't tell it from chocolate fudge.

### CANDIED ORANGE PEEL

Use only unsprayed peel, wash and cover with cold water and boil till soft, save water. Scrape out white if bitter with teaspoon. Cut peel in strips. Dissolve 2 cups honey or raw sugar in 1 cup of the cooking water and boil until it spins a hair, then add peel

and simmer 20 minutes. Drain. Dry thoroughly on wax paper and store in glass jars.

Lemon and grapefruit peel, if too bitter, should be made the same way pouring off the first parboiling water and saving the second boiling water.

### COCONUT PRALINES

1½ cups raw sugar                      ½ cup water  
Boil till it starts to form a ball in cold water. Remove from fire and beat a minute then add—  
½ teaspoon vanilla                      ½ cup coconut meal

Beat until it begins to get thick and creamy and drop in spoonfuls on wax paper. Makes a creamy coconut candy. Could be used for cake frosting.

### CONFECTIONS



### HONEY MERINGUE

$\frac{1}{4}$  to  $\frac{1}{2}$  cup honey  
pinch salt

1 egg white

Put ingredients in a bowl and beat until stiff. If pie or cake is to be eaten right up, you can use it as above but if it will be kept for another meal or two, the meringue should be lightly browned in an oven. In making a larger batch, if any of the mixture should be left over, it will keep in the refrigerator and can be beaten over and used.

For gingerbread or a richer cake topping, add 2 tablespoons melted butter to each cup of meringue.

### CAROB ICE CREAM SAUCE

$\frac{1}{4}$  cup butter melted with  $\frac{1}{2}$  cup carob powder. Add  
 $\frac{1}{2}$  cup honey and about  $\frac{1}{2}$  cup hot water, depending

on how thick you want it. Simmer until syrupy and add  $\frac{1}{2}$  teaspoon vanilla if desired.

### HONEY TOPPINGS

(For ice cream, steamed puddings and cake slices)

ORANGE OR LEMON -

1 cup honey  
 $\frac{1}{2}$  cup grated peel from unsprayed oranges or lemons

These are made in a minute with no cooking to spoil the honey flavor nor vitamin content of ingredients.

NUT -  
pinch salt

1 cup honey  
 $\frac{1}{2}$  cup ground nuts

SEED -

1 cup honey  
 $\frac{1}{2}$  cup whole sesame or ground sunflower seeds  
pinch salt if desired

### CONFECTIONS



## MARASCHINO CHERRIES

Select the finest unsprayed Montmorency cherries. Wash and drain, then pit very carefully, saving the juice. Boil the pits in enough water to cover for a half hour. Strain and to each quart of this pit water, add  $1\frac{1}{2}$  cups raw sugar and boil 3 minutes.

Fill jars with the pitted cherries and cover with the boiling syrup to within an inch of the top. Add 1 teaspoon almond extract to each quart, seal and process 20 minutes.

## PAPAYAS

The skin of a ripe papaya should be a mass of black spots when the fruit is ready to be eaten. The flavor is mild and it needs lime or lemon juice to set it off. Peel the fruit and cut in cubes and sprinkle with the

citrus juice and let stand in refrigerator. Papayas are high in pepsin and are best served after a hearty meal to aid digestion. The seeds are also high in pepsin and should be chewed if possible.

## SUNDRIED FRUITS

There is no better way to preserve the natural sugars and the minerals of fruits than by sundrying them. Apples, peaches, apricots, prunes, cherries and prune plums can be dried in the summer sun. We have heard of pioneer women sundrying berries and dandelion greens but have never tried it. Wash the fruit, stone or pit it but don't pare unless necessary. Lay the halves on flat pans like cookie sheets and cover with screen or mosquito netting to keep insects away. Turn as needed and bring the trays indoors at night. It may take several days to dry the

thicker fruit but it is well worth the trouble, nutritionally. Store in freezer cartons or paper milk cartons with tiny holes punched in for air. Examine every week and you may have to dry some of the fruit another day if it seems too damp. Keep in a dry cool place, watching it for mold or insects. We must devise methods and equipment for home sundrying, this is a very great need right now, as the commercially dried fruits are sulphured, soaked in lye, and sprayed with insecticides and worse.

## FRUITS



## YELLOW TOMATO JUICE

Yellow tomatoes are recommended for less acid content. Cut out stem ends and all white meaty parts, quarter, add chives or onion, parsley, celery tops, basil and a small bit of oregano and simmer until the tomato pulp will sieve. Strain, salt to taste and either freeze or heat to boiling and seal in sterilized jars and store in cool place.



## EDITH HIBBARD'S HEALTH PUNCH

- 5 generous pinches dried alfalfa leaves
- 5 generous pinches dried mint leaves
- 2 cups boiling water
- 5 tablespoons honey (or more)
- juice of 1 or 2 oranges
- juice of 1 lemon
- 6 cups hot water

Steep alfalfa and mint in the boiling water. Add honey and stir until dissolved. Add fruit juice and additional water, strain and serve with fresh mint leaves or lemon slices. For a summer cold drink, use 6 cups cold water and ice cubes and cool the steeped brew before adding. Hot or cold, this is a good health beverage. The alfalfa leaves add trace minerals to the diet, If no alfalfa is available, use strawberry leaves.



### MINT TEA

10 young mint leaves per cup (spearmint, lemon balm, apple mint, or mint and herb blends), glazed pottery tea pot, freshly boiling water.

Wash leaves, shake dry and put in bottom of teapot. Pour boiling water over them, cover and let steep until desired strength is reached, from five to 10 minutes.

Serve hot or iced, in which case make it stronger. Crush fresh leaves around tops of glasses or cups for aroma. Or add a fresh leaf to each cup after pouring. Adding a few catnip leaves to the mint before making will aid slumber.

### YERBA MATE TEA

Use a glazed pottery pot and rinse it with hot water. Put in

1 to 1½ teaspoons Yerba Mate per cup. Add freshly

boiling water and let steep until flakes settle. Strain and serve hot for best results. This herb tea is a nerve sedative and a wooer of refreshing sleep.

### FENUGREEK TEA

Brew the same as Yerba Mate tea.

Fenugreek tea is a delightful drink to use in place of tea or coffee. It is a legume, and helps prevent the accumulation of fats in the liver and arteries,

because of the choline content. Choline is one of the essential amino acids of the Vitamin B complex family.

### MINT PUNCH

2 cups raw sugar                      2 cups water

Simmer until sugar is dissolved.

Cool and add the juice of 4 lemons.

Pour 2 cups strong, very hot, green tea over 2 cups crushed mint leaves and cool. Mix with other mixture and serve with crushed ice.

If dried mint leaves are used, put 1 cup of dried leaves with the sugar and water and steep a few minutes and strain after cooling into the cooled green tea.



## TOMATO JELLY

Stew together —

3 cups tomatoes	1 bay leaf
$\frac{1}{2}$ onion (medium)	1 teaspoon basil
$\frac{1}{2}$ cup celery tops	$\frac{1}{2}$ bell pepper

1 teaspoon sea salt if tomatoes are fresh, none if canned ones are salted

Sieve and heat very hot. Dissolve 1 envelope Knox gelatin in  $\frac{1}{4}$  cup cold water and melt in the hot tomato broth. Pour in mold greased with salad oil for unmolding on salad greens. Or set in cake pan and cut squares for serving on lettuce. This tomato jelly can be used as the gelatin base for endless vegetable molded salads and they should be served on salad greens and topped with your favorite dressing and sunflower or sesame seeds.

## GRAPE CLUSTERS

In the bottoms of heart molds, lay seeded halves of Emperor grapes (the purple store grapes) with skin side down and arranged carefully. Shape like a grape cluster rather than heart.

Dissolve 1 envelope of Knox gelatin in  $\frac{1}{2}$  cup cold water and melt this in 1 cup hot pineapple juice. Cool and pour very carefully over the grapes in the

molds. Just cover the 1 layer of grapes. Set in refrigerator and unmold on crinkley lettuce or spinach leaves. If made properly these molds look like clusters of grapes. Molds should be well oiled before starting the salads. Serve with favorite mayonnaise dressing.

## STUFFED TOMATOES

Select small tomatoes, yellow preferred and slice off tops. Scoop out pulp with a teaspoon, shake inside with sea salt and invert to drain and keep in refrigerator until ready to serve.

For each tomato, mix up  $\frac{1}{2}$  cup cottage cheese with minced chives and basil and sea salt to taste. Then

add 2 tablespoons sour cream and when blended, fill tomatoes and serve them on lettuce leaves. Garnish with parsley or herbs. Green onions can be used in place of the chives.

## SALADS



### HERBED COTTAGE CHEESE

Blend chives, summer savory and basil into the seasoned cottage cheese. Sage may also be added sparingly. Spoon helpings onto large oakleaf lettuce

leaves. Garnish with slices of raw carrot cut like flowers and a sprinkle of paprika on top. A raw sour cream dressing is good with this.

### CUCUMBER CANOES

Halve young slicers lengthways and scoop out centers. Fill with a mixture of the following— chopped— chives, celery, ripe olives and pimentos. Fresh

herbs to taste. Mix together with your favorite salad dressing.

Paprika is all the garnish you need.

### ORANGE DELIGHT

1 envelope Knox gelatin dissolved in  $\frac{1}{4}$  cup cold water then melted in  $\frac{1}{2}$  cup boiling water. Cool and add 1 cup orange juice,  
1 tablespoon lemon juice  
2 tablespoons honey

Partly chill then add—

1 cup grated carrots  
1 orange sliced very thin

Oil a mold with salad oil and pour mixture in, arranging orange slices. Set and unmold on salad greens.

### OAK LEAF LETTUCE

Oak leaf lettuce, shredded  
pimento or red pepper, sliced  
pascal celery, diced  
chives, green onions or bowl rubbed with garlic  
1 cucumber, scored lengthways with a fork then cut in thin slices to look like flower petals.

Bring vegetables from garden a half hour before serving. Clean and wash and prepare, then crisp in refrigerator. Serve with my HEALTH FRENCH DRESSING (see salad dressings).



### CUCUMBER SALAD

Sliced fresh cucumbers and chopped green onions  
with a dressing of salted sour cream with a dash of

fresh dill seeds, fresh herbs or horseradish.

### PEPPERGRASS SALAD

1 tablespoon peppergrass  
seeds

2 cups cottage cheese

yellow tomato slices  
sea salt and paprika  
parsley and fresh basil

Blend the basil and half of the seeds with the cottage cheese.

Arrange oak leaf lettuce leaves on a fancy plate, alternate with tomato slices and mounds of the seasoned cottage cheese. Sprinkle and decorate with the rest of the seeds and the paprika and top off with your favorite dressing.

### MOLDED CUCUMBER SALAD

1 package Knox gelatin dissolved in  $\frac{1}{4}$  cup cold water then melted in  $\frac{1}{2}$  cup boiling water and added to 1 cup raw vegetable juice from juicer (cabbage or cucumber).

Add 1 teaspoon dried tarragon to the hot gelatin. Cool and add:

$\frac{1}{2}$  teaspoon salt

1 cup cucumbers

1 tablespoon tarragon  
vinegar

minced chives  
1 cup celery

1 raw red pepper or fresh tomato  
1 shake of paprika on the vegetables.

Set in a cake pan and cut in slabs and place on lettuce leaves and top with sharp mayonnaise.

### CABBAGE AND GRAPES

Shred cabbage and add Thompson Seedless grapes (the pale green store kind) halved. Blend in a tangy

sour cream dressing and garnish with halved pecans or nut meats.

## SALADS



### TOMATO CUPS

Remove pulp from small ripe tomatoes, salt insides and turn over and drain. Make a stuffing of cottage or cream cheese and any of the following chopped vegetables:

green peppers, celery, cucumbers, chives or green onions, raw broccoli or cauliflower budlets, fresh

dill or garden cress seeds and bits of fresh herbs.

Blend with cheese and moisten with French dressing. Stuff tomatoes and serve on lettuce leaves and with mayonnaise.

### POTATO SALAD

6 warm boiled potatoes, diced  
1 teaspoon seeds, (dill, caraway or peppergrass)  
3 hard boiled eggs, sliced  
3 green onions or small onion, sliced  
 $\frac{1}{2}$  cup chopped celery tops  
 $\frac{1}{2}$  cup green or red peppers, chopped  
salt to taste  
paprika  
fresh or dried basil and marjoram

Blend, add  $\frac{3}{4}$  cup RAW SOUR CREAM DRESSING (see salad dressings). Taste and season again if needed.

Garnish with egg slices and either paprika or strips of pimento.

Chill before serving. Flute edge with young lettuce leaves.

### MOLDED APPLE SALAD

Dissolve 1 envelope Knox gelatin in  $\frac{1}{4}$  cup cold water then melt it in  $\frac{1}{2}$  cup boiling water. Cool. Thin with 1 cup freshly juiced apple juice, or canned apple, pear or pineapple juice.

Grate in 2 apples, all but core, of a distinct flavor like Delicious or Spies. Add a bit of honey or lemon

juice to taste and  $\frac{1}{2}$  cup nut meats or sesame seeds, or chopped sunflower seeds. Pour in a greased mold and allow to set.

Unmold on lettuce or salad greens and top with whipped cream or cream mixed with mayonnaise.

## SALADS



### GLADYS DOSTER'S WATERCRESS

To chopped watercress, add minced onion and chopped hard boiled eggs. Moisten with your favorite dressing.

### COTTAGE CHEESE FIESTA

1 envelope Knox gelatin dissolved in  $\frac{1}{4}$  cup cold water then melted in  $\frac{1}{2}$  cup boiling water. Add to  
1 pint cottage cheese  
1 tablespoon chives (chopped) or  
1 teaspoon minced onion or green onions  
 $\frac{1}{2}$  chopped red pepper

$\frac{1}{2}$  chopped green pepper  
1 teaspoon vegetized salt  
1 teaspoon fresh basil (or pinch dried)

Oil a mold with salad oil and put salad in it and set in refrigerator. Unmold on a bed of salad greens and serve with sharp mayonnaise.

### HOLIDAY SALAD

1 cup diced unsprayed apples  
1 cup diced pineapple  
2 oranges, segments cut in thirds  
1 cup grapes, halved and seeded  
2 sliced bananas  
1 cup sliced celery  
1 cup whole nut meats  
1 head unsprayed lettuce, diced

Use sharp mayonnaise thinned with sweet cream or moderate mayonnaise thinned with sour cream.

### SUNDAY SALAD

1 head unsprayed lettuce, shredded  
1 orange cut up  
1 banana, sliced  
nut meats (optional)

Mayonnaise thinned with sweet cream.

## SALADS



## HEALTH FRENCH DRESSING

1 tablespoon honey (warmed) 2 level teaspoons  
1 level teaspoon sea salt dry mustard  
¼ teaspoon paprika

Blend and stir until honey is dissolved.

$\frac{1}{2}$  cup homecanned  
tomato soup

1 cup lemon juice  
1/2 cup salad oil

Mix and bottle and then drop in 1 clove of garlic which you leave in the bottle till the dressing is used up. Refrigerate.

## HERBED MAYONNAISE

To mayonnaise, add one or two of the following either fresh or dried: **savory, basil, thyme, chives,**

parsley, rosemary, marjoram, dill, peppergrass, or chervil. Keep covered in refrigerator.

## QUICK HERBED DRESSING

To tangy sour cream, add chives or scraped onion plus fresh dill or peppergrass seeds. Then a pinch of sea and celery salt and any fresh herbs you prefer.

This is especially good on young cucumber slicers and Chinese cabbage.

## HERB DRESSING

1 cup mayonnaise  
 1/2 cup sour cream  
 1 tablespoon each of tarragon vinegar and lemon juice  
 1 pinch salt

This dressing can be made even more tangy by omitting the sour cream unless it is a perfect sour. Perfect for all salad greens, tomatoes, cucumbers, celery, peppers, raw broccoli, cabbage, carrots and all vegetable combinations. Bowl should either be rubbed with garlic or green onions or chives added to salad.

### RAW SOUR CREAM DRESSING

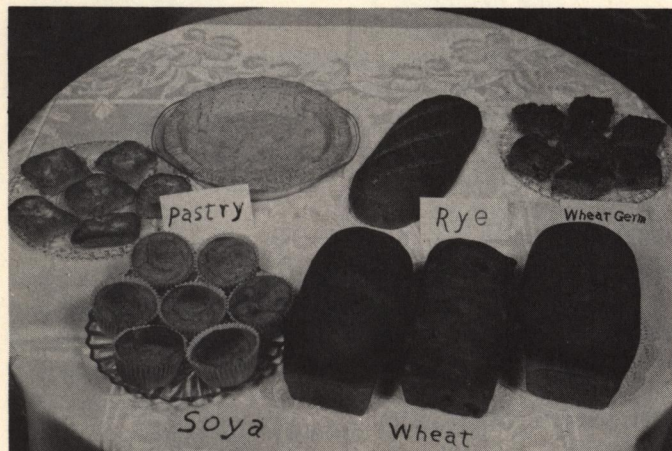
$\frac{1}{3}$  cup raw sugar  
 $\frac{1}{2}$  teaspoon vegetized salt  
 1 rounding tablespoon prepared mustard  
 1 teaspoon cider vinegar (from unsprayed apples)

Place over hot water and blend until sugar is dissolved. Cool.

1 cup sour cream. Add to above mixture a tablespoon at a time, beating thoroughly after each addition. Beat again and store in covered dish in refrigerator.

## SALAD DRESSINGS





## SOUR RYE BREAD (PUMPERNICKEL)

Make a sour dough as follows:

$\frac{1}{2}$  cake compressed yeast dissolved in  $2\frac{1}{2}$  cups warm potato water or plain warm water. Stir in 3 cups unsifted wholegrain rye flour and let dough set either overnight or during the forenoon in a warm place. It must rise and fall and get sour.

Beat down and add 4 cups warm water to which the other half of the yeast cake has been added. Add:

- 1 tablespoon sea salt
- 3 tablespoons raw sugar
- 1 tablespoon anise seed
- 3 tablespoons caraway seeds
- 3 cups wholegrain rye flour
- 3 cups wholegrain unbleached flour
- 3 cups wholegrain wheat flour (bread)

All flours are UNSIFTED. I dip the cup in the sack, shake it off level and put it in the sifter and  $1\frac{1}{2}$  cups unsifted flour equals 2 cups sifted, so observe whether recipe calls for one or the other.

Make a fairly stiff dough, adding more wholegrain flour if needed, mix and let double in bulk in warm place. Knead and shape into 3 loaves. Let rise and bake 10 minutes at 425 degrees, then 50 minutes at 300 degrees. Have a pan of hot water in the bottom of the oven while baking. Remove when done and cool on a rack. Bottoms of pan may be sprinkled with poppy seeds if desired.



### SESAME SEED ROLLS

Caramelize  $\frac{1}{2}$  cup raw sugar by melting until very brown. Add  $1\frac{1}{2}$  cups milk and heat until sugar is dissolved. Cool and add:

1 cake compressed yeast dissolved in  $\frac{1}{4}$  cup lukewarm water

$\frac{1}{4}$  cup shortening                      1 teaspoon salt

1 beaten egg                              1 teaspoon nutmeg

2 cups unbleached wholegrain flour (milled for bread)

2 cups wholegrain bread flour and enough more to make a soft bread dough. Let rise until double in bulk, then mix and roll about  $\frac{1}{2}$  inch thick. Proceed as with cinnamon rolls. Pat the rolled dough with melted shortening, spread with brown sugar, sesame seeds and chopped almonds or nuts. Roll, cut across and place in greased tins to rise. Bake 20 minutes at 425 degrees.

#### TO GLAZE

1 tablespoon honey, mix with

1 tablespoon melted butter

Remove rolls from oven, spread glaze on and put back in oven from 3 to 5 minutes. Cool.

### WHOLEGRAIN HAMBURGER BUNS

1 yeast cake dissolved in  $\frac{1}{4}$  cup warm water

$\frac{1}{2}$  cup shortening

$\frac{1}{3}$  cup honey

1 teaspoon salt

2 cups potato water (warm)

6 cups wholewheat bread flour (UNSIFTED)

Add shortening and honey to potato water and warm again. Blend in salt and a little flour, then the yeast. Add remainder of flour, or add until you have "loaf of consistency." Let rise in warm place until double in size. Knead, roll  $\frac{3}{4}$  inch thickness and cut with biscuit cutter. Place on greased cookie sheets and raise again. Bake about 12 minutes or until nicely browned at 400 degrees.

Makes about 2 dozen delicious buns if a coffee cup is used in measuring.

Serve with hamburgers or the egg salad filling listed under MEAT, FISH AND EGGS.

### BREADS, ROLLS, MUFFINS



## RYE BREAD

1 cake compressed yeast dissolved in  
3 cups warm potato water  
1 level tablespoon sea salt  
1 tablespoon caraway seed  
1 teaspoon anise seed (seeds are optional of course)  
3 cups wholegrain rye flour  
Blend into a sponge and let rise in a warm place till light Add:

2 cups wholegrain rye flour

1 cup wholegrain bread flour and enough unbleached bread flour to make a hard loaf. Grease the top and let rise until double in bulk. Knead, put in 2 greased bread tins and cut crosswise about  $\frac{1}{2}$  inch deep in 3 places. Let rise and bake 50 minutes, starting at 400 degrees, then reducing heat to 350° for remainder of baking.

## BRAN ROLLS

2½ cups hot potato water  
2½ cups fine bran (this is what is taken off the wheat kernal in making our unbleached flour)  
Mix together and let cool to lukewarm. Add:  
1 cake yeast dissolved in  $\frac{1}{2}$  cup warm water  
 $\frac{1}{2}$  cup honey 1 teaspoon sea salt  
 $\frac{1}{2}$  cup salad oil or shortening 1 egg

3 cups UNSIFTED wholegrain bread flour (high gluten content) and enough more to make a formed dough. Knead and shape into rolls, let rise and bake at 425 about 20 minutes or until done.

## YEAST MUFFINS

Dissolve one yeast cake in  $\frac{1}{4}$  cup warm water. Cream —  
 $\frac{1}{2}$  cup honey  $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup shortening 1 egg  
Add alternately and stir —

1 cup warm water  
1 cup unsifted unbleached wholewheat flour (bread flour)  
Add yeast mixture. Add 2 cups unsifted unbleached wholewheat flour. Cover and keep in refrigerator until wanted.

Grease muffin tins and put 1 teaspoon each of brown sugar and whole or chopped nuts in bottoms then put a tablespoon of dough on nuts and sugar. Let rise in warm place until doubled in size and bake at 375 about 15 minutes and high in the oven to keep the sugar in the bottom from browning too much. Turn muffins over a rack and let cool and serve with bottoms up.

Makes about 15 muffins.

## BREADS, ROLLS, MUFFINS



### FOUR-WAY ROLLS

- |  |                               |
|--|-------------------------------|
| 2 cups warm potato water                               | $\frac{1}{3}$ cup shortening  |
| 1 cup raw sugar  | 2 eggs                        |
| 1 teaspoon salt  | $\frac{1}{2}$ teaspoon nutmeg |
| 1 yeast cake dissolved in $\frac{1}{4}$ cup warm water |                               |
| 2 cups unsifted unbleached wholegrain bread flour      |                               |
| 4 cups unsifted wholegrain bread flour.                |                               |

Blend the usual way and make a soft loaf and let rise in warm place to double in bulk. Knead and divide in four parts.

CINNAMON ROLLS—Roll out, butter, sprinkle with brown sugar, cinnamon and organically-grown raisins, roll and cut the usual way.

NUT ROLLS—Use raw sugar and chopped nuts and roll and cut as usual.

ORANGE ROLLS—Pat with butter and sprinkle with raw sugar and grated orange peel from unsprayed fruit. Roll and cut as with cinnamon rolls.

LEMON ROLLS—Make as for orange except use grated lemon rind bought from organic sources so it is unsprayed.

Bake, after rising, at 400 degrees for about 20 minutes or until browned.

### POPPY SEED ROLLS

- |   |                 |
|---|-----------------|
| 1 yeast cake, dissolved in $2\frac{1}{2}$ cups warm potato water. |                 |
| $\frac{1}{2}$ cup honey   | 1 teaspoon salt |
| $\frac{1}{2}$ cup shortening                                      | 1 egg           |

Combine and add to potato water. Add 5 cups unbleached bread flour or enough to make a firm loaf. Grease the top and store in refrigerator.

Remove an hour before baking time. Knead down. Melt shortening in pan then sprinkle bottom with poppy seeds. Dip each roll in the seeds then turn over and place in what are left so that rolls have seeds on top and bottom. These rolls are perfectly delicious. Bake about 20 minutes at 400°.

### BREADS, ROLLS, MUFFINS



### DORIS LEXEN'S WHOLEWHEAT BREAD

- 3 packages dry yeast
- 3 cups lukewarm water
- 1 cup hot water
- 13 cups wholewheat bread flour
- 4 tablespoons melted shortening
- $\frac{1}{4}$  cup honey
- 3 teaspoons vegetized salt

Soften yeast in lukewarm water. Add honey, salt and about 4 cups of the flour. Beat smooth and set in warm place until bubbly.

Combine hot water with shortening and cool, then add to sponge mixture. Add the remaining flour, mix smooth and knead about 150 times. Put in deep, well-greased pan and let rise until double. (Setting it in a pan of warm water will help it rise faster).

Shape into loaves or rolls and let rise again. Bake bread at 375 degrees for about 50 minutes. Bake rolls at 375 degrees for about 20 to 25 minutes.

### COFFEE BREAD

Take 1 loaf of above dough, knead in 1 cup each of raisins and nut meats and return to tin. Pat butter on top, then sprinkle generously with brown sugar and cinnamon and bake in lower part of oven to prevent topping from getting too brown.

Or glaze top on removal from oven with either honey-butter or lemon or orange sugar (raw sugar and grated rind) and return to oven until top takes on a glaze.



## UNLEAVENED INDIAN CHAPATIS

or

### Mrs. Theodora Hall's Chapatties

- ½ cup soy flour
- 1 cup cottonseed flour
- 1 cup corn flour
- 2½ cups whole wheat, rye or oat flour

Water to make a dough stiff enough to be rolled. Knead into this dough, then shape patties about the size of eggs and roll them very thin. Mrs. Hall bakes them in a very hot oven and turns them once while baking. She removes them while still "chewy" and before they get hard. These chappatties can be cooked on top of the stove on an ungreased griddle. One authority recommends pressing them with a cloth before removing from the griddle to remove air.

Mrs. Hall says the butter they eat on top of these goodies is all the salt they need. She also makes a spread for them this way —

Squeeze all the juice from a clove garlic and mix it with ¼ pound butter. Add powdered Brewer's yeast and as much vegetable powder as can be worked into it,

These chapatis are similar to the unleavened bread of Biblical times.

### CHERRY NUT BREAD

- 1 compressed yeast cake dissolved in
- ¼ cup lukewarm water
- 2 cups potato water (warmed)
- 1 cup fresh or frozen cherries (canned are all right too)
- ¼ cup honey if cherries are sweet OR ½ cup honey if cherries are sour
- 1 teaspoon mace
- 1 cup chopped nut meats
- ½ cup shortening
- 1 teaspoon sea salt
- 1 egg
- 3 cups unsifted unbleached bread flour

Blend the usual way and let sponge rise until light. Knead down with spoon and add 3 more cups flour and enough more to make a firm loaf, stirring in with a big spoon. Grease the top and let rise until doubled. Spoon-knead and roll half of the dough in each of 2 bread tins (greased). Grease over the top and let rise and bake 1 hour at 350 degrees. Glaze top with honey on removing from oven. This makes a fine tea or coffee bread, mint tea and breakfast being our version of the above type of place to serve it.

## BREADS, ROLLS, MUFFINS



### MRS. CHANDLER'S GEMS (Unleavened)

- 2 eggs separated
- $\frac{1}{4}$  cup cream
- $1\frac{1}{2}$  cups wholegrain pastry flour
- 1 teaspoon salt
- 1 cup milk

Put milk, cream, egg yolks and salt in a bowl and beat well. Then fold in flour and stiffly beaten whites. Bake in hot oiled iron gem tins or heated Pyrex custard cups at 400 degrees for 35 minutes. Makes about 1 dozen gems. Have the gem tins or custard cups in the oven heating while you stir up the gems. The tins should be very hot when the batter is placed in them.

### POPPYSEED TEA BREAD

- 1 cup warm milk (diluted powdered)
- $\frac{1}{4}$  cup poppyseeds, put in milk
- 1 compressed yeast dissolved in
- $\frac{1}{2}$  cup warm water
- 1 teaspoon sea salt
- 2 rounding tablespoons brown sugar
- 1 rounding tablespoon butter
- 3 to  $3\frac{1}{2}$  cups wholegrain BREAD flour

Add all ingredients to milk and poppyseed mixture and make a fairly stiff dough. Grease over top and let rise in a warm place. Stir down and spoon into a greased bread tin and grease top and let rise again. Bake 35 minutes at about 350 then remove from oven and glaze over with honey and sprinkle with sesame seeds.

Return to oven and bake about 15 more minutes or until done and seeds are nicely browned. Wonderful! No floured board nor kneading with this bread.



## BASIC MUFFIN RECIPE

2 tablespoons honey or raw sugar  
1 egg  
2 tablespoons melted shortening  
1 cup milk, raw or diluted powdered  
2 cups wholegrain pastry flour  
2 level teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt

Blend egg, sugar and shortening. Add milk then sifted dry ingredients and pour in heated muffin tins. Bake 20 minutes at 400 degrees.

**SOYA MUFFINS**—Substitute  $\frac{1}{2}$  cup soya flour for  $\frac{1}{2}$  cup of the pastry. Gradually increase the soya and decrease the pastry until you are using half and half after several batches have been made.

**RICE BRAN MUFFINS**—Rice bran is a high Vitamin B food and should be used whenever possible. Use as the soya flour and substitute 1 **tablespoon blackstrap molasses** for 1 tablespoon of the honey.

**BRAN MUFFINS**—Use 1 **cup bran** (this is the very fine residue left over from the unbleached flour) and 1 **cup wholegrain pastry flour**. 1 **tablespoon grated orange or lemon rind** may be added for flavor.

**RAISIN or BLUEBERRY MUFFINS**—Add  $\frac{1}{2}$  cup fruit to basic muffins.

**SUNFLOWER SEED MUFFINS**—Substitute  $\frac{1}{2}$  cup ground **sunflower seeds** for  $\frac{1}{2}$  cup of the pastry flour.  $\frac{1}{2}$  cup **raisins** may be added also.

## SUNFLOWER SEED BREAD

1 compressed yeast cake dissolved in  $\frac{1}{3}$  cup warm water. Dissolve  $\frac{1}{4}$  cup each of honey and shortening in  $1\frac{1}{2}$  cups very warm water. Add  $\frac{1}{2}$  cup organically grown raisins and cool. Add  $1\frac{1}{2}$  cups ground sunflower seeds to cooled mixture then add yeast plus 1 teaspoon each cinnamon and nutmeg

$\frac{1}{2}$  cup wheat germ      2 teaspoons sea salt  
3 cups wholegrain bread flour.

Stir a fairly stiff dough, grease the top and let rise. Stir down and spoon into 2 small greased bread tins. Let rise and bake 50 minutes at about 350. No kneading nor floured board is necessary with this bread.

## BREADS, ROLLS, MUFFINS



## STEAK WITH TOMATO SAUCE

2# steak (from lower price bracket)  
1 tablespoon meat drippings  
1 large onion  
1 green pepper  
2 teaspoons sea salt  
1 bay leaf  
 $\frac{1}{4}$  teaspoon thyme  
1 cup tomato juice  
1 cup stewed or fresh tomatoes  
pinch chili powder

Fry onion till lightly browned in fat, then brown steak, using more fat if needed. Add all other ingredients but pepper (which is added after being chopped fine the last 20 minutes of cooking) and simmer until meat is done.

You may cook the tomato sauce into the meat, or add more water or tomato juice during cooking and thicken the sauce for a gravy or to put over spaghetti the next day as it makes a fine spaghetti sauce. Remove the bay leaf before serving. Add more salt if needed.

## LAURIS VAN BOVEN'S HASH

Put through food chopper, either

6 boiled potatoes	small onion
raw carrot	leftover beef or meat

or, leftover potatoes, meat, carrots and onions from potroast. Add —

$\frac{1}{4}$  teaspoon chili powder  
 $\frac{1}{2}$  teaspoon mace or nutmeg  
1 tablespoon meat drippings

Fry very slowly in drippings in covered frying pan and add more salt if needed.

## PROTEIN PIE

Make a double recipe of wholegrain pastry dough to which  $\frac{1}{2}$  cup sharp cheese is added to the shortening when starting the crust. Line a Pyrex pie pan or individual pie dishes with the pastry rolled a bit thicker than for pie. Fill with —

1 cup grated tuna, mixed with  
2 cups mushroom soup (undiluted)

Roll out and fit a top crust of the cheese pastry and sprinkle the top with caraway seeds. Bake at about 425 degrees until crust is done and well-browned, about a half hour.

Any cheese pastry left can be cut in fancy shapes, sprinkled with caraway seeds and baked. They make superb snacks to nibble on.

## MEAT, FISH AND EGGS



## EGG SALAD HAMBURGER FILLING

- 4 hardboiled eggs, chopped
- 1 cup mayonaise
- 1 cup sour cream
- 1 teaspoon honey
- 1 tablespoon prepared mustard
- 1 teaspoon vegetized salt
- 1 tablespoon garlic paste or 1 garlic bud minced.

Mix seasoning into hardboiled eggs and season to your family's taste. If you don't like garlic, then substitute minced onion, chives, horseradish, relish, chopped fresh peppers, dill or caraway seeds or any other pungent herbs.

Chill filling in refrigerator and serve with the hot hamburger buns listed under BREADS, ROLLS, MUFFINS.

## BAKED HAM DELUX

- 2# sliced ham, smoked or fresh
- $\frac{1}{2}$  cup brown sugar, mixed with
- 1 teaspoon dry mustard
- $\frac{1}{2}$  cup powdered milk
- Salt if ham is fresh

Rub sugar and mustard mixture into both sides of ham slices and place in covered baking dish. Salt if ham is fresh. Moisten powdered milk with  $\frac{1}{2}$  cup warm water, then add  $1\frac{1}{2}$  cups hot water. Pour hot milk over ham and bake until very tender at 375 degrees.

## STROGANOFF

- 3# low priced steak, either round, T-bone or porter-house.
- 2 tablespoons meat drippings
- 2 onions
- 3 shakes pepper
- 1 teaspoon each of mace and basil
- 1 level tablespoon vegetized salt
- 1 cup fresh chopped mushrooms

Fry onions in fat, then brown the pounded steak in the fat. Add all but the mushrooms, cover with boiling water and cook slowly till the steak is tender, adding water as needed.

A few moments before serving saute the mushrooms with a bit of onion and salt and add to steak. Thicken the broth and pour over the steak as in Swiss Steak. More salt may be needed for best flavor.

## MEAT, FISH AND EGGS



## ROAST CHICKEN

Brown pieces of young chickens lightly in chicken fat and place in roaster. Dice in 1 onion, 2 stalks celery and dust chicken with poultry seasoning, usual amount of vegetized salt and a few shakes of

paprika. Pour on a cup of boiling water and bake, turning occasionally, in covered roaster until done. Leave onion and celery pieces in broth and add more water and thicken for gravy.

## DRESSING

4 cups soaked bread crumbs  
½ cup pork sausage      1 small onion diced  
1 egg      ½ cup diced celery leaves  
1 teaspoon each of salt and sage

Blend ingredients and make the right consistency with meat or vegetable stock. Bake with the chicken until done in the middle probably 45 minutes, which means it is put in the oven when the chicken is partly baked.

## HERBED ROAST PORK

Rub the roast with a mixture of salt, paprika, thyme, mace or nutmeg. Lay a few celery leaves and a clove

garlic in the water and drippings and baste with it, removing them before serving.

## HERBED PORK CHOPS

Cut into fat with kitchen shears every quarter inch, then rub the chops on both sides with an herb mix-

ture consisting of equal parts sage, basil and thyme. Broil the usual way.

## MEAT BALLS

1 pound ground beef      ¼ teaspoon paprika  
½ chopped green pepper      ½ teaspoon marjoram  
¼ teaspoon thyme      salt to taste  
1 onion or ¼ cup chopped chives

Fry as usual, place in casserole dish, pour fat off drippings, add beef or vegetable stock, and make gravy. Pour over the meat balls and serve. Top with grated cheese if desired.

## MEAT, FISH AND EGGS



### SEAFOOD POTPIE

1 cup diced celery                      ½ cup peas  
bit of minced onion or chives    sea salt to taste  
1 cup leftover seafood  
1½ cups cream of mushroom soup

Blend, put in baking dish and top with wholegrain biscuits, season it with a bit of thyme. Bake until biscuits are done on the bottoms.

### LAMB CHOPS

Dry. Smear with salad oil. Rub into the chops sea salt, chopped fresh mint (spearmint, apple mint,

lemon balm or any good pungent mint leaves) and chervil. Proceed as usual with the cooking.

### SALMON STEAK

Dip steaks in mixture of these ingredients, sea salt, paprika, tarragon (dry herb) and finely chopped parsley, then proceed with the preparing as usual.

### SALMON LOAF

Soak 2 slices stale bread in 1 cup milk until soft.  
1# can salmon                      1 teaspoon sea salt  
1 shake pepper                      2 eggs  
½ teaspoon fine sage

Blend and bake about an hour in a greased bread tin or mold at about 375 degrees.

### BAKED CHICKEN

Have chicken in pieces. Roll each chunk in a mixture of wholegrain flour, sea salt, paprika, ½ teaspoon sage and 1 teaspoon rosemary. Lay pieces in baking pan. Cover with diluted powdered milk which has been heated very hot. Add a bit more salt for the milk, cover and bake in a moderate oven, about 350 degrees, until chicken is done. Lift chicken on a

platter and thicken the milky broth for gravy.

The above chicken is greatly improved by cutting up a small onion over the chicken before adding the milk. If you are hesitant, use a small amount of onion at first, then keep adding more until you have a true Polish dish. It is "out of this world."

## MEAT, FISH AND EGGS



## STUFFED GREEN PEPPERS

Halve required number of green peppers, removing stem ends and seedy part. Place pepper halves on shallow baking pan and fill with one of the following stuffings baking until tender in a moderate oven.

### HAMBURG STUFFING

Hamburg	vegetized salt
minced onion	cooked brown rice
pinch basil	

Mix ingredients, fill peppers, top with salted tomato slices, strips of cheese or sprinkle with paprika when served.

### BROWN RICE STUFFING

Cooked brown rice  
vegetized salt  
onion and celery fried golden in butter  
Mix ingredients, fill peppers and cover tops with grated cheese before baking.

### FRIED ONION STUFFING

Fry onions a golden brown in meat drippings and salt to taste. Mix with enough cooked brown rice to make required amount of stuffing. Bake until peppers are done.

## BAKED BEANS WITH HERBS

For a 2 quart cassarole, blend together

2 quarts boiled navy beans	pinch basil
$\frac{1}{2}$ pound bacon	$\frac{1}{3}$ cup brown sugar
1 medium onion	1 teaspoon dry mustard
$\frac{1}{2}$ teaspoon thyme	salt if needed

Fry bacon until crisp to lay over beans. Fry onion until golden in bacon fat, drain fat from onion and add to beans with other ingredients. Add boiling water if too dry. Bake an hour in moderate oven, about 300 degrees. Serve hot or cold.

## MARIAN VANDERWERF'S "DINNER IN A DISH"

5 or 6 sliced raw potatoes	2 pounds ground steak
4 medium onions sliced	salt to taste
1 bunch celery diced	1 can peas
1 bunch carrots diced	
1 can cream of mushroom soup	

Butter large casserole, put potatoes in bottom, then layer of carrots then the can of peas with juice. Fry meat brown, add celery and onions and put on the other vegetables. Cover with browned buttered whole wheat crumbs and sprinkle with grated cheese.

Bake until vegetables are done.

## VEGETABLE DISHES



### STEAMED CORN ON COB

Discard outer husks but save and wash clean inner husks. Discard all silks and clean ears. Lay washed sorted husks in bottom of cooking basin, then place

corn ears on top of them and put in a cup or so of boiling water. Place basin over medium burner and steam corn until done.

### BAKED CORN ON COB

When you have the oven on before a meal, remove outer husks of sweet corn, peel clean inner husks down and remove all silks, then put each husk back as it was and tie down at end with string. Bake 15

or 20 minutes in moderate oven and serve piping hot. You haven't eaten sweet corn on the cob until you've tried it this way.

### ORANGE BEETS

2 cups diced cooked beets  
2 tablespoons honey  
 $\frac{1}{2}$  cup juice and grated rind of  
1 unsprayed orange  
salt if needed

Heat together until honey is melted into the beets. This salad may be molded as follows:

1 envelope Knox gelatin dissolved in  $\frac{1}{4}$  cup cold water, then melted in 1 cup very hot beet juice. Cool and oil molds with salad oil and fill with beet mixture and beet-gelatin liquid and chill. Unmold on oak leaf lettuce leaves and serve with favorite dressing. Garnish dressing with grated orange rind or orange sections.

### VEGETARIAN FISH

Cut young, tender burdock stalks in 3 inch lengths. Soak overnight in salt water. Parboil until almost tender. Roll in wholegrain flour and fry in butter. Season to taste and we suggest fennel seeds as the herb.

Burdock stalks taste like fish but are minus the bones. They contain trace minerals and are a good blood purifier and these fried stalks are a surprisingly good spring dish.

## VEGETABLE DISHES



## HOW TO SPROUT MUNG BEANS

Wash the beans well, then soak them 24 hours in warm water and keep in a warm place. Then cover a plate or meat platter with a thick flannel wrung out of warm water and spread the beans on it and pour over any soaking water left. Cover with another damp flannel then wrap up the plate and equipment in a plastic bag to keep the beans and flannel from dry-

ing out. Keep in a very warm place until the beans are sprouted and see that the flannels are always damp. When sprouts are an inch long or longer, store in a covered dish in refrigerator and use as soon as possible. Eat the beans as well as the sprouts. Mung beans can be purchased from Burgess Seed Co. Galesburg, Michigan.

## BEAN SPROUT SALAD

2 cups bean sprouts	$\frac{1}{2}$ cup nuts
1 cup sliced celery	
$\frac{1}{4}$ cup ripe olives	
fresh or frozen dill seeds	
sharp mayonnaise, undiluted	

## MUSHROOMS AND BEAN SPROUTS

2 cups button mushrooms, halved  
1 onion  
1 tablespoon bacon or ham fat  
1 cup bean sprouts

Slowly fry the mushrooms in the fat, salting to taste. When done, add the sprouts and blend. Cover a few moments after removing from fire to let the flavor premeate the sprouts. Serve. Herbs add flavor but be very sparing.



## CHINESE CHOW MEIN

Saute chop suey meat or veal in soy or salad oil.  
Add and saute —

2 cups sliced Chinese cabbage	
1 onion	1 clove garlic
$\frac{1}{2}$ cup water chestnuts	1 cup celery
$\frac{1}{2}$ cup bamboo shoots or sprouts	
$\frac{1}{2}$ cup mushrooms	$\frac{1}{2}$ sliced green pepper
1 teaspoon fennel seeds	1 cup bean sprouts

Add water off bamboo shoots or water chestnuts as needed to keep moist.

Saute and simmer, adding Show You sauce up to half a cup to season with instead of salt. When vegetables are cooked through, serve with Chow Mein noodles or on boiled brown rice, or eat it this way.

## CHOP SUEY

2 diced up pork chops or	1 sliced onion
$\frac{1}{2}$ pound chop suey meat	salt to taste
1 cup chopped celery	
$\frac{1}{2}$ green pepper — Show You sauce	
1 cup Mung bean or bamboo sprouts	
1 cup rice (cooked)	

Fry pork in its own fat until partly done, add onions, celery and peppers and brown slightly. Add other ingredients and small amount of salt if Show You sauce is added last as it is salty. Cover and simmer slowly until flavor is blended and add Show You sauce before serving. Season to taste.

## VEGETARIAN CHOP SUEY

1 medium onion	salt to taste
1 cup bamboo or Mung bean sprouts	
2 cups boiled brown rice	
$\frac{1}{2}$ teaspoon fennel seeds	
1 tablespoon vegetable shortening	

Melt shortening in chicken fryer, slice in onion and start browning. Add drained sprouts, rice and seasoning and brown until golden onion rings appear, then cover and simmer until onions and sprouts are tender, probably 5 minutes. Delicious dish.

## VEGETABLE DISHES



## **JAPANESE SUKIYAKI**

Saute onion slices in a tablespoon of soy or olive oil until golden brown. (This Americanized version can be made in a chicken fryer). Then add these vegetables diced or cut up:

1 small can bamboo sprouts or shoots	
1 cup mushrooms	6 green onions
1 cup cooked green beans,	2 stalks celery
fennel seeds	pinch raw sugar

Add more cooking oil as the vegetables heat, and keep sprinkling with Show You sauce and stirring. Probably half a cup of the Oriental sauce will be needed and this has all of the salt the sukiyaki will need. When the vegetables are cooked and blended well, season to taste and serve over hot boiled brown rice with more Show You sauce if wanted.

## **HERBED GREEN BEANS**

Cook briefly or steam green beans. Season and butter then sprinkle with fresh or frozen dill seeds just before serving. Any herbs can be used.

## **BAKED STUFFED TOMATOES**

Remove core and scoop out insides with a spoon. Add enough bread crumbs to pulp to make a paste. Add to this:

fresh chives or minced onion	
pinch of basil	salt to taste
leftover chopped meat	paprika

Salt the inside of the tomato cups well and add mixture, filling them, top each cup with grated cheese and bake in moderate oven until tomatoes are done and cheese is browned.

## **VEGETABLE DISHES**



## HAMBURG SOUP

1 # hamburger  
1 onion  
bay leaf  
string beans or peas  
2 cups canned or fresh tomatoes or juice

1 pepper  
3 carrots  
stalk celery  
2 potatoes

Simmer onion and pepper in a little meat drippings, then add hamburger and brown a little. Add 2 cups hot water and the 2 cups tomatoes or tomato juice, the vegetables diced, the bay leaf and any other desired herbs plus salt to taste. Cook till vegetables are tender, then thicken the soup with a tablespoon flour mixed up with a little milk, this gives the creamed soup look. Remove bay leaf.

## DILL SOUP

Saute 2 medium onions and 1 green pepper (sliced) in 2 tablespoons butter until golden brown. Add:  
2 cups tomatoes (if fresh add water)  
2 sprigs fresh dill or 1 teaspoon dried seeds tied in cheesecloth  
1 bay leaf  
2 teaspoons salt  
1 teaspoon raw sugar  
1 pint shredded cabbage or head lettuce  
1 cup green beans (or wax)

Simmer about 20 minutes, adding water if needed. Remove dill and bay leaf. Make a thickening of:  
1 tablespoon flour stirred up in  
2 cups milk  
Stir into boiling soup and stir until thickened.



## HOMECANNED TOMATO SOUP

2 quarts yellow tomatoes (less acid)  
1 large onion  
pint celery tops  
2 fresh peppers  
3 tiny hot peppers  
1 tablespoon Sweet Marjoram  
2 tablespoons vegetized salt (optional)  
Water to cover

Cook vegetables until tender, then put through wire strainer, working all pulp through that is possible. Salt to taste and heat again. Mix  $\frac{1}{4}$  cup each of honey and flour with water to make a thickening and stir it into the boiling soup and stir until slightly thick. Put in sterilized cans and seal. If any flour lumps appear, strain into cans.

Yellow tomatoes make the best flavored homecanned or fresh soup I've ever tasted.

## CHICKEN SOUP

1 cup leftover chicken cut up  
2 cups chicken broth or potato water  
 $\frac{1}{2}$  onion  
1 teaspoon salt  
 $\frac{1}{2}$  cup celery cut up or  
 $\frac{1}{4}$  cup dried celery leaves tied in a bag  
 $\frac{1}{4}$  teaspoon each of curry powder and paprika  
1 cup diced potatoes  
1 cup cooked brown rice

Simmer until tender, remove herb bag and add any leftover chicken gravy or thicken soup if needed.

## SPLIT PEA SOUP

Cook a ham bone until tender. Soak split peas several hours (washing them first, and using the soaking water in the soup). Add to soup, add diced potatoes and onion. Salt to taste and add  $\frac{1}{2}$  teaspoon basil

and simmer till vegetables are tender. Add butter and serve. Use plenty of water and keep from burning by stirring occasionally.

## SOUPS AND STEWS



### DORIS LEXEN'S YEAST WAFFLES

- 4 cups lukewarm water
- 3 packages granulated yeast
- 1 tablespoon honey
- 3 teaspoons vegetized salt
- 3 eggs
- 4 cups wholegrain bread flour

Combine water, yeast, honey and salt. Let stand about 10 minutes or until the mixture becomes bubbly. Then add well-beaten egg yolks and flour. Beat well. Fold in stiffly beaten whites and bake.

These waffles are low calorie as they have no shortening nor milk. They are especially desirable from the health standpoint because they have no soda nor baking powder.

### HERB POTATO PANCAKES

- 2 eggs
- 2 cups grated raw potato
- pinch each of paprika and thyme
- 1½ teaspoon salt

Fry in a frying pan and use plenty of hot fat, preferably ham or bacon fat or roast meat drippings.

### HERB DUMPLINGS

- 2 cups wholegrain pastry flour
- 3 teaspoons baking powder
- ½ teaspoon vegetized salt
- 1 scant cup milk
- 1 pinch herbs
  - rosemary for poultry
  - caraway for pork
  - thyme for veal or lamb
  - basil for beef

Sift dry ingredients and add milk little by little until a formed dough is made, it may not take quite all of it. Drop by spoonfuls into boiling broth and reduce heat so that it boils yet cover stays on tight. Cook exactly 20 minutes then remove to serving dish or drop into thickened meat gravy.

### PANCAKES AND WAFFLES



### EGG WHITE LEAVENED WAFFLES

- 2 egg yolks beaten
- $\frac{2}{3}$  cup milk
- 3 tablespoons melted shortening
- 1 cup wholegrain flour, wheat, rye or combinations including a bit of soya or rice flour

Blend and hold until baking time. Then fold in the stiffly beaten whites of 2 eggs and bake quickly.

### WHOLEWHEAT PANCAKES

- 2 cups wholegrain pastry flour
- 2 teaspoons baking powder
- 1 teaspoon vegetized salt
- 1 beaten egg
- $1\frac{1}{2}$  cups thin powdered milk
- 2 tablespoons melted shortening

Mix in order given and bake on a hot greased griddle.

### WHOLEWHEAT WAFFLES

- $1\frac{1}{2}$  cups powdered milk (rich mixture)
- 2 eggs
- 3 tablespoons shortening
- 2 cups wholegrain pastry flour
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt

Beat egg whites and set aside. Beat egg yolks, milk and shortening, add sifted dry ingredients and beat well. Fold in egg whites and bake on hot waffle iron.

### PANCAKES AND WAFFLES



### ROSE HIP JAM

When the reddish rose hips from tame or wild roses have been touched by the first frost, gather them and clean. Add water, simmer till tender then rub through a fine sieve with a wooden spoon.

Measure and add equal parts of raw sugar or honey. Add thin slivers of lemon to taste.

Simmer until thick, pour in sterilized jars and keep in cool place. Either seal or cover with parafin of course.

### PEAR CONSERVE

4 pounds chopped pears (unsprayed)  
2 pounds brown sugar  
1 pound unsulphured raisins  
1 lemon sliced paper-thin

Simmer until thick, seal in sterilized jars. Makes an excellent filling for carob cakes.

### ORANGE CARROT MARMALADE

2 cups raw carrots (ground)  
2 oranges  
1 lemon

Squeeze oranges and lemon and set juice to one side. Grind the rinds, cover with water and simmer till tender then add carrots and 2 cups water if raw sugar is used, 1½ cups water if honey is used. Measure and for each cup of mixture, add 1 cup honey or raw sugar. Then add orange and lemon juice and simmer till it reaches jelly stage, pour into glasses and cover with parafin.



### MINTED JELLY

Wash 1 cup mint leaves, add 1 cup water and steep an hour. Strain this green juice through a thick cloth. Prepare Greening or sour yellow apples for jelly the usual way and when you have your strained

juice measured, for each cup of juice add 1 cup honey or whiteish raw sugar and 1 tablespoon of the mint juice. Boil rapidly, skimming carefully, until it jells. Pour in sterilized jars and cover with parafin.

### MINTED FRUIT JELLY

Add a few mint leaves to different kinds of fruit when cooking soft and before straining. Try MINTED

CRAB APPLE, MINTED GRAPE, MINTED PINEAPPLE and MINTED QUINCE.

### HERBED FRUIT JELLIES

Try tarragon with apple jelly.

Try thyme with grape jelly.

Try rosemary with grape jelly.

Try basil with tomato jelly.

### PAPAYA MARMALADE

8 cups ripe papaya  
1 cup fresh pineapple  
½ cup orange juice

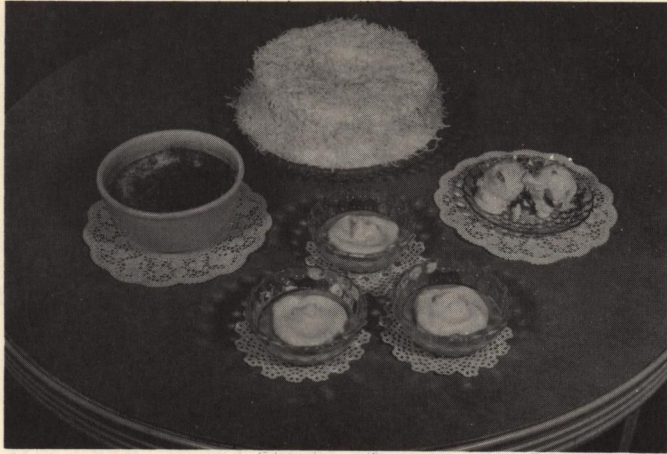
grated rind of 1 orange  
¼ cup lemon juice  
grated rind of 1 lemon

Boil 30 minutes and add 6 cups honey or raw sugar  
Cook until clear, pour in sterilized glasses and cover with parafin.

## JAMS AND PRESERVES



## FRUIT COCKTAILS



These are combinations of fresh, frozen or canned and sundried fruits. The dried fruits should be soaked out. A bit of honey may be added but most fruits if raised and prepared right don't need any extra sweetening. The fruits are combined in threes and allowed to stand together a few moments. Use their own juices and serve in sherbet glasses. Nuts, sunflower and sesame seeds trim them up. Here are several good combinations:

Pears, bananas and figs.  
Pineapple, peaches and dates.  
Diced apples, bananas and nuts with  
pear or pineapple juice  
Strawberries, pears and apples.  
Melon balls, berries and pears.  
Cherries, apples and pineapple.  
Dried prunes, bananas and oranges.



## ORANGE RICE

- 1 cup cooked brown rice
- 1 cup frozen orange juice
- $\frac{1}{2}$  cup whipping cream
- 3 tablespoons raw sugar
- 1 envelope Knox gelatin

Dissolve Knox gelatin in  $\frac{1}{4}$  cup cold water, then melt in  $\frac{1}{2}$  cup boiling water. Cool. Add cup frozen orange juice (thawed). Add rice. Whip cream and dissolve sugar by additional slow whipping. Fold in cream and mold or allow to set in a pretty serving dish. This is a molded version of the old time "glorified rice."

Any rich fruit juice may be used or juice and fruit may be combined.

## FRESH ORANGE SHERBET

- Boil together for 10 minutes –
- 1 cup raw sugar
  - 1 cup water

Cool. Add the juice of 1 lemon, grated rind of 1 orange plus 2 cups orange juice. Chill, then strain and freeze. If oranges are sweet, 3 cups orange juice may be used to this amount of syrup.

## RAW APPLE SAUCE

- 2 cups raw apples, quartered, cored
- $\frac{1}{2}$  cup unsulphured raisins
- pinch nutmeg, pinch salt
- honey if needed.

Put  $\frac{1}{4}$  cup water in blender and cut apples in and reduce to pulp. Add raisins and seasoning and run another instant. Taste and add honey if needed. Freshly-made raw apple sauce is a delicious, mineral-rich dessert.

## QUICK DESSERTS



## PRACTICAL METHODS IN PREPARING HEALTH-BUILDING FOODS

By Royal Lee, D.D.S.

### BREAD

The only wholesome bread is that made from wheat that has been ground into flour by a stone type mill within a few hours of its conversion to bread.

You must get such a flour from a supplier who grinds wheat daily, or get a small mill and grind your own. The wheat should be high protein, grown without irrigation on soil that has not been depleted, preferably organically fertilized. Such a wheat will cost you twice as much as a lower quality, but it is the cheapest from a nutritional viewpoint. The fine flavor will prove its worth, alone.

In baking whole wheat bread, it is important to use as much fluid (water or milk) in the dough as possible. The finer the wheat is ground, the more fluid is necessary, the softer the dough should be to get the lightest loaf. Too much yeast, too rapid rising will make a less flavorful bread, the yeast enzymes must have time to work. Bread can be made without yeast, if you allow 24 hours for rising.

Butter should not be used in bread making as a shortening. It inhibits the yeast to a variable extent, so you never can predict what will happen. Peanut oil, corn oil, olive oil is preferable.

### MEATS

Meats, fish or fowl must be fresh or deep-freeze to be intact, to contain their normal vitamin and mineral content.

The preservatives and color-retaining chemicals used in most cold meats, sausage, corned beef, etc., are poisons, must of necessity undermine our health. Nitrites, nitrates, benzoates, and other chemicals are used. These foods are all out-of-bounds to the seeker of health building nutrition.

Even fowl today may be contaminated by stilbestrol, a synthetic chemical used to increase gain rate and reduce fattening time in commercial production. Canada, after a careful investigation, has outlawed



the use of stilbestrol. It has a castrating effect on the male, sex-stimulating effect on the female. Our country is still in the dark ages in this respect. You must be your own health food inspector.

Sea foods are probably tops in health building rating, if fresh. They are not subject to the effect of depleted soils, poor feed, or DDT contamination.

## VEGETABLES

Here again we must use great discrimination. Unless we have our own organic garden, we must guard against arsenic poisoning (from soil contamination, in the main, Southern California soils are loaded from previous bug-spraying activities), DDT poisoning, weed poisons, and the ever-present loss of nutrients by reason of soil depletion.

Once we find good vegetables, the best way to get the food value out is to extract the juice, and avoid cooking.

The best juice extractor is a juice press. This requires previous grating or shredding to as fine a state as possible. The hydraulic press is fine for commercial production, but too cumbersome for the kitchen. Two new small screw presses are now avail-

able, both designed by doctors who had to solve the problem for their patients. They do the job as well as a hydraulic press, with a minimum of expense and bother.

The best juice of all, nutritionally, is potato juice. We look upon the potato as a starch food, failing to realize that it has the most nutritious protein of any vegetable. This protein is almost all in the juice, and the starch all remains behind in the pulp, so there is no carbohydrate in potato juice. It is very high in vitamin C complex, a better vitamin C pattern than is found in citrus fruit, as it contains a lot of tyrosinase fraction, the organic copper blood-builder.

To make potato juice, peel and cut up the potato, squeeze over the pieces some lemon juice to stop darkening from oxidation, run through the grater and immediately squeeze out the juice. It must be made just before it is to be consumed; it darkens by oxidation rapidly if stored. That is true of any fresh juice, in fact, the flavor suffers by any storage.

Liquefiers and blenders are guilty of causing rapid oxidation, by mixing air into the material. If care is taken to expedite the process, a blender can be used to grind the vegetable pulp before pressing out the juice. The vegetable must be diced, a little wa-



ter added to start the action, and as soon as a well comminuted cream is produced, pour it into the muslin bag of the juice press and extract the juice.

The addition of lemon juice or ascorbic acid is a great help in preventing oxidative changes, or darkening of juice. Ascorbic acid is a synthetic product, we suggest its use not as a vitamin but as a vitamin preservative. It is one of the few synthetic vitamin imitations that is not toxic, or dangerous to use in greater amounts than the "daily requirement." It is widely used today in canned fruits to prevent darkening.

Cocoanut diced and creamed, then extracted in the juice press affords a delectable cocoanut milk that makes the finest home-made ice cream if used in any ice cream recipe. To facilitate the extraction of cocoanut meat from the shell, put the whole cocoanut into a hot oven for a few minutes (until you hear it crack) and you will find the meat loosened from the shell. The brown skin on the white meat need not be removed for milk making. It remains in the dry cake, after the liquefying and squeezing process.

To make soy bean milk, soak soy beans in several changes of water in the refrigerator (to prevent souring during this operation). This is to extract a water-soluble enzyme that blocks the digestion of the soy

bean protein, or any other protein eaten with it. (Bread made with untreated soy flour is often found "heavy on the stomach," and quite indigestible for some people.) Liquefy the soaked beans in a blender, and pour the cream into the bag of the juice press and extract the milk. This soy milk can be used for any purpose like ordinary milk, can be made in any degree of concentration.

The liquefied beans direct from the blender can be used in bread making, as 10% of the flour (in dry soy bean weight).

The Chinese never eat soy bean products without this soaking process. It is the secret of successful soy cookery.

## FRUIT JUICES

We must recognize apple and grape as the most healthful of the fruit juices.

The citrus fruits, grapefruit in particular, are in the main to be used with great discretion unless you have access to organically grown or Florida Indian River fruit.

The Indian River fruit commands the highest price in the New York market, about twice the usual figure, because of the unusual flavor. The reason is



that the Indian River district is underlaid by porous coral that lets in the sea water, no well over 30 feet deep has fresh water. The trees, therefore, absorb the sea minerals, so no mineral deficiency exists.

Ordinary grapefruit is excessively alkaline. It aggravates arthritic and neuritic pains, promotes any pathological calcium deposits, kidney stones, bursitis, etc.

We must get our acid ash foods and our alkaline ash foods in relatively equal amounts, and if we get off balance we must choose some from the right list to regain that balance.

Cereals, grains are all acid . . . Root and leaf vegetables are all alkaline . . .

Meats and fish are acid . . . Fruits may be either — apple and grape are almost neutral.

### FACTS ABOUT SAUERKRAUT AND HOW TO MAKE IT

Sauerkraut once was dispensed in stores from the barrel as a raw food. Now that it is only available as a cooked, canned product its value as a food is mainly lost. Cooked cabbage in any form is a food

to avoid, because persons with colitis or intestinal trouble cannot tolerate it.

Sauerkraut is made by packing shredded cabbage into stone jars, then adding two per cent of the cabbage weight in salt. It must be tamped down with a wood potato masher until the juice rises above the cabbage, after which an inverted plate is put on top with enough weight on it to keep the cabbage shreds immersed. Cabbage that is too low in juice to get this result must be given added water, plus the two per cent salt. The salt content is not important as to the effect on the fermentation, but it is important to proper flavor. Most sauerkraut is, in fact, salted too much.

Fermentation of the cabbage takes place best at 60 to 65 degrees F. If necessary, immerse the stone jar in a tub of cold water that is replaced daily. This temperature control is essential to the best quality and to prevent undesirable types of mold and yeasts from growing. A cloth must be used under the plate to cover the cabbage, and this should be removed and washed at intervals to eliminate mold that would otherwise penetrate the cabbage. Two weeks time is usually required to complete the fermentation.

Sauerkraut juice, by the way, is a tasty drink, properly made. Half sauerkraut juice with half tomato juice is very good, too.

### SESAME SEED — AN IMPORTANT FOOD

By Royal Lee, D.D.S.

Sesame seed has a composition much like the almond, but at a much lower price. It is mainly protein and oil, with very little carbohydrate. The protein is high in Methionine, an important essential amino acid not easily obtained from most proteins. Methionine-deficient victims develop liver cirrhosis, a common disease of alcoholics, once considered incurable, but today treated with methionine very successfully.

Sesame seed ground into a butter like peanut butter is used in some countries. — Turkey in particular — like our dairy butter is here, and is used in almost every food in some degree. It makes first-class salad dressing when mixed with vinegar and prepared mustard. With honey and milk powder a very tasty cream candy can be made. (It can be put into a pan and hardened by drying it out in the ice box for a few days.) As such it can be used as the base for a nut candy, nuts put in, in any proportion. Such a candy is a true health food, it contains all the food protein factors in good proportions — fats, protein and carbohydrate. In Roman times the emergency ration for soldiers was candy made from sesame seed and honey.

A very tasty and nutritious ice cream can be made from sesame butter, honey and milk powder.

The sesame seed can be used for these purposes instead of the sesame butter if the seed is liquefied with the honey in a blender or Osterizer.

Sesame butter is an ideal shortening for bread and cookies. In bread it can be used as 10 per cent of the flour, in place of dairy butter or other fat. Since the sesame butter is one-half oil, twice as much should be used as other fats.

In pie crust it adds a nutty flavor. In waffles and pancakes 10 per cent again adds flavor and health-building protein. Doughnuts too, are much improved by the 10 per cent addition. The tops, of course, in pancakes, waffles, muffins or doughnuts is freshly ground Deaf Smith County, Texas, Wheat Flour with 10 per cent sesame.

When we use an unrefined fat like sesame butter we get very important vitamins and phospholipids (lecithin is one phospholipid) that have been lost in processing of all refined oils and hydrogenated fats. These factors are necessary to metabolize cholesterol. High blood pressure is considered one consequence of such deficiency, and it is known that cholesterol in excess predisposes to cancer (in test animals at least).



Our sense of taste is our basic guide to good food, so why not experiment a little with sesame seed. You will enjoy its flavor, and its continued use may protect you against unsuspected hazards. Most of us tend to overdo on carbohydrates. Sesame is one high

protein source that adds greatly to the flavor of all common high carbohydrate foods, as well as balancing the carbohydrate with its protein and unrefined fat.



# *Ursäkter och problem*

*som möter en själavinnare.*

**Kom ihåg att en ursäkt ofta är den verkliga  
orsakens skyddsdräkt!**

1. **Jag kan inte stå fast vid det — jag är rädd att inte bli bevarad.**  
Ps. 37: 23, 24 Joh. 6: 64—68, 8: 31, 10: 27—29  
Fil. 1: 6, 4: 7 1 Petr. 1: 5, 8 Judas v. 24.
2. **Det finns så många skrymtare i församlingen.**  
Matt. 7: 1—5 Matt. 23: 13, 33, 24: 50, 51  
Rom. 2: 1—3, 14: 10—12 1 Petr. 4: 18.
3. **Jag söker att leva så hyggligt som möjligt.**  
Jes. 64: 6 Joh. 1: 12, 13, 3: 1—8 Gal. 2: 16  
Ef. 2: 8, 9 Titus 3: 5
4. **Jag är ingen stor syndare — många är värre.**  
Ps. 51: 7, 14: 1—3 Jer. 17: 9, 10 Mark. 7: 21—23  
Joh. 8: 34 Rom. 3: 10—12, 23, 6: 16 1 Joh. 3: 8.  
Den största synden: Matt. 22: 35—38 Joh. 16: 8, 9  
Hebr. 10: 28—31. Den dom som drabbar syndaren:  
Rom 2: 4—6 Upp. 21: 8.  
Satan förblindar: 2 Kor. 4: 3—4.
5. **Jag är för usel, en för stor syndare.**  
Jes. 1: 18, 55: 7 Matt. 9: 12, 13 Luk. 19: 10, 23: 42, 43  
Joh. 6: 37 1 Tim. 1: 15 Hebr. 7: 25 1 Joh. 1: 7
6. **Jag tror inte det är nödvändigt att offentligt bekänna sig till Jesus Kristus och församlingen.**  
Matt. 10: 32, 33, 5: 14—16 Mark. 8: 38, 16: 16, 12: 30  
Rom. 1: 16, 10: 9—11
7. **Jag är rädd för vad människor skall säga — rädd att lida förakt.**  
Matt. 5: 11, 12 Mark. 8: 36—38 Joh. 15: 18—20  
Apg. 5: 29 Rom. 8: 18, 10: 11 2 Tim. 2: 12, 3: 12  
Hebr. 13: 5, 6
8. **Jag har för mycket att ge upp — så mycket att avstå ifrån.**  
Matt. 6: 33 Mark. 8: 36, 37 Luk. 12: 20, 21, 16: 24, 25  
Gal. 6: 7, 8 2 Kor. 5: 17 1 Petr. 1: 24, 25  
1 Joh. 2: 15—17 Jak. 4: 4



9. **Jag har inget religiöst anlag — har inget intresse.**  
 Mark. 8: 36 Luk. 13: 3 Apg. 17: 26—31  
 1 Kor. 2: 14 2 Kor. 3: 14—16, 4: 3, 4 Hebr. 2: 3
10. **Jag söker hålla de tio budorden och Jesu bergspredikan.**  
 Matt. 5: 17 Rom. 3: 20, 28, 7: 6, 7, 10: 4  
 Gal. 2: 16, 3: 10—13, 24 Jak. 2: 10
11. **Jag är döpt, jag är församlingsmedlem, jag tillhör en kyrka.**  
 Matt. 7: 21 Luk. 13: 24—28  
 Joh. 1: 12, 13, 3: 1—9, 14: 6
12. **Sköt dina egna affärer — jag klarar mina.**  
 Hes. 33: 8 Matt. 28: 18—20 Luk. 14: 23  
 2 Kor. 5: 14, 15, 17—20 Upp. 22: 17
13. **Det finns frälsning efter döden.**  
 Ordsp. 11: 7 Matt. 25: 46 Luk. 16: 22—26  
 Hebr. 9: 27 Upp. 20: 11—15, 22: 14, 15
14. **Alla är kristna — mer eller mindre.**  
 Matt. 13: 38 Ef. 2: 3 1 Joh. 3: 10
15. **Om kristendomen är sann, varför är då inte alla kristna.**  
 Joh. 3: 18—21 Apg. 5: 33—39 Hebr. 4: 11—13
16. **Jag tror inte på läran om ett helvete.**  
 Matt. 13: 36—43, 49, 50, 25: 41, 46, 5: 29, 30  
 Luk. 16: 22—26 2 Tess. 1: 5—10 Upp. 20: 14, 15
17. **Gud är kärleken och kommer inte att fördöma mig.**  
 Hes. 33: 11 Joh. 5: 40 Hebr. 10: 29—31  
 2 Petr. 2: 4—9, 3: 7—9
18. **Jag förstår inte Bibeln.**  
 Joh. 6: 29, 7: 17 1 Kor. 2: 14  
 2 Kor. 3: 14—16, 4: 3, 4
19. **Jag tror inte på Bibeln.**  
 1 Kor. 1: 18 2 Tím. 3: 13—17 1 Petr. 1: 23—25  
 2 Petr. 1: 16—21
20. **Icke nu, men kanske en annan dag.**  
 Jos. 24: 15 1 Kon. 18: 21 Ordsp. 27: 1, 29: 1  
 2 Kor. 6: 2 Hebr. 3: 7, 8, 10: 26—31 Jak. 4: 14



