

THE NATURE CURE SERIES : BOOK FIVE



EAT FOR HEALTH

Modern Health Science Recipes and Menus

ALICE CAPORN

MODERN LIVING

W.A.'s First Health
Magazine



EDITED BY

Alice M. Caporn, Ph.D.



Issued Monthly at 44 London Court,
Perth

2/6 PER ANNUM or 3d. PER COPY
at All Newsagents.

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EAT *for* HEALTH

Modern Health Science
Recipes and Menus



ALICE M. CAPORN, Ph.D.
at the Age of 64.

The Latest Scientific Beautifying,
Youthifying, Healthifying Diet.

by

ALICE M. CAPORN, Ph.D.

AMERICA'S FAMOUS
NUTRITIONAL SCIENTIST

MODERN LIVING

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EAT FOR HEALTH

by Alice M. Caporn, Ph.D.

Ph.C. degree from American National School of Physical Culture.

Ph.D. degree from Clements Institute, Hugo, Oklahoma.

N.D. degree from The United School of Naturopathy, Newark, N.J.

O.D. degree from Clements Institute of Orthopathy.

For the purpose of giving courses of instruction in Modern Health Science (Biology, or man's relation to the Forces of Nature, and its allied sciences) these colleges are chartered by congressional act of the United States of America.



ALICE M. CAPORN, Ph.D.
In her 64th year.

"Public health is the foundation upon which reposes the happiness of the people and the strength of the nation. Care of Public Health is the first duty of a Statesman."

BENJAMIN DISRAELI,
Earl of Beaconsfield.

ALICE M. CAPORN, Ph.D.

America's radiant, ever youthful, athletic Author, Lecturer, teaching the secret of perpetual rugged health, weight normalising, food for brain energy, endurance and speed. Compatible combinations, correct balances, the inestimable value of a diet rich in MINERAL ELEMENTS and VITAMINS. Modern people cannot afford to eat in the old-fashioned style.

* * * * *

COMMENTS BY AMERICAN SCIENTISTS.

"Dr. Caporn is an unusual woman. She presents the fundamental principles of reliable robust health, in a clear and interesting manner. I am proud of her achievements, for she is one of my students. However, she has forged her own way in entirely new fields of scientific research. Alice Caporn has my blessing."

ROBERT G. JACKSON, M.D., Toronto, Canada.

* * * * *

"I am heartily in sympathy with Dr. Caporn's work, of which the human race is very much in need. My best wishes for her success."

STEPHEN A. YESKO, M.D. Washington, D.C., U.S.A.

* * * * *

"Dr. Caporn is well versed in Nature Lore. She has developed an entirely unique system of Biological exercises. She has a very profound understanding of Biology, or Man's relation to the vital Forces of Nature. We are happy to have been associated with Alice Caporn in our College, from which she graduated with high honours."

FREDRICK W. COLLINS, M.D. Newark, N.J., U.S.A.

* * * * *

"My heartiest endorsement of her teaching. My best wishes for an unqualified success is with Dr. Caporn."

J. HOWARD CRUM, M.D. 5th Ave., New York City, U.S.A.

* * * * *

"She has an outstanding and sparkling personality. Dr. Caporn has performed a biological and physiological miracle in her own body instrument. She is a living, palpitating demonstration of the scientific basis of her teaching."

JAMES BERLIN, Editor "Boston Health Review,"
Boston, Massachusetts, U.S.A.

* * * * *

"Truly Alice Caporn is an amazing woman, and what is better, her knowledge of food science and endocrinology is profound. I believe that she has an immense future."

WALTER SEIGMEISTER, Ph.D., M.A.
Brooklyn, N.Y., U.S.A.

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Scientifically...
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Your Health's Interests !

FOREWORD.

Eat For Health.

Dear Reader,

The advice concerning food and the recipes in this book are the result of my own life experiences—my journey out of terrible bondage to the popular, though, as I now know, devitalized and almost foodless foods of this civilization. These recipes are, as it were, the "Pillar of Fire" which has been with me to guide and encourage me as I have made my escape from the very edge of the "little hole in the ground."

I have classified these popular, though dangerous foods, under Nine Headings. In order that you may have no doubt as to which foods to avoid I will name them. MEAT, FISH, EGGS, DAIRY PRODUCTS, WHITE FLOUR PRODUCTS, WHITE SUGAR PRODUCTS, TEA COFFEE, and SALT. Now that you know which food Mother Nature forbids, you will in all probability think, "Why! My Land's Sake! What on earth will I do without those nine foods which I eat every day, and which Dr. Caporn designates as FOODLESS FOODS! What is there left to eat?"

The study and practice of biological living or Modern Health Science has become woven into the warf and woof of my being. It has saved my life. Therefore I must be honest and sincere—I dare not "trim." In this matter of nutrition, upon which hangs your precious life, and my own life, I needs must speak the truth as I see it. Sometimes the truth is not acceptable because it exposes the foundation of much sense satisfaction—much self indulgence. If you intend to adopt my philosophy of life and eat to live long and be always vital, always youthful, always beautiful, always mentally fit, you must gradually eliminate from your diet the popular food. There should be a steady decrease in the daily intake of devitalized denatured foods, and a correspondingly steady increase of the foods for which these Health and Beauty recipes and menus call. Because I am very sure that it is unwise for you to be too radical in your change over diet, I have thought it wise to add some recipes which call for animal foods in correct combination, which you will find toward the end of this book.

Meeting Social Obligations.

If your living habits are in general correct, you may then commit a "dietary sin" "once in a while" and "get by." For instance: When I am invited to dine with friends who have not

yet become "salad wise," it is a problem to decide what is the most nearly right thing to do under these circumstances. I generally "eat what is set before me." So when the meal is served I accept everything joyfully like a gracious guest should do, but—and here's the point. I have never yet eaten under such conditions without making the occasion a fitting one in which to open a discussion concerning FOOD. Everybody who is "anybody" (that is to say Modern) is interested in nutrition now-a-days, so I have made many converts. After a banquet of popular foods, when I get home I choose by far the lesser of the evils and take a teaspoon full of Herb Lax.

Because I have taken the trouble to master the Science of Nutrition, when I am invited to dine, or am eating among other people, all these at the table with me, before the meal is finished, ask questions about diet and all those within hearing are intently listening to every word I am saying about diet and health. This "takes the curse" off my own dietary sin (which—to make a clean breast of it—I thoroughly relish!). It is not **general** information which interests people, as much as **specific**, scientific knowledge.

Perhaps you enjoy eating (I "love" to eat—after all it's **natural** to enjoy one's food!) and you may be thinking, "Well, my father and my mother, my grandfather, and my grandmother all lived to a ripe old age notwithstanding that they indulged in these foods which Dr. Caporn condemns. Food that was good enough for them, is good enough for me."

The food our progenitors ate in essentials, is **not** so very much like the popular food we eat today. Since the world of high pressure finance invaded the **sources** of our food supply with its quick production methods, with its up-to-date machinery for refining food stuffs and in association with its chief ally—Commercial Advertising and Publicity Agencies which make us want things which are neither beneficial or necessary to our well being, a big demand is created for any kind of goods the manufacturer desires to place on the market. Most people eat with their eyes, and use no intelligence in selecting their food.

The present day popular diet has been almost, if not completely, devitalized and demineralized in the manufacturing processes. Essential elements are lost through our foolish attempts to improve on good old Mother Nature's peerless food. The all important idea of preserving the essential elements in food, is over-shadowed in the considerations of the food manufacturer in his desire to **PRESERVE** the food his attractive and frequently untruthful advertisements make us desire to eat. In the manufacturing processes of almost all of the food seen on the ordinary

grocer's shelves, **Poisonous Preservatives** are used. **Injurious Colouring** matter is introduced to improve the appearance of the food. Synthetic flavourings are used to disguise the inferior quality. Knowing the weakness of the people of our age to "eat through their eyes" the manufactured, devitalized food is put up in attractive packages. We are commanded, in bold headlines on the bill boards, to "Eat More" of this, that, and the other food which is claimed to be "rich in Vitamin X-Y-Z"! **Don't be misled!** Read the author's books on Modern Health Science, attend all the Health Lectures and subscribe to Modern Health Science magazines such as our own W.A. Modern Living, and learn the truth about diet.

You no longer need to be one of the mass of ignorant people who believe every word they see in print, for if you will study Modern Health Science books, you will become well acquainted with this subject of food chemistry. You now have the way opened whereby you may become a Master equipped to Teach, and no longer a dupe to be commanded to "eat more" and "drink more."

Hospitals are classed as the **SIXTH LARGEST INDUSTRY**. No wonder! What do the great mass of people eat 365 days a year and especially on holidays! The average menu does not indicate the physiological needs of the body, but rather the morbid craving of a perverted appetite. Surely no thinking person could reasonably doubt that there is something definitely wrong! The very root of all evil, in my judgment, is our audacious habit of destroying the vital elements in Mother Nature's Food. The basic reform therefore is **DIET REFORM**, and the best place to begin this Reform is **IN YOUR OWN HOME** — Begin **Today** with **Number One!**

Yours for a Healthier Race,

ALICE M. CAPORN, Ph.D.



CHAPTER I.

THE CHANGE-OVER DIET.

In changing from the old fashioned diet to the Modern Health Science way of eating, you may feel bewildered. Having herself, gone through this stage of development, the writer gives the following advice to those who desire to live biologically. It were better, for the first few years at least, not to be too radical—a rapid change of diet is physiologically incorrect. The body must have time to make its readjustment. It is wise to adopt a reasonable middle course. The recipes and dietary advice in this book may enable you to construct a kind of bridge over which you may safely pass from the entirely wrong method of **Eating for disease**, to the new Modern Health Science way of **Eating for Radiant Health**. The writer has found certain articles of food that may be purchased in the legitimate health food stores, very satisfactory materials for the building of the bridge (so to speak) over which she has passed from the "horse and buggy style," to the Modern Health Science way of eating. The vegetable extracts—Metites, Vechovie, Gravee Spred, and especially the Salt sea plant juice (with a meaty and salty flavour) to which we refer in these recipes are a boon to those who desire to abstain from flesh foods. The salty and meaty flavour which the Ra-D-nt Helth vegetable salt tasting extracts gives to salads and steamed vegetables, enables one to relish foods prepared in the Modern Way.

Concerning Combinations.

In the last analysis, the Mono Diet is the best. The more nearly the diet approximates the Mono—one thing at a time—the more nearly correct it is. However, we need to consider that modern man has been brought up to eat a great many varieties of food at every meal and it is hardly possible, (and perhaps not advisable) to be too radical in this regard. For all practical purposes and so long as certain rules for combinations of food are adhered to, a variety of articles at the one meal is permissible (provided one has good digestion).

DON'TS.

- Don't mix starches and proteins.
- Don't mix starches and acids.
- Don't mix different starches like potatoes and bread at a meal.
- Don't eat starch and sugar **unless you burn it up** (exercise).

- Don't eat solid food for 3-4 hours after eating proteins.
- Don't eat solid food for 2-3 hours after eating starches.
- Don't eat unless you have a real hunger—**hunger** is one thing—**appetite** is another.
- Don't take burning hot drinks or hot food—(destroys the elasticity of stomach muscles).
- Pepper is hard on the liver.
- Salt is hard on the kidneys.
- Vinegar is hard on the red blood corpuscles.
- Cow's milk is hard on the joints.
- White sugar is hard on the pancreas.
- White bread is hard on the colon (causes constipation).
- Animal food (especially red meat, eggs and cheese) is hard on the kidneys and bladder.
- All cooked food is more or less devitalized, denatured, demineralized.
- If you have poor digestion, don't eat fruit and vegetables at the same meal.
- Animal fat clogs the intestinal tract.
- Do not use lard, dripping, butter.
- Instead use the Vegetable Oils such as the R.H. cold pressed olive oil for salads, R.H. Nutto instead of butter, and R.H. Kooko for cooking.

CHAPTER II.

CONCERNING PROTEINS.

Proteins are building food. Animal proteins, such as meat, fish, eggs and dairy products, have no endorsement from Mother Nature as a good building food for man. White meats such as fish, rabbit and poultry are permissible now and then for the first few years in a Modern Health Science diet. Nuts, peas (dry), beans (dry), and lentils, are far better building foods for the human family. Unroasted, unsalted, unblanched nuts are the natural, and by far the best building food for man. Almost all protein foods whether from the animal or vegetable kingdoms are acid forming. However, as the body requires 20 per cent. of good acid forming food, it is wise to carefully select our diet in this respect.

A subscription of 2/6 forwarded to **44 London Court** will secure you the benefit of having **Modern Living** posted to your address for twelve months. Edited by Alice M. Caporn, Ph.D.

Almond Nut.

The Almond Nut is the finest of all building food. In chemical combination it is similar to human mother's milk. The Almond is the only nut with an alkaline reaction. Fresh cocoanuts are an excellent food for man. For a cheap source of protein, raw peanuts are recommended.

Legumes.

Dry yellow peas, dry beans and lentils are called legumes. The soya bean is the only legume with an alkaline reaction.

Starches (Heat and Energy Food).

All cereals (grain foods) are starchy. White and yellow potatoes are starchy. All grains are acid forming. However, whole grains are good acid forming foods and may be introduced into the diet of average people (not invalids) not more than twice a day. One starch free meal in the day is highly recommended. Potatoes, although starchy, have an alkaline reaction, especially new potatoes. Sweet potatoes are less starchy than white potatoes. Jerusalem Artichokes contain practically no starch.

Sugars (Heat and Energy Food).

The natural sugar of the sweet fruits, such as dates, raisins, prunes, and figs, is a rich source of heat and energy food. The sugar of fruit requires no digestion. One of the best of all sweetening mediums is Ra-D-nt He-L-th bee-ripened, unheated honey. Honey being a predigested food, requires no digestion. Boiled honey is indigestible. Honey which has been taken before the bees have sealed the cells (honey comb) is indigestible. It contains a high percentage of moisture and in the digestive canal is liable to ferment, causing "gas." Cane-sugar (mahogany colour) is a natural sweet.

Foods to Avoid, or to Eat Sparingly.

Meat, fish, eggs, dairy products, animal milk, white flour food products, white sugar food products, tea, coffee, salt, vinegar, condiments.

Acid and Alkaline.

The normal blood stream is composed of 20 per cent. acid forming elements and 80 per cent. alkaline forming elements. In order to preserve the body in a state of 100 per cent. health, the diet should represent foods which contain 80 per cent. alkaline and 20 per cent. acid elements.

Proteins, starches and sugars are acid forming. Oils are neutral. The roots of plants, the leaves of plants, the flowers of plants and the fruits of plants are alkaline. Therefore, these foods are by far the most important food for man. His diet should consist in bulk, of 80 per cent. of the green leafy vegetables and fruit.

Most of the green leafy vegetables contain more than a trace of protein. Ripe bananas contain 3 per cent. of protein. This indicates that even if we lived exclusively from unfired salad vegetables and fruit, and abstained entirely from proteins and starches, we should still be able to maintain practically all of the physiological functionings. However, let us beware of experiment with too radical dietary ideas. The middle line between two extremes is the safe and sure road.

Building Food.

Children need far more building food than adults, probably 3-4 times as much. Children of school-going age need approximately at least one handful of nuts every day.

Minerals.

By far the most important food in the diet is the green leafy vegetable variety. These are exceptionally rich in alkaline minerals—iron for red blood, calcium for strong bones, and sodium for keeping the other mineral elements in solution in the blood stream. They also contain a high percentage of practically every known Vitamin. The root vegetables are a valuable adjunct to the diet of man. Almost all of the root vegetables in common use, can be used either in the cooked or the unfired state. It is wise to encourage the use of root vegetables in salads, thus engendering a taste for their natural flavour.

Flesh Foods.

There are certain rules which if observed will make flesh foods less objectionable in the diet. Do not eat either bread or potatoes with flesh foods. Avoid the salt shaker. Avoid drinking tea, coffee or milk with flesh foods. Avoid pork products. Avoid salted and tinned meat. Avoid red meat. If suffering from a craving for flesh foods, eat from half to one dozen raw oysters on the shell. Use lemon juice, and eat a large raw, green leafy vegetable salad with oysters.

CHAPTER III.

Ra-D-nt HELTH BREAD.

Advice to Bakers.

The following hints are supplied by an experienced R.H. Baker. On account of the presence of the germ of the wheat in the R.H. flour, more yeast must be used than for ordinary white flour or "wheaten meal." The germ is composed of 2 per cent. oil. The oil counteracts the fermentative influence of yeast.

R.H. bread takes longer to rise and bakes slower. The best results are obtained from baking the R.H. bread in a steam oven. R.H. bread will not go stale and can be kept for from 3-7 days. R.H. flour, being rich in vital elements, attracts insects. For this reason, do not keep over large supplies on hand. R.H. flour and R.H. bread will attract rats and mice. (They know what is good for them and their young!) Therefore, be careful to keep the R.H. flour and R.H. bread in closed bins.

R.H. Bakers will not sell proportionately as much R.H. bread to their customers. However, there will be eventually a perfect balancing. More people will be able to eat the R.H. bread. People, who before, were too ill to eat will be apt to get well. Healthy people are hungry people. New white bread gives people digestional trouble. R.H. bread, three days old, contributes towards a powerful digestion. In this way there will finally be an evening of the scale of bread consumption. Through a reformed diet more people are healthy so more R.H. bread will eventually be consumed and then the wheels of the R.H. bread baking industry will go full speed ahead.

Ra-D-nt Helth Bread.

The only 100 per cent. whole meal bread on the market in W.A. is the Ra-D-nt Helth Bread. The only bread in W.A. made from first grade flour from which nothing has been taken and to which nothing has been added is the Ra-D-nt Helth Bread. The only whole meal bread in W.A. with no artificial colouring added is the Ra-D-nt Helth Bread.

According to the "West Australian," the Government standard for whole meal or wheaten meal bread is 30 per cent. white flour. So here you have the true story directly from Governmental lips. 30 per cent. white flour! Is that whole meal bread? This official report was silent as to whether or not the miller need put the germ of the wheat in the flour. Frankly, it does not pay

the miller to leave the germ in the so-called whole meal flour. Why should he? The miller can get 6d. per lb. from a patent medicine concern for the germ of the wheat. The patent medicine concern sells the germ under a fancy name to Mr. and Mrs. Public and family for 4/- lb. Why should the miller leave the germ in? It is up to the consuming public to look after itself.

The Ra-D-nt Helth Bread is delivered anywhere between Fremantle and Midland Junction. If you desire a Ra-D-nt Helth baker to call, please notify 44 London Court, Perth. B 8593.

Yeast Recipe.

(1) Take a large potato, one pint of water, a teaspoonful of hops and a tablespoonful each of R.H. flour and brown sugar. Boil the potato, add the hops while still boiling and boil for 20 minutes. Strain, cool slightly, add flour and sugar. Bottle and cork tightly. The yeast should work in a few hours in a bottle previously used for yeast, 24 hours in a new bottle. (2) On the first morning put a pinch, or $\frac{1}{4}$ cup of loose hops into a basin, add three teaspoonfuls of sugar and a cup of boiling water. Let stand until cool, then strain and put in an old used bottle. If that is not procurable, make this part of the yeast three or four days before needed, as it will not rise sooner without the mature start. On the morning of the second day, if the weather is cold, boil one medium-sized potato until soft, mash fine and dry, saving the water to add to the dough when setting the bread. Put the potato into the bottle with the yeast when cool, and then about 3 o'clock in the afternoon, put in about one tablespoonful of flour and a pinch of salt. Keep in a warm place, but do not let it get too hot. During hot weather do not use hot water, and do not add the potato until about 3 or 4 o'clock in the afternoon. Flour will not be needed in very hot weather. Cork the bottle when the yeast is made, but if it works quickly stand it in a basin and put the cork back each time it comes out.

CHAPTER IV.

HOME MADE BREAD AND YEAST.

R.H. Stands for Ra-D-nt Helth.

Take a tablespoon of loose hops, boil 20 minutes in pint water. Strain through a colander and allow to cool until tepid. Stir in a heaped tablespoon of R.H. plain flour and tablespoon natural cane sugar. Pour into a bottle and cork, or into a wide mouthed jar and cover with brown paper bag. The yeast will work better in the bottle but care must be used or it will "pop."

R.H. Bread No. 1.

For a 2lb. loaf take 3 cups R.H. plain flour, a teaspoon natural cane sugar, $\frac{1}{2}$ teaspoon salt (better not to use mineral salt for health sake) 1 tablespoon yeast, 1 dessertspoon R.H. Kooko in $\frac{3}{4}$ pint warm water. Make a hole in centre of the dry ingredients and put in yeast and water and mix with a knife. The result should be a moist dough. Leave in a warm place over night. Mix dough again with a knife adding a little R.H. plain flour until it is firm and able to turn out. Turn into greased tin and leave to rise. Put into moderate oven before it has quite risen.

R.H. Bread No. 2.

Four cups R.H. plain flour, $\frac{1}{2}$ teaspoon salt (if preferred) $\frac{1}{2}$ cup home made yeast. Two heaping tablespoons natural cane sugar and $1\frac{1}{2}$ pints warm water, $\frac{1}{4}$ lb. R.H. Kooko melted in warm water. Mix well and leave to rise. When well risen, make into loaves and allow to rise again. Bake in a moderate oven.

R.H. Bread No. 3.

Take $1\frac{1}{2}$ lb. R.H. plain flour, a tablespoon yeast, $\frac{3}{4}$ pint tepid water, 2 teaspoons brown sugar. Sift and warm the flour, mix yeast and sugar, add to flour, and mix with tepid water. Knead on a floured board. Put in a floured basin, mark with a cross and leave in a warm place until dough is twice the size. Turn on to a floured board, and knead until smooth and even. There should not be any holes in the dough. Divide into loaves, put into greased tins, and place in a warm place to rise for about 45 mins. The surface should show small cracks or air bubbles. Bake in a fairly hot oven. Large loaves 1 hour—small, half hour. More moisture, a hotter oven, and longer cooking is required for wholemeal bread than for white. Place a vessel of water in the oven to provide steam.

Fruit Bread.

One quart R.H. porridge meal (either oat or wheat) soaked overnight in quart water, 1 cup each of chopped dates, figs, apples, 2 cups raisins, 2 cups R.H. honey, grated rind of lemon and little allspice. Mix all together. Knead thoroughly and shape into loaves. Steam $2\frac{1}{2}$ hours. Then dry in oven for about 10 minutes. May serve this bread cold or hot. With sauce or without.

Wholemeal Self Raising Flour.

To make wholemeal S.R. flour add 4 ozs. of cream of tartar and 2 ozs. of carbonate soda to each 6lbs. of flour.

Ra-D-nt Helth St. John's Bread.

In the country where St. John was brought up, large bean bearing locust trees abound. These trees flower prolifically and secrete nectar which the wild bees gather. Long beans develop from the flowers. The beans are sweet to taste and very nutritious. Large quantities of locust beans are shipped to England, where they are much in demand for the feeding of prize horses and cattle. It is possible therefore, that St. John was brought up mainly on "locust and wild honey." Locust trees grow well in W.A.

From her experience with the locust bean in Modern Health Science circles in America (where it is called St. John bread) when Dr. Caporn discovered the locust bean in this country, she lost no time in instructing the Manager of the Ra-D-nt Health Food Products to secure as much of the bean as possible.

A mill strong enough to grind the locust bean (all excepting the hard pod) has been installed and a finely ground product is now available. The chief value of St. John bread is in its cleansing effect upon the walls of the digestional tract. It is not however, particularly laxative in its effect. The cellulose (roughage) of St. John's Bread is practically indestructible. It acts as an excellent "broom" to the walls of the small intestines and colon. St. John's Bread is very nutritious and **pleasant to the taste.**

CHAPTER V.

SCONES AND BISCUITS.

Quick Pan Biscuits.

One cup soaked R.H. Porridge meal, R.H. Self Raising flour 1 cup, 1 tablespoon of Kooko. Mix together to fairly stiff paste with warm water. Drop on floured iron frying pan with well fitting lid (or bake in oven) and cook on one side 5 minutes, and then turn over to finish. If a sweet biscuit is desired, add some raisins and honey or brown sugar and chopped figs.

Sweet R.H. Scones.

$1\frac{1}{2}$ pounds R.H. S.R. flour, 1 cup Kooko, 1 cup honey (melted), $\frac{3}{4}$ cup seedless raisins (washed). Method: Rub the Kooko into the flour, add the honey water and raisins. Knead very well, roll out, bake in hot oven for 10 minutes, brush scones with oil and then finish in a moderately hot oven in about $\frac{3}{4}$ hour.

Plain R.H. Scones.

1½ lbs. R.H. S.R. flour, 3 tablespoons Kooko, 1½ cups water. Method: Rub the Kooko into the flour, wet with enough water to make a firm dough, roll out and cut in biscuit form about ½ inch thick. Bake in hot oven for 10 minutes, brush scones with oil and then finish in a moderately hot oven in about ¾ hour.

R.H. Biscuits.

1 lb. honey, ¼ lb. Kooko, 1 lb. R.H. plain flour, ¼ lb. unsweetened dessicated cocoanut, ¼ oz. carbonate of soda, pinch of ground cloves, grated rind of 1 lemon. Method: Mix flour, soda and cloves into a basin. Add cocoanut and grated lemon rind. Melt Kooko and honey together and add dry ingredients. Mix thoroughly. Cover basin and let mixture stand overnight. Next day turn it on to a floured board and roll the mixture half an inch thick and cut. Brush top with sugar water, and sprinkle with cocoanut. Bake in greased tins in a moderate oven 15 minutes.

CHAPTER VI.

PUDDINGS and PIES.

Carrot Pudding.

1½ cups grated carrot, 1 cup R.H. S.R. flour, 1 cup R.H. bread crumbs, 1 cup Kooko, 1 cup mixed fruit, 1 cup brown sugar, a teaspoon spice or cinnamon, mix with water. Mixture must be very stiff. Steam three to four hours. If any left over, slice and fry in Kooko for dessert next day. This pudding is better, if anything, the second day.

Apple Windsor Pudding.

1 oz. R.H. Kooko, 1 oz. brown sugar, 3 ozs. R.H. self raising flour, ½ pint warm water, 2 ozs. carrot roughage. Sliced apples stewed in honey (do not skin applies). Method: Place apples in bottom of pie dish. Beat Kooko, sugar and honey to cream. Add carrot roughage and water, lastly flour. Cover apples with cake mixture. Bake in moderate oven.

Carrot Pie.

One cup honey, 1 cup carrot roughage, 2 tablespoons R.H. plain flour, juice and grated rind of lemon, ½ cup sliced apples, 1 tablespoon melted Kooko. Method: Mix thoroughly in the

order given, then add 1½ cups rich cocoanut milk and mix. Pour into greased pie plate. Cover with R.H. pie crust, prick to prevent air blisters and bake until set. Cover with a meringue of ½ cup carrot roughage with 2 tablespoons honey and a few drops lemon juice and brown lightly.

Apple and Raisin Pie.

Grate 2 large apples, skins, pips, cores and all. Put 1 cup raisins through mincer. With a rolling pin crumb 4 cups full R.H. Cookies. Melt ½ cup R.H. Kooko and mix with crumbs. May add vanilla or almond flavour if preferred. With the back of a large spoon, pat down half the crumbs on to pie plate. Pour the apple mixture in. Then pat down the other half of crumbs all over the top. Bake a light golden brown on top in quick oven. It is best to use a shallow pie plate.

Steamed Cocoanut Pudding.

¾ pint R.H. dry bread crumbs, or crushed R.H. Rusks, 2 ozs. unsweetened ground cocoanut or fresh ground cocoanut, 2 tablespoons R.H. self raising flour, 1½ ozs. honey, mix with sufficient warm water to make thick paste. Turn into a greased basin and steam for 1½ hours. Turn out and sprinkle with cocoanut. Serve with honey and nutto. May add 2 tablespoons carrot roughage.

Fig Pudding.

Cut figs to make 1 quart, soak in just enough water to cover. Next day, add ½ cup honey, and 1 tablespoon Kooko. Thicken with R.H. plain flour mixed with little water. Steam until flour thickens. Serve hot or cold.

Brown Pudding.

Two cups R.H. breadcrumbs, 1 cup mixed dry fruits, 1 dessertspoon chopped lemon peel, 1 teaspoon spice and cinnamon, 2 ozs. Kooko, 1 egg, ½ cup brown sugar, 1 tablespoon treacle, 3 tablespoons R.H. self raising flour. Mix with sufficient warm water to make fairly soft paste, turn into greased deep cake tin, steam 1½ hours and serve with honey or treacle sauce. If any left over cut in slices and fry in little Kooko—makes a delicious dessert.

R.H. Wholemeal Plain Brown Pudding.

Two cups of R.H. self raising flour, ¾ cup brown sugar, ½ cup Kooko, ½ cup carrot roughage, 1 teaspoon cinnamon, 1 tablespoon honey, 1 cup sultanas, and warm water to mix. Cream sugar and Kooko, add carrot and other ingredients. Pour into greased pudding tin. Steam 3 hours and serve with lemon sauce.

Plum Sago Pudding.

Method: 1 cup brown sugar, 1 tablespoon Kooko, 3 cups dry sago soaked in water, $\frac{1}{2}$ cup currants, $\frac{1}{2}$ cup raisins, a little lemon peel, or grated rind of lemon, 1 teaspoon cinnamon, 1 tablespoon treacle, 1 teaspoon spice, little nutmeg. 1 cup water, 1 teaspoon soda, $\frac{1}{2}$ cup grated apple. Mix and steam 3 hours. Serve with honey sauce.

Sweetmelon and Cocoanut.

Cut sweetmelon in halves, removes seeds, fill with grated cocoanut and honey and with a spoon scoop out balls of the melon meat and mix in with cocoanut and honey. Sprinkle lemon juice over top. Dark brown sugar may be used instead of honey. Garnish with few fresh berries or some raisins.

Raisin Blancmange.

One cup soaked raisins cooked for 5 minutes in 3 cups water. Add 6 tablespoons sea lettuce cut with scissors and soaked overnight in just sufficient water to cover. Grated rind lemon or orange and 2 tablespoons honey, cook with raisins until fairly well dissolved. Serve when ice cold with Almono sprinkled on top.

CHAPTER VII.

CAKES.

Ginger Sponge.

One egg, 1 small cup treacle, brown sugar, 2 cups R.H. self raising flour, 1 tablespoon Kooko, a little spice or nutmeg, 1 dessertspoon ground ginger. Method: Beat butter and sugar to cream, then add egg, beat well, then treacle, spice, ginger and $\frac{1}{2}$ cup water, beat well, lastly add flour, mix $\frac{1}{2}$ teaspoon soda in little drop of boiling water and add to mixture. Bake from 20-25 minutes.

Oatmeal Biscuits.

8ozs. R.H. Oat Porridge Meal, 2ozs. brown sugar, 4ozs. Kooko, 1 tablespoon honey. Method: Soak oats several hours. Mix oats with sugar, melt butter and honey together and then add to oatmeal and sugar. Press firmly into slightly greased dish and bake in a slow oven for about 30 minutes. When baked leave in dish till cool, then cut in fingers.

Date Cake.

4ozs. Kooko, $\frac{3}{4}$ cup brown sugar, 2 eggs, 2 cups R.H. self raising flour, $\frac{1}{2}$ teaspoon carb soda, 1 cup dates, $\frac{3}{4}$ cup hot water. Method: Beat Kooko and sugar to a cream, add eggs one at a time, sift flour, lastly add dates, water and soda. Mix lightly. Bake 30-35 minutes.

Shortbread.

One egg, 4ozs. Kooko, $\frac{1}{2}$ cup brown sugar, $1\frac{1}{2}$ cups R.H. self raising flour. **Top**—1 cup ground cocoanut, $\frac{1}{2}$ cup sugar, 1 egg. Method: Beat Kooko and sugar to a cream, then add egg and flour. Put in tin, spread evenly, put dates, cut in sections on, spread evenly, then put **top** mixture on and bake $\frac{1}{2}$ hour in slow oven.

Walnut Bread.

Rub 1 tablespoon Kooko into $1\frac{1}{2}$ cups R.H. self raising flour, add $\frac{3}{4}$ cup of brown sugar, mix with one egg and $\frac{1}{2}$ cup warm water, add $\frac{1}{2}$ cup of chopped nuts. Bake in two suitable greased tins with lids on. Not a compatible mixture but delicious.

Rice Bubble Biscuits.

3ozs. Kooko, $\frac{1}{2}$ cup brown sugar, 1 egg, $\frac{1}{2}$ teaspoon vanilla, 1 cup R.H. self raising flour, $\frac{1}{2}$ cup rice bubbles. Mix and bake in moderate oven for about 15 minutes, leave till cold, then, store in air-tight tin.

Cornflakes Dream Bars.

One cup cornflakes, 1 tablespoon Kooko, $\frac{1}{2}$ cup brown sugar, 2 eggs, 1 teaspoon vanilla, 1 cup chopped nuts, 1 cup ground cocoanut, 1 cup R.H. self raising flour. Method: Cream butter with $\frac{1}{2}$ cup sugar, add sifted flour, press crumbs into buttered dish 9 inches square, bake in moderate oven 15 minutes till lightly brown. Whisk eggs gradually, add $\frac{3}{4}$ cup brown sugar, whisking mixture to a thick froth, remove whisk add vanilla, cocoanut, nuts and corn flakes, mix well and spread evenly over the baked crust. Return to oven for about 20 minutes till topping is cooked. Cut while hot into finger length and lift on to cake cooler.

Crispy Biscuits.

1lb. R.H. self raising flour, $\frac{3}{4}$ lb. brown sugar, $\frac{1}{2}$ lb. Kooko and 2 eggs. Method: Mix butter and sugar to a cream, add eggs previously well whisked and lastly add flour. Roll out thin, cut into shapes and bake in a quick oven.

Fruit Rock Cakes.

Two tablespoons Kooko, 2 cups R.H. self raising flour, 1 cup of mixed fruit, 2 eggs, 2 teaspoons mixed spice, 1 cup brown sugar, 1 tablespoon honey. Drop one tablespoon of mixture on greased oven slide. Bake 10 minutes moderate oven.

Pastry.

One cup Kooko to 2 cups of R.H. self raising flour. Rub Kooko into flour. Moisten with sufficient water to make a paste which can be rolled out.

Cocoanut Biscuits.

Two tablespoons Kooko, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ cups R.H. self raising flour, 1 cup cocoanut. Method: Beat Kooko and sugar together, then add flour and cocoanut, roll into balls in palm of hand, flatten out, put on greased tray, bake from 5-7 minutes in a quick oven.

Scones.

Take 1lb. R.H. self raising flour and $\frac{1}{4}$ teaspoon salt (better to omit salt—for health), make a light dough with $\frac{1}{2}$ pint water, roll out. Bake in a quick oven.

Coffee Rolls.

Take 1lb. R.H. self-raising flour, 1 tablespoon sugar, 1 tablespoon Kooko, 1 egg, 1 cup warm water, cream Kooko and sugar, add water and flour. Bake in hot oven.

Biscuits.

Take 3ozs. Kooko, 1 heaped cup R.H. self raising flour, $\frac{1}{2}$ cup brown sugar, 1 egg, 1 teaspoon treacle. Method: Cream Kooko and sugar together, add treacle and beaten egg, then dry ingredients. Mix well, roll out on a floured board and cut out. Bake on a greased tin in a very moderate oven 20-30 minutes or till a golden brown.

Ginger Nuts.

Take 4ozs. Kooko, 1 cup brown sugar, 2 tablespoons treacle, 1 egg, 2 cups R.H. self raising flour, 1 teaspoon vanilla, ginger and cinnamon. Cream Kooko and sugar, add egg, beat again, add treacle, etc., mix in flour, drop small teaspoonful on greased tray well apart, bake in moderate oven for 10 minutes.

Rich Fruit Cake.

8ozs. Kooko, 8ozs. brown sugar, 8ozs. R.H. self raising flour, 2ozs. honey, 5ozs. currants, 4ozs. mixed peels, 3 eggs and $\frac{1}{2}$ cup warm water. Method: Cream Kooko and sugar; add eggs one at a time, beat well, then add honey, beat well, add warm water then stir in other ingredients; add mixed spices. Bake for $1\frac{1}{2}$ hours in fairly slow oven.

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There is only one way to insure the success of “Modern Living.” It must have loyal support from an ever increasing number of people who read and pass it on to others to read. It must obtain sustenance from advertisements. Only such advertising matter which comes under the heading of CONSTRUCTIVE USEFULNESS to the human family is accepted for the pages of “Modern Living.” This ideal, of necessity narrows our income.

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We thank you!

THE “MODERN LIVING” MANAGEMENT.

CAKES - - Continued.

Nutties.

Whites of 2 eggs, $\frac{1}{2}$ cup brown sugar, 2 tablespoons Kooko (melted), 4 cups Kelloggs corn flakes, $\frac{1}{2}$ cup chopped peanuts, $\frac{1}{2}$ cup cocoanut. Method: Mix melted Kooko, eggs, sugar together. Then other ingredients in the order given. Put in paper patty pans and bake in a moderate oven till nicely brown, 15-20 minutes.

Date Walnut Ring Cake.

Two cups Kelloggs whole wheat flakes, 1 cup R.H. self raising flour, 1 cup stoned dates, 1 cup warm water, 1 egg, $\frac{3}{4}$ cup brown sugar, $\frac{1}{2}$ cup Kooko, $\frac{1}{2}$ cup chopped nuts. Dough should be stiff enough to make a large ring. Bake moderate oven about 30 minutes.

Brownie.

Three cups R.H. self raising flour, 1 cup brown sugar, 1 cup mixed fruit, 2 teaspoons cinnamon. Mix altogether with warm water, not too soft. Bake in a moderate oven for 1 hour.

Pikelets.

Four tablespoons R.H. self raising flour, 1 egg, 2 tablespoons brown sugar, $\frac{1}{2}$ cup warm water. Method: Beat egg and sugar together, add water, flour, mix well, drop in dessertspoon heaps on a hot greased pan. Cook gently until pikelets are covered with bubbles, turn quickly with knife and cook until golden brown. Lift on to a clean cloth and cover. Serve with Nutto.

R.H. Christmas Cake.

1lb. each of Kooko, brown sugar, currants, sultanas and raisins, $1\frac{1}{4}$ lb. R.H. self raising flour, $\frac{1}{2}$ lb. almond kernels, $\frac{1}{4}$ lb. peel, $\frac{1}{4}$ lb. figs, $\frac{1}{4}$ lb. cherries, 2 tablespoons lemon or orange, 2 tablespoons honey, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, 8 eggs. Bake in moderate oven 2-2 $\frac{1}{2}$ hours.

Honey Cocoanut Macaroons.

$\frac{1}{2}$ cup cocoanut oil or nut cream, $\frac{1}{2}$ cup ($\frac{1}{2}$ lb.) honey, 1 cup hot water, 2 cups ($\frac{1}{2}$ lb.) shredded cocoanut, 2 cups ($\frac{3}{4}$ lb.) R.H. self raising flour. Method: Mix thoroughly the oil, honey and hot water and then stir in the shredded cocoanut and flour. Put in convenient shapes on a well-oiled pan and bake in a moderately hot oven for $\frac{1}{2}$ hour. This should make about 3 dozen macaroons.

Raisin Cake.

Four cups R.H. self raising flour, $\frac{1}{2}$ cup carrot roughage (grated), $\frac{3}{4}$ cup Kooko, $\frac{3}{4}$ cup raisins, 1 large cup of natural sugar, $\frac{1}{2}$ teaspoon nutmeg or cinnamon. Method: Cream sugar and Kooko, add carrot roughage then other ingredients, mix fairly stiff with water. Can be baked as one cake $\frac{3}{4}$ hour in moderate oven, or may be made into rock cakes.

Orange Honey Cake.

One pint R.H. plain flour, 1 teaspoon Kooko, 1 teaspoon soda, 2 teaspoons cream of tartar, honey to make a thick cream. Grate fresh orange skin into mixture. Spread an inch thick on greased baking tin and bake in hot oven.

R.H. Tea Cakes.

1lb. R.H. self raising flour, 2 tablespoons Kooko, 2 tablespoons carrot roughage, 2 tablespoons honey. Method: Mix thoroughly, rub Kooko into flour, add sufficient warm water to make a light dough. Drop with a spoon on to a greased baking tin or bake in patty pans for 10-15 minutes in quick oven.

R.H. Short Cake.

Three cups R.H. self raising flour, $\frac{1}{2}$ cup Kooko, $1\frac{1}{2}$ cups warm water. Mix together and bake in hot oven. When done split the cake and spread the lower half thinly with R.H. Nutto and the upper half with $\frac{1}{2}$ lb. R.H. honey. Cut in slices to be served warm for a dessert.

R.H. Almond Rolls.

One cup R.H. self raising flour, $\frac{1}{2}$ cup almond meal or Almono, $\frac{1}{2}$ cup water (enough to make stiff dough). Method: Knead all ingredients together for 10 minutes; form into rolls of not more than 1 inch thick and about 2 inches long. Bake in well-oiled tins in a moderately hot oven for nearly an hour. Not a good combination, but very delicious.

Unfired Fruit Cake.

$\frac{1}{2}$ cup ground R.H. bread crumbs, 1 cup pitted dates, finely minced, $\frac{1}{2}$ cup dried figs, finely minced, $\frac{1}{2}$ cup nut meal (Almono), 1 large juicy apple grated, $\frac{1}{2}$ teaspoon cinnamon or nutmeg. Method: Mix ingredients thoroughly by running them through a food chopper, add a little water if necessary to make a thick paste. Press into a bowl and cover till the following day.

R.H. Fruit Cookies.

$\frac{3}{4}$ pound R.H. flour, $\frac{1}{2}$ cup Kooko, $\frac{1}{2}$ cup honey, 2ozs. chopped nuts, $\frac{1}{2}$ lb. chopped figs, pitted dates and seedless raisins mixed. 1 cup Hot water. Method: Melt Kooko and honey with hot water, stir in flour, nuts, fruits, and more hot water if necessary, to form a soft dough. Bake in rock form in a moderately hot oven for about 45 minutes. Omit nuts if you have a defective digestion.

Almond Rocks.

1lb. R.H. self raising flour, $\frac{1}{2}$ cup Kooko, 6ozs. honey (melted), 2ozs. chopped unroasted almonds, $1\frac{1}{4}$ cups water. Method: Mix honey and Kooko thoroughly with the flour, add almonds and enough water to form a stiff dough. Form into irregular rocks with a spoon and put on a greased pan. Bake in moderately hot oven 20 minutes for small rocks or longer according to size.

Oat Cookies.

4ozs. R.H. (soaked) oat porridge meal, 6ozs. R.H. plain flour, $\frac{1}{2}$ teaspoon soda, $\frac{1}{4}$ teaspoon each of ground cinnamon, cloves, nutmeg, 4ozs. raisins, 1 teacup honey, 3ozs. melted Kooko. Method: Mix flour, soda and spices. Add oats and raisins. Then honey and melted Kooko. Mix well so that the last two ingredients may be well worked in. Drop small portions on cold oven slides and bake at 350 degrees 15 minutes. These Cookies improve with keeping.

Honey Cakes.

Blend $\frac{1}{2}$ cup honey, 1 teaspoon Kooko, 1 tablespoon carrot roughage, R.H. self raising flour to make stiff dough. Drop in buttered tins. Bake in slow oven.

Chocolate Cake No. 1.

$\frac{1}{2}$ cup Kooko, 1 cup brown sugar, 1 cup honey, $\frac{1}{4}$ cup cocoa, $1\frac{1}{2}$ cups hot water, $2\frac{1}{2}$ cups R.H. self raising flour. Method: Cream Kooko, sugar, honey and cocoa. Add hot water, beat well, then add flour. Bake in moderate oven 40-45 minutes. Add 1-3 cup shredded ginger or dates.

Chocolate Cake No. 2.

$\frac{1}{4}$ cup Kooko, $\frac{1}{2}$ cup brown sugar, 2 eggs, 2 tablespoons cocoa, handful seeded raisins, $1\frac{1}{2}$ cups R.H. self raising flour, a little water to mix. Method: Beat the Kooko and sugar to a cream. Add well beaten eggs then the flour and cocoa and water gradually. Add raisins last. Bake 20 minutes in moderate oven.

Icing.

Melt tablespoon Kooko and $\frac{1}{2}$ cup brown sugar together, add tablespoon cocoa, pour hot on cake, while cake is warm. May add $\frac{1}{2}$ cup glucose for a firm icing. Decorate with $\frac{1}{2}$ and $\frac{1}{4}$ almonds and any other nuts. Cashaws make a nice nut for decorative effect. May add $\frac{1}{2}$ cup chocolate to mixture for variety of flavour.

R.H. Johnnie Cakes.

Three cups R.H. self raising flour. Mix with sufficient warm water to make a rather thick paste. Have hot frying pan with sufficient Kooko to prevent burning. Drop tablespoons full into pan. Cover. Leave until cakes are quite firm, then turn over. May serve with R.H. honey or with any of the R.H. dry fruit spreads. May sprinkle ground cinnamon, nutmeg or allspice over cakes when done. May introduce raisins, currants, or chopped dates into mixture, and flavour with grated orange or lemon peel.

CHAPTER VIII.

HONEY RECIPES.

Sponge Roll.

$\frac{1}{2}$ cup dark brown sugar, $1\frac{1}{2}$ tablespoons R.H. honey, $\frac{1}{2}$ cup arrowroot, 1 cup R.H. self raising flour, $\frac{1}{2}$ teaspoon baking soda, 1 teaspoon spice, $\frac{1}{2}$ teaspoon cinnamon. Mix ingredients well together and then add sufficient warm water to make paste the consistency of moderately thick cream. Pour in a well greased tin and bake 20 minutes in moderate oven. Use R.H. Raisin Spread.

Sultana Cake (dark).

$\frac{1}{4}$ cup R.H. Kooko, $2\frac{1}{2}$ ozs. dark brown sugar, 2 level tablespoons R.H. honey, $\frac{1}{2}$ cup carrot roughage, $\frac{1}{2}$ lb. R.H. self raising flour, 3ozs. sultanas. Method: Cream Kooko, sugar and honey, add carrot and beat well. Add $\frac{1}{4}$ cup warm water then flour. Bake in greased cake tin in moderate oven 20 minutes.

Ginger Bread.

$\frac{1}{2}$ cup R.H. Kooko, $\frac{1}{2}$ cup dark brown sugar, 1 cup honey, $2\frac{1}{2}$ cups R.H. plain flour, $\frac{1}{2}$ cup carrot roughage, $1\frac{1}{2}$ teaspoons soda, 1 teaspoon ginger, $\frac{1}{2}$ teaspoon ground cloves, 1 cup hot water. Method: Cream Kooko and sugar. Add honey and carrot roughage, then add dry ingredients. Add water last. Beat until smooth. Bake in well greased tin—moderate oven.

Cornflake Macaroons.

$\frac{1}{2}$ cup carrot roughage, 1 cup dark brown sugar, 1 level teaspoon R.H. honey, 2 cups cornflakes, $\frac{1}{2}$ cup chopped walnuts, 1 cup dessicated cocoanut (unsweetened), $\frac{1}{2}$ teaspoon vanilla. Method: Beat carrot roughage, sugar and honey together, add 2 cups cornflakes, nuts and cocoanut, add vanilla. Add sufficient warm water to make thick paste. Drop in spoonful on to well greased baking tin. Bake in slow oven.

Ginger Sponge.

$\frac{1}{4}$ cup R.H. Kooko, $\frac{1}{4}$ cup dark brown sugar, $\frac{1}{4}$ cup carrot roughage, $\frac{1}{2}$ cup R.H. honey, $1\frac{1}{4}$ cups R.H. plain flour, $\frac{1}{4}$ teaspoon soda, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{2}$ cup hot water. Method: Cream Kooko and sugar, add carrot roughage, then dry ingredients, which have been mixed well together. Add hot water last. Beat until smooth, pour into well greased sandwich tin. Bake in moderate oven. Filling: 2 tablespoons R.H. Nutto, 2 tablespoons R.H. honey, essence vanilla beaten into a cream.

Orange Sponge.

One cup R.H. Kooko, $\frac{1}{4}$ cup brown sugar, $\frac{1}{4}$ cup carrot roughage, $\frac{1}{2}$ cup R.H. honey, $1\frac{1}{4}$ cups R.H. self raising flour, grated rind 2 oranges, $\frac{1}{2}$ cup orange juice. Method: Cream Kooko and sugar, add carrot roughage and orange juice and honey. Then dry ingredients. Add sufficient water to form paste, consistency thick cream, pour into well greased sandwich tins bake in moderate oven. Filling: 2 tablespoons R.H. Nutto, 2 tablespoons honey, grated rind of 2 oranges, beat to cream.

Patty Cakes.

2ozs. R.H. Kooko, 1 heaped tablespoon brown sugar, 1 level tablespoon R.H. honey, 2 tablespoons warm water, 5ozs. R.H. self raising flour. Method: Cream R.H. Kooko sugar and honey, add water. Lastly add flour slowly. Drop teaspoon in patty pans. Makes one dozen.

R.H. Plum Pudding.

$\frac{1}{2}$ lb. R.H. Kooko, $\frac{1}{2}$ lb. R.H. honey, $\frac{1}{2}$ lb. raisins, grated rind of 2 lemons and one orange, 7ozs. R.H. bread crumbs, 5ozs. R.H. self raising flour, $\frac{1}{2}$ nutmeg (grated), 1 saltspoon each of ground ginger, allspice, and cinnamon, $\frac{1}{2}$ teaspoon baking powder, $1\frac{1}{2}$ cups warm water. Method: Beat Kooko and honey to a cream, add $\frac{1}{2}$ cup carrot roughage and water, then dry ingredients and last baking powder. Steam for several hours.

Apple Windsor Pudding.

2ozs. R.H. Kooko, $1\frac{1}{2}$ ozs. brown sugar, dessertspoon honey, 3ozs. R.H. self raising flour, $\frac{1}{2}$ pint warm water, 2ozs. carrot roughage. Sliced apples stewed in honey (do not skin apples). Method: Place apples in bottom of pie dish. Beat Kooko, sugar and honey to cream. Add carrot roughage and water, lastly flour. Cover apples with cake mixture. Bake in moderate oven.

Honey Sauce for Short Cake or any Steamed Pudding.

One tablespoon arrowroot, 2 dessertspoons Kooko, $\frac{1}{2}$ cup honey, blend arrowroot with little cold water, add all together with sufficient water to make the consistency of thin cream. Stir till it boils thick and is quite clear.

Nutto Honey Cake.

One pint R.H. plain flour, 1 teaspoon Nutto, 1 teaspoon soda, 2 teaspoons cream of tartar, honey to make a thick cream. Spread an inch thick on greased baking tin and bake in hot oven.

Honey Cakes.

Blend $\frac{1}{2}$ cup honey, 1 teaspoon Kooko, 1 tablespoon carrot roughage, R.H. self raising flour to make stiff dough. Drop in buttered tins. Bake in slow oven.

CHAPTER IX.

RECIPES FOR UNSWEETENED
DEHYDRATED COCOANUTS.**Stuffed Tomatoes.**

With a sharp pointed small spoon, scoop a hole in the growing end of large firm tomatoes. Place the insides of tomatoes in a bowl. Fry 1 cup sliced onions in Kooko a golden brown, 1 cup each chopped mushrooms, celery, parsley, add 2 cups ground cocoanut flavour with sweet herbs. Mix all together, Metite to taste. Stuff tomatoes. Place in baking dish with piece Kooko on top of each and bake in moderate oven 20-30 minutes. Remove from baking dish and place insides of tomatoes in baking dish, with chopped parsley and sufficient Metite or salt sea plant juice to flavour. Heat but do not boil, stirring all the time. Serve this sauce over stuffed tomatoes, or as tomato soup. Serve baked parsnips or carrots or pumpkin instead of potatoes with stuffed tomatoes.

Baked Parsnips.

Method: Wash, but do not skin parsnips. Par boil them. Slice lengthwise and place in baking dish with R.H. Kooko to roast with stuffed tomatoes. Brown one side and then turn over and brown the other side. Carrots may also be baked in this way.

Onion and Cocoanut Fry.

Fry two large sliced onions and 2-3 sticks celery in Kooko golden brown, when they are done add sweet herbs if desired and 8 tablespoons R.H. ground cocoanut. Metite to taste. Mix all together and flatten down with spoon. Place cover over top and allow mixture to heat through. This will serve three people. May pour this mixture over a bed of uncooked sliced tomatoes or may serve with fried tomatoes.

Fried Tomatoes.

Method: Slice tomatoes in halves lengthwise. Place in hot Kooko (cut part down) and fry quickly on one side only.

Cocoanut Casserole No. 1.

Place a layer of cocoanut in casserole. Then a layer of sliced (but not peeléd) Jerusalem artichokes, then a layer of cocoanut. Then a layer of chopped onions or garlic and celery, then a layer of cocoanut. Metite to taste. Grate carrot into a bowl. Melt $\frac{1}{2}$ cup Kooko, salt to taste and $\frac{1}{2}$ cup juice of lemon. Mix all together, pour over the top and press down firmly. Bake with lid off in quick oven 20-30 minutes.

Cocoanut Casserole No. 2.

Layer of cocoanut, layer sliced tomatoes, layer sliced onions, Metite to taste, alternate to fill casserole. On top place long narrow strips of turnips and daubs of Kooko. Bake in quick oven until turnip is soft.

Cocoanut and Egg Fruit with Cocoanut Cream Sauce.

Slice egg fruit, do not peel. Fry in Kooko golden brown both sides. Make a sauce of 1 cup boiling water, juice one lemon and several cloves of garlic finely chopped and then pounded smooth. Place in boiling water and add sufficient ground cocoanut and Almono to make thick paste. Salt to taste. Squeeze of lemon. Heat through. Serve over fried egg fruit or baked parsnips or pumpkin or steamed artichokes.

Cocoanut Fruit Salad.

One cup pineapple cut into convenient sizes, 1 cup finely chopped celery. Mix with ground cocoanut and place in dessert plate on lettuce leaves. Make bare centre in middle. Fill centre with this mixture: 2 tablespoons cocoanut, juice of 2 oranges, 1 dessertspoon virgin cold pressed olive oil, grated rind of lemon, $\frac{1}{2}$ cup passion fruit. Mix all together with sufficient R.H. honey to make thick paste. Pour mixture into the centre with pineapple and celery mixture all around. Garnish with any small fruit, such as strawberries, grapes, cherries, mulberries.

Mulberry and Cocoanut.

Mash mulberries, mix ground cocoanut with honey, R.H. olive oil and lemon juice to make thick paste. Place 4 table-spoons mixture in centre of dessert plate and pour crushed mulberries all around. Garnish with few whole mulberries on top.

Banana Split.

Split banana lengthwise and place on crisp lettuce leaves, so that the curved parts of bananas are out and tips together. Fill in centre with mixture of cocoanut and honey. May add flavouring such as ground cinnamon.

CHAPTER X.

R.H. CONFECTIONERY.

R.H. Candies.

The new venture to put on the market sweets which were fit for human consumption which was launched one year ago by James Adams in collaboration with Alice M. Caporn, Ph.D., is an unqualified success! Never again (so long as the discriminating public is loyal to the R.H. Candies) will people be compelled to purchase sweets manufactured from devitalized, denatured, demineralized white sugar, roasted nuts, and artificially coloured—or go without. This venture deserves to succeed. This venture has a great ideal—to place within the reach of all, delicious wholesome sweets made from unadulterated chocolate, natural cane sugar, bee-ripened honey, unsulphured fruits and unroasted nuts. Roasting and salting nuts destroys their food value; “refining” sugar removes all the vital mineral elements. And so the vicious circle of giving the people sweets which “catch the eye” and “tickle the appetite” is never ending. We sow the wind and reap the whirlwind in decayed teeth and impaired health.

The R.H. Food Products has definitely broken this vicious circle for ever and ever in Western Australia. Every normal person is fond of sweets. The craving for sugar is universal with the human family and indicates a physiological need, but what we are craving for is the natural sugar of the natural sweet fruits, bee-ripened honey and natural cane sugar.

Avoid White Sugar Sweets.

Jams and preserves which have been boiled for several hours in half their own weight in white sugar should NEVER be in the diet of anyone who has respect for their health. Instead of jam, use the R.H. Raisin, Date and Fig Spread. The Peach, Apricot, Apple, Prune, Nectarine and Pear R.H. Spreads. These Spreads have never been submitted to heat and no sugar added.

Almono Candy.

One cup Kooko, 2 cups honey, 2 cups brown sugar, 1½ cups boiling water, ¼ teaspoon cream of tartar, ½ teaspoon glycerine, dash of soda. Boil 10 minutes to a soft ball and set in cool place. When it has cooled slightly, stir in three or four tablespoons Almono, keep stirring until creamy. Then pour into buttered pans. Mark in squares.

Toffee.

2 or 3 ozs. Kooko, 1 cup brown sugar, 2 tablespoons honey, 2 tablespoons lemon juice, 1 teaspoon cream of tartar. Method: Put Kooko in saucepan, melt on fire, put in sugar and honey and lemon, stir with knife, boil for 10 minutes. After it has come to boil, stir all the time. After time is up, have ready a cup of cold water, put in a little toffee to see if brittle, if done lift off fire. Have buttered tin ready and pour in—can make almond peanut or cocoanut or any other nut for flavouring.

Date, Raisin or Apple Slices.

Make R.H. sweet pastry. Spread half on slide, mix date or raisin Spread with little warm water, spread on pastry then spread rest of pastry. Bake in moderate oven.

Raisin Nut Balls.

One cup shelled Brazil nuts, 1 cup shelled filberts, 1 cup shelled walnuts, 2 cups seedless raisins, ½ cup grated cocoanut, 2 tablespoons honey. Method: Run the nuts and raisins through the food chopper first separately, then together with the honey, in order to thoroughly blend the ingredients into a homogeneous mixture. Form into balls of about ¾ inch in diameter and roll in the grated cocoanut to give them an attractive appearance.

Raisin Cocoanut Caramels.

Two cups seedless raisins, 2 cups grated cocoanut. Method: Mix and run through the food chopper several times, in order to thoroughly blend the ingredients. Roll out on a board about ½ inch thick and cut into squares. For a change, 2 cups of pitted and chopped dates can be used instead of raisins.

Honey Cocoanut Balls.

Two cups grated cocoanut, ½ cup R.H. honey. Method: Thoroughly mix the honey with the cocoanut until it is a homogeneous mixture. Form into balls about ¾ inch thick and top them with a filbert nut. Many varieties of fruit and nut confections can be made by using different kinds of un sulphured dried fruits and grinding them together in various proportions and shaping them into such forms as will suit individual taste and fancy.

**R.H. Almono Recipes Suitable for Young Children and Invalids.
No. 1.**

Macerate with a fork 1 banana, mix teaspoonful R.H. honey and little warm water to make consistency of cream. Add 8 dates stoned and chopped into small pieces. Sprinkle 1 tablespoon Almono over top.

No. 2.

One heaping teaspoonful Almono, 2 teaspoons Raisin Spread. Mix to consistency of thick cream with little warm water (not boiling), gradually adding cold water to make it the right consistency. May sprinkle 1 dessertspoon Almono over top.

No. 3.

Six dried figs (soaked overnight) (unsulphured). Mash figs and mix with 2 tablespoons Almono. If the teeth are in a good condition, chopped cashaw nut meat, or chopped walnut meat, or chopped Brazil nut meat, or almonds, or peanuts may be used.

R.H. CONFECTIONERY AT LAST.

Now you can get a wide variety of delicious R.H. Candies, manufactured from unadulterated chocolate, natural cane sugar, honey, unroasted nuts, un sulphured fruits, and no artificial colouring added. Wholesale and retail at 44 London Court, Perth. B 8593.

No. 4.

Eight soaked sweet unsulphured prunes, stoned, and mascerated with fork. Mix with R.H. honey. Add $\frac{1}{2}$ cup soya bean milk or cocoanut or Almono milk.

Health Candy No. 1.

Method: 2 cups finely ground fresh cocoanut or $1\frac{1}{2}$ cups unsweetened dessicated cocoanut, 1 cup unsulphured raisins, $\frac{1}{2}$ cup pitted unsulphured dates, 1 cup unsulphured stoned prunes. Run all together through the mincer. Mix well, season half the mixture with little cinnamon, add sufficient honey to make a stiff paste. Sprinkle some dessicated cocoanut on bottom of shallow baking dish, pour unspiced part in dish and then flatten it out. Next lay the flavoured part of mixture on top and flatten. Sprinkle cocoanut over top and allow to settle overnight. Next day cut into squares or roll into balls in palms of hand. Then roll in ground cocoanut.

Economical Candy No. 1.

One large freshly ground cocoanut or 1 cup unsweetened dessicated cocoanut or 1 cup unroasted ground peanuts, 2lbs. raisins, 2lbs. dates, 4 large carrots, grind all ingredients together and mix well with honey. Add nutmeg and sweet spice. Roll into balls in hands and then roll in dessicated cocoanut.

Economical Candy Squares No. 2.

Soak overnight $\frac{1}{2}$ cup lima or haricot beans. In the morning boil until soft and dry (not mushey) and then run through mincer. Boil together $2\frac{1}{2}$ cups dark brown sugar, $\frac{1}{2}$ cup of the prepared beans, $\frac{1}{2}$ cup water and 1 tablespoon ground raw peanuts. When the mixture has boiled slowly add one cup water and cook until mixture threads when tested in cold water. Remove from fire, add $\frac{1}{2}$ cup chopped unsulphured, seeded raisins and one cup chopped raw peanuts. Pour on waxed paper or marble slab. When set, mark it in squares, and when cold, cut it.

Uncooked or Almond Toffee.

Method: Grind up together $\frac{1}{2}$ lb. almonds, $\frac{1}{2}$ lb. unsulphured figs, $\frac{1}{2}$ lb. stoned unsulphured prunes, 1lb. stoned unsulphured dates, 1lb. raisins or currants. Mix together well, roll into balls and dip in dessicated cocoanut. Any other kind of nuts may be used with this recipe. (Use sufficient honey to bind.)

CHAPTER XI.

SALADS.

Combination Salad.

Method: 1 head lettuce, part of grated skin of 1 orange (the yellow part only), 1 young white turnip grated, 1 grated raw beet, 1 cup celery, cut finely, 2 sliced tomatoes. $\frac{1}{2}$ apple cut up finely, or some grapes, or some chopped pineapple. Arrange lettuce leaves and tomatoes around the plate. Mix grated orange skin, turnip, beet and finely chopped up celery. Fill in centre.

Fresh Fruit Salad.

Method: Any of the sweet and sub-sweet fruits may be sliced up and mixed together with dressing made of 1 or 2 tablespoons of Almono or any kind of finely ground nuts reduced to consistency of cream, with passion fruit to which add a heaping teaspoonful of R.H. honey. Apples grated, skins, pips, cores and all, combined with sliced bananas or pears make a tasty combination. Sliced orange and grated yellow part of skins adds piquancy to fruit salads. Serve with crisp young lettuce leaves all round, and a sprig or two of celery on top. Lettuce and celery with fruit salad is popular in U.S.A.

Sweet Corn and Cauliflower Salad.

Remove corn from cob by scraping with back of knife, add an equal quantity of finely chopped cauliflower and small quantity of minced celery, a little parsley or watercress and serve with R.H. Mayonnaise and the squeeze of lemon.

Marrow and Green Pea Salad.

Grate young marrow, mix with cup young green peas or blue boiling peas soaked 48 hours, and $\frac{1}{4}$ cup chopped mint. Mix with lemon, R.H. olive oil and R.H. honey. Serve in crisp lettuce leaves, garnished with chopped radishes.

Beetroot Salad.

One cup grated beetroot, mix with lemon R.H. olive oil and R.H. honey. Chop parsley, mint, watercress, cabbage fine. Mix together with R.H. Mayonnaise. Place crisp lettuce leaves or shredded lettuce over bottom of salad bowl. Place chopped green vegetables around edge leaving centre free. Now pour grated beetroot into centre. Garnish with pieces of celery, capsicum and chopped spring onions.

Cabbage and Carrot Salad.

One cup shredded cabbage, $\frac{1}{2}$ cup grated carrot. Place shredded carrot all around edge of salad bowl. Now place grated carrot in centre. Serve dressing made with 2 tablespoons R.H. olive oil, 2 tablespoons salt sea plant juice and juice of 2 lemons.

Tomato, Cucumber and Onion Salad.

Slice tomatoes and cucumbers (do not skin) and white onion. Flavour with lemon juice and salt sea plant juice. Garnish with tender spinach leaves.

Pear, Carrot and Raisin Salad.

Method: Slice pear, shred carrot. Arrange slices of pear around dish and grated carrot in centre. Garnish with raisins, serve on lettuce leaves. R.H. olive oil, lemon and R.H. honey dressing poured over top.

Cocoanut Salad.

Large fresh colourful vegetable salad. Method: 1 cup each of shredded apples or carrot and $\frac{1}{2}$ cup fresh shredded cocoanut. One cup chopped celery. Mix together with Metite to flavour. Arrange on bed of shredded Savoy cabbage, cocoanut mixture in the centre, the celery around the cocoanut. Lemon and honey dressing or R.H. health mayonnaise. Garnish with radish roses and ripe olives.

Apple Sauce Salad.

Method: Grate 2-3 large apples, skins pips, cores and all. Over this sprinkle a little ground cinnamon, some R.H. honey and 1 tablespoonful chopped celery. Serve as it is or in a large crisp lettuce leaf.

Salad Dressing.

The recognised Ra-D-nt He-L-th dressing for salad is juice of lemon, R.H. Virgin cold pressed olive oil and R.H. honey, mixed to suit individual tastes. The R.H. mayonnaise is made **without** vinegar, eggs or mustard. The medium used to emulsify the oil is sea lettuce—for this reason it is a health salad dressing.

Colourful Salad.

Method: Grate red beets, red and white cabbage, and watercress chopped finely). Place on lettuce leaves in separate heaps and garnish with raisins and bananas. Flavour with squeeze of lemon and R.H. mayonnaise.

CHAPTER XII.

**HOLLYWOOD'S FAVOURITE VEGETABLE
and FRUIT JUICE COCKTAILS.**

Hollywood's Favourite Salads.

- No. 1: Shredded Cabbage and Grated Carrot—R.H. Dressing.
- No. 2: Chopped Celery, Apple and Grated Carrot—R.H. Dressing.
- No. 3: Chopped Spring Onion, Parsley and Mint, Grated Beetroot.
- No. 4: Shredded Cabbage, Chopped Celery and Onion, Grated Turnip.
- No. 5: Chopped Cauliflower and Watercress.
- No. 6: Grated Carrot and Iceberg Radishes, Chopped Mint.

Fruit Juices.

The juice of fruit is nature's best medicine. Even very young babies can be given a teaspoonful of orange juice in their nut milk (that is, if they are not breast fed). Nature has given us a large variety of fruit. Man has a natural appetite for all of the fruits which the earth produces. Every species of fruit differs in mineral elements from every other. Because man is by nature superlatively individual, and because he has the potential for superlative brain areas, he requires a large variety of food, and especially he requires, for normal brain and nerve development, a large variety of fruit. The highly organised phosphorous compounds which compose the structure of the fleshy parts and the juice of fruits are the best kind of brain and nerve food. Now that apples are in season, we could do no better than drink approximately a quart of apple juice a day, and eat 3 or 4 apples, skins and all.

Vegetable Juice Cocktails.

- CARROT JUICE—Magnetises the blood stream—good for hair and skin.
- BETROOT and LEMON JUICE—Rich in sodium—good for dissolving stones in the kidneys and gall bladder.
- CELERY—Rich in calcium for strong bones and teeth.
- PARSLEY and CABBAGE JUICE—Rich in manganese for memory cells and iodine for Thyroid gland (youth and beauty governor).

WATERCRESS and MINT JUICE—Rich in vitamin E, the fertility vitamin. Rich in iron for red blood.

LETTUCE or SILVER BEET, LEMON JUICE—Rich in sodium, the dissolver, calcium for strength and endurance.

RHUBARB JUICE—An excellent cleanser and purifier of the blood stream.

GRAPE FRUIT JUICE—Rich in iron and quinine—feeds brain and nerves, induces sleep.

The hardware stores almost always carry a variety of vegetable juice extractors. However, as a rule the best method we have so far discovered for extracting carrot juice is to use a fine grater and then squeeze the pulp through cheese cloth.

Vechovie.

Anchovie paste is popular as an appetiser. Now we have an appetiser which tastes like Anchovie, but which is of strictly vegetable origin. Vechovie peps up sandwiches. Vechovie should be "scraped" on the bread. The delicate flavour of Vechovie is brought out in a **thin spread**. Vechovie is a highly concentrated food product rich in vitamin B—encourages the flow of saliva and by this means, regulates all of the digestional secretions. Watch for the trade mark. Only **one** genuine Vechovie—the R.H.F.P. Look for the trade mark.

R.H. Metite is also a wonderful appetiser! Rich in vitamin B—a genuine vegetable salt with **no inorganic mineral** salt added.

Rice and Vegetable Stew.

3 or 4 stalks celery, 1 large onion, 1 chopped carrot, 1 small head cauliflower, $\frac{1}{2}$ cup grated cocoanut, $\frac{1}{2}$ cup brown rice, Gravee Spred, 1 tablespoon Kooko. Method: Stew together until tender. Add 1 tablespoon Gravee Spred or Metite to flavour salty, 1 tablespoon Kooko, 1 tablespoon chopped parsley and serve.

Lima haricot, soya or any other dry beans may be used with this recipe with good effect. Best not to use rice with beans.



CHAPTER XIII.

SAVOURY DISHES.

Mexican Escaloped Potatoes.

Jerusalem artichokes may be used instead of potatoes (Jerusalem artichokes have less starch—best for diabetics). Six medium potatoes scrub well and leave on the skins. One tablespoon R.H. plain flour. One tablespoon R.H. Kooko. One cup water. A sprinkle of cayenne pepper, $\frac{1}{2}$ cup chopped capsicums or garlic, 1 cup chopped celery, 1 cup of R.H. breadcrumbs, 1 tablespoon Gravee Spred or R.H. Salt sea Juice or Metite to flavour. Method: Slice the potatoes crosswise. Place layer in baking dish. Cover with the chopped vegetables and another layer of potatoes. Sprinkle with R.H. plain flour, add lumps of Kooko. Pour hot water over all and finally cover with breadcrumbs dotted with pieces of Kooko. Bake in moderate oven for one hour.

Stuffed Celery.

Choose large stiff stalks of well scrubbed celery. Mix a filling made with Nutto and R.H. Metite, chop some of the tender yellow leaves of celery finely and some finely chopped parsley and mix with R.H. Almono. Season to taste and fill in centres of the celery stalks. Sprinkle with Paprika. Serve chilled.

Brown Rice and Mushrooms.

$1\frac{1}{4}$ cups cooked brown rice, 1 cup Potassium broth (clear), 1lb. fried mushrooms, $1\frac{1}{2}$ cups water, 2 tablespoons Kooko, 1 cup Cocoanut milk, Metite to taste. Method: Put layer of brown rice in bottom of casserole then a layer of fried tomatoes, alternate until all is used. Pour over 1 cup cocoanut milk mixed with R.H. plain flour and Metite to flavour salty. Heat before serving.

Japanese Roast.

Two cups split peas, 2 cups Jerusalem lentils boiled dry. Add 2 fried onions, chopped parsley, tablespoon Kooko and Metite to taste. Bake in greased roast tin. Daub pieces of Kooko over top.

Bean and Tomato Roast.

Three cups cooked lima or haricot bean pulp, 1 tablespoon Kooko, 1 cup tomato puree, 1 sliced fried onion, Metite or salt

sea plant juice to taste. Mix together with $\frac{1}{2}$ cup chopped parsley. Press into a greased baking tin and bake until rather dry and brown on top.

Baked Egg Plant.

Cut egg plant into slices 1-3 inch thick. Place in layers in greased casserole, salting each layer with salt sea plant juice or R.H. Metite. Add lumps of Kooko, finely chopped garlic or onion, and juice of half lemon. Bake till tender.

Brown Rice and Mushrooms.

$1\frac{1}{4}$ cups cooked brown rice, 1 cup Potassium broth (clear), 1lb. fried mushrooms, $1\frac{1}{2}$ cups water, 2 tablespoons Kooko, 1 cup cocoanut milk or $\frac{1}{2}$ cup ground cocoanut, salt sea plant juice or R.H. Metite to taste. Method: Put layer of brown rice in bottom of casserole then a layer of fried tomatoes alternate until all is used. Pour over 1 cup ground cocoanut and salt sea plant juice or Metite to flavour salty. Heat before serving.

Stuffed Tomatoes.

With a sharp pointed small spoon, scoop out centres and place in saucepan. Chop up parsley, onion, or garlic and mushrooms. Thicken with cornflakes mashed and flavour with Metite. Stuff tomatoes with mixture adding piece Kooko on the top of each stuffed tomato. Bake in moderate oven. Add Metite and chopped watercress to tomato pulp, warm but do not boil. Serve with stuffed tomatoes.

Stuffed Capsicums.

The above mixture could be used for stuffed capsicums. Add seeds of capsicums to tomato pulp. Add Metite and Kooko. Serve as sauce with stuffed capsicums.

Vegetarian Sausages.

Method: 3 carrots, 3 onions, 1 turnip, 1 parsnip, $\frac{1}{2}$ pint split peas, 2eggs, 2ozs. Kooko, $\frac{1}{2}$ lb. R.H. very dry breadcrumbs, a little stock or potassium broth, 1 tablespoon chopped parsley, 1 pinch thyme. Soak peas overnight, boil until tender. Boil vegetables till soft, strain, pound them with peas, stir in stock also beaten eggs, parsley, breadcrumbs, and seasoning. When well mixed form into sausages, dip in beaten egg and breadcrumbs, fry golden brown in Kooko. (Delicious but incompatible food combination).

Boston Baked Beans.

Method: Soak cup of kidney, haricot or any dried beans over night. Cook well and add several large whole onions and some thyme together with 1-2 tablespoons R.H. honey, $\frac{1}{2}$ cup lemon juice. Flavour with salt sea juice or Metite and generous quantity of R.H. Kooko. Bake in greased tin until whole onions are tender.

Ra-D-nt Helth Macaroni, No. 1.

Boil R.H. macaroni with sliced onions until tender. Toast slice R.H. bread and spread with R.H. Gravee Spred. Pour macaroni over and sprinkle finely chopped parsley over top. R.H. Macaroni may be used in many ways. Avoid using tomatoes with macaroni as this would make it an incompatible combination. Stuffed capsicums with macaroni and baked in R.H. Kooko makes a delicious dish.

Fillet of Pumpkin With Onions.

Prepare a piece of pumpkin (about 2lb.) and onions (allowing 2 for each person) flour the pumpkin and place in roasting dish containing 1 tablespoon hot Kooko. Surround with onions and cook for one hour in a brisk oven. Cut as a joint serve with brown gravy flavoured with Metite, steamed vegetables and a raw salad.

Vegetable Stew.

Prepare and cut in large thick slices 1 carrot, 1 parsnip, 2 turnips or portion of a swede, two onions, a little celery and parsley, fresh beans or peas (1 cup), and a little Kooko. Simmer gently after partially covering with water. When cooked thicken with R.H. flour and serve with jacket potatoes. Flavour with R.H. Metite.

Potato Surprise.

Scrub and rinse one large potato for each person, cut off small piece one side and scoop out portion of centre about the size of an egg, fill the cavity with the following mixture: 1 grated onion and a little garlic, little carrot and parsley, dash of thyme, flavour with Metite. Replace the outside piece of potato, bake in their jackets in a baking dish with a little Kooko for one hour and quarter. Serve with steamed cauliflower and raw salad.

Sauce for Above Dish.

Simmer potato pulp taken from the centre in a little Kooko. When cooked beat up with tablespoon olive oil and chopped parsley and serve with potato surprises. Flavour with R.H. Metite.

Potato Patties, No. 1.

Mix some mashed potatoes (skins as well), into a paste with sufficient R.H. self-raising flour to make thick paste, roll out on a board and cut with a saucer. Chop parsley, watercress, onion, grate carrot, small amount mixed sweet herbs, add Metite to flavour salty, and make it into a paste with R.H. plain flour. Place tablespoonful of mixture on one side of potato paste and fold over. Pinch edges and bake brown in quick oven.

Potato Patties, No. 2.

1lb. steamed potatoes, mash (skin as well), Metite to flavour, add finely chopped garlic or onions, tender yellow tops of celery and little sage. Shape into patties with R.H. plain flour. Fry in Kooko golden brown both sides.

Curried Rice.

Take $\frac{1}{2}$ cup brown rice and 1 small onion (chopped) for each person. Cover with boiling water and boil slowly until the grains are soft, but still separated, and all moisture evaporated, leaving grains dry, add, for each person, one tablespoon grated cocoanut, one teaspoon brown sugar, 1 tablespoon seeded raisins, juice one lemon, one teaspoon curry powder. Add salt, grated carrot, chopped parsley and mint to taste. Boil all together, stirring constantly for three minutes. Serve with green salad. (Not a compatible combination but permissible once in a while.)

Stewed Lentils.

Soak cup lentils overnight (the yellow or orange coloured lentils are the best), boil half an hour or until reasonably tender—not mushy. Add a sprig of sage and 2 onions fried in Kooko. Flavour with salt sea plant juice or Metite. Bake until thick.

Baked Pumpkin and Cocoanut.

Baked pumpkin, trombone or marrow are more digestible because less mushy than either boiled or steamed. Eat skin as well if not too hard. When pumpkin is done, add one tablespoon Gravee Spred and four tablespoons finely grated cocoanut, mix all together with a fork. Steamed parsnips, carrots and swedes may be used with this recipe.

Cooked Capsicum.

Slice capsicum, onion, and tomato. Fry onion golden brown in R.H. Kooko. Add capsicum. Place cover over pan. When done add tomato and cook for three minutes. Add Metite.

Steamed Egg Fruit.

Method: Slice two rings of egg fruit $\frac{3}{4}$ in. thick (do not skin). Dip in hot Ra-D-nt Helth Kooko and fry with closely fitting cover.

Parsley Omelet (English 15th Century).

Six eggs, 2 tablespoons cold water, $\frac{1}{2}$ teaspoon salt, 1 teaspoon chopped parsley, 1 teaspoon grated onion. Method: Beat eggs thoroughly, add water, parsley and onion salt. Mix well, add teaspoon Nutto in small pieces. Melt 2oz. Nutto in iron skillet. Bake 10 minutes or until brown in moderate oven.

Scrambled Eggs With Spring Onions.

Beat up the desired quantity of eggs, using $\frac{1}{2}$ cup cocoanut milk to each egg, chop spring onions green part as well. Then stir over fire until it thickens. Serve with R.H. bread toasted spread with R.H. Nutto.

Dutch Potatoes.

Scrub and rince sufficient potatoes for the meal and slice rather thin (do not peel), slice onions—one-third the amount of onions to potatoes. Pour into fry pan with one cup boiling water and 2 tablespoons R.H. Kooko. Mix all together, cover pan, leave over moderate flame—or with asbestos mat. With a broad cooking fork stir up from bottom every 5 minutes or so. As the vegetables begin to get soft, mash them well together. Add little salt (do not pepper). This is a very tasty dish, can be served with 2 steamed vegetables from above the ground. With a large salad, this will form a complete meal.

Split Peas Pudding.

Soak 1 cup split peas over night. Next day boil until nearly tender. Add fried onions and chopped swedes. Pour into a greased baking dish, add daubs of Kooko, bake in a quick oven until dry and brown on top. May serve steamed silver beet and cauliflower with the addition of a large salad. This is a complete meal.

Ra-D-nt Helth Macaroni, No. 2.

In a greased casserole or baking tin place a layer of soaked R.H. macaroni, then a layer of sliced onions then a layer of course grated swedes, then another layer of macaroni, etc., until dish is two-thirds full. Add little Metite and curry powder. Bake in moderate oven until tender—should be firm and not "sloppy" for the best results. This, together with a large salad is a complete meal.

Ra-D-nt Helth Macaroni, No. 3.

Boil 1 cup of R.H. macaroni in 2 cups water long enough to swell out the macaroni. Add R.H. salt sea plant juice or Metite to taste. Fry sliced brown onions in R.H. Kooko golden brown. Pour off most of the Kooko. Add 1 table spoon R.H. plain flour and salt sea plant juice or Metite to flavour: Mix thoroughly. Add $1\frac{1}{2}$ cups boiling water stirring quickly to prevent lumps. Boil until thick. Grate 2 carrots (or may utilise carrot roughage), pour into dish in which the macaroni will be served. Dice hard R.H. bread or toast and sprinkle over grated carrot. Pour R.H. macaroni over and serve with onion gravey. Chop parsley fine and garnish.

R.H. Sausage Pies or Rolls (Sausage Taste).

One cup R.H. porridge meal soaked overnight. 2 cups R.H. self raising flour. Rub 3 tablespoons Kooko into flour. Several cloves or chopped garlic, or half cup brown onions chopped fine, teaspoon mixed sweet herbs. Mix ingredients together with sufficient warm water to make stiff paste. Roll out on floured board. If baked in oven, get oven warm before putting sausage pie in. Cut dough into slices and roll into sausage shape in flour. Bake about 20 minutes in moderate oven. Sausage pies may be baked on top of stove in a large flat steamer or frying pan with a cover. Flour frying pan. Place the mixture (flattened) into frying pan and cover. Brown one side and turn over to finish. After taking up the "pie" smear either R.H. Gravee Spred or Metite over top and bottom. Eat with any salad vegetables (excepting tomato). This is an example of a perfect Modern Health Science meal. May be eaten for breakfast, lunch or dinner—a satisfying cold weather meal.

R.H. Toast and Bacon (Tastes like Bacon).

Slices of R.H. Bread toasted hard. Use R.H. Nutto and R.H. Gravee Spred for toast. Shred either red, white or Savoy cabbage very finely. Fry in fairly deep Kooko, turning over several times, until cabbage is hot (but not cooked through). May add little curry powder for flavouring. When ready to serve turn out on to hot toast. Eat with any salad vegetables excepting tomatoes. This is a fine "filler" for a hungry family on cold mornings, or for lunch. Finish up with a dish of R.H. unsulphured prunes (soaked not boiled). This is a complete Modern Health Science meal.

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CHAPTER XIV.

SOUPS and PUREES.

Cream of Tomato Soup.

Mash 6 or 8 tomatoes add 4 tablespoons ground peanuts or Almono and $\frac{1}{4}$ cup chopped parsley. Simmer in about 1 pint water, add $\frac{1}{2}$ pint thick cocoanut milk or 2 tablespoons ground cocoanut and salt sea plant juice or R.H. Metite and R.H. olive oil last thing. May serve this soup uncooked and chilled in hot weather.

Cream of Onion Soup.

Two cups ground onions, 1 tablespoon Kooko, $\frac{1}{2}$ pint cocoanut milk, 2 cups potassium broth (clear), 2 tablespoons sea lettuce cut with scissors and soaked overnight. Boil onions and sea lettuce together until tender in potassium broth. Before serving add salt sea plant juice or Metite.

Barley Soup.

Half cup unpearled barley cooked until soft, add 1 table-spoon Kooko and Metite to flavour. May add any kind of chopped vegetables to enrich it such as chopped celery, onion, parsley and mint.

Beetroot Cocoanut Puree.

Grind 4 cooked beets and place in 1 quart boiling water. Add sufficient ground cocoanut to thicken to desired consistency. Heat but do not boil. Allow to stand on warm stove for 20 minutes. Flavour either savoury with salt or Metite and chopped parsley, or sweeten with honey and cinnamon.

Beetroot Cocoanut Soup.

Grind 2 cooked beetroots and boil for few minutes. Strain. Add sufficient cocoanut milk or ground cocoanut and water to make soup. Flavour Metite or salt sea plant juice. Heat but do not boil. Carrot, or turnip may be used instead of beetroot in this recipe.

Potassium Puree.

Method: 2 cups finely chopped celery, 1 cup shredded carrots, $\frac{1}{2}$ cup chopped parsley, 1 cup chopped spinach, 1 cup chopped watercress, 1 cup chopped silver beet, 1 cup chopped tomatoes. Add two quarts water and cook 15-20 minutes. Add more water if too thick. Flavour with Metite or R.H. salt sea plant juice. Add more water if a thinner broth is desired.

Vegetable and Coconut Puree.

Half cup each of chopped celery, silver beet stems, tomatoes, or French beans and carrots, add $\frac{1}{2}$ cup blue boiling green peas and boil until peas are tender. Add coconut milk to make sufficient soup. Flavour with salt sea plant juice or R.H. Metite.

Ground Peanut Soup.

Method: Into $1\frac{1}{2}$ cups boiling water pour tablespoon raw finely ground peanuts or Almono or half in half first reduced to consistency of smooth cream with little warm water. Add $\frac{1}{2}$ cup shredded cabbage, $\frac{1}{2}$ cup grated carrot, 1 cup chopped tomatoes, and one large onion (fried in Kooko), drop the lot into boiling soup. Remove from fire and allow to stand few minutes on warm stove, do not boil again. Flavour with Metite or salt sea plant juice. Drop some finely chopped parsley or chopped tender green leaves of celery or finely chopped mint into the soup just before serving, but do not boil, as this will destroy not only the vitamins but the delicate flavour.

Spinach Broth.

Method: 1lb. fresh spinach, 1 large onion, $\frac{1}{2}$ cup celery. Run vegetables altogether through mincer. Add quart soya bean milk or baby lima bean milk or ground peanut meal. Cook quickly for 2 minutes, flavour to taste with Metite. (Is delicious when cold for summer use.)

Capsicums Soup.

Method: $1\frac{1}{2}$ cups boiling water. Mix to consistency of cream 1 tablespoonful soya bean flour or lima bean meal, or ground unroasted peanuts, or ground coconut. Allow this to boil for few minutes. Last thing before serving, chop several cloves of garlic finely, half cup chopped capsicum and a chopped tomato. Put into hot soup. Let stand over low flame until heated through (but not boiled). Flavour with Metite or R.H. sea plant juice extract. Sprinkle finely chopped parsley into soup, after it has been poured into soup dish, ready to be served. Add tablespoonful R.H. olive oil or teaspoon R.H. Nutto.

Silver Beet.

The green part of silver beet should be severed from the white stems. Chop up fairly fine before steaming. Use no water as the steam from the washed vegetables will be sufficient moisture. Place tablespoon Kooko on top to prevent burning at the bottom. Cover and allow to steam about five minutes. Add Metite and juice of lemon before serving.

Only one genuine Metite—the Ra-D-nt Health brand. This is the honest-to-goodness **Vegetable Salt**. Examine the packet for the trade mark.

CHAPTER XV.

SAUCES.

Honey Sauce for Short Cake or for Any Steamed Pudding.

One tablespoon arrowroot, 2 dessertspoons Kooko, $\frac{1}{2}$ cup honey, blend arrowroot with little cold water, add all together with sufficient water to make the consistency of thin cream. Stir till it boils thick and is quite clear. Flavour with grated rind of fresh lemon.

Sauce for Plum Pudding.

Two tablespoons R.H. plain flour mixed with sufficient water to make it the consistency of cream. Pour into 2 cups boiling water, add 1 cup R.H. honey and teaspoon vanilla. Last of all add 2 tablespoons R.H. Kooko stirring until melted.

Honey Sauce.

Method: 1 pint boiling water. Mix 3 tablespoons R.H. plain flour into cream, with warm water, when sufficiently thick add 1 cup R.H. honey and heat but do not boil, add any flavouring you desire such as cinnamon, grated rind of lemon or orange.

Mint Sauce.

Weak digestional organs cannot take care of free oils. This recipe for mint sauce will be found very helpful in such cases for salad dressings. Method: $\frac{1}{2}$ tea cup freshly chopped mint, 2 teaspoons honey, $\frac{1}{2}$ cup lemon juice poured over this, 1 cup hot water added. Let stand for three or four hours. Strain ready to serve.

Lemon Sauce.

Half cup water, 1 tablespoon arrowroot, juice and rind of 1 lemon, honey to sweeten. Put rind of lemon in water and boil for 1 minute, remove from fire and strain, return to fire, and thicken with arrowroot then add lemon juice and honey.

Sauce for Egg Plant, Cauliflower or Other Such Vegetables.

Thicken with R.H. flour sufficient boiling water to make a sauce. Chop and smooth out with end of carving knife several cloves of garlic, mix with squeeze of lemon and Gravee Spred to taste. Add to boiling sauce and serve at once so as not to destroy the vital elements in garlic and lemon juice.

Ra-D-nt Helth Cream Sauce.

Two cups boiling water, $1\frac{1}{2}$ heaping tablespoons R.H. flour (plain). Make paste of flour with sufficient cold water to make it the consistency of thick cream. Pour slowly into the boiling water and allow to become thick. Add several cloves of garlic, cut up fine and then hammer smooth with end of knife. Add Metite to sauce. Pour in garlic and juice of $\frac{1}{2}$ lemon. This sauce is excellent for pouring over steamed cauliflower, fried egg plant, baked parsnips or pumpkin and can be used in innumerable dishes of this order. While it is true that in this recipe you have an incompatible combination (starches and acid) nevertheless, if a great preponderance of vegetables are used, the effect will be neutralised—especially in a vigorous digestive system.

CHAPTER XVI.

SALT.

Common salt causes hardening of the arteries and kidney trouble. The body cannot assimilate inorganic sodium chloride (common salt). Only when this essential mineral is built into the organs of a plant can sodium chloride be assimilated into the system. The so-called vegetable salt on the market, which is sold for 4/- per lb., is composed of a large percentage of common salt, which can be bought for 1d. per lb. For this reason the Ra-D-nt Helth Food products has refrained from stocking "vegetable salt." Only genuinely scientifically supervised and scientifically prepared food stuffs will ever be sold under the registered name Ra-D-nt Helth Food products. Of this, Mr. and Mrs. Public and family may rest assured.

A Green Gold Find in W.A.

One day when walking on the sea beach in W.A., Dr. Caporn discovered a salt sea plant. She ate some and gave some to her companions to find out the effect. In other words she experimented in her own "chemical laboratory" and found that good old Mother Nature has provided a means of obtaining organic sodium chloride (salt), which the body needs and for which so many people crave.

The sea water is phenomenally rich in phosphorous and iodine. Therefore, plant life growing either in the sea water, or near the beach would necessarily be rich in these two very important chemicals. Mr. and Mrs. Public and family can now obtain fresh extracted juice from this astonishing salt sea plant. It is rich in

phosphorous for brain and nerve developments—rich in iodine for thyroid health—rich in iron for rich red blood—rich in calcium for strong teeth and bones—rich in sodium for keeping the mineral elements in solution in the blood stream and rich in chlorine, the dissolver and purifier.

At 44 London Court you can now obtain either salt sea plant in powdered form or in the liquid state, roughage only removed. These salt sea preparations have not been submitted to heat. For this reason salt sea plant juice would be rich in vitamins D and B. Wholesale and retail at 44 London Court, B8593. See price list at end of "Modern Living" or "Eat for Health."

Salt Sea Plant Juice.

RICH IN PHOSPHOROUS, IODINE AND IRON.

If you are pale, tired and worn down; if the burden of the priceless life you carry seems at times more than you can bear—add these sustaining, building, energising minerals to your diet—get them in Salt Sea Plant Juice—the amazing food tonic. Strengthened with the new power of these vital elements, you will find the desire to be "up and doing," you will be yourself again, secure in the knowledge that you and your gift to the world will face life stronger, happier and healthier.

Salt Sea Plant Juice is nothing more or less than the juice extracted from a valuable salt tasting plant which grows on the sand dunes and ocean water marshes. It is the only plant known which grows close to the ocean beaches which has the property to build into its tissues the same mineral elements which the well known sea weeds kelp and dulse have. This exceedingly valuable salt sea plant is as green as grass, therefore it is rich in organic iron—iron for electrifying the blood stream and healing Anaemia and its many allied diseases.

Price 2/- a bottle, containing 10 ounces.

Ra-D-nt Helth Sea Lettuce Jelly.

Strange as it may seem, there is no edible plant which grows on the earth which is as rich in iodine as is the plants which grow on the rocky mountains which form the bed of the oceans. Every fish which swims in the sea lives, either directly or indirectly, on the vegetation which grows in the oceans. Iodine is one of the mineral elements found in the human body, principally in the thyroid gland.

The secretion which the thyroid manufactures is called thyroxin. This hormone is composed of several minerals, but iodine makes up 80 per cent. of the whole. The thyroid is very closely identified with the procreative system in females. It has been called by some eminent French endocrinologists the "third ovary."

Innumerable cases of thyroid disturbance have been either entirely healed or else greatly benefited by the addition of foods rich in iodine introduced into the diet. The Ra-D-nt Helth Sea Lettuce comes to us in Australia from far across the ocean. It is gathered around the coastlines of the British Isles and North America. It is far superior as a food from the popular, artificially coloured, synthetically flavoured jelly crystals (which are of animal origin). Jelly powders have also been rendered objectionable from a modern health science viewpoint, by the addition of white sugar. The R.H. Sea Lettuce Jelly is a wholesome food, and comes to you in the natural state, rich in iodine and other minerals, and also rich in several vitamins.

Sea lettuce soaked overnight may be eaten raw. It is best to eat it uncooked.

Iodine Foods for Thyroid Health.

A lack of food iodine in the diet prevents the formation of thyroxin, and causes enlargement of the thyroid gland known as goitre. This condition is common in certain districts of the European Alps and the Rocky Mountains. It is probably caused by a one-sided diet deficient in minerals and a lack of iodine in the soil.



CHAPTER XVII.

SEA LETTUCE.

As sea water contains iodine, it is naturally present in all sea plants. Strange as it may seem, there is a far greater amount of organic iodine in Sea Lettuce than in any other plant from the vegetable kingdom. There are several ways in which one may take sea lettuce. It is advisable to follow the recipe for making jelly with it (January issue "Modern Living"). One half a cup of sea lettuce may be soaked overnight in a cup of cold water. This can be eaten with a spoon in the morning. One can strain the soaked lettuce through a tea-strainer to eliminate the coarser parts. However, as every bit of the sea lettuce has value, the whole may be eaten. A teaspoonful or so of the strained sea lettuce may be safely introduced into the feeding of an infant. Many people who believe in the food value of sea lettuce prefer to eat it dry. This method encourages the flow of the saliva, aiding digestion.

R.H. Sea Lettuce Jelly (Sweet).

Soak the sea lettuce over night in cold water. Boil for ten minutes. Strain through a tea strainer. May add lemon juice and Ra-D-nt Helth bee-ripened honey for flavour, or any kind of crushed fruit or R.H. Raisin, Date, or Fig Spred. Set in Frigidaire.

R.H. Sea Lettuce Jelly (Savoury).

Have the jelly ready according to above instructions. Grate carrot, chop parsley, celery, and onion, and mix all together with Ra-D-nt Helth Mayonnaise or R.H. Vechovie or R.H. Gravee Spred. Mix with R.H. jelly, and set in Frigidaire.

R.H. Sea Lettuce can be eaten raw, soaked over night, 2 tablespoons in orange juice or with R.H. honey. Cut up lettuce with scissors before soaking.

Ra-D-nt Helth Date Spred.

This delicious finely-ground date compound is even richer in natural sugar than is the Raisin Spred. It may be used in the same way as Raisin Spred. Both are equally important in a modern health science diet.

CHAPTER XVIII.

MISCELLANEOUS.

Fresh Fruit Cocktail.

Method: Mix grapefruit, orange, pineapple cubes or apple or sweet melon or both—garnish with grapes, cherries or strawberries.

Cooked Carrots and Green Peas.

Method: Slice carrots (not scraped) and boil, together with green peas, until tender. Season to taste. Arrange in serving dish, surrounded with mushrooms that have been pan-boiled in soya bean milk or a small amount of water and R.H. Kooko. Sprinkle finely chopped parsley over, just before serving.

Corn Chowder.

Method: One cup corn cut from cob. One quart boiling soya bean milk or Almono milk. Scrub and dice one potato (skin and all). Fry one large onion a golden brown in R.H. Kooko. Boil the potatoes in water until fairly tender. Pour soaked corn into soya bean or Almono milk and boil for a few minutes. Add fried onion last of all, and serve with finely chopped parsley. Flavour with R.H. salt sea plant juice or Metite.

Banana Split.

Method: Arrange crisp lettuce leaves around a plate. In centre of each leaf place a split banana opened out lengthwise with ends meeting top and bottom forming an oblong cavity in centre. Over the split bananas spread honey, and fill in the centre of the banana with ground cocconut, Almono, or any other ground-up nuts.

Vegetable Sandwich.

R.H. bread toasted and spread with Nutto and Gravee Spred. Shred young cabbage, chop finely, some young raw spinach leaves or beetroot or carrot tops and finely chopped parsley. Mix together with mint sauce and finely chopped mint made with lemon juice, R.H. olive oil and R.H. honey. Place as much as possible of this mixture between slices of toast.

Rhubarb.

Rhubarb is a good alkaline forming food. It is rich in iron and sodium. You can cut it up fine to eat in a salad, or you can

steam it. Do not skin the rhubarb, and part of the green leaves should be steamed with the stalks. Place the rhubarb in an enamel pot (not aluminium) with just sufficient water to prevent it from burning. Cover with the lid, and allow to cook until the parts begin to break down. Now remove from the fire and allow to cool. When ready to serve sweeten with dark brown sugar or Ra-D-nt Helth bee ripened honey. Never cook sugar with fruit. Add it after the fruit is cooked. You can make any fruit a rheumatically mixture by cooking it for a long period in sugar.

Now that rhubarb is so plentiful it might be a good idea to put some up by the cold pack method ready for the winter months.

Cold Pack Method.

Get your screw top jars all ready and have the rubber bands handy. The secret of success is to fill the jars quite full. This allows of no space between where air may accumulate and cause decomposition. Fill the jars with fruit and then cover them with cold water. Now place the rubber rings in position and screw on the tops. Now place the jars in a boiler and throw in water until the jars are more than half in the water. Now set the fire going full speed ahead. After the water has begun to actually boil allow from eight to ten minutes. Then remove jars from fire and store.

R.H. Gravee Spred.

Gravee Spred is indispensable for spreading on sandwiches or for flavouring soups, etc. Is an excellent gland food. The sweet herbs used in manufacture are live vital foods and have never been submitted to heat. Finely ground garlic is also used in the manufacture of Gravee Spred. Garlic and sweet herbs are good gland foods. Eat Gravee Spred in some form everyday, for the sake of your glandular health.

Ra-D-nt Helth Sandwich Filling.

Chop parsley, capsicum, garlic (or onion), grated carrot. Mix one tablespoon R.H. virgin cold-pressed olive oil. Use only the R.H. Bread spread with Nutto and Gravee Spred.

To Preserve Lemon Peel.

Take 6 lemon rinds, 3 cupfuls of brown sugar, salt and water. Soak the rinds in slightly salted water for three days. Drain and rinse. Boil slowly in fresh water until tender. Make a syrup by boiling the sugar and 1½ cupfuls of water together for five minutes, keeping the pan uncovered. Put the rinds in a basin and cover with syrup. Leave for two days then strain syrup and boil up

again. Put in rinds and boil until semi-transparent (about 20 minutes). Take out the rinds, lay them on flat tins, put a little of the syrup in the centre of each piece. Sprinkle with castor sugar. Dry a little in a cool oven.

Chutney.

2lb. brown sugar, 4ozs. chillies, 4ozs. Metite, 4ozs. garlic, 8ozs. onions, 4ozs. ground ginger, 2lb. seeded raisins, 1lb. currants, 1 pint lemon juice, 8lb. green tomatoes or half tomatoes and green apples (Granny Smiths). Method: Put all through mincer and boil until cooked, about 2 hours. This is a delicious relish, and makes a tasty filling for sandwiches.

Ra-D-nt Helth Pastry.

1lb. R.H. S.R. flour, $\frac{1}{2}$ lb. Kooko, 2 cups weak lemon water. Rub Kooko into flour, make into soft dough with lemon water, spread on greased tin plates or tray. For sweet pastry add 2 tablespoons natural sugar.

Afternoon Biscuits.

Cream $\frac{1}{2}$ lb. Kooko with 1-3 cup natural sugar. Add 1-3 cup carrot juice and $1\frac{1}{2}$ cups R.H. S.R. flour. Bake in moderate oven.

Lemon Cheese.

One egg, juice 1 lemon and grated rind, 1 dessertspoon Kooko, 4 tablespoons honey. Beat to a thick froth. May be used for cake or bread sandwiches.

Ra-D-nt Helth Herb Lax.

THE PERFECT INTESTINAL CLEANSER.

In U.S.A. Dr. Caporn, in collaboration with an accomplished Oriental herbalist and chemist, devoted considerable time to discovering a herbal combination which would be rich in potassium (the penetrator). She did considerable research work and experimented first on her own body and then on her students.

Almost everybody suffers from incomplete elimination of waste matter. The reason is wrong diet. The law of life is that waste matter should be expelled from the body after every replenishment. If three meals are taken, three eliminations should likewise be experienced. Otherwise there is an INCOMPLETE ELIMINATION—the retention of poison.

The treatment based on using Ra-D-nt Helth Herb Lax is aimed at purification of the blood by stimulating the liver and coaxing it into a normal activity, which consists in rendering to the blood the services of a filter. Thus maintained pure, the blood is able to supply the cells and the tissues with their foods, and to remove out of them all the substances that are of no use for them any longer, or even harmful. This is the natural course of metabolism. The body, made strong again, is enabled to win its fight with the disease. The beneficial results of taking Ra-D-nt Helth Herb Lax can be explained in this way: By taking it systematically and steadily, we make the blood free from the excess of cholesterol and other deleterious products of metabolism, which, if permitted to accumulate, cause slowing down of metabolism in different organs and tissues. Thus purified, the blood is able to feed the tissues normally, heals them, increases the self-curative forces of the system. And quite frequently persons supposed to be hopelessly sick, who regarded themselves as lost and beyond the power of medication of any kind—regain health completely, through regeneration of the system by way of purifying the blood.

CHAPTER XIX.

MILK AS A FOOD.

(Reprint from "The West Australian," September 26, 1938.)

ERADICATING DISEASE.

Treatment of Dairy Herds.

Not everyone is enthusiastic regarding the use of cow's milk as food, according to the "Medical Journal of Australia." "It falls short, in some respects, of perfect food," the journal says. "Its protein is probably not of the best quality, iron, copper and iodine are somewhat deficient, and other constituents do not appear to be ideally balanced for the needs of the human body. Certain vitamins are deficient or absent. It has also been urged against milk that, being so satisfying to the appetite, it may prevent children from consuming a sufficiency of other foods. Many people affirm that milk does not 'agree' with them, and to infants it must be supplied in modified form. Doubtless civilisation could still survive in the complete absence of milk. At the same time cow's milk constitutes a food of the highest value to mankind and especially for the young."

Referring to a report issued by the League of Nations, which examined every aspect of the milk problem, the journal said that epidemic milk-borne diseases had had an amazing incidence. They included scarlet fever, septic sore throat, diphtheria, typhoid fever, para-typhoid fever, dysentery, and gastro-enteritis. The writers of the report showed that in Great Britain in 24 years there were over 100 outbreaks of epidemic diseases affecting about 12,000 persons. In that period about 150,000 persons contracted tuberculosis of bovine origin through the consumption of milk. Of these over 60,000 died. The number infected with undulant fever was not ascertained, but probably amounted to several thousands. There was only one means of freeing milk from tubercle bacilli—the eradication of tuberculosis from dairy herds. Veterinary inspection alone was an unreliable method of detecting tuberculosis in its early stages, and testing by animal inoculation was too slow to prevent further dissemination of the disease. The only satisfactory way was to submit every animal to a tuberculin test and to remove the reactors. No herd might be considered free from tuberculosis until all infected animals had been removed and the entire herds had failed to react to the tuberculin test for two or three years in succession. The matter bristled with practical difficulties, but the problem must be faced. The cost of the procedure would be vast, but would be offset by very great economic gain in the diminution of certain diseases, with a resulting increase in human health and efficiency.

Dealing with diseases other than tuberculosis the journal quoted the opinion of the framers of the report that all liquid milk for human consumption should be adequately pasteurised or boiled. "It has been urged against pasteurisation that certain vitamins are destroyed or diminished in the process," it added, "This opinion should carry no weight at all, since vitamins can be adequately supplied by other means."

Ra-D-nt Helth Nutto.

Use R.H. Nutto instead of animal butter. There are 2500 units of vitamin D (the sunshine elixir) introduced into every pound of Nutto. In order to bring Nutto up to par with the best animal butter, calcium phosphate is used in the manufacture. The chemical is assimilable in presence of vitamin D. R.H. Nutto is manufactured from selected tropical nuts with a rich buttery flavour.

Nut Cocktail.

One teaspoonful of Almono mixed with one glass full of orange juice contains more nutritional value than three eggs. In these foods from the plant world we have elements that are much

more easily handled by the organs of digestion and assimilation. It is the best all-round "pick-me-up" of which I have knowledge. It is indispensable in feeding infants and invalids.

R.H. Almono Milk is Safer Than Animal Milk.

NO DANGER OF BOVINE T.B. IN NUT PRODUCTS.

Soak a heaping teaspoonful of Almono in a $\frac{1}{2}$ cup of warm (not hot) water for several hours. Strain through a tea strainer, working as much of the nut meat through with the back of a spoon as possible. Scrape off the nut meat from the bottom of strainer and add to milk. Sweeten with honey. If the milk is to be used in an infant's bottle, strain again through cheesecloth. Any residue left from straining should not be wasted. It is valuable to eat, for it will be very rich in silicon, which is essential for building and rebuilding the enamel of the teeth, and to preserve the colour of the hair. It will also be valuable for its phosphorous content. Phosphorous is the element which makes teeth and bones hard. Phosphorous is good for the brain and nerves.

CHAPTER XX.

ENEMIES No. 1 and No. 2.

DANGER! DANGER! CALL TO ARMS!

Caught with the Goods!

ENEMY No. 1.—White Sugar Food Products. White Sugar is a calcium thief! Watch the roots of your teeth!

ENEMY No. 2.—White Flour Food Products. White Flour is worse than foodless food! Beware of overfeeding and undernourishment! White Flour causes constipation.

These enemies — White Flour and White Sugar — are the nation's worst foes. They are even at this very moment relentlessly poisoning the very vitals of this race.

CUT THEM OUT! DO IT NOW! DON'T DELAY!

DELAY IS DANGEROUS!!

Ra-D-nt He-L-th Bread is Australia's best bread friend. Ask your baker for it in legitimate Ra-D-nt He-L-th bread bags. Watch for the name on the bag!

EAT FOR HEALTH

Ra-D-nt He-L-th Candy is Australia's best Sweetheart. Ask your grocer for it. Watch for the name on the bag! The naturally sweet foods are Nature's best candies. Denatured, devitalized, artificially coloured foods are a definite menace to National Health. Loyal Australians will avoid lowering their resistance to disease.

LISTEN WORLD! THE SECRET—HERE IT IS!

Ra-D-nt He-L-th Candy Ingredients.

W.A. Bee-ripened Honey, Natural, Rich, Brown Cane Sugar, Unadulterated Chocolate, Unsulphured Fruits, Unroasted Nuts (with skins left on for SILICON value). No artificial colouring.

PRICELESS Ra-D-nt He-L-th CANDY FORMULAS came to W.A. a few months ago from U.S.A. Nothing newer! Nothing later! Nothing smarter! Nothing more delicious than Ra-D-nt He-L-th Candy! These Candies are not a luxury. They are a necessity. The Nation's nutritionally richest and most complete of manufactured foods.

Ra-D-nt He-L-th CANDIES.—Safest and Pleasantest for the Home. First Class for Lunches to take out.

Ra-D-nt He-L-th CANDIES.—Best for School Children and Picnics. Strengthening for Hard Workers.

Ra-D-nt He-L-th CANDIES.—Sustaining for Indoor Workers. No more expensive than ordinary devitalized sweets. Procurable at all stores. Wholesale and Retail Depot: 44 LONDON COURT, PERTH. Telephone B 8593.

DANGER! DANGER! THE GREAT WHITE PLAGUE UNCOVERED AT LAST.

White Flour Food Products Condemned. Your Health
Assurance Policy is

Ra-D-nt He-L-th BREAD.

Scientifically supervised by Dr. Caporn, all of the wheat—Nothing added and nothing removed. The ONLY scientifically supervised loaf of bread in Western Australia. This loaf is the first master stroke of Alice M. Caporn, Ph.D., America's famous Nutritional Scientist, Author, Lecturer, Biologist, Modern Health Scientist.

An intelligent public emphatically demands that its Bread supply shall not be devitalized or adulterated in the manufacturing process.

EAT FOR HEALTH

Ra-D-nt He-L-th Bread is the answer. A vital loaf with a nutty flavour.

It is best for the teeth, best for the digestion and best for the "budget" on the third day. At the fifth and sixth day of its Ra-D-nt He-L-th life it is mature and superior in nutritional value to any other Bread on the market.

Ra-D-nt He-L-th Bread is NOT allowed to be delivered the day of its baking.

SOFT BREAD—SOFT TEETH FIRM BREAD—FIRM TEETH ASK FOR YESTERDAY'S Ra-D-nt He-L-th BREAD

Don't Miss This!

In an experimental laboratory in U.S.A., where rats were the subjects, five cages of rats of similar ages and hereditary were used.

No. 1 Cage fed wheat meal from which the Bran had been separated. In the third generation, rats showed marked signs of defective denture, also skin diseases which had the ear-marks of cancer.

No. 2 Cage fed wheat meal from which the Pollard had been separated. In three generations rats evidenced spinal curvature, and the legs gave way. Symptoms were similar to the dreaded disease which in human beings is diagnosed as Infantile Paralysis.

No. 3 Cage, wheat meal from which the germ had been removed. Rats did well on this diet, but in the fourth generation were sterile.

No. 4 Cage no food, water to drink.

No. 5 Cage **White Flour only**. These rats died sooner than the rats which had been starved to death.

You are now no longer in the dark!

It is therefore, anti-social-anti-Australian to insult your stomachs or the stomachs of your children with The Great White Plague—White Flour Food Products.

There is no longer any excuse for eating devitalized bread—foodless food. You can be over fed and under nourished on a diet of largely white flour food products. If your baker does not carry Ra-D-nt He-L-th Bread (raisin and plain) notify 44 London Court, or 'phone B 8593.

CHAPTER XXI.

A PERFECT BREAKFAST.

Most people, office workers, factory hands, shop assistants, farm hands, must needs go from 7 or 8 a.m. to 12 a.m.—four hours—without food. These people need a lot of heat and energy food. It is virtually impossible to carry on either muscular or mental work without brain energy. Therefore workers need plenty of brain and nerve replenishing foods. Here is a breakfast meal which furnishes all the essentials for the brain and muscular needs for the first half of the day. Bear in mind that fruit juice should always be taken first thing in the morning. It is wise to allow from 15 to 30 minutes to elapse before taking breakfast. The all-fruit breakfast in the summer two or three mornings a week may be advisable, but for strenuous work we find the following best meets the needs of most people.

Ra-D-nt Helth Porridge Meal.

This is a preparation of grain food made up from Dr. Caporn's own formula. The principal advantage this meal has over breakfast foods is that it is on the COARSE as against the FINE side. This ensures a plentiful supply of natural roughage with which the ordinary breakfast foods are more or less deficient. "The body to be strong must be made to resist" (Robert G. Jackson, M.D.). The internal muscular tissue of machinery will become flacid-weak unless it is provided with plenty of opportunities for developing its wrestling muscles by way of natural roughage. The recipe which is printed on the bag calls for a thick meal. This is to ensure proper mastication and proper insalivation. Porridge which is "slopped" down quick and lively with large quantities of cow's milk had better to have been thrown out in the garbage can than to be thrown down into the long-suffering stomach. Much better to waste food outside the body than inside the body.

A perfect breakfast for most people would be Ra-D-nt Helth Porridge Meal made according to the recipe on the bag. When it is ready to serve grate carrot into the porridge plate. Pour over this the hot meal; slice a ripe banana, use a teaspoonful of Ra-D-nt Helth Nutto and some honey. Have some crisp lettuce leaves on a plate beside the porridge meal and eat first a mouthful of porridge meal and then a mouthful of lettuce. This method of eating will obviate the "gobble" tendency, for you will be compelled to masticate in order to get the lettuce down.

The raw carrot and lettuce would equal in food value, in vitamins and minerals, a pint of the richest cow's milk. Furthermore, there would be no possible chance of taking T.B. germs into the system as would be the case if we took cow's milk with the porridge meal.

R.H. Oat Porridge Meal is advisable for a cold weather breakfast.

CHAPTER XXII.

HERB LAX.

Ra-D-nt He-L-th HERB LAX.

(1/6 Box, Postage 3d.)

"Constipation is the Mother of all Disease"

(Sir Arbutnot Lane, World Famous Medical Authority)

Ra-D-nt He-L-th HERB LAX is the Answer to Constipation.

Herbs were the first medicine of man. Herbs have always been a successful adjunct to good old Dame Nature. Herbs are safe to take—not a dangerous drug.

Renowned doctors in U.S.A. endorse Ra-D-nt He-L-th HERB LAX. Devitalized foods create an acid blood stream and imperfect intestinal eliminations. Ra-D-nt He-L-th HERB LAX effectively alkalinises the blood stream. Ra-D-nt He-L-th HERB LAX is a compound of Herbs gathered from many parts of the world. It is rich in organic potassium. Potassium is the penetrator. Ra-D-nt He-L-th HERB LAX penetrates into the convolutions of the colon—the sewer of the body, and there sets moving a seething mass of highly putrefactive waste which may have lain dormant for months and, in cases of chronic constipation, even for several years. Decayed waste food (dead matter) lying in the intestines, is highly dangerous. These putrid elements are absorbed into the blood stream, thence to be distributed over the entire body. This is the chief cause of HEADACHES, BILLIOUSNESS, ARTHRITIS, RHEUMATISM, WORMS, HIGH BLOOD PRESSURE, HEART DISTURBANCES, BOILS, PIMPLES, LASSITUDE, NERVOUS BREAKDOWN, CANCER, TUMORS and MELANCHOLIA.

The following testimonials can be verified at Ra-D-nt He-L-th Food Products Headquarters, 44 London Court, Perth, W.A.:

Worms Completely Annihilated.

"For many years I suffered the tortures of extreme irritation through intestinal parasites. I tried every known remedy on the market but nothing afforded permanent relief. On one occasion I took a dose of turpentine to kill the worms, and I almost killed myself. Even then I derived only temporary relief. The Ra-D-nt He-L-th HERB LAX was a Godsend to me. I took it according to directions every night for two or three weeks, gradually decreasing the dose. I was advised at the same time to eat more salad greens and introduce raw grated carrots and Ra-D-nt He-L-th Bread into my diet. In three months I was entirely cleaned out and free. I never see a sign of worms and never have irritation. I think that Ra-D-nt He-L-th HERB LAX must be something even more than merely an intestinal cleaner. It must also supply some necessary elements to the system for I feel now so much stronger, and feel happier and more lighthearted than I have felt for many years."

Mr. G. A. W——, Perth, W.A.

Chronic Constipation Overcome.

"I had been constipated for 40 years, so at the age of 86 I was in a very unhealthy condition. I do not believe in taking patent medicines, but as I was assured that Ra-D-nt He-L-th HERB LAX was composed only of herbs, I decided to give it a trial. It did a remarkably good job for me. For the first time for many years I got a thorough intestinal cleansing. Ra-D-nt He-L-th HERB LAX does not gripe. It is quite pleasant to take. I was advised by a Modern Health Scientist to change my diet, exercise more, not to touch white flour or white sugar food products, and to eat more salad vegetables. I took HERB LAX off and on for about three months. I am thankful to say that I hardly ever have to resort to Ra-D-nt He-L-th HERB LAX any more for now that I am eating Ra-D-nt He-L-th Foods I have two complete eliminations of intestinal waste every day.

"It gives me great pleasure to recommend Ra-D-nt He-L-th HERB LAX for it has been miraculous in my case."

Mrs. L. W——, Maylands, W.A.

Wholesale and Retail at Ra-D-nt He-L-th Food Products, Scientifically supervised, 44 London Court, Perth. HERB LAX is made up by Fauldings for R.H. Food Products according to Dr. Caporn's own formula. HERB LAX is not only an excellent laxative, it is also a fine Gland Food.

CHAPTER XXIII.

INFANTS and INFANT FEEDING.

The procreative system should be used for procreative purposes only. If sense satisfaction is the object, then the sex act is tantamount to adultery, whether it is performed within the marriage covenant or otherwise. In our age there is far more "adultery" in married life than in the single state. The sex act (for satisfaction) is a useless wastage of the vital body secretions, and also, a dreadful waste of brain and nerve energy. The male and female, as well as their possible offspring, pay a terrific price in impaired health and premature old age for unnatural sex satisfaction. Nature endorses only one method of Birth Control—mastery of the emotional nature. This state of true manliness and true womanliness is only possible if both the male—and the female live (and especially eat) according to biological law—in other words, live the Modern Health Science way in their domestic lives. While it is true that married couples who approximate the Modern Health Science teaching, would be strong and healthy and consequently sexually virile, it is also true that they would develop a definite sense of poise and balance in the emotional nature. For this reason all the manifestations of affection which make the "engaged" period sentimental and romantic, and also extremely interesting, can be carried over into the "married sweetheart" life. That is to say, married couples who decide to live according to biological law are advised not to make any change whatsoever in their domestic life, (such as occupying twin beds, or sleeping in separate bedrooms). The close proximity of the husband to the wife, and vice versa, will be found to completely satisfy the natural yearning of people whose sex glands are not over stimulated by wrong eating habits. The procreative act, in married life under present conditions can easily slip into just a bad, and morbid habit—nothing more or less than legalized lust.

Under Modern Health Science conditions, the fertilizing act is a sacred experience, taken with the same reasonable loving care and consideration which characterises the unexplainably thrilling experiences of the glorious wedding day in the lives of "Affinities"—kindred souls united in Holy Wedlock.

The Biological Law of Human Procreation.

In their natural habitat, animals use the sex function only for procreative purposes. The male plants the seed (semen) within the generative system of the female. This service completed, the female has no further use, in this respect for the male, and

vice versa. Pregnancy occurs and the fetus is kept in virginal purity during the whole of the gestatory period, and through lactation. After weaning the young, there is a period of feminine procreative inaction. This period is equivalent, in length of time to the gestatory period. Thus Mother Nature herself indicates that a rest period should follow the weaning of a child, during which the female has time in which to fully recover from the effects of the previous pregnancy.

The Spacing of Children.

In the procreative function of woman (the female of man) there are indicated four well defined periods, namely: Nine months of pregnancy, nine months lactation, nine months procreative inactivity, and then another pregnancy and another nine months of rest from the act. Four times 9 are 36. Which indicates very plainly that child-bearing women should have children not more than once every three years. For many centuries (probably ever since the "fall of man") the sex act has been wrongly used for physical pleasure, rather than for procreative purposes. Therefore most Doctors today would probably affirm, "But such a practice of celibacy in the married life is impossible! Even if such an ideal could be attained it would have an injurious effect upon the male, and might also deleteriously effect the female as well!" To refute this opinion the author has an abundance of evidence to prove that the reverse is the fact. It must be considered that man is different from other animals in that he is the "image and likeness of God." The imaging faculty is the scissors of the mind. It is this faculty which man has, and which to a remarkable degree distinguishes him from all other animals.

Brain energy that soars above the ordinary up to the higher altitudes—the intellectual, cultural, or spiritual plains, utilizes exactly the same kind of chemicals as that which the procreative system utilizes. Assuredly there is such an actuality as Transmutation—the utilization of the procreative secretions by the brain. Men and women who live the Modern Health Science life, are quite likely to develop intellectual, cultural, and spiritual faculties of which there was no apparent indications while they lived the co-habit life usual to married people. It would seem to be a case of "a short life and a merry one" (burnt out sexually at a comparatively early age), or a Modern Health Science life of physical and mental well-being coupled to the bright prospect of fulfilling all the highest destiny of a HE MAN, and a SHE WOMAN, viz.: health, wealth, happiness, and perfect self expression.

To put the matter plainly, indications are not lacking in the animal and insect worlds, to prove that the sex act, instead of being

beneficial to the human being, is destructive in its effect. Experiments have proved that (all other things being equal) male canaries used for breeding do not live as long as male canaries which have never been mated.

In conclusion, the problem of raising the standard of National Health, and increasing the birth rate hinges upon the factor of diet—compatible food combinations and correct food balances. "Man is what he eats, what he breaths, and what he thinks." There is the closest possible relationship between what one eats, and what one eliminates. After all is said and done, the procreative system is nothing more or less than an **eliminative** system!

The man with the educated eliminative system (bowels, etc.) will always eclipse the man with the educated brain.

Infant Feeding.

Infants deprived of Mother's Milk may be raised on natural milk substitutes. Thousands of well authenticated cases in U.S.A. (as well as not a few in W.A.) prove beyond a shadow of doubt that children do better on the Modern Health Science milk substitutes, than even children who are breast fed, unless the nursing mother's own diet conforms to Natural Law. There must be something radically wrong with the diet of the nursing mother, as well as with the popular prepared, patented infant food sold in tins, and supposed to be charged with vitamins, or defective teeth would not be so universal. No manufactured vitamins compare in food value with the vitamins in NATURAL FOODS!

The infants' bowel eliminations, and its temper, are the best barometers for informing us as to the conditions of health. A healthy child NEVER CRIES! Cross babies indicate that the child is not properly fed, whether it is breast fed or not. The child should be fed when it is hungry—usually denoted by restlessness, and gentle "grunting." Don't wait for the child to cry! Don't feed the child according to the clock! This is a pernicious teaching and diametrically opposed to the indications of biological law. Nursing animals do not watch the clock!

Infant eliminations should be rather soft, and fairly well formed, yellowish in colour, inoffensive to the nostrils and not hard. If the infant is properly fed it will have approximately 3 or 4 easy eliminations daily. From one month of age, the infant should be trained to use the chamber about every hour and a half, with longer periods as it develops. Infants can be trained to hygienic habits. Time spent in this training is worth while. The tender skin of infants was never intended by Nature to be swathed in urine soaked cloths. The "napkin" habit accounts for much absorption of poisonous waste.

EAT FOR HEALTH

An intelligent Modern Health Science mother will find her greatest joy in developing her own divinely created mother's instinct to do the right thing at the right time, in the right way with the right material. A pound of intelligent mother's instinct is worth a ton of so-called "Child Specialist" advice. Put it to the test! God made mothers. Man made "specialists."

The dietary standards found in current text books, and "children's clinics" are not to be trusted for guidance. They are based upon the faulty dietary habits of a decadent race.

Nut Milk (Protein-Body Building).

Milk made from finely ground fresh cocoanut, almond nuts, or cashaw nuts, or the R.H. Almono, are the best substitutes for mother's milk. Next in importance is Soya Bean meal milk, but as the Soya Bean milk involves boiling, the nut butters are more vital. Human mother's milk is rather sweet to taste. Therefore when feeding infants with nut milk, sweeten with R.H. honey. Indeed, sometimes nothing will satisfy an infant as quickly as a teaspoon full of honey mixed with $\frac{1}{2}$ cup of warm water. On no account give the child BOILED honey. An infant of 4 months, could take approximately a tablespoon of finely ground nuts, or Almono per day mixed with $\frac{1}{2}$ cup warm water. Allow to soak for several hours. Stir and crush well with the back of the spoon. Mix $\frac{1}{2}$ teaspoon R.H. honey, strain through cheesecloth or fine tea strainer, slightly warm, before feeding child. Sufficient for 4 feedings.

Dry and Fresh Fruit Drinks.

The infant may be given orange juice diluted with $\frac{1}{2}$ warm water, grape juice diluted, apple juice, and persimmons diluted with at least half warm water. At 8 months infants may be given persimmons to eat, also grated apples, and pears.

The R.H. Raisin, Date, and Prune Spreads, are excellent heat and energy food for even very young infants. For a child of 4 months use at least 1 tablespoon per day of these finely ground dried fruits (alternately). Mix into a thick paste with little warm water, dilute with a cup of warm water. Strain. Sufficient for 4 feedings. When teeth begin to come through, and the child needs exercise for the gums, give it a piece of apple, or pear, or a piece of carrot or cabbage or French bean to chew on. At 8 months the infant could be given a piece of R.H. Rusks. It is better to keep the child off starches as much and as long as possible. Give the child NO ANIMAL MILK, and no soup made from bones or meat. Introduce a little lettuce juice into the infant's diet, or finely chopped lettuce at 8 months mixed with a little baked potato

EAT FOR HEALTH

flavoured with Nutto, or R.H. olive oil. Introduce a little grated carrot or finely shredded tender young cabbage with honey. The child could be given a piece of firm cabbage or cauliflower or French beans to chew upon. This would engender a taste for NATURAL FLAVOURS! Provide plenty of exercise for the gums and the masticatory muscles, and there will then be no need of a "dummy." Furthermore the child will develop a sound set of first and second teeth.

MODERN LIVING.

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FLESH FOODS, DAIRY PRODUCTS and EGGS.

(Proteins).

In the main the animal foods may be classified into three headings—GOOD, BAD, INDIFFERENT.

Pork and Pork products (especially lard and salted pork such as Bacon and Ham)—BAD.

Red meat (especially salted tinned beef)—BAD.

Salted and tinned fish (except salmon)—BAD.

Lamb if eaten only now and then—Not too bad.

Cod liver oil (What has it to its credit?—Nil) Extravagant Waste.

Cheese, if eaten only now and then—not too bad. Strong Cheese (jumpers)—BAD.

Pasteurised Milk—BAD.

White meat—Fish, Rabbit, Poultry—Indifferent. These are **not dangerous** foods, but are **not good body builders**, therefore they are classified—Indifferent.

Eggs (over stimulates procreative glands)—BAD.

Especially fried eggs (in lard)—BAD.

Eggs—Poached, scrambled or coddled—Indifferent.

Shell Fish if eaten not too often—Fairly Good.

Steamed Fish if eaten not too often—Fairly Good.

Fresh raw milk if from Healthy Cow—Indifferent.

Fresh raw milk under exceptional pathological conditions—Good.

Animal Butter and Cream—BAD.

Condensed Milk—Indifferent.

Oysters on the shell under exceptional pathological conditions—Good.

Raw Eggs under exceptional pathological conditions—Good.

CHAPTER XXIV.

APPENDICITIS.

Materia Medica makes no bones about it, does not hesitate to make a laughing stock of God! It says in effect, "If I were the Creator, I could make a far more perfect man than He made. I would make a man without the vermiform appendix." It says, "The appendix is only a blind gut anyway! In some pre-historic age it may have served some useful purpose. Through evolution, however, man has long since ceased to need an appendix!" Medical authorities have had the impudence to publicly state (in print, too, if you please) in effect, "It is advisable to remove the appendix of every child as soon after it is born as is advisable for operative purposes." Think of that! So the Creator did not know what He was doing—Ay! He must have been muddled when He made man—man, the crowning glory of creation! Modern Health Science justifies the work of the Creator and honours the Divine Architect, who made that most marvellously efficient machine, the body of man. Modern Health Science has discovered that the **appendix is an oiling can**. Yes! Nothing more or less than a very necessary little oil can.

The appendix is now known to secrete a lubricant which it juts into the ascending colon. This lubricating apparatus has been placed by the Great Architect of the Universe at the precise strategic position, the place where it could best serve its purpose in the body—it is situated at the bottom of the coecum. This is the place where the small intestine joins the ascending colon—the great sewer of the body.

In a full grown adult, the ascending colon would be approximately twelve inches long. The colon begins at the lower right side of the groin. By the time the food has passed through the long winding tube (small intestine) it is mostly waste matter and roughage, which must be expelled from the body as rapidly as possible. So now we perceive why the Creator placed a convenient little oil can at the important position where the heavy mass of waste matter must be hauled up an incline twelve inches long on its ascending journey. The organ then crosses under the diaphragm and is now called the transverse colon, now it bends sharply downward and is known as the descending colon, situated on the left side of the abdominal cavity.

The lubricant which the appendix secretes and pours into the ascending colon enables the mass of waste to keep together. It is the oil which prevents the mass of waste from adhering to the colonic walls. It is the lubricating medium which especially

prevents pieces of waste from becoming stuck in the convolutions with which the entire walls of the colon is furnished. The walls of the small intestine are plain and not convoluted, but the colon is convoluted throughout its entire length. Under right eating and living conditions, the inside machinery of man works automatically and correctly with never a hitch of any kind. Indeed, under normal living (especially under correct eating) conditions, man need not be particularly conscious of, or aware that he has got a physical instrument, so harmoniously and wonderfully efficiently does his inside functioning carry on, from the beginning of his life to the end of his years.

CHAPTER XXV.

COW'S MILK and ARTHRITIS.

Arthritis is a very painful disease and an ever-increasing number of people are affected by it. Millions of pounds have been spent by the medical world in research work in its endeavours to find out the cause of Arthritis and yet no one in authority is game to come out flat footedly and affirm that they know the cause of Arthritis. In which case, one man's guess is as good as another's and I have just as much right as anyone else to say "I know what causes Arthritis." Arthritis is nothing more or less than deposits of lime in the joints, and especially at the extremities. We must conclude that Arthritis cases must have been in the habit over a period of a good many years, of taking into the body a larger quantity of lime bearing food than their system could assimilate, or else they have not taken sufficient of the sodium bearing foods to keep the lime in solution in the blood stream, thus preventing an accumulation of mineral deposits.

Mineral deposits are rarely, if ever, found in the interior parts of the body, excepting in the case of hardening of the arteries, or pipestem arteries. In this case, as it passes pretty swiftly along the arterial system, the excess lime adheres to the walls of the arteries. The effect of this is not felt for a very considerable time. As the years go by, there is an ever-increasing banking up of inorganic minerals throughout the entire length of the arteries. Not infrequently we meet a condition where the body is so saturated with unassimilable lime salts that there is a combination of deposits of minerals in the joints (particularly the knee joints, the hands, fingers, and feet (gout)) together with progressive hardening of the arteries.

In all probability there is no disintegration process which is more cruel than arthritis. The intellect usually remains unimpaired,

but the body is wracked with interminable and often excruciating pains. Very little of nature's sweet restorer comes to the sufferer. They pray to die, but usually live the span of live, three score years and ten, and die miserably. What is the food that is extraordinarily high in lime salts, and about which we might reasonably question? Most of the green leafy vegetables such as celery, spinach, cabbage and lettuce are richer in lime (calcium) than any other food from either animal or vegetable kingdoms. However, that the introduction of these plants in the diet is in no way associated with arthritis is conceded by all authorities. As an almost universal rule sufferers from arthritis have not made a practice of using in their diet, an adequate amount of salad vegetables. If, by any chance, they have eaten salads, the beneficial effect which would have resulted, is neutralised in giving the salad a gustatory "kick" by using vinegar or condiments made from vinegar and hot spices. So the green leafy vegetables cannot justly be blamed for arthritis.

Cow's milk is rich in lime salts. Indeed, it is much richer in lime than human mother's milk. The chemical balance of cow's milk does not compare in any way with human mother's milk. Lime is the principal constituent of the bony structure. Mother Nature knew what she was about when she made cow's milk much richer in lime than human mother's milk. The bony structure of cattle is much larger, much heavier, and much stronger than is the bony structure of even the largest of human beings. Therefore, when much cow's milk is used in the diet of human beings, the excess lime, that is to say, the lime which the body is unable to assimilate, must be eliminated, or else it will be absorbed and deposited in various parts of the body, to set up trouble for us sooner or later. The normal functioning of the eliminative system is by far the most important of all the various body functions.

Pasteurised milk is constipating. Cow's milk, as well as human milk curdles when it reaches the stomach. But the curds of cow's milk are much coarser than the curds of human milk. It is impossible to maintain the vitamins in any living thing, be it plant life or animal life, when it is submitted for any considerable time to much over 120-125 degrees Fahrenheit. In the pasteurising process cow's milk is submitted to 140-150 degrees Fahrenheit for 30 minutes. In pasteurising milk, not only would the vitamins be destroyed but there would be a very serious disturbance an unbalance of the mineral elements. The curds of pasteurised milk in the digestional system of children, lie like a heavy weight. There is now a slowing up of the wormlike movement of the intestines, constipation results and the child gets a cold and coughs up a lot of mucus. This is the way the child's own physiological protective powers come to its rescue to save the child from more

serious trouble. The lungs work overtime to rid the body of mucus forming food. There is no longer any reason to doubt that children who are brought up on a cow's-milk-free diet are far less subject to pulmonary diseases than children who drink a lot of milk.

There are some individuals who are potentially very strong. This is usually due to an inherited phenomenal power of resistance to disease. However, it is utterly impossible to go through life violating the biological laws and escape the penalty. Between 40 and 50 is the dangerous age for women, 50 to 60 is the dangerous age for men. This is the age when the phenomenally strong individual who has drunk a lot of milk, either straight, or in milk puddings or on cereals, etc., begins to get stiff and painful joints. Furthermore, if they continue to subsist on the popular foods there is nothing that can save them from their fair share of suffering and misery. "Be not deceived, God is not mocked, for whatsoever a man soweth, that shall he also reap." The penalty we pay for violating natural law is suffering and disease. The reward we receive for obedience to natural law is health and happiness.

When all is said and done, our race domesticated the cow only a few thousand years ago. Our race has lived on this earth for aeons of years. If cow's milk was a perfect food for man, and an indispensable article of food how did our race survive and live through those millions of years before man domesticated the cow?

We have dealt, I think, comprehensively enough on the injurious effect of pasteurised milk and now we will see what good old Dame Nature has to say about raw milk. Here we but seize the other horn of the dilemma. It is safe to affirm that there is, in all probability, not one healthy herd of milk cows in the world. For the last five thousand years, man has been experimenting with the breeding of milk cows. The cow has no longer the right of a natural selection for breeding purposes. One magnificent specimen of a bull now serves all the milk cows of a good sized herd year after year. Cows are bred with a view to throwing either good beefers or good milkers. It is possible to breed milk cows who have enormous udders, enough milk to feed several calves. The superior intelligence of man has exceeded his highest expectations in breeding cattle. However we do not have to look very far into the milk producing industry before we find that the milk cows, which through no fault of their own, but rather through the so-called higher intelligence of man, have for many centuries violated the biological laws of their being, are paying the price in this age in which we live. The cow's resistance to disease is so lowered at the present time that it takes

the dairyman all his time to keep his herd going—Tuberculosis, foot and mouth disease, abortion fever, and many other dangerous diseases, indicate unmistakably, that dairy cows are just about as prone to disease as human beings. In summing up I maintain that an over-supply of cow's milk in the diet causes deposits of lime in the body—arthritis. I furthermore challenge any scientist to debate this question with me. I will go further, I challenge anyone in the whole of the Commonwealth of my age, 64, or half my age to demonstrate that they have more supple joints than I have, and I have not used any considerable amount of milk in my diet for about 15 years.



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