

WHAT TO EAT

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By **DAVID V. BUSH**

Author

Fundamentals of Practical Psychology
The Psychology of Success
The Universality of the Master Mind
Applied Psychology and Scientific Living
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The Psychology of Sex—How to Make Love
and Marry



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WHAT TO EAT

THERE is, I believe, not one person out of ten who understands how to eat. Not one out of a hundred living in America knows how to eat unless he or she has taken a course in scientific eating.

To guide us in the proper way of eating instinct is not enough. Man breathes, but there is not one out of a hundred who breathes properly. This is due to wrong custom. Man sleeps, yet most people do not know how to sleep to get the maximum amount of relaxation, rest and body building. So instinct is not enough in guiding us how to eat, how to breathe or how to sleep.

I acquired a knowledge of "scientific eating" because I was forced into it, just for the same reason most people take up psychology for physical healing, because everything else has failed—they have been forced into it.

For many, many years I suffered from sick headache and held the palm as a prize winner in the constipation race. Doctors could give no relief. Medicine failed. My sick headaches became so frequent and so violent that life was not worth living, and I said dozens of times that if I ever had another such attack of sick headache, I would rather die. Anyone who has ever had a real old fashioned sick headache knows what I am talking about.

When my sick headaches first began to appear, I thought they were hereditary, because my father had

NOTE—This book "What to Eat" does not purport to give the whole scientific course of eating which Dr. Bush teaches, but merely to make scientific eating attractive, and easy for the housewife to vary salads and menus, and help to firmly establish right eating in every home in the country.

The relative values of foods and a complete course in Scientific Eating is outlined in "Practical Psychology and Sex Life, by the author.

suffered with sick headaches for many years. (By the way, I no longer believe in this hereditary stuff relative to anything.) Then as my headaches had a frequency of every four weeks, culminating as a rule on Sunday, I decided that it must be due to the fact that, being a minister, I was working like blazes all week in the various duties of my charge and then the last two days was driving myself at top speed, running on all cylinders, stepping on the gas and breaking the speed limit of health. So I thought that my sick headaches came from overstrain and overwork, coupled with the great anxiety and nervous tension worked up in getting my sermons ready and then in putting them over.

When my sick headaches attained a frequency of every week, usually reaching their climax on Sunday, I was cock-sure it was from nervous strain. My physician ordered me to take a rest, to lay off and quit overdoing. He told me that I could never be well unless I let up on my work.

I took his advice and found a little rest helped some but then the old headaches came back again, so I was forced to try, at the recommendation of one of my close friends, the right kind of eating. A complete definition of this I shall give to my readers.

When I was first told that I ate too much, I informed my good friend that he did not know what he was talking about, for I was always hungry. The old idea that a man must get up from the table hungry I followed most religiously. Not that I did not eat all that I could eat, for I ate until I nearly busted. Still when I left the table I was hungry.

Ninety per cent of Americans are starving to death on too much to eat!

That is, they eat more than their digestive apparatus can well handle and yet are not satisfied because they do not eat the right kind of food for nourishment. They eat too much of the wrong kind of food.

So we are a nation starving to death by over-eating. But when my sick headaches were approaching I always noticed this: I had a most feverish appetite. I could hardly refrain from eating more and yet every mouthful I put in my stomach seemed to send a thunderbolt of pain into my head. It was a desperate choice between eating and headaches, starving and not knowing what was the matter with me. Being ignorant of the real cause of my trouble, I chose to eat rather than starve, and so my headaches continued.

I had been reared under the old idea that a man must eat and eat and eat, and all the physicians who were called upon to try to cure me of sick headaches asked me if I had a good appetite. Sure I had. That seemed to satisfy the good doctors.

But what was my appetite? It was an abnormal craving for food, just as the man who forms the habit of drinking whiskey gets an abnormal appetite for more whiskey. I had an abnormal appetite for food but it was for the wrong kind of food. It is obvious that I did not eat the kind of food that gave nourishment to sustain my body and, at the same time, satisfy the craving of my appetite.

Meantime, the doctors clung to the old fashioned home remedy idea in which I had been reared—that if a man can eat, he ought to be well.

For this reason many mothers make their children eat a big breakfast before going to school thinking the youngsters will die of starvation before dinner if they do not so stuff them. A morning appetite is another abnormally developed appetite.

I used to eat three big meals a day, with plenty of sweets and candies between meals. I feel much better now without eating any breakfast, but at the beginning I shall not urge this upon my good readers. I prefer that they follow the outline as given in this book for a year or more until they feel of their own free will and accord like trying my no-breakfast plan.

Neither the doctors nor myself had ever suspected that a man can eat too much, or that he can have an abnormally developed appetite. I discovered this for myself by noticing that besides craving more food, just before my sick headache appeared, I craved candy and ate a tremendous amount of it every day. I no longer care for candy. In fact I cannot eat it without downright effort. This is the reason:

Just as a man can create a false appetite for more whiskey and for more "smokes," I discovered that I had created an abnormal appetite for cooked foods and sugar.

I believe that sugar creates an appetite for more sugar, and the more sugar one eats the more he craves it and the stronger the appetite for sugar, eating it creates. I can best illustrate by calling sugar a parasite. When we eat a little sugar we are setting up a false appetite for more sugar. In time we eat so much sugar the system, having no need for it, is unable to absorb it, and has difficulty in eliminating it. Sugar therefore, becomes like a barnacle inside. The bigger the barnacle, the more the system craves sugar. The barnacle grows and grows until tumors, cancers and all sorts of internal growths are the outcome.

I no longer crave sugar because I eat mostly unfired foods. Vegetables and fruits in their natural state contain about 10 per cent sugar thus when the food is not cooked, the system gets enough sugar. When we cook our food, the sugar, like other minerals and salts, is cooked out of the food.

Eating too much cooked food and stuffing continuously, of course, overworks the alimentary tract and constipation follows.

By eating raw diet, I cured my constipation in less than three days and stopped sick headaches forever.

I give below that which cured me. Not only do I believe it will cure eighteen out of twenty cases of acute digestic disease but it will make everyone who

follows the diet feel better, so that he will have more strength and energy for his daily task.

When we overeat and stuff ourselves, we put an abnormal amount of work upon the digestive organs. The energy then spent in digesting our food is so much energy wasted, and we cannot apply ourselves to our respective vocations. Anyone who will follow the kind of diet outlined below will, I firmly believe, have two or three hours' more strength and energy daily to spend in other ways.

The purpose of this book is to give the average person who has been raised on cooked foods the best, that is to say, the scientific way, to eat from the beginning.

What we eat is a subconscious habit.

Dr. W. J. Mayo of Rochester, Minn., one of the most famous surgeons in the world, speaking to the American College of Surgeons, in session at Chicago in October, 1923, is reported to have said:

"Certain often misunderstood ailments result from the clash when the conscious mind attempts to gain control over the unconscious"—or as Dr. Mayo termed them—"the negative functions."

"This combat," he asserted, "comes when the conscious mind attempts to force the unconscious body to accept food, drink or physic which the latter simply won't have. The stuff is rejected, or, the unconscious being refuses to digest it or function normally in other ways. When the conscious is severely disciplined and mends his ways, the unconscious takes up his duties again.

"These combats extend all through the life of man," Dr. Mayo said. "When a person says, 'I've never been sick in all my life,' it means the unconscious mind has had almost complete control."

We very often hear people say that they cannot eat fruits or live on a raw diet. Dr. Mayo has an-

swered them. Through unnatural habits of eating which have been cultivated in modern cookery, the conscious mind has, to a great degree, forced the unconscious mind or subconscious to accept food and drink which the system should not have. The continued suggestion of wrong diet and the continual eating of this wrong diet has been accepted by the digestive tract of man, but it has been accepted under protest. Man has to live, and eating is one part of his living. If he does not eat the right thing, then he, of necessity, eats the wrong. Something must go into his breadbasket to keep up his physical steam until, at last, an absolutely wrong habit of eating has been formed.

But the subconscious mind still rebels. The cooked diet, the food which the conscious mind has forced the body to take, is not nature's way. So man becomes sick and after he has taken the wrong kind of diet for a long time it may be a little difficult for him at once to change to the natural regime of eating, namely, fruits and other raw diet.

It may take a little patience on the part of the person to eat a little fruit and other raw diet now and then along with the cooked foods until there has been a re-education of the mind and body to accept nature's kind of sustenance.

When we understand that we eat what we do because of our heritage and habit, it is easy to see that the average person cannot swing too quickly from wrong diet to the right. It is more or less of a gradual process. Therefore, while we believe in the elimination entirely of all meats, sugars, salts and all ultra-refined foods, and recommend an unfired diet almost entirely, yet we are not dogmatic about this for the beginner.

Right eating, like right thinking, is a matter of evolution and gradual growth.

The person who thinks negative thoughts, who looks on the dark side of life, and who has spent a lifetime

in a pessimistic rut will probably require a little time to change his thinking, but *IT CAN BE DONE*. The same with eating—right eating can be done. Therefore, to make it appear to the novice in scientific eating that we are safe and sane, we do not recommend that the ordinary beginner follow a regime or diet too foreign to that he has been accustomed to.

We do feel sure and know that thousands upon thousands of people have used this book, "What to Eat," as a bridge upon which to cross over from the old method to the new, and strongly urge the reader to give a trial to eliminating gradually meats, sugars and salts.

While some people can break off immediately, it takes others months and even years to get the old habit of wrong eating corrected and the right way adapted.

As stated elsewhere "What to Eat" does not purport to give a full regimen of scientific eating, but is a preliminary step toward right eating. The author is aware that it is a most difficult thing for the majority of people to break their old habits of eating and begin too much of a changed way of partaking of life's essentials.

We are therefore making the following suggestions preparatory to getting one ready to take the next step and really become a scientific eater for health, long life and happiness.

Generally speaking, then, eliminate white bread, (using whole-wheat, good graham or rye bread instead), potatoes and sugars.

Take wheat bread, for instance—the ordinary, nice-looking "snow-flake flour" white bread. This has been put through a process to produce a good-looking bread, instead of a good nourishing bread. The hulls, which are worth more than the polished kernel, have been taken off; the ordinary white bread has had

extracted from the flour $87\frac{1}{2}$ per cent of the nutrition, so you have to eat $87\frac{1}{2}$ times as much of the ordinary white bread as you would bread made from the whole wheat.

Bread is often called the "staff of life," but according to our standard it might be called the "staff of death." It is not only subjected to the devitalizing process of baking, but it is infected with a germ that converts a large amount of the nutritive value of the grain into carbon-dioxide poison.

Most all cooked foods should be eliminated. This is not an easy thing, however, for the beginner, but people who live according to a raw diet, or unfired foods, have a normal healthy body, a clear skin, no excess flesh and a wonderful amount of endurance. They do not have to depend on drugs for health.

People who follow this kind of a diet will have better health, more brains and live much longer.

It would be better if meat and all cooked foods were eliminated, but because this is such a habit among American peoples, we offer the following suggestions. **If one will follow these and then add from time to time more unfired foods of all kinds, eliminating cooked foods, meat, starches, sugar and salts, it would still be much better, but the following will give you the right kick-off.**

FOR THOSE WHO EAT MEAT AS WELL AS THOSE WHO DO NOT

Generally speaking, proteins and starches should not be eaten at the same meal.

Starch will be found in the following:

Irish Potatoes and	Rice (unpolished)
Sweet Potatoes	Hubbard Squash
Chestnuts	

Bread and Butter
Navy Beans
Dry Lima Beans

Dry Peas
Bananas
Pumpkins

Protein food will be found in the following:

Meats of all kinds
Fowl of all kinds
Sea foods of all kinds:
Oysters, lobsters,
crabs, fish, mussels
Milk

Game of all kinds

Cheese
Eggs

Non-starchy vegetables will mix with either proteins or starches.

Non-starchy vegetables are:

Rutabaga
Asparagus
Cucumbers
Cauliflower
Oyster Plant or Salsify
String Beans
Summer Squash
Brussel Sprouts
Dandelion Greens
Green Lima Beans
Kohlrabi
Parsnips
Spinach
Cabbage

Beets
Okra
Lotus
Garlic
Carrots
Lettuce
Endives
Celery
Turnips
Radishes
Green Corn
Green Peas
Egg Plant

Fresh fruits should not be eaten with starches because they have an acid content varying from two to three per cent up to twelve or fourteen per cent. This acid in the juices of the fruits, neutralizes the

plyalin of the saliva. By fresh fruits we mean oranges, grape-fruit, grapes, apples, plums, prunes, pears, cherries and other fruits in season.

Fresh fruits when eaten with proteins do not interfere with the digestion inasmuch as the protein digests in an acid medium.

A better way then is not to eat fresh fruits with starches—eat them with proteins.

So one should not eat starch and proteins at the same meal. Only one starch and one protein should be partaken of at a meal. Eat a large dish of salad at least once a day, *twice a day would be much better*. Eat plentifully of non-starchy vegetables and salads with starch meals and fresh fruits and salads with protein meals. An ideal combination would be for one to eat a large salad, a couple of non-starchy vegetables and a starch for a starch meal or a protein for a protein meal—if one is using some cooked foods.

If one still feels as though he must have cooked vegetables, this will be an ideal way to proceed. It is better to begin eating your meal by partaking of a salad first. This acts much as hay in the stomach of a horse, a good bedding and foundation, besides taking the wrinkles out of your stomach. Then if one prefers to still use some cooked foods, use non-starchy vegetables so as not to over-load your stomach with concentrated foods. Continuing still with the idea of eating some cooked vegetables with your meals, should you want to eat a protein meal, select it in just the same way only substitute the protein for the starch.

That means you would be eating a big salad, a couple of non-starchy vegetables selected from the list given above and any protein.

The better way is to eliminate as much cooked food as possible. This book, however, is intended to start

one to the ideal way of eating, namely, raw or unfired diet. If it seems impossible to confine oneself wholly to the unfired diet, then the above will be of great aid.

Sweet dried fruits such as dates, raisins, unsulphered figs and prunes, may be eaten in moderation with starchy foods as their acid content is comparatively low. They are very hearty food, however, due to fruit sugar being one step ahead of starches when eaten. We mean by that, that all starches change to sugar as the first step of digestion.

Insurance statistics show that people who eat meals of improper mixtures, die at an average age of 43 or 44. To add years to your life, eliminate improper mixtures, as we are outlining in "What to Eat."

Should one continue to eat cooked vegetables, make your salad of vegetables in the raw state, as they will mix with either starch or protein, but do not use tomatoes if you are going to eat a starch meal because tomatoes are acid.

A salad made of head lettuce may be completed by using any vegetable or mixture of vegetables you may procure, such as onions, spinach, celery, carrots, turnips, beets, parsnips or other vegetables in season, eliminating tomatoes if it is a starch meal or using tomatoes if it is a protein meal.

The basis of the salad may be made of cabbage instead of lettuce. Cut the cabbage in shreds and place it in cold water and let it stand for two or three hours. When ready to use, lift out of the water.

If you must eat meat, it would be very much better to take it not more than once a day. The less frequently the better. Indeed, it is a safe rule not to eat meat more than once a day. A better rule, when one has reached that point, is to eliminate it entirely. This, however, may not be done within a week, a month, or even a year, but it is possible if one really desires to lengthen his life by right eating.

SUBSTITUTES FOR FOOD

One of the big food evils of the day is food substitutes. Artificial butters, as well as artificial milks, should be prohibited by the law. Pasteurized milk at times is as bad as food substitutes. The process of pasteurization changes the chemical compositions of the milk as well as its food value. The only usefulness of pasteurized milk is from bacterial contamination. This is nearly all overcome now in most states by having milk produced under sanitary conditions. If a cow is well, free from tuberculosis, pasteurization is a useless process and is believed by many authorities to endanger health.

When it comes to milk, we have put precautions at the wrong end of the horn. Keep the cow healthy, prevent sickly people from handling the milk and do not pasteurize it, thus robbing it of its natural dietary "treasures." Grave mistakes have been made by parents in attempting to bring up infants on pasteurized or condensed milk. This has caused symptoms of Barlow's Disease or infantile scurvy.

We cannot have perfect health by having denatured food, substitutes of any kind, drying and canning foods devitalize them. By eating these, we are drying up our own physical vigor and "canning our own health."

ORANGE JUICE

If you use orange juice instead of oranges, be sure that the orange juice is always pure orange juice, unmixed with water or syrups, or sugar.

The man who gets his orange juice at the corner drug store or in a medium class restaurant gets, as a rule, a much better grade of orange juice than he who eats at the best hotels. There are so many of the "common men" and there is so much competition for the patronage of the common man that the res-

restaurant men, the hotel keepers and druggists who supply the eats to the masses, have to give them better prepared foods than do the best hotels. That is my opinion. So the man who gets his orange juice at the best hotel probably is cheating himself.

See that your orange juice is made fresh and with the pulp ground up in it. Do not eliminate the pulp. Furthermore, mixing water with the acids of the orange makes the juice bitter. So, whether ordering orange juice at a hotel or restaurant or making it yourself, be sure to take it pure; no syrup, no water and no ice.

If you like a warm drink, have it warmed by setting the pitcher in hot water but **DO NOT COOK IT**.

The recipes below will help the good housewife to vary her menu so as to help the family become used to a more scientific way of eating.

SANDWICHES

Cucumber Cheese Sandwiches

Peel one cucumber, chop fine, add mayonaise mixed with rich cream. Press into and mix well into cheese. Make into sandwiches of bolted rye bread.

Walnut Sandwiches

Chop fine English walnut meats, enough mayonaise dressing so the mixture will spread easily. Cut thin slices of whole wheat bread, spread with nut mixture, using a lettuce leaf.

Date Sandwiches

After removing the stones, mash a dozen good sized dates, use lemon juice to moisten, cut slices of nut bread thin, spread with butter and the date filling, cut in lengthwise strips. Serve for luncheon.

Olive Sandwiches

Remove stones from green olives, chop fine and mix with black walnut meats, moisten with mayonnaise dressing, spread on thin slices of whole wheat or rye bread, using a spray of parsley or a leaf of lettuce to garnish.

To Make Sandwich Butter

Place butter in pan, heat until soft, but not melted. Beat until of consistency to spread easily.

Peanut Butter Sandwiches

Cut green olives fine, mix into peanut butter. Work in mayonnaise and spread.

Cheese Sandwiches

Work into cream cheese or American cheese, cream mayonnaise dressing. Arrange lettuce leaf on thin slices of whole wheat bread. Then spread with cheese filling.

Tomato Sandwiches

Mix into sandwich butter any kind of dressing. Spread on thin slices of whole wheat bread, then add thin slices of good, firm tomatoes.

Melted Cheese Sandwiches

Toast two slices of whole wheat bread, butter and cover with sliced tomatoes. Over the tomatoes put a slice of American cheese, put in hot oven until cheese is thoroughly melted and slightly browned.

Sandwich Mixture

1 cucumber.

1 small onion.

$\frac{1}{2}$ cup stoned ripe olives.

Prepare cucumber. Chop with olives and onion, and mayonnaise.

Fruit Sandwiches

Chop together:

$\frac{1}{2}$ cup sun-maid or seeded raisins.

$\frac{1}{2}$ cup dates, pitted.

$\frac{1}{2}$ cup figs.

$\frac{1}{4}$ cup nut meats.

Spread on well-buttered whole wheat bread cut in fancy shapes.

SALADS

Waldorf Salad

4 medium apples.

1 small bunch celery.

$\frac{1}{2}$ cup chopped nuts.

Hearts of lettuce.

Peel, core, chop apples, cut celery fine, mix with mayonnaise. Arrange lettuce in salad bowl, place in mixture, sprinkle well with nuts.

Stuffed Prunes

- $\frac{1}{2}$ cup uncooked prunes, pitted.
- $\frac{1}{4}$ cup figs.
- $\frac{1}{2}$ cup seeded raisins.
- $\frac{1}{2}$ cup pitted dates.
- $\frac{1}{4}$ cup nutmeats.

Put fruit and nuts through chopper. Select large prunes, pit them, stuff with mixture.

Lettuce Salad with Peanut Dressing

- 1 medium head lettuce.
- $\frac{1}{2}$ cup French dressing.
- $\frac{1}{2}$ cup peanut butter.
- $\frac{1}{2}$ cup chopped peanuts.
- 1 dozen ripe olives.

Beat the dressing into the butter a little at a time until well blended. Pour over shredded lettuce. Garnish with the chopped nuts and ripe olives.

Banana Salad

- 4 bananas.
- Cup nuts finely ground.

Cut bananas in halves, then quarter, arrange on lettuce leaves or nest of shredded lettuce, cover with mayonnaise, dust with nuts and serve.

Prune Salad

- $\frac{1}{2}$ pound of prunes.
- $\frac{1}{2}$ cup cottage cheese.
- Mayonnaise.
- Walnut halves.

Soak the prunes in cold water to cover over night. Drain. Cut lengthwise and remove the pit. Fill with

cottage cheese, if too stiff add a little cream. Place walnut half on each filled prune. Use any green leaf to garnish.

Raw Carrot Salad

Chop fine, tender hearts of lettuce. Place in salad bowl. Grate young carrots thickly over lettuce. Toss with mayonnaise. Sprinkle chopped parsley over all.

Pear Cheese Salad.

Fresh ripe pears, halved.

1 tablespoon cream cheese in the core cavity of pear.

Place on crisp lettuce leaf. Dress with French dressing.

Fresh Pear Salad

6 pears.

2 bunches Malaga grapes.

Crisp lettuce leaves.

Mayonnaise dressing.

6 plates.

Arrange lettuce on plates, cut pears in halves and place on lettuce; pick grapes off the stems and lay on pears. Whip thick cream into dressing and cover salad. Dash of paprika. Can dust with powdered nuts if desired.

Vegetable Salad

Dice 2 raw carrots.

1 raw turnip (small).

6 radishes.

1 tablespoon raisins (seeded).

1 tablespoon of nut meats.

Mayonnaise dressing.

Arrange the vegetables in a nest of watercress or lettuce leaves, cover with salad dressing and sprinkle over the top the raisins and nut meats.

Strawberry Salad

Thoroughly wash fresh ripe strawberries. Do not remove the stems. Line an individual serving dish with watercress or lettuce and arrange berries.

Serve for luncheon, without sugar or cream.

Date and Nut Salad

Cut up about 8 dates, after removing the stone.

3 tablespoons nut meats.

Whipped cream or cream dressing.

Serve on lettuce leaf.

Combination Salad

On a lettuce leaf arrange alternate slices of tomatoes, green peppers, cucumbers and onions. Serve without dressing or with French dressing made with lemon juice instead of vinegar.

Prune and Cheese Salad.

Select large, firm prunes. Remove the stone and fill with cream cheese. Serve on lettuce leaf with mayonnaise dressing.

Raspberry Salad

Break up a small head of lettuce and arrange in individual salad dish. Fill with fresh, ripe, red raspberries. Over the raspberries sprinkle two tablespoons of pecan meats. Serve with whipped cream.

Cherry Salad

Canned white cherries.

Hazel nuts.

Mayonnaise.

Lettuce.

Remove pit from cherry and fill with hazel nut. Serve on lettuce leaves with side of mayonnaise or cream dressing.

Apple and Date Salad

Select firm tart apple, peel and dice. Take the stones from two ounces of dates. Chop and mix with diced apple, add two tablespoons pecan meats, mix all together and serve on a lettuce leaf with mayonnaise or cream dressing.

Pineapple and Cheese Salad

On a lettuce leaf arrange a slice of pineapple, spread with cottage cheese and serve.

Green Olive Salad

Take a small bottle of olives stuffed with pimento put through a meat chopper, break up a half cupful of English walnut meats, mix with the olives.

Serve with mayonnaise or French dressing, the French dressing to be made with lemon juice instead of vinegar.

This also makes a good sandwich filler, spread on slices of whole wheat bread.

Combination Salad

1 green pepper.

1 bunch celery.

1 bunch green onions or 1 Bermuda onion.

2 tomatoes.

6 or 8 radishes.

1 small head lettuce.

Peel, slice cucumber. Cut finely, pepper, celery and onions, quarter tomatoes, shred lettuce, toss all together with mayonnaise. Place in salad bowl lined with lettuce leaves, cut radishes into roses, arrange around edge of bowl.

Fruit Salad

- 1 grape fruit.
- 2 oranges.
- One-third of a fresh pineapple.
- 1 bunch white grapes.

Cut grape fruit and oranges in half, cut out pulp neatly, with fork dig out pineapple in small pieces, place on lettuce leaves. Serve dusted with finely ground nuts if desired.

Easter Salad

- 1 pound cottage cheese.
- 1 cup grated carrots.
- 1 cup mayonnaise.
- 4 cups shredded lettuce.
- 1 tablespoon chopped parsley.

Mix the carrots with enough mayonnaise to hold and roll into small balls with the palms of the hands. If needed, stir cream into cheese to make it hold together. Mold cheese around the carrot balls to form an egg the size of a walnut. Serve three in a nest of shredded lettuce. Garnish with mayonnaise and sprinkle with parsley.

Cabbage Salad

- 1 small firm white cabbage.
- Lettuce leaves.
- Cream dressing.

Shred cabbage very fine, using board and paring knife. Toss with dressing. Arrange lettuce leaves in salad bowl into which place salad with an added touch of dressing. Dash of paprika. Mix thick sweet cream or whipped cream into mayonnaise to make cream dressing.

SALAD DRESSINGS

Thousand Island Dressing

- 2 tablespoons mayonnaise.
 - 1 tablespoon chili sauce.
 - 1 teaspoon chopped green peppers or pimentos.
 - 1 teaspoon chopped ripe olives.
 - Salt and pepper to taste.
-

French Dressing

- 1 tablespoon lemon juice.
 - 3 tablespoons oil.
 - Paprika and mustard may be added if so desired.
 - Place all together in bottle and shake well.
-

Cheese Mayonnaise

One-half cup grated cheese or any cream package cheese. Add olive oil to soften to paste. Then alternate lemon juice and oil, one teaspoonful at a time until creamy mayonnaise. Serve with lettuce and diced hard boiled eggs.

SELECTED RECIPES

Miscellaneous

Stuffed Tomato Salad

- 4 medium tomatoes.
- $\frac{1}{4}$ cup diced celery.

$\frac{1}{4}$ cup radishes.

Mayonnaise.

Few leaves of lettuce.

Scald the tomatoes in hot water and place in cold water, skin, cut out center.

Peel radishes and chop fine. Dice the celery, mix with mayonnaise. Fill tomato, garnish with mayonnaise and serve on bed of lettuce.

Bran Biscuits

1 cup bran.

$\frac{1}{2}$ cup whole wheat flour.

1 teaspoon baking powder.

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

1 tablespoon butter.

Mix well all dry ingredients and add enough milk (about two-thirds cup) to make soft dough. Lightly roll on slightly floured board about one-half inch thick. Cut with small biscuit cutter. Bake in medium oven.

Honey Dew Melon for Breakfast

Cut in half honey dew melon. Remove the seeds.

Carrot Ball

$\frac{1}{3}$ cup ground raw carrots.

$\frac{1}{3}$ cup ground raisins.

$\frac{1}{3}$ cup peanut butter.

$\frac{1}{3}$ cup chopped nuts.

Mix well together the first three. Make into small balls, roll in the chopped nuts.

Serve in nests of shredded lettuce with mayonnaise.

Stuffed Egg with Cheese

Six hard boiled eggs, that have been cooled in cold water. Remove from shell—cut lengthwise, remove

yolks, mash through coarse strainer—add oil to make paste. Fill the whites. Sprinkle grated cream cheese over the tops. Place on toasted whole wheat bread in moderate oven until the cheese has slightly melted. Serve hot.

Cream Cheese Eggs

- 2 dozen dates.
- 2 dozen nuts.
- 1 Philadelphia cream cheese.
- Crisp lettuce leaves.
- Ripe olives.
- Malaga grapes.

Press dates around nuts, mound cheese around each one to size of bird's eggs. Shred lettuce, make nest, arrange bird's eggs. With or without dressing. Garnish with ripe olives and Malaga grapes.

Graham Bread Omelet—New Haven

- 5 eggs.
- 1 cup graham bread crumbs.
- 1 cup warm milk.
- Salt and pepper to taste.

Beat five yolks and two whites, add crumbs soaked in the milk and season. Pour on hot buttered frying pan. When nearly done, add balance of whites beaten stiff and cook five minutes. Serve immediately on hot dish.

Raisin and Nut Bran Wafers

- 1 cup graham flour.
- 2 cups bran.
- $\frac{1}{2}$ cup white flour (to bind together).
- 2 teaspoons baking powder.
- 1 teaspoon salt.
- 6 tablespoons melted butter.

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

$\frac{1}{2}$ cup chopped raisins and nuts.

$\frac{1}{2}$ cup water.

Mix the dry ingredients, add the butter, honey and mix with the water. Spread in a thin sheet and cut into squares. Bake in a moderate oven.

Stuffed Tomato Salad

4 tomatoes.

1 cup cottage cheese.

$\frac{1}{2}$ cup mayonnaise.

Lettuce to garnish.

3 tablespoons peanut butter.

Scoop out the centers of the tomatoes and turn upside down to drain the juice. Mix the peanut butter with the cheese with a small amount of mayonnaise. Fill the tomatoes. Garnish with mayonnaise and serve with lettuce.

Apple May Baskets

4 large apples.

$\frac{1}{2}$ cup chopped peanuts.

$\frac{1}{2}$ cup mayonnaise.

Cut a quarter from each side of upper apple half, leaving a handle. Scoop out center and dice, add the peanuts and mix with the mayonnaise. Fill the baskets. Garnish with mayonnaise.

Cream of Fresh Cocoanut

4 cups milk.

2 cups grated cocoanut.

Milk from the cocoanut.

$\frac{1}{2}$ cup whipped cream.

Bring the milk to a boil, add the cocoanut milk and the grated cocoanut; let simmer a few moments. Strain, reheat, season to taste and serve with whipped cream.

Sliced Oranges With Grated Cocoanut

4 medium oranges.

½ cup fresh grated cocoanut.

Peel the oranges and slice very thin. Fold together with grated cocoanut. Place in a serving dish and serve with whipped cream.

Cheese Timbal

1 quart milk.

6 eggs.

Salt and pepper to taste.

1 cup grated cheese.

Paprika (if desired).

Slightly beat the eggs, add to the milk, season. Bake in baking dish in pan of hot water in medium oven. Try with small knife and if it comes out clear remove from oven. Cover with the cheese and set in oven long enough to melt the cheese. Sprinkle with paprika and serve with whole wheat bread and butter sandwiches.

Smothered Spinach with Chopped Eggs

2 pounds spinach.

½ cup chopped eggs.

1 tablespoon lemon juice.

Salt to taste.

Wash and pick over the spinach. Chop very fine and place on stove without water, adding the lemon juice and sprinkle with salt. Lift and stew until well smothered, add the egg and serve around the omelet. Add melted butter or olive oil if desired.

Strawberry Water Ice

- 4 cups strawberries.
- 1 quart water.
- 1 cup honey.
- $\frac{1}{2}$ cup lemon juice.

Boil the honey and water to a syrup and pour over the crushed berries. Puree through a strainer to get all the pulp of the berries. Add the lemon juice. Cool and freeze. The smoothness of your ice depends on the proper mixture of the salt and ice. One part salt to 3 parts ice. Turn steadily. When frozen pack 2 parts each ice and salt. Have freezer only $\frac{2}{3}$ full to allow mixture to expand.

MACEDOINE FRUIT CUP

Dice a mixture of any fruits in season. Stand a few hours to blend flavors. Fill glass dishes one-half full and fill center with any water ices. Garnish with mint leaves and very thin slice of lemon.

Thanksgiving Ice Cream

- 3 pints cream.
- $1\frac{1}{2}$ cups dried bread crumbs (whole wheat).
- 1 cup sugar.
- $\frac{1}{2}$ cup shredded almonds.
- $\frac{1}{2}$ cup chopped raisins.
- $\frac{1}{4}$ teaspoon salt.

Soak crumbs in cream, rub through sieve, add the other ingredients and freeze. Use 8 parts ice to 1 of salt. Then pack with 4 parts ice to 1 of salt.

Nut and Raisin Bread

Sift together 3 cups of whole wheat flour, 4 teaspoons of baking powder and 1 teaspoon salt. Rub

in 2 tablespoons of butter. Add 1 cup of chopped raisins and 1 cup of nut meats chopped, then add 1 beaten egg diluted with 1 cup of milk to which has been added $\frac{1}{2}$ cup honey. Beat well, add more milk if necessary to make a soft dough, turn into a buttered bread tin, place on the back of the stove for 25 minutes, then bake one hour in a moderate oven.

Grape Fruit Basket

1 grape fruit for each service.

With a sharp knife cut a quarter from upper half of seed end of fruit, leaving a $\frac{1}{2}$ -inch strip for handle. Cut out pulp, remove core, cut into small squares. Use scissors to notch edge of basket. Line the basket with mint leaves and fill with the pulp. Tie bow on handle with spray of flowers and green confectioner's ribbon.

Baked Cauliflower

Select small firm head of cauliflower, wash it thoroughly but do not break or remove the outer leaves. Put in steamer and steam until tender—when tender break the flowers apart and arrange in baking dish, cover with grated cheese and bake in the oven until the cheese is thoroughly melted.

DO YOU EAT POTATOES?

One of the Salt Lake class, after hearing my talk on scientific eating, said she never heard before that potatoes were not good for you. She had always had them on her table. She had been suffering for a long time with headaches and was frequently nauseated. She could not get rid of this sickness. Her supply of potatoes ran out and as it was late in the

year she thought she wouldn't put in a stock of them, but would wait for new ones. She therefore had no more potatoes on the table for many days and she discovered her headache was gone and her illness had vanished. As she sat down she wondered why this long-standing headache and sickness had disappeared and it came to her as if someone were speaking the answer, "Why, you don't have any potatoes in your diet." Since eliminating potatoes from her diet she is completely cured of all headaches and sickness.

EAT MORE CHEESE; LIVE A HUNDRED

The elixir of long life consists of soured cow's milk, cheese made from sheep's milk and wheat bread, according to Dr. Sadowein, professor of physical chemistry at the University of Kiev. He has located a village in the mountains near Temir Kahn Sura, the new capital of the Daghestan republic, where eighteen men out of a total population of 120 are more than 100 years old. Investigation showed they ate the above-named foods exclusively. Many persons transported here from the famine regions of central Russia are migrating into the mountains, where this food is to be had in abundance.

Practical Psychology and Sex Life

NOT 1 per cent of all married people actually understand or follow the proper sex relations. To 80 per cent of all married women the approaches of their husbands are repulsive. Statistics show that 99 per cent of all divorces are the result of improper sex relations. Nearly 80 per cent of all female troubles are the result of malpractices and practically every case of nervousness and hysteria is the direct result of the lack of sex gratification.

In his wonderful book "Practical Psychology and Sex Life" Dr. Bush has explained the ways of the unsatisfactory husband; what he should do and what he should avoid, and why. He teaches understanding to the frigid wife. In clear understandable English he educates his readers in proper sex relationship.

It instructs a woman in dietetics and exercising during pregnancy; and tells her how, should she be past her menopause, she may become sexually active once more.

With a stroke of the pen he severs the ties that bind us to the ignorant conventions of the past. The veil of silence is wrenched away and the happiness and harmony that come from righteous Sex Life are made understandable.

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It discusses the Law of Vibration and how it works for business success and prosperity; it tells you how to raise the rate of your vibration for success, health, and happiness. It provides you with the means of overcoming fear and worry and instructs you in how to get what you want.

It reveals the secret of staying young. It teaches the methods of scientific sleeping, scientific feeding, and scientific breathing; the education of the subconscious mind and how you may put it to work for your success; how you may save your children from immorality.

It shows you how you may develop the powers of hetero-suggestion and become a healer; how constipation may be cured and surplus flesh reduced.

It brings out the laws of scientific thinking, of spiritual communication and mental telepathy; it instructs you in scientific exercising and in developing the power of concentration and memory retention.

The laws of Visualization, Abundance and Stimulation are made simple and understandable. The means of finding your appointed vocation and of following the road that leads to your success are laid down in the clearest, most comprehensive fashion.

"Practical Psychology and Sex Life," with seventy-two chapters, 800 pages, is a textbook for every man and woman who aspires to greater happiness, greater prosperity, greater success. It is the daily guide of thousands—it will work its wonders for you.

Price**\$25.00**

David V. Bush, Pub., 225 N. Michigan Blvd., Chicago, Ill.

This Curious Book Is Adding Years To The Lives of Thousands!

The Source of This MIGHTY POWER!

MEN and women everywhere are reading this great book—and quickly overcoming nerves, indigestion, headaches, depression and countless other bodily ailments. People in every walk of life are scanning its pages—and suddenly finding themselves gifted with tremendous new powers of accomplishment. Day after day thousands of people are banishing sickness—gaining rugged health—forging ahead in business and social life—through a mastery of extraordinary force now revealed in the pages of this amazing book!

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In extensive lecture tours over the U. S. and Canada, Dr. Bush has met thousands of people—helped them in countless ways. He has lectured to millions. He has filled to overflowing the greatest auditoriums in the greatest cities. He has come in direct contact with all classes of people—rich and poor—young and old—sick and healthy—proud and humble—thinkers, toilers, and workers of all kinds.

Again and again he has seen men and women succeed because they learned to use strange powers within themselves. Time and time again he has seen others fail—or remain in poor health—simply because they never learned to use the wonderful forces sleeping within them.

And now Dr. Bush has written a book called “Psychology of Healing”—the fruit of 20 years of experience, research and understanding in the reshaping of human lives. This great book opens your eyes to the almost limitless fund of reserve force lying dormant within you—a great power everybody has, but not one in a thousand knows how to use!

This volume shows just how to awaken this glorious power—how to harness it—how to develop it. In an easily understood way it explains exactly how to use this mighty force to banish sickness—win physical well-being—gain countless business and social rewards seemingly beyond your reach. It is an amazing volume—a book seemingly magical in its results, yet based on practical, “tried and tested” psychological laws.

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How to Harness Your Subconscious Mind

A VAST RESERVOIR of mental energy! A huge storehouse of brain power! That's the Subconscious Mind. You've got it. Your friends have it. Everyone has it. But not one in a thousand knows how to use it.

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Here is a simple illustration of how the Subconscious Mind works: Suppose you go to bed at night desiring to awaken at 7 o'clock in the morning. As you go to sleep you keep saying to yourself, "I am going to wake up at 7 o'clock." You resolve to awake at that time. That is auto-suggestion—one of the recognized ways of using the Subconscious Mind.

What happens? The answer is almost invariably the same. You awaken at exactly the time you resolve to awaken. This has been proved thousands of times by thousands of people. Your Subconscious Mind counts the hours—counts the minutes—watches over the time like a silent guardian. The Subconscious Mind is always there—waiting to serve you. It is your faithful slave. It can do great things as well as little things. You need only know how to command it.

Why I Can Help You Succeed

In my extended lecture tours over the United States and Canada, I have met thousands of people—helped them in countless ways. I have lectured to millions. I have filled to overflowing the greatest auditoriums in the greatest cities. I have come in direct contact with all classes of men and women—rich and poor—young and old—proud and humble—thinkers, toilers, and workers of all kinds.

Again and again I have seen men and women succeed because they learned to use the vast powers of the Subconscious Mind. Again and again I have seen men and women do just the opposite—seen them fail—seen them remain in unpleasant, poorly paid jobs, simply because they never learned to use the Subconscious Mind.

The Subconscious Mind can work wonders. It can keep you cheerful when others are downhearted. It can boost you to success when others are heading for failure.

When others are worrying, you can be free from worry. When others fear you can have complete self confidence. When others hesitate, you can forge ahead. When others are doing low-paid, disagreeable work, you can get high pay for doing work you love. It all depends on YOU—whether you are willing to unlock the flood-gates of your Subconscious Mind.

What the Subconscious Mind Can Do For You

In this soul-searching book, "How to Put the Subconscious Mind to Work," I show you exactly how to release this great force—how to control it—how to multiply its effect—how to make it work for you.

I show you how to end worry, how to gain self confidence, how to develop a perfect memory, how to make your mind accomplish things while you sleep—how to solve difficult problems.

Once you have mastered this power of releasing the Subconscious Mind, you have success within your grasp. You can command a better job. You can demand bigger pay. You can work shorter hours and accomplish more.

No ambition is too high—no goal too distant. You can quickly and easily accomplish things which in the past have seemed impossible. You can astound your friends with your rapid strides towards wealth and high position. It's up to you. It all depends on whether you are willing to try.

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THAT is exactly what you are doing every day of your life if you allow the demon of Constipation to get his claws in you. Stop before it is too late! Constipation is the most common of all human ailments and the cause of thousands of diseases—from bad tonsils to cancer! You can't go through life burdened with this paralyzing breeder of sickness. You can't work; you can't play! Everything you do is made labor by this unnatural condition.



Demon Poisoner
Constipation, the

Relief or Permanent CURE?

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This method is so quick and effective that everyone who tries it becomes enthusiastic about it. It is so simple that anyone—even a child can understand how it works and why it works. This method is so logical, so reasonable, so sensible that the moment you hear about it you will know instinctively that it works. It is so natural, so pleasant, so delightful in every way that you will realize that your worries about fat are ended.

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If, at the end of 10 days, you are not completely and entirely satisfied—if you do not lose excess weight rapidly and easily—if you do not think that this method is the pleasantest, quickest and most effective way to reduce that you ever heard of—then write me to that effect and your money will be instantly refunded. You are the judge. You risk absolutely nothing. Mail your order now.

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By *DAVID V. BUSH*

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*This is taken from "Applied Psychology and Scientific Living."

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You will more readily grasp the principle that governs the laws of visualization and concentration after reading this book.

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Dr. Bush believes, from his own vast experience, that more people fail on concentration and visualization than on any other operation of the laws of mind now being studied or applied, because they only partly understand these laws. In this pamphlet he shows why the vast majority of people fail in visualizing. There are natural laws which are very often cross-circuited by well intentioned people trying to operate them for their good, all because they fail to understand the right way. You will understand visualization after you read "How to Visualize."

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Affirmations and How to Use Them

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