

RADIANT RECIPES.

"May the food that we receive from Thy Universal Kingdom be used to build Radiance in Mind and Body for Thy Service."

Stuffed Lettuce Rolls.

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| 1 Cup finely chopped Green Onions and Leaves. | Take outer leaves of Lettuce. |
| 2 Cups finely chopped Carrots. | Put 2 tablespoons of the mixture in each leaf, and make a roll. |
| ½ Cup finely chopped Parsley. | |
| 4 Egg Yolks hard-boiled. | |
| Mix with Mayonnaise and Horseradish. | |

Mock Turkey Roast.

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| 1 Cup shredded Carrots | 1 Cup ground Pecans or Walnuts. |
| 1 Cup finely chopped Celery. | 1½ Cups toasted Whole Wheat Crumbs. |
| 1 Cup finely chopped Parsley. | 2 Eggs well beaten. |
| 2 large Onions stewed in Butter | ½ Cup of Cream |

Season with 2 tablespoons of melted Butter, Celery Salt and a bit of Sage. Mix well and shape into a loaf resembling a Turkey. Bake in a buttered pan about 30 minutes, 400 degrees F.

Apple and Cheese Salad.

- Core 4 red sweet Apples (unpeeled.)
Slice in ½-inch slices.
Spread Cream Cheese thick between slices
Arrange on bed of Lettuce and Watercress.
Garnish with Shredded Beet or Carrot.

Fig Marmalade.

- Soak in water overnight :
2 lbs. black unsulphured Figs.
Drain off liquid. Put Figs through sieve, then add liquid and eat raw.
If cooked, add 1½ cups Honey, Juice of 1 Lemon, simmer slowly 2 hours.

Avocado.

When peel can be removed easily with fingers, mash pulp finely with a fork, season with vegetable salt, and serve in place of meat.

These recipes come to you with loving greetings from Mrs. Louise Jones, A.T.R.L., President Utica, S.S.R.L.

RADIANT RECIPES.

(Those who were at Appleby know how wonderfully good these recipes are, and we are delighted that through the kindness of Miss Dorothy Law it is possible to give everyone the opportunity of knowing how to make these deliciously good things.)

STEAMED CARROT PUDDING.

1 cup Cooked Carrots — mashed 1 cup Melba Toast Crumbs
1 cup ground Raisins (measured ½ cup Apple Juice
after grinding) 1 Egg

Beat the Egg. Add to Carrots and Raisins. Mix well and add Melba Toast Crumbs and Apple Juice. (½ cup Nut Meats may be added if desired.)

Pack in custard cups or individual molds and steam 45 minutes to one hour. Unmold in sauce dish, and while still hot, pour one tablespoon Apple Juice over pudding.

Top with whipped cream and serve.

TRAFFIC SALAD.

Mold dice cooked Beets in lime Jell-well. Serve as individual salads on crisp lettuce with desired dressing.

CARROT FRITTERS.

Mash 2 cups cooked large Carrots. — Add 2 tablespoons Peanut Butter. — ½ cup Melba Toast Crumbs. — Mix well and shape into patties. Roll in Melba Toast Crumbs and bake in hot oven until brown.

BUNNY SALAD.

Place a canned ½ Pear on a Lettuce Leaf. At the small end of the Pear, put 2 blanched almonds to represent the rabbits ears. Make eyes and nose from cherries. Put a dab of whipped cream for the tail. Cream a bit of American Cheese until soft, shape into a small carrot, top with sprig of parsley, and place in front of the rabbit.

ROSE-COLORED MAYONNAISE.

Add a few drops of beet juice or red vegetable coloring to plain mayonnaise. Very attractive on lettuce salad.

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Cheese Souffle.

3 tablespoons Butter
3 " Flour
1 cup Scalded Milk
3 Eggs
 $\frac{1}{2}$ ts. Vegetable Salt
1 cup grated Cheese

Melt the Butter. Blend with Flour. Add Milk slowly and continue stirring until thickened. Pour gradually over beaten Egg Yolks. Add grated Cheese. Fold in stiffly beaten Egg Whites. Then pour in buttered baking dish. Bake in moderate oven 30 minutes, or until silver knife, when inserted, comes out clean.

Yum-Yum Salad.

2 cups Shredded Pineapple
Juice of 4 Lemon
 $\frac{3}{4}$ cup Brown Sugar or Honey
Stir over low flame until dissolved.
Soak 2 tbs. Gelatine in
 $\frac{1}{2}$ cup Cold Water 10 minutes.
Add to Hot Mixture. Let cool.

Add $\frac{3}{4}$ cup Grated Cheese.
When beginning to set, fold in $\frac{1}{2}$ pint Cream beaten stiff. Pour into individual molds and chill. Serve on shredded Lettuce, with a spoonful of Mayonnaise to which Whipped Cream, 2 tbs. Cut Celery and 2 tbs. Pimento has been added.

Date-Nut Pudding.

1 cup Brown Sugar
2 Eggs
2 tbs. Whole Wheat Flour
1 tsp. Baking Powder
1 cup chopped Dates
1 cup chopped Walnuts
1 tsp. Cinnamon
1 tsp. Vanilla
Pinch Vegetable Salt.

Beat Eggs, fold in Flour and Baking Powder. Add Sugar gradually, stirring well. Then fold in chopped Dates and Nuts, Cinnamon and Vanilla. Bake slowly. Serve with Whipped Cream.

These recipes come to us with radiant greetings from Mrs. Norman Marshall, Hamilton S.S.R.L.

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Parsley Omelette.

8 Egg Yolks
¼ cup Chopped Parsley 2 tbs. Butter
4 tbs. Cream Paprika

Thoroughly beat the egg yolks.

Add the cream.

Melt the butter in pan. Pour in egg mixture. Watch carefully to see that the mixture does not stick to the pan as it begins to set. Place the parsley on half the omelette and fold over the other half. Garnish with paprika and sprays of parsley.

Tomato Juice Cocktail.

¾ cup Condensed Milk 2¼ cup Tomato Juice
¾ cup Water Pinch Celery Salt.

All ingredients should be cold.

Mix milk and water. Beat in the tomato juice.

Add celery salt. (Note: 6 servings)

Banana Milk Shake.

1 Ripe Banana 1 cup Milk ¼ ts. Vanilla

Rub banana through a coarse sieve.

Add milk and vanilla.

Beat thoroughly with egg beater until smooth.

Pour into tall glass and serve.

Salad Suggestions.

Shredded Cabbage and Carrot. Garnish with Raisins.

Serve on Crisp Lettuce.

Grated Beet on slices of crisp sweet Onion, served on Lettuce or Hearts of Spinach.

Cut Pear into 5 slices. Arrange on Lettuce to form a star.

Fill center with chopped Celery, with a Cherry on top.

These recipes come to you with radiant blessings of joyous health and success from Mrs. Irene Matthews, A.T.R.L., U. S. and Canadian Representative for Dr. Sutcliffe.





SQUASH CUSTARD

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| 2 Cups cooked and sifted squash | ½ Cup of dates |
| 2 Eggs | 1 tspn. grated orange rind |
| 1 Cup raw brown sugar | 1 Cup raw milk |
| ½ Cup raisins | ½ tspn. vegetized salt |
| ½ tspn. cinnamon | |

Mix sugar, salt, orange rind and cinnamon. Stir in dates and raisins. Add egg yolks beaten well. Then add milk and blend well. Beat egg whites stiff and fold into first mixture. Turn into oiled custard cups or baking dish and bake in a pan of water for 40 minutes at 350 degrees.

CARROT SALAD WITH COCOANUT

- 2 Cups of grated carrots
- 2 Cups grated unsweetened pineapple
- 1 Cup of Cocoanut

Mix together and serve on shredded crisp lettuce.

DATE WHIP

- 2½ Cups of dates
- 1 Pint heavy raw cream
- 1 Cup English Walnuts cut in small peaces
- ½ Cup raw sugar or honey
- 1 tbspn. orange juice for flavouring

Whip cream until stiff, add nuts, sugar or honey and dates and orange juice. Chill.

RAISIN NUT BALLS

- 1 Cup shelled Brazil nuts (1 oz. protein)
- ½ Cup finely ground cocoanut
- 2 tbspn. warmed honey
- 2 Cups seedless raisins
- 1 Cup shelled pecans (1 oz. protein)
- 1 Cup Shelled Walnuts (½ oz. protein)

Run the nuts and raisins through a food chopper twice, then mix well with the honey, in order to thoroughly blend the ingredients into a homogeneous mixture. Form into balls about ¼ inch in diameter, and roll in the grated cocoanut to give them an attractive appearance.

Mrs. Irene Matthews, A.T.R.L., U.S. and
Canadian Representative.

1 Cup Shredded beet 1 Cup Shredded Cabbage
1 Cup Shredded turnip 1 head lettuce
 $\frac{1}{2}$ Cup minced parsley

3 raw egg yolks
Juice of 1 large lemon
1 cup sour cream

Whole grain breads for white breads

Cookery

Katherine Paterson, Birmingham, England

My article in the midsummer issue explaining the method of cooking a whole meal in one saucepan with the aid of Cropar Cookery Parchment has brought forth a crop of questions.

Where can we buy this paper? asks one friend.

Answer: Cropar can be bought at Woolworth's, Boots, Cash Chemists, and Smith's, stationers. Two large sheets for 6d which last for a considerable period; full instructions are given with each packet, including a time chart.

This method is really splendid, especially for a small family, and also during hot weather as only one gas ring is necessary. Vegetables are delicious cooked in this manner: carrots, turnips, peas, onions can be cut up, placed in the paper and conservatively cooked, no salt needed; the nutritional value is very high.

And here is a savoury that I am sure you will enjoy:—

One medium sized vegetable marrow. Peel and cut into four pieces, take out centres, then stuff lightly into the cavities of the marrow the following mixture. Then place the four pieces together, tie up in parchment and cook as previously explained for 40 minutes.

Mixture for stuffing

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| 1 onion grated | 1 cup grated nuts |
| 2 cups grated carrot | 6 ozs. grated cheese |
| 1 egg | Celery salt if desired. |

Would you like a sweet pudding one day for a change? Well here is a very simply prepared one enough for 4 or 5 persons:

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| ¼ lb. fine wholemeal flour | ¼ lb. brown breadcrumbs |
| 1 tablespoonful Barbados sugar | 1 new laid egg |
| ¼ lb. cooking nut fat | ½ lb. seeded raisins |
| 2 ozs. mixed candied peel | |

Method: Rub the fat into the flour, add breadcrumbs, then add fruit, sugar and peel and well beaten egg. Add a little milk to make a stiff batter, and place the mixture on a greased centre of parchment paper and cook for one hour.

Now then, any more questions? We are out to help each other and help to make life more radiantly happy.

Enterprise and Food Demonstrations

With the desire to make the subject of Radiant Foods both valuable and interesting, Toronto School combined lectures and demonstration in one evening's special programme, in the spring season, when our home-grown fruits and vegetables were coming into season. Four short lectures were given on the following topics: proteins, citrus fruits, sweet fruits, vital elements in vegetables, carbohydrates their value and place in our diet. In a 15 minutes' lecture each teacher gave vital facts, as well as spicy matter to whet the mental appetites. Then followed three demonstrations, in charge of different teachers. Large colourful **showcards of Health Foods created an attractive atmosphere.** Three separate demonstrations were given: Meat substitutes, Fruit and Vegetable Salads, Vegetables in season, Dried Vegetables, Home-made radiant cakes, whole-grain flours and cereals, dried fruits, vegetable juices and fruit juices.

All foods were donated, and were sold at the close of the programme, and added considerably to the proceeds.

The value of vital foods was again emphasised at a special lecture on Feminine Hygiene, when Health and Beauty Cocktails were demonstrated at the close of the lecture. An electric vegetable and fruit juice extractor—which has become a necessity in every Radiant Living home—was used to prepare these delightful drinks. The sociability of these affairs has drawn us together more intimately, and the delightful mental association with living foods has inspired us to greater effort in that phase of our wonderful teaching.

Margaret Baird, A.T.R.L., Toronto S.S.R.L.

For foot comfort, wear shoes that fit you and you will avoid corns, bunions and the like.

Make a habit of filling your lungs with fresh air before the open window on rising every morning.

Brushing the hair is beneficial and invigorating. Brush the hair vigorously from the scalp to the end and then from the nape of the neck upwards.

After a long day's walking sponge the feet alternately with hot and cold water, always finishing with cold.