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YOGA SYSTEM *of* STUDY



OCCULT CHEMISTRY
combined with the
CHEMICAL COMPOSITION OF LIFE
ELEMENTS

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SUPER YOGA SCIENCE



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By H. Mohan

Preface

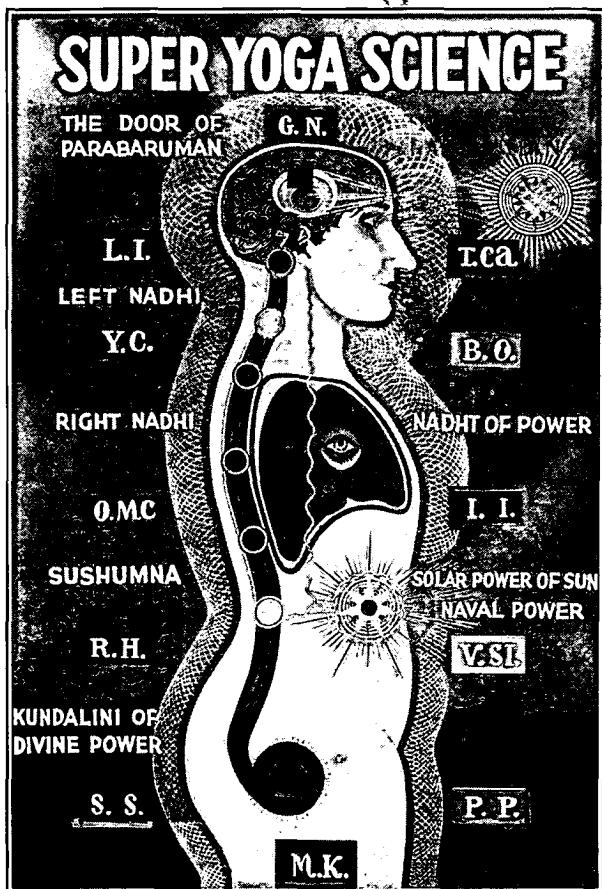
In sending out this little booklet to my students and friends, I do so in all humbleness, hoping that it may be the means of helping many of them to a finer realization of life in all its phases.

To all those who have risen above the lesser Self or ego, and know the meaning of renunciation, I lovingly dedicate this volume.

YOGA HARI RAMA.

Yoga System of Study

Yoga means Truth and Love. Truth and Love are nobody's property. It is my purpose to teach how to awaken the latent power in every human being. Physics has not comprehended the whole of it; Chemistry is far away from it. Modern physiology has not caught it; biology only groping after it. Hygiene and Physical Culture have yet to hear of it; Modern Psychologists are dreaming of it and the Doctors, Psychologists and Chemists are unconsciously seeking for it.



There are six instruments or doors in the human body or house, eyes, nostrils, ears, all of which should be taken care of properly. The body is the boat, we must take care of the body, if we are going to sail this ocean, which is the world. Now the engine in the boat are the organs of the body, they, too, must receive proper care if the boat is to reach the goal.

There are two kinds of ailments from which the human race suffer. First, the mental or Psychological nerve symptoms, fear, worry, anxiety, hate, anger, malice, jealousy, envy, biting of finger nails, crying easily, moving foot when seated, irritable, tired feeling, etc. All caused by wrong thinking, wrong eating, wrong habits of living, and lack of love and truth in the heart.

Next Psycho-Physiological nerve symptoms. Such as all kinds of fevers, all kinds of pox, measles, high blood pressure, low blood pressure, paralysis, palsy, diabetes, rheumatism, and gout, swelling of joints, weakness of lungs, ovarian trouble, varicose veins, obesity, emaciation, ulcers, cancers, tumors, asthma, all skin diseases, gall stones, any organic trouble. These, too, as in the former instance, caused by wrong habits of life.

The human body is made up of four principal elements, water, earth, air and fire, when those elements are not properly balanced we

get the above conditions, if we keep them equal, we remain healthy, but through ignorance we fail to keep the balance, and so fall a victim to the various ailments.

The power in the human body—when a person is angry, they drive this power out to the surface, that's why an angry person always has a flushed face, hits some person, calls them names, has no control of this rare power, while, if that same power were properly directed with a conscious will, it could be used as a benefit to the health, material business, or awakening of the Christ consciousness, the human body is just like the house, we have a switch in the house for the control of the electric light, the nerves are a similar power in the human body, they are the wiring in the house, when we come in the house we use the light, when we get ready to go to bed we put out the light, just so Yoga Science teaches how to put on and off the light in the human body, thus saving much energy or life force exactly in the same way we save electricity in the home. This is all done with the conscious will.

Now as to the marriage relation. Yoga system teaches that everybody should be married. Married life may be heaven or the opposite, all brought about through proper companionship, but the knowledge of how to choose the companion is the thing the Yoga system teaches. If the captain takes his ship in the

ocean without map, chart or compass, he has no knowledge of the direction in which his boat goes, so with human beings starting on this ocean of life without map or chart, we are drifting here and there, not knowing which direction to go. Yoga system teaches how to direct the human boat so as to find proper companionship. Love between man and wife should be a spiritual attraction, physical attraction is momentary, and is the cause of much unhappiness.

Now married couples who have children should never show irritation towards each other in front of their children, it is very bad for them to hear their parents quarrel. Again children should never be beaten or scolded in anger, if they are to be punished, let it be with a smiling face, love in the heart, but with all firmness. Beating and scolding shocks the nerves, which is a serious hindrance to the development of the child. No child should eat flesh until after they are 12 years old.

Super Yoga Science teaches that we draw energy from the air, water and food, if we know how to use that power by conscious will we can use when we need it and can shut it off when not in use. This is called controlling the vital force or prana, the more life energy we have the more will power we have, will controls the mind and mind controls the body, disease is nothing but matter over mind, ex-

cept, of course, accident. It teaches that in the human universe there are four principles, body, mind, will, ego or soul; there are three mental states or principles, sub-conscious, conscious and super-conscious. The function of the sub-conscious is to take care of all internal organs, all involuntary muscles, and with subconscious mind there comes all negative emotions, fear, worry, hate, dreams, too much appetite, too much animal passion, greed, selfishness, hysteria. Now the functions of the conscious mind are different: the conscious mind you can sleep in the conscious state; when you have reached this state every person you meet has to you the face of the Christ, every animal you meet you have kindness for, also those people have risen above fear, worry, anger, jealousy, all negative desires.

Super-conscious state is that of absolute freedom of soul, there is no birth nor death. What we call heaven.

For awakening Christ consciousness—four things are absolutely necessary for purification of the heart and conquering the animal nature. First, self-control, includes control of the senses and of the mind. Second, truthfulness. Third, disinterested love for all. Fourth, Unselfishness.

Super Yoga Science system of foods teaches the drinking of hot water the first thing in the morning to prolong life.

We are very busy washing the outside of the body but do not know how to wash the inside.

Even the scientific world fails to show the beauty of the inner life of the human being.

We wash our face and hands automatically in the morning because we do not feel fresh and clean until we have done so.

An inner washing is necessary, as well.

One to two cups of hot water for normal persons, four cups for those who are constipated.

Then the eating of Yoga breakfast, which brings powerful memory and overcomes all negative desires.

YOGA BREAKFAST:—

For normal person, one orange, one teaspoon of honey and from twelve to twenty almonds.

To overcome the tea and coffee habit, take three oranges, three teaspoons of honey and twenty-five almonds the first day, increasing the almonds five each day until the habit is overcome.

To overcome the tobacco, or other negative habits, take three oranges, three teaspoons of

honey and thirty almonds the first day, increasing the almonds ten each day until the habit is overcome.

To prepare the breakfast, peel and cut the oranges as for salad, mix in bowl with honey and almonds.

The meaning of the Yoga Breakfast.

Almonds have a great secret, superior to any other nut we eat, rich in food for the gray matter, their function is to develop memory.

A—stands for Amen, which is the end of Christian, Japanese, Hebrew, Mohammedan, Hindu and Persian prayer.

The Almonds also have a powerful chemical ingredient.

Honey—Wonderful nature sweet, and H is a very significant letter, represents the Christ Planet, which is Jupiter, in the 12 Zodiac signs. In the Sanskrit the letter H leads to the Spiritual Goal.

Oranges—signifies the secret symbol of the Yogi. O—stands for Father, Son and Holy Ghost, O is an international language. Every child in any language in the world cries out O—he is unconsciously asking God's help, and when he cries for that God's help, a new road

is opened up and his lungs starts functioning, and that is the holy breath.

The chemical contents of the orange are magnesium, sodium, potassium, iron, iodine, calcium, phosphate, sulphur, these three foods, orange, almond and honey, represent Father, Son and Holy Ghost.

How to Energize Mind and Body.

Super-Yoga Science teaches that there are seven breathings, just as there are seven days of creation, seven music notes, seven rainbow colors, seven great sages, seven spirits, seven seals; which John speaks of in the Book of Revelation.

First breath: I take air through both nostrils. Hold in mouth, try to force it out through cheeks, hold as long as you can, then blow quickly through the mouth.

Second breath: Inhale as you count seven walking the street; hold two, exhale seven through the mouth; keep out two. Do that for three or four days, then increase to ten, hold five, exhale 10, keep out five. Yogi calls that Pranayama.

Third breath: Draw air through mouth, small strokes, swallow, then exhale through the nostrils. Do this for two or three minutes.

Fourth breath: Draw air in through both nostrils, fill lungs half full, turn the tongue against the roof of the mouth and make a growling noise.

Fifth breath: Go to the open window, make lips like whistling, draw air in through the mouth as long as you can. Then let it out through both nostrils slowly.

Sixth breath: Draw air in through both nostrils—hold in mouth, then close nose and mouth tightly. Start to force air through the ears.

Seventh breath: Sit erect, abdomen in, chest, neck and head in straight line, put right thumb on nostril, inhale through left nostril as long as you can. Close both nostrils, hold as long as you can. Then exhale through the right nostril, inhale through the right nostril, hold as long as you can, exhaling through the left nostril. Alternate breathing.

The human machine is like a battery.

Therefore it sometimes runs low as do other batteries, at such times it must be renewed or energized.

The human energy when stored up is like having money in the bank, when the money is all used up, there is none left to draw upon.

When your human battery is run down then use any one of the following:

Eighth breath: Sitting or standing, cross feet, hold finger tips together, inhale air through both nostrils, keep inhaling until you fill up from toe to head, then retain as long as possible, exhale slowly through both nostrils. Do this from ten to twelve times then relax left chest.

Ninth breath: Lying straight on your back with feet crossed, put the three middle finger tips of each hand together and place on Medulla at back of neck, inhale through mouth with lips fixed as for whistling, keep inhaling until filled from toe to head, then swallow (saliva) retain air as long as you can willingly, then exhale slowly through both nostrils. Do this from one to two minutes.

Tenth breath: Sit erect, abdomen in, chest out, neck, head and spine in straight line, take right thumb and close right nostril, inhale slowly through left nostril, when filled from toe to head, close left nostril with front finger, retain air as long as you can comfortably, then exhale through right nostril. Alternate as above from one to two minutes.

Super Yoga Science

Chantings

Five different kinds.

First.

Sub-conscious Chanting.

I-D-A.....Pingala.....Sushumna.....

Finish Sushumna with long humming sound.

Second.

Conscious Chanting.

Jagrat...Soopan.....Sukhapat.....Tooria.

Third.

Mental Chanting.

Draw air through both nostrils till lungs are full, then swallow the air, next roll the tongue back as far as you can, then growl like a cat as long as you can willingly, letting the air go through the nostrils.

Fourth.

Super-conscious or five Bible Chantings.
Christian Chanting.

Father in Heaven O-E.....

Mohammedan Chanting. Allaho.
O-E.....

Buddah, Chinese or Japanese, Buddah Nama
O-E.....

Hindu Chanting, OM Santee.....

Om Chanting.

OM is the secret symbol of the Yogi. Om is the Universal language. Every child in the world, of any nationality whatsoever, cries Om Om on his first entrance into this world. He is crying to his Father in Heaven to help him open his new road, his lungs, when they start to function, that is the Holy breath.

Also in every hospital in every country, wherever there is suffering humanity, he is making the sound of Om. He is unconsciously asking his Father God to help him, and so he cries out Om—Om—Om— for relief.

Again the Mantram Om should be used whenever there is any illness, fear, anger, jealousy, or any other discordant condition in the home, chant Om—Om—Om—.

“When you chant Om, make firm and strong resolutions to live it, to practice it. In every act you undertake, before beginning to do it, be on your guard. When you begin a task prepare yourself for the task. Just as when you go to the river to bathe, you strip yourself, just so must you strip yourself of this false ego, this personality. Strip yourselves of all vanity, and realize the true Self and be determined to see God in everybody.

“Let your work be impersonal; good work is done only when we get rid of the little selfish ego. The moment you assert the selfish ego, your work is spoiled. The best work is the work that is done impersonally. Renunciation means getting rid of this little personal, selfish ego, getting rid of this false idea of Self. The sun shines. The sun has no idea that he is working, but as the sun is impersonal, he is so charming and attractive. The flowers bloom and send their sweet fragrance all around, but they have no idea that they are sweet, that they are very good.

“Similarly, let your work be impersonal, let your work be free from the taint of selfish egotism; let your work be just like the work

of the stars and the sun; let your work be like that of the moon. Then alone can your work be successful. Then alone can you really do anything in this world."

SOM

The meaning of "SOM" in the English language is such, but in the Sanskrit language "SOM" means that, and "That" always means God or Divinity. So the word "SOM" means God. The word in Sanskrit also means the Sun. The Sun am I. I am the giver of life, I receive nothing but give all. Light, Glory, Power, am I. I am the Sun, the giver of light to the world. I am the Seven Spiritual Powers, riches, strength, power, honor, glory, wisdom, blessing.

Bathing

Super Yoga Science recommends for the blonde or person of fair complexion, a quick, cold bath, either shower or sponge. It is very good for the nerves.

For the brunette or person of dark complexion a quick, warm shower or sponge is better suited to their nervous temperament.

The cleansing bath should be taken at night just before retiring. No woman should bathe during her menstrual period. Every mother

should so instruct her daughters. Much injury to health is done by this foolish practice.

Sleeping

Super Yoga Science recommends sleeping on stomach, back or right side, never on the left, and of course always in a well ventilated room.

How to Awaken

First stretch out flat on the back, then raise one arm back over the head and stretch as far as you can, then repeat the exercise with the other arm. Now keeping head still on the pillow, turn on the stomach and raise the haunches, remain in that position for a few seconds, then you are ready to arise.

General Rule for the Wearing of Colors

Colors

Lemon	Green
Yellow	Turquoise
Orange	Blue
Red	Indigo
Scarlet	Violet
Magenta	Purple

People who are overburdened with flesh should wear the darker colors such as blue, indigo, violet and purple.

Those colors are also good in their homes.

Everybody should wear blue or green hats.

People who are thin should wear orange, yellow, lemon and scarlet.

There are three occult primary colors: Red, violet, green. If those colors are put together it makes pure white, that stands for Father, Son and Holy Ghost.

The modern world teaches that the primary colors are blue, red and yellow.

There are three secondary colors.

They are yellow, blue, magenta.

There are six third class colors.

They are orange, lemon, turquoise, purple, indigo, and scarlet.

Now for the mixing of colors. Half yellow and half red makes orange.

Half green and half violet makes blue.

Half violet and half blue makes indigo.

Decorations

If you want a calm, serene and peaceful room, have it in blue.

If you want love, have the predominating color yellow.

If you want to make a hot, stuffy room into a cool, restful one, use some of the soft shades of green.

POEMS

Thoughts

Thoughts are like people as they come and go,
Strange, friendly, smiling, gentle or unkind,
In crowds they walk the pathway of the mind,
Some wave at us or stop to say "hello,"
They wander up and down and to and fro.
Among them all both good and bad we find,
One rushes by, another stays behind.
And each selects the ones he cares to know.

A busy teeming city is the brain
Where thoughts attack the business of the
day,
Some for their work must dress in garments
plain,
Others are women colorful and gay.
As people hold and shape a nation's fate,
So thoughts destroy a man or make him great.
—Unknown.

The Power of Will

"Majestic is the power of will,
And when we give it fitting drill,
It holds the lower nature still.
Employing Will in Wisdom's tone,
Will make of men a heavenly throne.
Transmuting even heart of stone.
Attend, Amend, Befriend, Ascend;
That self with Cosmic life may blend,
And every discord have an end."

Throne.

Thou Great Eternal Infinite

"Thou great Eternal Infinite,
Thou great unbounded Whole,
Thy body is the Universe,
Thy spirit is its soul.
If thou art All in All,
If thou dost fill immensity of space,
Then I'm in Thee and Thou in me
Or I'm not here at all.
How can I be outside of Thee,
When Thou fill earth and air?
There surely is no place for me
Outside of everywhere.
Then truly in Thyself am I
And Thou must be in me,
Or else there is no All in All,
No me nor Thee to be."

Unknown.

The God Within

I wonder what you would really do,
If, instead of thinking, you actually knew,
That God lived within you, in your heart,
Was a part of your being, Nay, not just a part,
But the whole of you, soul of you, all in all,
Every room in your house, closet and hall,
Was filled with his presence every day and
hour,
Filled with his presence, filled with his power.
I think you would feel that the house must be
clean,
No thought should enter that was ugly and
mean,
You should keep the house garnished and fit
for a king,
Only love should dwell there, then the heart
could sing.

—M. R. A.

What a glorious place this world would be,
If only men and women could see
That the kindly word, and smiling face
Would brighten many a gloomy place,
Lighten many a heavy load,
Smooth the ruts along the road,
Ease the hurt, bring the smile,
And scatter sunshine mile by mile,
And it costs so little, not even a cent
None are too poor, it was surely meant
That all should do their little part
In village, or country, or city mart,
Where-ever you may chance to be,
Let that part of the world the brighter be.

—M. R. A.

'Tis Morning, I know it by the din
In the city street,
All the world is astir again,
The hurrying feet,
Are wending their way toward their work
In office and shop,
There's no rest, you can't shirk,
Dare not even stop.
And tomorrow is another day
A dreary round,
So goes it from day to day,
No joy to be found.

So thinks the crowd of men,
In their struggle and strife,
How little the great mass of them,

Know of real life.
Till at last the soul, in its hungry cry,
Turns the eye in,
And finds God in you and I,
Just there within.
Then no longer does the daily grind
Wear away the heart,
The illumined soul can always find,
Courage to do his part.
His aim in life since then
Is to show some other,
That God dwells in the heart of men,
No exceptions, my brother.
Then no longer does the noise and din
In the city street
On his weary brain beat in,
He knows no defeat,
This is only his little part
In the drama of life,
He must keep a brave heart,
Mid tumult and strife,
This awakening comes to every one,
Sooner or later,
Some time in this life 'tis done
Sometimes here after.

—M. R. A.

A Song of Thanksgiving

Oh the world is full of promise,
For every soul therein,
If they just once learn the secret,
Of turning the eye within.

Of seeing God in the power of will.
In the life that stirs in the clod.
All you have to do, is just sit still,
And know that thou art God.

I know it is hard to accomplish,
Not all who try, can succeed,
But for the one who can do it,
That soul is forever freed.

—M. R. A.

Poise

When all the people around you are hurrying
to and fro,
It makes you stop and wonder, why the need
should be you know,
For the day is only a tiny speck in this great
wheel of time,
And whether you hurry, or whether you don't,
can hardly matter a dime,
No need in this world for nervous haste,
Too much precious energy goes to waste,
Take things easy, be calm, and you'll surely
find
No angry answer, no word unkind,
All the world loves poise as you will see,
And with peace, comes calm serenity,
And when that is yours, oh, happy soul,
The storms may rage, and the thunders roll,
But you are on top, you are master then,
And when master of self, then master of men.
So be calm, be peaceful, be sincere,
And You'll be welcome every where.

—M. R. A.

Joy of Living

May the tho'ts that arise and flow forth from
me,
Help to lighten the load of both thee and me,
There is no labor so sweet in life,
As bring peace and order out of strife.

If all those souls who desire to help
Would go forth to battle, forgetting the self,
And sing happy songs of gladness and joy,
Life would be gold, there would be no alloy.

Each soul that you met would respond with a
song,
And the hours would be joyous, all the day
long.
Life would be happy. Life would be gay,
What we once called work, would only be play.
—M. R. A.

When discontent and sadness,
Creep into that heart of thine,
Put them out with a song of gladness,
Put them out and straighten your spine.

I will not be discouraged,
I will not meet defeat,
I will cope with storm and disaster,
And make them crawl to my feet.

Man was not meant to suffer,
His is the power supreme,
Look in and God will aid you,
The God within you, I mean.

—M. R. A.

Contentment

Contentment comes in two kinds of ways,
One, the result of hot summer days,
With a mind quite empty, no thot can disturb,
You can placidly sit on bank or curb,
And look forth at the world with an unblink-
ing eye,
Just wishing that some one would bring you a
fly,
To bait your hook and then cast it in,
You might catch a bass, any fish with a fin,—
But if no one comes to do the work,
You can't be bothered with cares that irk,
You'll just lay back and look at the sky.
Content to live, or content to die.

But contentment that comes on a higher plane,
Comes only to those whose views are sane.
Those folks whose work has been well done,
Who have never stopped from sun to sun,
When the work was needed, the harvest great,
They were always busy, both early and late,
Each day found problems that must be worked,
Not once did they dream, the task could be
shirked.

The work was there, it must be done,
Only a coward would turn and run,
When life was before them it must be so,
But when the end came, content to go.

—M. R. A.

RECIPES

Salt Water for the Care of the Eye, Nose and Throat

Two quarts of water, one-fourth cup common table salt, boil down to one quart of water. Use in the eyes and nostrils as directed in the Yoga classes.

Kear

Two quarts of milk, one cup unpolished rice; cook slowly in double boiler for four hours; add two tablespoonfuls of butter and two tablespoons of honey.

Prasad

One cup of whole wheat flour, one cup of butter, browned together, one cup of honey and three cups of water, boiled together to make a syrup, then add the syrup to the butter and flour. Serve with Kear.

Mustard Greens

Six bunches mustard greens, wash, chop fine, cook for twenty minutes with enough water to cover; quarter pound of butter and one cup of cornmeal; cover and cook slowly for twenty minutes, stirring frequently to keep from sticking.

Egg Prased

Cook two bunches of carrots till tender, mash, add yolks of six eggs and sweeten with two tablespoons of honey; one-half cup wholewheat flour, one-half cup butter. Cook as pudding.

Rotee

This is practically the only form of bread eaten by native Hindus.

Wholewheat flour and water made into dough, rolled very thin and baked in open oven or frying pan on top of the fire. The Yogi recommends the simple diet with few dishes at each meal.

All Acid Fruits should be followed by a little honey, as the acid is hard on nerves.

Pura

Two cups wholewheat flour, two tablespoonfuls of honey, water enough to make thin batter as for pancakes. Directions for cooking: Take heavy iron frying pan, put in generous quantity of butter and pour batter in as for doughnuts or crullers; cook until brown, turn, remove and drain on brown paper and serve with kear.

HINDU HOT DISHES NOT ESPECIALLY GOOD FOR AMERICAN PEOPLE

Rice Curry

Take two cups unpolished rice, boil in plenty of water till tender, drain, put in the oven to dry while you make curry. Quarter of a pound of butter, one small onion chopped fine, salt to taste, brown the onion in the butter, add two tablespoons of wholewheat flour and sufficient curry powder to make hot. Add water to make thin gravy. This is very nice with the addition of a little sour cream. Serve over the rice.

This same Curry Sauce may be used with yellow split peas or lentils.

Onion and Potato Curry

Pare and quarter onions and potatoes in equal proportions, boil till tender in small quantity of water; season with a generous chunk of butter add curry powder sufficient to make it palatable.

White Radish Curry

Pare and chop radish fine, cover with water, cook until tender, season with butter and curry powder to taste; add salt.

Cabbage Curry

Chop cabbage fine, wash, drain; chop two green peppers fine; put in aluminum kettle with quarter pound of butter; cook over moderate fire for 20 minutes; season with a generous sprinkle of curry powder.

Carrot Curry

Chop fine two bunches of carrots and two green peppers, cook in little water and quarter pound of butter till tender; season with curry powder and salt while cooking.

Okra, eggplant and Swiss chard all belong to the succulent vegetable family and are all very nice cooked with small amount of butter and seasoned generously with curry.

Modern dietitians require fasting to cleanse the human house.

Super Yoga Science teaches that fasting the entire body weakens the system, therefore recommends a partial fast according to occult chemistry as follows:—

Cleansing Breakfast

As many oranges as desired, sweeten with honey to taste and add as many almonds as desired, according to appetite.

Cleansing Lunch

One-fourth head of lettuce, one grated carrot or more, one or two stalks of celery chopped fine, one-half medium sized cucumber grated, (leave peeling on) add English walnut as desired, mix with mayonnaise dressing, made as directed in another part of this book.

Cleansing Dinner

Three cooked vegetables, only.

Injurious Combinations of Food

Grape fruit, oranges, peaches, pears, plums, apricots, berries with any form of starch such as bread, potatoes, or cereals.

Pastries of all kinds.

Miscellaneous breakfast foods.

Baked apples, prunes, and melons may be combined with cereals and other starch foods.

Any other food desired may be eaten with this breakfast except citrus or other acid fruits.

Lunch

Lettuce, cucumbers, carrots, celery, made into a combination salad, served with mayonnaise and a generous sprinkling of walnuts on top. Or the vegetables may be eaten with just the addition of peanut butter.

If dessert is desired, eat nuts, dates and raisins.

Another Lunch

Fruit salad. With this lunch no bread, but any kind of cheese may be eaten. Combination vegetable salad may be eaten with dark bread and butter.

Another Lunch

Yellow split pea soup, with wholewheat bread, toasted, served with plenty of butter. The yellow split pea soup is improved by the addition of hot milk to suit taste.

Dinner

Three succulent vegetables—summer squash, spinach and string beans—are a good combination. Directions for cooking string beans: Wash and break as usual, drain carefully, and put into an aluminum kettle with a generous quantity of oil, any good vegetable oil, or butter. No water is needed if the fire is kept at a moderate temperature; you will find the beans tender and delicious in about 30 minutes. Very much better than when cooked in water. If a surplus of oil is found at the bottom of the vessel, drain off and use for cooking other vegetables.

Summer Squash

Cook slowly in an aluminum dish, use olive oil, no water; spinach should be cooked in the same way; not one drop of water should ever be poured off of spinach—that is a waste of

precious mineral salts. When the spinach is tender, if there is some water in the pan, thicken with a bit of cornmeal and steam slowly for twenty minutes. No bread will be necessary to eat with this dinner.

Another Dinner

Cabbage, asparagus, may be eaten with baked potato. No bread should be used with this dinner. The cabbage and asparagus should be cooked also without water, just as the string beans and squash. Of course you understand that the skin of the potato should be eaten.

If meat is to be eaten, chicken is the least harmful of the flesh foods, as it contains no uric acid. Always with flesh foods a generous quantity of raw vegetables should be eaten. The Yogi does not advise sugar and starches at the same meal with chicken.

Dinner Again—For Everybody

Use vegetables with beefsteak, always when you have any kind of meat you must eat salad. Also baked potatoes, but only twice a week. Sweet potatoes are better than white.

Make candy for the children. Use equal parts of raisins, nuts, dates and figs. Grind together. Also use some cocoanut.

Vegetable Broth

This is the most valuable food that can be prepared for the family and is made of the parts of the vegetables that are usually thrown into the garbage can.

Save the hulls of two pounds of green peas, wash carefully in hot water; take the tops, outside leaves and roots of the celery, all that you throw away when preparing the celery for dinner; wash carefully and put in the kettle with the pea pods; add four or five of the outside leaves of the cabbage and the stalk, cut up two or three carrots unpeeled, one onion, one potato unpeeled, all of the green outside leaves and stems of the lettuce, the tops of the radishes, peelings of the turnips. Cover with water; keep them generously covered with water. Then serve with the addition of a little vegex, salt and butter. This is the most delicious bouillon you ever tasted, and is so rich in mineral salts that no mother who regards the health of her family can afford to fail to serve this at least twice a week. The addition of a little hot milk makes a delicious soup. Carrot tops are the only vegetable tops that are discarded by the Yogi. A rabbit will not eat them.

Yellow Split Pea Soup

Soak two cups of yellow split peas in water over night. Cook slowly in an aluminum kettle

over a moderate fire for eight hours. This long cooking destroys the gas, the most objectionable feature of this type of vegetable. At the beginning of the cooking add one onion chopped fine, one teaspoonful of salt, one teaspoonful of turmeric and a half cup of any good vegetable oil or butter. If a very rich soup is desired, this may be improved with hot milk when ready to serve.

Squash Soup

Pare and cook Hubbard squash until thoroughly done, mash smooth, add one quart of milk, butter the size of a walnut, a teaspoonful of salt to one quart of cooked squash.

Celery Soup

Wash and chop fine two bunches of celery. Cook slowly in water till tender. Add one pint of cream and a fourth of a pound of butter, with a little salt; perhaps no salt at all will be necessary for celery soup; celery is rich in mineral salts.

Green Split Pea Soup and

Navy Bean Soup

According to the recipe for Yellow Split Pea Soup.

Fresh Green Pea Soup

When green peas are young and tender, cook three cups of green peas till they can be mashed

thoroughly. Add one quart of milk, one-eighth of a pound of butter and a little turmeric. This makes a delicious soup to be eaten with a combination salad. Oven-toasted wholewheat bread and butter may be served with this soup.

Onion Soup

Pare and slice six medium sized onions, cook slowly over a moderate fire until tender. Add one pint of milk, and butter to season. This is particularly good for people who are suffering from colds.

Potato Soup

For the family, Yogi does not advise it. Pare and cook two potatoes, two green peppers, three stalks of celery, in water enough to cover, with a quarter of a pound of butter; add a pint of milk and serve hot. No bread or crackers should be eaten with this soup. Nor should fruit be eaten at this meal. A combination salad will go safely with this soup.

Vegetable Soup

Wash and dice three carrots, three medium sized potatoes, three turnips, one green pepper (discarding the seed), three onions, three stalks of celery, one leek, a bit of parsley, one parsnip, half a head of cabbage; cook for 30 minutes, season with butter, serve hot. No bread should be eaten with this soup. This is sufficient for the meal. No fruit should be eaten.

SALADS

NOTE: The open end of a small baking powder can is one of the finest means for chopping fruits and vegetables.

Salads are the most important foods to be considered by the family which desires health. No lunch or dinner should be eaten without salad except in those instances where the meal consists of a soup that contains all foods.

Salads are infinite in their variety. Any combination of the raw vegetables may be made so long as there is no combination of the one acid vegetable, tomato, and starch.

Lettuce is the foundation for all salads—it should always be crisp. If cabbage is used, it should never be combined with dressing made from vinegar and flour. Many people make the mistake of making their dressings for salad with vinegar. The injury that is done to the nerves by the vinegar cannot be overcome by the food value of the salad, therefore the Yogi advises always the use of lemon juice in all kinds of French and mayonnaise dressings, and even the lemon juice should have the addition of a little honey to counteract the acid.

Hot Salad

Chop and mix together celery, carrots, onions, tomatoes, lettuce, green peppers; put in

frying pan enough butter to marinate the vegetables, when butter is melted add the vegetables, cover and cook for two minutes, stir and cook for two more minutes, this is very fine.

A Favorite Combination

A good combination salad: Lettuce, carrots, spinach, green peas, make a delicious salad with mayonnaise dressing.

Cooked Vegetable Salad

Using lettuce for a foundation, make the combination salad of left-over string beans, green peas, a little raw onion, chopped celery, raw sliced tomatoes, sprinkled with walnuts.

Salads should be eaten in quantities. The reason most folks are not satisfied with a salad is because they make them too small. An individual serving should consist of not less than one-half head of lettuce to each person, at least one carrot, three young onions, three or four radishes, with at least three stalks of celery. This is a sufficient serving for one person. If the children ate more salad and less candy you would not have to pay dentist bills.

Asparagus Salad

Drain asparagus tips and put one cup of asparagus and one cup of chopped celery, one-half cup chopped olives and one-half cup chop-

ped nuts. Serve with mayonnaise dressing. Oven-toasted wholewheat bread and butter. No other food will be required at this meal. The celery, olives and nuts mixed with mayonnaise and cottage cheese makes a delicious filling for sandwiches for children to carry to school.

Pear Salad

Cut four pears in small pieces, chop fine four stalks of celery, mix with one cup chopped nut meats, moisten with mayonnaise and serve on lettuce leaves.

Lettuce-Egg Salad

Shred one head of lettuce, add six young onions chopped fine, one cup chopped celery, the yolks of two hard boiled eggs, moisten with mayonnaise, serve on lettuce leaves. Sprinkle freely with ground nuts.

Combination Salad

Chop four stalks celery, one large cucumber (do not peel), two medium sized carrots, and one head of lettuce, one green pepper, mix with mayonnaise or French dressing, serve on lettuce leaves.

Stuffed Tomato Salad

Scoop out the center of the tomato leaving only a thin wall, fill the shell with the following mixture: one cup chopped celery, one cup chopped green pepper, one cup chopped nuts,

three small green onions minced fine, mix all with mayonnaise, serve on lettuce.

Pineapple Salad

One medium pineapple diced, one-half bunch celery cut fine, one cup broken walnut meats, mix well with mayonnaise and serve on shredded lettuce.

Fancy Salad

One head lettuce shredded fine, two carrots grated, one cup grated cauliflower, (raw), one cup chopped celery. It is like lobster, top with mayonnaise, a few walnut meats and whipped cream. Any dairy product may be eaten with this salad, also bread and butter.

Tomato Salad

Slice firm ripe tomatoes, in generous slices, allowing three to each serving, arrange on lettuce leaves and top with the following mixture: One medium sized cucumber, chopped, (do not peel), six young green onions, three stalks of celery cut fine, mix together and moisten with mayonnaise.

Another Tomato Salad

Arrange slices of tomato on lettuce leaves, cover with rings of green pepper, sprinkle generously with broken nut meats, serve with mayonnaise or French dressing.

Celery-Cucumber Salad

Two cups diced cucumber (do not peel), two cups chopped celery, mix well with mayonnaise, garnish with water cress and radishes, serve on lettuce leaves.

Cooked Vegetable Salad

Drain well one cup cold string beans, one cup new green peas, one cup carrots, diced, add six fresh young onions chopped fine, the yolk of one hard boiled egg, mix all together with mayonnaise, serve on shredded lettuce.

Fruit Salad

Peaches, pears, apples, raspberries, strawberries and nuts make a good combination salad. No bananas should be added, as they contain starch and cause very rapid fermentation. A little whipped cream may be added to the dressing for this salad. Ground walnuts sprinkled on the top are an addition.

Shredded Cabbage

Shred white or red cabbage and serve with French dressing, mayonnaise or peanut butter dressing.

Cabbage Salad

Shred or chop fine a small head of cabbage. Mix with two medium-sized tart apples and one cup walnut meats. Moisten with mayonnaise and serve on lettuce leaves.

Cabbage-Cucumber Salad

Use tender hearts of cabbage and chop fine. Slice a cucumber thin, (use peel.) Chop fine one sweet red pepper, mix all with mayonnaise.

Cabbage-Pecan-Celery Salad

Mix together two cups finely chopped cabbage, one cup pecans, one teaspoon minced onion, three tablespoons peanut butter dressing and one cup chopped celery. Garnish with minced green pepper.

Cabbage-Pepper Salad

Chop two parts cabbage fine and add one-half part each of minced sweet green and red pepper. Mix with mayonnaise.

Alligator Pear Salad

Peel two pears, cut lengthwise into slices and stick a half dozen almonds into each slice. Arrange in circles on lettuce leaves with minced nuts.

Raw Vegetable Loaf

Mix together two cups grated or chopped carrots, two cups chopped celery, two cups ground raw peanuts, one-half cup shredded cabbage, one-fourth cup peanut butter, two teaspoons minced onion, two small pieces minced garlic. Mix well with mayonnaise and press in loaf form. Turn out on platter when

ready to serve and sprinkle minced parsley along middle lengthwise. Serve with peanut butter dressing.

Vegetable Loaf for Family of Six

Chop fine and mix together, parsnips, cauliflower, onions, carrots, peas, beans, cabbage, asparagus, turnips, celery, or as many as are in the market that combine well together.

One pound of walnut meats, the yolks of six eggs and enough wholewheat flour to hold the vegetables together, salt to taste, add butter for seasoning, and one teaspoon of Savita dissolved in a little water, put in steamer and steam until vegetables are cooked, about two hours. Serve with split pea soup and steamed rice or baked potatoes.

Cauliflower

Bunch of cauliflower, including the green leaves on the outside. Wash leaves, chop fine. Use Wesson or Mazola oil and put in aluminum dish. Put in oil and a little salt. Put a cover over container. Chop up white part of cauliflower and after ten minutes add it to the other. Put in butter and cook ten minutes longer. It will taste like chicken.

French Dressing

Mix the juice of four medium-sized lemons with two teaspoons honey and two cups Wesson oil. Beat until creamy or until thoroughly blended.

Mayonnaise (Yellow)

Separate the yolk from the white of an egg and beat the yolk well. Add Wesson oil slowly, continually stirring until mixture is thick and creamy. Add lemon juice to flavor.

Mayonnaise (Green)

Chop or mince a small portion of parsley as fine as possible. Rub with the back of a spoon until reduced to a paste. Stir into mayonnaise.

A Good French Dressing

One teaspoonful of Savita dissolved in a tablespoon of hot water; add juice of half a lemon and one cup of good salad oil. Yogi advises imported olive oil. Mix thoroughly.

Mayonnaise Dressing

Two eggs, half teaspoon of honey, pinch of salt, quarter of a teaspoon of turmeric, juice of one lemon, two cups of any good salad oil. To make mayonnaise: Beat the eggs thoroughly, add turmeric, salt and honey, then add oil slowly, one teaspoon at a time, until egg yolks are thoroughly cooked. Later the oil may be added more rapidly. If the mayonnaise shows a tendency to separate, add a few drops of lemon juice. When all oil is added, then add juice of one lemon. Mix thoroughly and keep in a cool place.

Pudding Sauce

Yolks of two eggs, four teaspoons of honey, juice of one lemon, two tablespoons of water, cook until it thickens.

Cranberry^{*} Jelly

Cook cranberries in sufficient water to cover well, when thoroughly done remove from fire, strain through colander mashing all the pulp through that you can, then to two measures of pulp add one scant measure of strained honey, cook as you would any jelly, only stirring occasionally as honey burns very readily.

All fruit jellies may be made in the same way using the same proportions.

It is advisable to cook the juice for a few minutes before adding the honey as the honey loses some of its fine flavor by too much cooking.

Menus for Guests Who Are Not Yogi Students

BREAKFAST

—1—

Baked apple with cream, toast of whole-wheat bread, well buttered.

—2—

Prunes that have been cooked till they are sweet as honey and the juice is thick, remove the seeds and fill the center with half of an English walnut, cover with whipped cream and serve with oven toasted wholewheat bread well buttered.

—3—

Red raspberries are a sub-acid fruit and may be sweetened with honey, covered with whipped cream and served with wholewheat bread toasted and well buttered.

—4—

Fresh new figs, peeled and sliced served with or without cream, make a delicious breakfast.

—5—

Melons may be eaten for breakfast but if so no other food should be taken. They should constitute the entire meal.

Well Balanced Lunches

—1—

New peas, carrots, onions, cooked together, seasoned with butter. Lettuce salad, bread and butter.

—2—

String beans, tomato salad, lettuce. Beans should be cooked in small amount of water, season with butter.

—3—

Spinach steamed, seasoned with butter, baked potato, lettuce and green pepper salad.

—4—

Mustard greens well cooked and seasoned with butter, combination vegetable salad, corn bread and butter.

—5—

Cauliflower, cooked as directed in this book, olives, radishes, celery, bread and butter, cheese.

—6—

Young tender cabbage, shredded and cooked for a few minutes in butter, lettuce and tomato salad.

Well Balanced Dinners

—1—

Yellow split pea soup made as directed elsewhere in this book, mustard greens, combination salad, corn bread and butter.

—2—

New England boiled dinner, seasoned with butter and Savita instead of meat. Green vegetable salad, fresh fruit for dessert.

—3—

Baked sweet potatoes, boiled onions, lettuce, pepper, celery and nut salad, wholewheat bread and butter.

—4—

Boston baked beans, brown bread, lettuce salad.

—5—

String beans, baked potatoes, lettuce-egg salad, the potatoes should be served with plenty of butter, no bread is needed with this dinner.

—6—

Asparagus steamed and seasoned with butter, served on oven toasted wholewheat bread, lettuce, celery, nut salad, seasoned with mayonnaise.

—7—

Egg plant cut in uniform pieces, but not peeled, put in kettle, over slow fire, with just enough water to cover egg plant, season well with butter, cook until tender. Wholewheat bread and butter.

—8—

Green summer squash, cooked with only enough water to keep from burning, seasoned with butter, serve with combination salad, bread and butter.

—9—

Celery stalks filled with pimento cheese mixture, served with wholewheat toast and lettuce, cucumber salad.

—10—

Fresh pineapple sliced, served on lettuce leaves, centers filled with cheese and nut mixture, topped with mayonnaise.

Baked Vegetable Dinner

Slice large Spanish onions in slices half inch thick, cover the bottom of aluminum baking dish, make next layer of parsnips, then a layer of turnips, finishing with a layer of potato, sprinkle with minced parsley, pour over enough water to cover, in which has been dissolved a teaspoon of Savita. Season generously with butter, and bake slowly until vegetables are tender, salt to taste.

Baked Onions with Rice

Place in baking dish, unpolished rice that has been previously boiled until tender, on top of the rice place medium sized silver skin onions that have had a small portion of the center removed and the cavity filled with butter, pour over this one cup of water in which a teaspoon of Savita has been dissolved, bake slowly until onions are brown and tender, and the gravy is rich and brown, salt to taste.

Nut Bread

3 cups wholewheat flour, 3 teaspoons of baking powder, $\frac{1}{2}$ cup brown sugar, 1 cup sweet milk, 2 cups walnut meats, chopped medium, 2 egg yolks, $\frac{1}{2}$ cup butter, 1 cup seeded raisins, put in well buttered tin and bake in a slow oven.

Unleavened Bread

2 cups wholewheat flour, $\frac{1}{2}$ cup butter, salt to taste, water enough to make a stiff dough, roll out thin and prick with fork, bake in a quick oven.

Corn Bread

2 cups corn meal, 2 yolks of eggs, 1 cup of sour milk, $\frac{1}{4}$ teaspoon of soda, salt to taste, butter the size of egg, mix well together, pour in well buttered tin and bake quickly.

Whole Wheat Bread

3 cups wholewheat flour, 3 teaspoons baking powder, 3 teaspoons honey or brown sugar, salt to taste, mix well dry, then add about one cup sweet milk, mix well, put in round can, have the oven hot for the first ten minutes, then lower heat and bake one and one-half hours.

Apple Pie

Make pastry with wholewheat pastry flour and butter, adding only enough water to stick the mass together, roll out carefully as the dough is tender and breaks easily, fill the tin with good cooking apples sliced thin, sweeten with honey or brown sugar, dot with butter and a dash of nutmeg, put on top crust and bake in a slow oven until apples are thoroughly done and the crust is crisp and brown.

Almond Cake

$\frac{1}{2}$ lb. of wholewheat flour, $\frac{1}{2}$ lb. butter, chop very fine on bread board, $\frac{1}{4}$ lb. finely chopped almonds, $\frac{1}{4}$ lb. brown sugar, $\frac{1}{2}$ teaspoon of vanilla for flavoring, chop all together again, afterwards mixing thoroughly with hands as the warmth of the hands will hold the mass together. Divide in three parts, baking each part separately in layers. Use nine-inch baking tins.

Filling

Two kinds of jam (not jelly) give the best results, $\frac{1}{4}$ lb. dried apricots soaked over night in just enough water to cover, boiled down to a jam and mixed with one part honey to two parts apricots for one layer. Strawberry or raspberry jam for the second layer makes a delicious filling. Use almonds, cut lengthwise, on top of cake and bake, afterwards sprinkle with honey to hold almonds in place.

Sandwiches

For the mother who must prepare sandwiches for the children who go to school and for the men who carry their lunch, we are offering these sandwiches:

Never use white bread. Use only breads that are made from the entire grain—Health Bread, Wholewheat Bread and Rye Bread. Spread both sides of all breads with butter, as that prevents the filling from soaking into the bread. A lettuce leaf should be added to all sandwiches to retain the moisture.

Filling No. 1. Equal parts of Savita and butter, rubbed to a smooth paste. Spread alike both sides of bread, and slice Spanish onions very thin, one leaf of lettuce. This makes a delicious sandwich and very filling for the men who work.

Filling No. 2. Nuts, dates, raisins, figs, equal portions, ground through a meat chopper and spread between lightly buttered wholewheat bread. Particularly good for children, and men with a sweet tooth.

Filling No. 3. Drain and chop cooked string beans, peas, to one cup of vegetables add half a cup of chopped nuts, spread thin layer between buttered slices of wholewheat bread.

Filling No. 4. Equal portions of cheese, ground nuts and chopped olives, mixed to a smooth paste, makes a good, substantial filling.

Filling No. 5. Yolks of hard boiled eggs, minced green onions, melted butter and chopped nuts, mixed to a smooth paste. Lettuce leaves should always be added to this sandwich.

Filling No. 6. Cottage cheese and minced green peppers, spread between lightly buttered bread.

Filling No. 7. Peanut butter is a very fine filling for sandwiches, should also have sliced tomatoes and lettuce.

Filling No. 8. Nuts, olives and American cheese ground together make a good sandwich and will be relished with a salad.

Cake

Pies, cakes and puddings are a detriment rather than an asset to the average American family. However, there are a few healthful foods along that line which may be used with comparative safety. The following recipe for fruit cake is one of the best of its kind, and this cake may be eaten frequently to satisfy the children's craving for sweets:

Fruit Cake

One pound of seeded raisins, two cups brown sugar, two cups of water, two heaping teaspoonfuls of butter, two cups cooked prunes, cooked down very low to a rich, thick syrup. If added before they are thoroughly cooked, causes the cake to mould. Three cups of chopped nuts. Boil all together for 10 minutes. When cold, add a half teaspoonful of baking soda in a little warm water and three cups of wholewheat flour. Mix thoroughly and bake in two layers in a slow oven. If you attempt to bake it in one pan it cooks so slowly that much of the cake is wasted in the heavy crust formed in the baking. Put the two layers together with a filling made of equal parts of dates and nuts ground together and made into a paste with honey. This cake will keep for many weeks, and improves with age. May add currants, citron, candied orange peel, and figs, if so desired.

Oatmeal Cookies

Two cups of oatmeal uncooked or rolled oats, one-half cup of honey, one-half cup of milk, yolks of two eggs, one cup of nuts, one cup of seeded raisins and one-half cup butter. Mix and bake as cup cakes.

A simple custard may be made using the yolks of the eggs only. Make as any custard, except to discard the white, as that is pure albumin and is not fit food for the human race.

A very rich pudding may be made with rice in the following manner: Two cups cold boiled rice, yolks of six eggs, three tablespoonfuls of honey, one-fourth pound of butter and one pint of cream. Cover the top with chopped nuts and cook slowly in the oven for twenty minutes. This is a meal in itself and should be eaten alone.

If pie is to be eaten, then pie should form the entire meal, as it is a combination of starch, acid and sweet. Pie should be eaten only on rare occasions and then with the full knowledge that you are breaking all of nature's laws.

Gravy

Put a little garlic and onion in a frying pan with butter. Cook two minutes, then add caraway seeds. Cook two minutes more, put in wholewheat flour. Brown and add fresh tomato juice to increase gravy.

SPECIALS

The following will be fully explained in class.

Egg Drink

Take equal parts of ginger, nutmeg, cloves, and black pepper, mix well together. Add one-fourth teaspoon of this mixture to two egg yolks, two teaspoons of honey, then fill glass with hot or cold water as desired, and the juice of one orange.

The above drink may be made with milk instead of water, but if made with milk the milk must be hot and the juice of the orange must be omitted.

How to Make Egg Oil

Boil hard for one hour one dozen eggs, peel and separate yolks and whites. Mash yolks and put in heavy frying pan, cover and place over hot fire using asbestos mat. It burns very readily. Watch carefully. In four or five minutes you will find some oil coming to the top, drain off and put eggs back on fire, watch carefully and drain again when necessary.

You should get from a half to three-fourths cup of oil. Do not stir.

Celery Juice

Take one entire bunch of celery, wash well and chop, then grind through meat cutter and squeeze through cloth extracting all the juice. Whatever amount of juice you get drink raw once each day, at any time during the day. If desired a little honey may be added.

No. 1

In the morning cut up one or two oranges, as many oranges and teaspoons of honey and as many almonds as desired, mix together and eat like corn flakes.

At night take from one pint to one quart of raw or certified milk, heat in double boiler like soup, put in soup plate add a sprinkle of black pepper and eat.

No. 2

Celery juice, breakfast and milk as in number one, then eat strictly vegetables and fruit. Do not eat with this, any kind of flesh, or anything made with white sugar or white flour.

Cranberry jelly three times per day.

Radish Soup

Take two bunches of long white Chinese radishes, clean thoroughly and chop up, cover with just enough water to cook, when cooked drain thoroughly or squeeze through potato ricer and drink with spoon like soup daily. Do not add anything.

Leek Soup

To prepare, wash and chop leek just as you would young green onions, using both the white and green part of the leek, put in kettle with twice as much water as you have leek, cook until tender, or until water has boiled down to half the original quantity. Drain through a coarse bag, squeezing out every drop of the liquid. Do not add salt or anything else. Drink as any vegetable soup, two cups each day. Keep in cool place.

Milk Soup

Number 1

Take the necessary amount of raw or certified milk, heat in double boiler to 98 degrees add a little black pepper and eat with spoon. Eat cooked or raw all vegetables that do not contain starch or sugar. All fruits except those that contain much sugar.

Number 2

One pint to one quart of raw or certified milk, heat in double boiler to 98 degrees, add 1-4 teaspoon of black pepper and eat with spoon, just before retiring.

Salve

Take 1-2 lb. of sweet butter, heat it, clarify it, and add two ounces of dry powdered sulphur, mix well and keep in jar.

CANDY

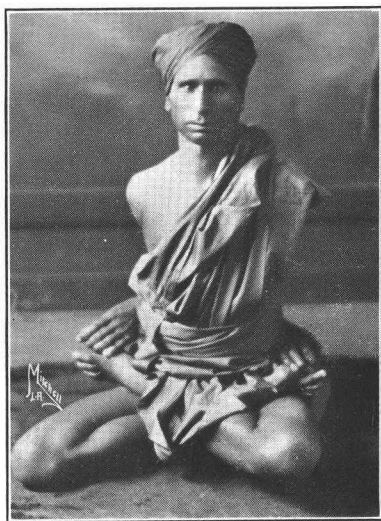
One pound of raisins, one pound of figs, one pound seeded dates, two pounds English walnuts, one pound shredded cocoanut, grind together, add enough honey to sweeten, make into any size desired. This will keep a long time.

Ten pounds of clarified butter, ten pounds of whole wheat flour, cook together until nice and brown, then add ten pounds of brown sugar or five pounds of honey, one and one-half pounds of blanched almonds, one-fourth pound of whole black peppers, one-fourth pound of whole cloves, then cook again five or ten minutes longer.

See vegetable loaf, page 63.

See yellow split pea soup, page 45.

Baked potato or unpolished rice, rice boiled in plenty of water and when done drain off water and serve with butter over top. Serve with gravy made as directed on page 71.



YOGI HARI RAMA
Teaches Posture, How to Vibrate
Conscious to Super-Conscious

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