

#237 - H O E H N ' S D Y N A M I T E - (No Pills needed!) Dec.18,1970.

(Ask for more to give away - state how many. Or send us the addresses.)))))

On the back Page is a Cooking Recipe - a Guide to Ingredients for Cookies, Johnny-Cake, Mush-Mix, or SUPER-OELET. (The name given by Pro. Davis.)

If you use these Ingredients you will find:

(A) That you are not Hungry at the usual Hour (Noon) that you EXPECT to be Hungry. You are apt to say: "Is it Noon already?"

(B) NATUROPATHY teaches that if you have been living very Wrong for a long Time -

and CHEMISTRY teaches if you MIX High-Potency INGREDIENTS from the NATURAL WORLD with

Dangerous Concoctions from the SCIENTIFIC LABORATORIES - there may be a Clash that

cannot always be Measured, and may vary from Person to Person. The TESTIMONIES

teach that you have to be your own DOCTOR. Especially in the Realm of FOODS. Some can

eat BEANS - some cannot. CDF 198. Some could, if they made it "PALATABLE with a little

WILK or CREAM." CDF 322,323,324. It is the DANGEROUS MIXTURES that are CONDEMNED and

WARNED about - that will set up a dangerous re-action. Such as SUGAR and WILK or "CUS-

TARDS and PUDDINGS" where these are the "CHIEF INGREDIENTS" - then they become:

"active CAUSES of Indigestion." CDF 333.

On the other hand - "WILK and CREAM" are AIDS to sweet Digestion. As many, many total

"VEGETARIANS" have found out. CDF 92. Those who cannot understand what they READ - or

go to Sleep in Meeting - may find that a little "WILK OR CREAM" would have AIDED and

EASED and SWEETENED the operations of the Stomach - so the vital Forces would not

have drained the Brain - leaving it "almost PARALYZED." CDF 86.

HYPOGLYCEMIA - SUGAR also "DRAINS THE BRAIN" as "modern Medicine itself is forced to admit

for it now can be MEASURED, and the CORRECTION is found in HIGH-POTENCY FOODS, which

is what this Paper is all about. "SUGAR CLOGS THE SYSTEM. It HINDERS the working of the

living MACHINERY...IRRITATES the digestive Organs, and AFFECTS the BRAIN."

Especially a MIXTURE of SUGAR & WILK will set off a CHEMICAL RE-ACTION that will

fairly make the LIVER green..."cause FER-

MENTATION in the Stomach." CDF 331,334.

EGGS- some would have been helped greatly to withstand all the POLLUTION of FOOD by ADULTERATION with ADDITIVES - for "EGGS contain properties which are remedial agencies in counteracting POISONS." CDF 204,352,355,358,206. PULLET EGGS are best because YOUNG STOCK is always HEALTHIER.

For more on "WILK & CREAM" see CDF 290,315,

FLAXSEED - ask the Breeder of Race-Horses or Prize-Blue-Ribbon Stock what FLAXSEED

will do to bring SPARKLE to the Eyes, SHEEN to the Coat, SPRING to the Step,

LAXATIVE without being PURGATIVE. And CONSTIPATION is the MAJOR cause of Disease.

SESAME SEED - Nature also stores a very valuable OIL, as well as rich CALCIUM in

the SESAME SEED. Get it FRESHER & CHEAPER direct from the CHINESE Stores.30¢ lb.

SOLOMON, the WISEST man in the World - did not send his Ships out for the GOLD

of OPHAR, or the GIANT CEDARS - with WHITE-BREAD or WHEAT alone. ADD the virtues

of the RYE, the BARLEY, the OATS, the LENTILS. The Record shows he put so many

"MEASURES" of each to keep his men Healthy.

POPPY SEED - some fear one of Nature's finest Foods because of "OPIUM CONTENT."

This is POPPY-COCK. There is no Scientific Record of any such thing - especially NOT

in the Legally-permitted Opium-free Poppy. I really think the other is Richer, and

there is NO OPIUM in RIPE SEED. Do not eat less - but eat MORE of one of Nature's

choicest Foods. Did you ever taste POPPY-PIE? Use "Minute-Tapioca" as a Binder.

Poppy-Tarts. Poppy-Rolls. Poppy-Cake. Poppy & Lentils for Vegetarian "Meat-Balls"

try it in Soups, Pancakes, Cottage-Cheese. You will probably be able to buy this and

other "Bird-Seed" when other Foods are off the Shelves.

IN THE BATTLE OF CRETE - ROMMEL, the "Desert-Fox" was STARVING OUT

the 2500 or so men guarding the Fortification of CRETE. The BRITISH paid some-

thing like \$1.00 a lb. for volunteer Turks and Greeks to swim to the Fort through

the Ring of Submarines and their Searchlights. They had semi-submerged plastic

POWER-PACKED "DYNAMITE"
(No pills needed)

or
"SUPER - OMELET"

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FLAXSEED - one Measure. SUNFLOWER SEED -
SESAME SEED - one Measure. one Measure.
POPPY SEED - one Measure. BARLEY FLOUR -
BUCKWHEAT - one Measure. one Measure.
RICE BRAN - one Measure. WHEAT GERM -
MILLET - one Measure. four Measures.
OIL - one Measure. RAISINS - DATES.

o-o

(Could keep dry Ingredients in Container.
Mix well, and then take amount required.
Could use Glass-Jar, fill 3/4rds. Full -
shake to mix. You will be surprised how
LONG a lb. of each will LAST and LAST.)

o-o

Change amounts to suit yourself. Use no
Sugar. SWEETEN with RAISINS-DATES-FIGS.
Or use HONEY or MAPLE-SYRUP when served.
(If you must use Sugar - use GOLDEN YELLOW.
It has the MINERALS in it. Or genuine RAW
SUGAR is fine. But most is just WHITE-SUGAR
with MOLASSES ADDED. MOLASSES-TREACLE-
SORGUM-MALT - can well be added to taste.

o-o-o-o-o-o-o-o (fold here) o-o (fold here) o-o-o-o-o-o-o-o-o-o

(Continuation from page (I) here:::::)

Pontoons, one on each side, about 150 lbs.
of Food. When PILATE DEMANDED what the
Prophecies foretold - the Church KNEW!
When SCIENCE HAS TO ANSWER to the WAR-DEPT.
they KNOW what Foods are BEST! What do you
suppose they used to keep these men alive
with a MINIMUM of Food? What Food has the
most VITALITY? POPPY-SEED and HONEY.

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WHEAT GERM - (and the OLYMPIC CHAMPIONS!)
breaking through the Barriers of Monopolies,
Suppression, and Educated IGNORANCE - did
you see those Runners STEAM PAST the others?
How did they do it? ALL NEWS-MEDIA combined
to tell the World - WHEAT GERM!

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THE LESS - THE MORE -
The LESS WHEAT GERM - the MORE HEART TROUBLE.

A Word to the Wise is sufficient,
DO YOU REALLY LOVE YOUR FAMILY - ?
LESS SUGAR in the Food.

LESS SUGAR from the Pulpit,
Get down to BASICS. MINERALS, VITAMINS -
ENZYMES. From NATURAL SOURCES. "Fear God,
give Glory to Him that MADE THE EARTH....."

(VITALITY to face RADIO-ACTIVITY! Is it DDT?)

o THIS IS THE BASIC MIX -
I You could find your own special MIX
o and when you do - let us know of it.
I Those who must (do not know why) -
o could GRIND this - but if you do -
I do so FRESH. Once you break the OIL -
o it will go rancid rapidly. Grind it
I as you use it. Try it both ways.

o THIS BASIC MIX -
I can be BOILED in a Pan in MILK for
o about 10-15 minutes - then MIX in the
I EGGS - no more than 1 or 2 to a person,
o and you have the SUPER-OMELET.
I Ready to serve. No Cook needed.

o o-o

f THIS BASIC MIX -
o could be Cooked slow at Low-Heat if
o desired. SOAKING over-night would be
l good. Depending on the Ingredients
d you use. You could add CORNMEAL. SALT.
h POWDERED DULSE for IODINE. You cannot
e cure CANCER or help MENTAL VITALITY
r without IODINE. See NATIONAL HEALTH
o FEDERATION BULLETIN p.20. (35¢) Dec.70.
! 211 West Colorado Blvd., MONROVIS,
! Calif. 91016. (\$5.00 yearly Membership)

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COTTAGE CHEESE -
just a mention since we are talking
about BASICS. The NAVY - in SUBMARINE
TRAINING, they keep men under without
Sight of Land or Smell of Fresh Air -
they go stark staring MAD in, what is
it? Two weeks? They weed them out -
pick the men whose Mental Equilibrium
can take it - 30 days? Then they DOUBLE
that with Special Foods. COTTAGE CHEESE.
o-o
Ever try it with raw Onions added? And
this is a good medium to get your VIT.
C from the cheapest source available -
PAPRIKA. Don't make a Can last a Year!
Buy it by the Lb. and use a Tsp. or 2.
o-o
BREWERS YEAST - LECITHIN - you could
add those to the above BASIC MIX.
o-o
RAISINS-FIGS-DATES-PRUNES-CURRENTS -
add ENOUGH! One HANDFUL - two HANDFULS!
Yes - and THREE or FOUR - or MORE!
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