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Super-Lunches for High-Schoolers

Mildred Loomis

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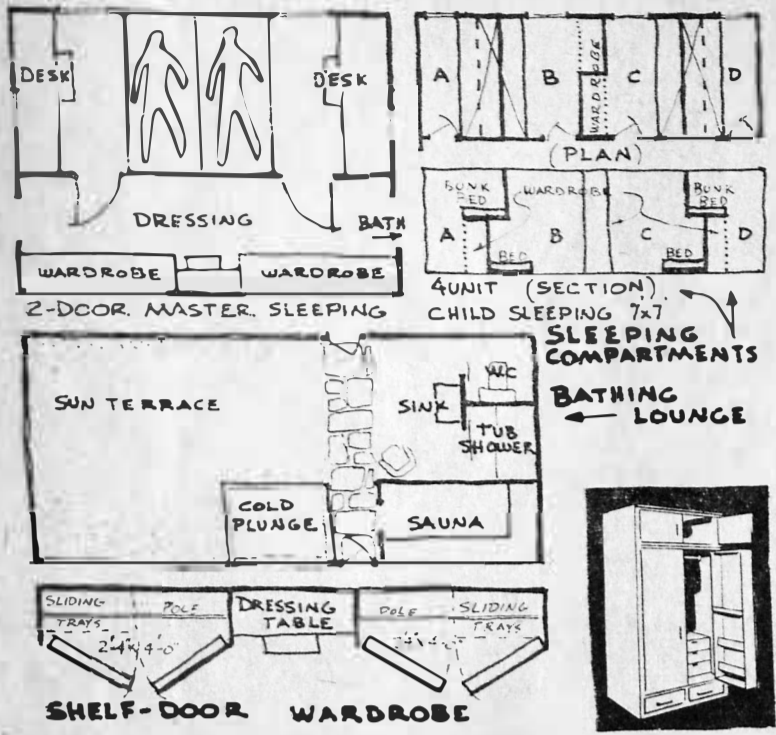
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By Ken Kern

(continued from last month)



Our personal living space should first of all be *private*. Everyone in the family at one time during the day or night should be able to "get away from it all." It is therefore advisable to locate the personal living quarters at some distance from the area for group living activities. Besides complete separation of the two spaces, we enjoy a contrasting architectural treatment: a sense of change from group activity to individual activity. This is the reason why a walk up a flight of stairs or down a long passage to the individual living area has always held a certain attraction to the space-sensitive person.

It is the bed and its activity-space that determines the size of contemporary "bedrooms." An area of at least 10-feet by 10-feet is required to house a double bed. A conventional 3-bedroom house has about 400 square feet allocated to sleeping. This area can be reduced to about one-half by enclosing the bed in an alcove or compartment. This is not a new idea; our European ancestors used to sleep in cabinets in the middle ages. A modern equivalent might be a compartment having controlled lighting, heating, ventilation and soundproofing. Sides and ceiling of this compartment could be lined with reflective panels to reflect body heat, thereby eliminating the need of confining blankets. The circulation of warm air under the floor would supply sufficient heat if the mattress were placed at floor level.

There are numerous advantages of sleeping close to the floor (besides the floor-heating possibilities). Asians have, of course, exploited floor sleeping arrangements. Comforters, folded and stored in a closet during the day, replace the bulky, massive bedsteads used by Western man.

There is a general consensus among New House builders that the bathroom should lose its identity as a separate room. It was perhaps Le Corbusier who first broke down the strict division between bedroom and bathroom when he (in 1929) placed the bathroom in the *same* room as the bedroom. He felt that the bathroom should be designed as a luxurious adornment to whatever room it occupies.

A *bathing lounge*—complete with sauna, sun terrace and cold plunge—is presented here as the ideal bathing arrangement. Each personal living area should have its private sink in conjunction with the dressing area, and a private toilet in a separate cabinet. The bathing lounge, then, might better function as a place of group-living activity.

There is a current trend to place laundry functions in the bathing area. This certainly makes more sense from a compatibility standpoint than placing it in or near the cooking area. Most laundry comes from the nearby sleeping area (linen and soiled clothing) and is stored there. Of all rooms in the house the bathing area is least likely to be upset by laundering during the normal hours for that operation. Plumbing, hot water, and room finishes (for high humidity) are already available in bathing areas.

Much work needs to be done in designing more accessible and ample storage facilities for the individual living area. One should first of all list all the items to be stored. These items should then be grouped according to most and least frequent use. Items which require special provision because of weight or size should be listed separately. Detailed closet and cabinet storage units can then be designed.

The usual closet has much area that is almost impossible to use because the sliding, folding, or swinging door arrangement hampers inside visibility. A recent improvement in wardrobe design has been the *shelf-door wardrobe*, which provides more convenient storage space. Closet doors should open to the complete storage facility. Customary drawer-faced cabinets conceal inside contents, and require the opening of many drawers to find an article. In self-door arrangements, sliding trays make clothes hunting easier.

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- Homes for Today and Tomorrow*. Great Britain Ministry of Housing and Local Government, 1961.
Measuring Space and Motion. John Pierce Foundation, Research Study 6.
The Peckham Experiment. Pearse and Crocker, 1943.

Lane's Endings

What is so rare as a day in June? It's the fullest, most rewarding month of the year at our homestead, in which petunias, pansies and peas—especially new peas—are our chief pleasures.

Now, after my fifth straight morning working with them, I stop to write a bit in praise of peas.

I planted generously this spring. I saved the seed from last year (pulling the old vines last July, and chatting in the shade with some neighbor children, as we picked the seed pods, was fun), and five 60-ft., composted rows were planted this year. Came good weather and luscious growth this spring, and I wondered if they "were all going to tops." But there was a shower of blossoms and by June 20 many big, 3- and 4-in., pods were filling out well.

This week's pea routine went like this: Shortly after sunrise, the birds still singing, when it's cool but free of dew, I spend the first half-hour of the day picking the huge pods. Fritz, the lone rooster, rejected by the little Bantam flock, comes along, sedately inspecting the pea vines as I proceed. The basket is full and I come in for breakfast about 6:30. After that comes an hour's heavier work, of the digging or hoeing type. By 8 o'clock I'm ready for a rest—sitting on the porch lounge, podding the peas and chatting with John or listening to a record—for 45 minutes.

Result? Five pints each day of the most delectable vegetable there ever was. One for lunch and four in the freezer (without blanching). "Shoveling" such a treasure into small jars or boxes with a little scoop is a real satisfaction! By 10 a.m. this part of the day is completed, and I'm just sorry that there'll be only a couple more such days, before it's time to pull the vines and save seed for another planting next year.—MJL

Super-Lunches For High-Schoolers

What's the most delicious lunch you can imagine—that is, if you are a teenager and if you have only 35c to spend for it?

Would you take the fruit lunch: a whole banana dipped in pineapple juice and rolled in shredded coconut, a shiny red apple, slices of orange, a half of a fresh pear, a mound of cottage cheese (or small cup of mixed nuts), a slice of whole-grain bread and a pint of milk?

This is the popular choice of many students in Helix High, La Mesa, Calif., as pictured in a film presented to Ohio audiences in June by Mrs. Gina Larson, cafeteria manager at Helix High.

Another popular lunch there, same price, consists of ocean perch (first dipped in a yogurt-

(continued on page 4)

School of Living Papers Filed

Dr. M. G. Holli, Dept. of History, University of Illinois (Chicago), is in charge of historical collections for research there. Recently he asked whether the retired files, reprints, books and papers associated with the green revolution could be added to a number of collections of significant social movements in their care.

Subsequent planning included materials from the beginning of the School of Living. This involved many days of assessing and arranging boxes and drawers of stored material from 1936 on. On June 14 an assistant of Dr. Holli came to transport the material. This will soon be in order at the university and will be announced in professional journals as available for study and research.

Dr. Holli would appreciate receiving from any of our readers any supplemental or relevant material on decentralization and the green revolution. (Univ. of Illinois at Chicago, Chicago Circle, Chicago, Ill.).

Homestead Film Can Be Rented

The Dr. Wilson Young family, Evanston, Ill., film their annual summer vacation. In 1965 they visited ten School of Living homesteads and organic centers, and the 8 mm. film record has been available and shown some 20 times since last October. Although amateur work, the film is well done, very interesting and always enthusiastically received.

This film has been reproduced, and the second film is now the property of the School of Living, and available for rental at \$3 a client. We have learned some things about presentation, mailing and showing of this film, and hope sometime to produce a longer and better one for wider use. The present one (no sound) runs 40 minutes at average speed on an 8 mm. home movie projector. Some captions and a commentary come with it.

We are most grateful to the Youngs for their initiative, work and generosity in helping us attain this record of the following homesteads: Sycamore Hollow, Lane's End, Musgraves' Organic Gardens, and Malabar Farm in Ohio; Ragged Mt. in Virginia; The Old Mill, Freeland, Md.; Sonnewald Homestead, Walker's Organic Acres, Rodale Experimental Gardens and Paul Keene's Walnut Acres in Pennsylvania. Write School of Living for rental arrangements.

Green Revolution On Radio Program

In Cleveland, Ohio, a popular audience-participation program is "Contact," on NBC, with Harvey Morgan. On June 3, I (MJL) was in Cleveland to present "The Homestead, As Prime Prevention" to a meeting of the National Health Federation. (A most important program for maintaining and extending freedom in the health area; they publish a *Health Federation Bulletin* at 211 W. Colorado Blvd., Monrovia, Calif.). The evening before, I was on "Contact" with Mr. Morgan; he interviewed me on *Go Ahead and Live!* for two hours (10 to 12 p.m., minus time taken out for a score of commercials.)

We had a good time. He began by saying, "Now this Green Revolution, this back-to-the-land deal; that's both antiquated and unrealistic, isn't it?" I argued for its sanity and realism. He had dozens of points to refute, and I finally quoted David Sarnoff (president of Radio Corporation of America) to him: "Cybernation will make it both necessary and desirable for life in the future to be lived—(where do you suppose, I asked Mr. Morgan. In the country? he asked. Yes, I said)—in civilized small communities and in esthetic do-it-yourself home life."

Listeners asked pertinent questions about population control, about machines (Would a simplified culture produce enough armaments to defend ourselves from the "enemy"? Is there enough land for everybody? Etc.). Many were interested in our broad educational program, our 17 problems of living. One man said, "When I first listened, I thought Mr. Morgan was right, that here's an 'escapist' talking. But the more I hear about her education, the more I think she has something that is important."

One listener out there said, "This lady has a way out for those of us who are sick and tired of the rat-race." The last questioner wanted to know how I'd stop the war in Vietnam, and I was beginning on my favorite theme—eliminating the land and money monopoly—when time was called. Off the air, Mr. Morgan told me he was "negative" for the sake of controversy, that he really agreed with our point of view.

Now MJL has another bee in her bonnet. Why shouldn't the School of Living one of these days have a radio outlet of its own?

ADVERTISING RATES

Classified: 35c per line. Minimum 3 lines or \$1.05. Average line has 40 spaces.

Display: \$5 per column inch. No discounts on any ads. Payment must accompany order.

Deadline: 10th of preceding month (example: April 10 for May issue).

Advertising Manager: Arthur Harvey, Raymond, New Hampshire.

WANTED — a few mature, sincere, nature-loving couples or singles that recognize the stupidity of society, and are convinced that living in civilization is no longer possible, and are ready to retire to the wilderness. Freethinkers only. Write C. Adams, P. O. Box 1165, Chautauque, N. Y.

SECLUDED stone farmhouse. Plumbing and 8 1/2 wooded acres. 30 miles to Philadelphia. \$10,000. Peirce Woodward, RD 1, Pennsburg, Penna.

THOSE interested in Walden II and kindred utopian plans, write: S. C. Destephano, Box 21363, Emory U., Atlanta, Ga. 30322

2-BEDROOM CBS home, like new, in retirement community. Soddied 125 ft. sq. lot. A steal at \$8500. Pvt. K. Coursey, Rt. 2, Box 93-A, Okechobee, Fla. 33472

HEALTH REJUVENATION. Fasting. Vacationing. Weight reduction. Nude sunbathing. Spring water pool. Gulf beaches. Delightful natural foods. Health lectures. Rates \$8 up. Cooperative employment available. Write SHANGRI-LA HEALTH RESORT, Bonita Springs, Florida 33923-G

Enclose \$1 for book, "Fasting Can Save Your Life." (5-66)3

LIVING HIGH by June Burn. Joyous homesteading classic. New illus. edition, \$3. Wellington Books, 346 Concord, Belmont, Mass. (y4)

MANUAL FOR A SIMPLE BURIAL. A very useful little booklet, written by Ernest Morgan (3rd edition). Shows how to obtain simplicity, dignity and economy in funeral arrangements through advance planning. Has lists of funeral and memorial societies and eye-banks; tells how to bequeath your body; etc. \$1 from School of Living.

THE OWNER-BUILT HOME is nearing completion. Vol. 4 will be finished in October issue of *Green Revolution*. It will be reprinted in looseleaf form, 3-hole punched for insertion in ring binder, as were Vols. 1, II, and III. Each volume is \$2, from School of Living or direct from Ken Kern, Sierra Route, Oakhurst, Calif.

BOOKS FOR SALE
Go Ahead and Live!, Loomis \$4.00
Normal Neurosis, Putney 4.00
Get Well Naturally, Clark 5.95
Let's Get Well, A. Davis 5.95
Patterns in Anarchy, Krimerman 1.95
Human Ecology, R. Waller 4.50
ALSO
April-May "A Way Out" (1966) (on war and peace) 50
Order From
School of Living
Brookville, Ohio 45309

Living the good life

by Scott & Helen Nearing

Read details about their organic gardening, house and greenhouse building on a New England homestead farm. Clothbound Photos 210 pages \$3.50
FOREST CANY, HARBORSIDE, MAINE

Our Book, cont'd

ponents of these ideas are supported by different groups of people, and to me fail to integrate the whole of man.

"As short as your book, *Go Ahead and Live!*, is, it comes the closest to accomplishing an integration of life as I have seen it. With a little extension it would do this. We plan to make contact with many of the people who helped write your book and in the School of Living, for sharing of ideas and experience."

Attorney Robert W. Polchow writes: "Having just completed *Go Ahead and Live!* by Mildred Loomis, I am very interested in your School of Living and would like any pamphlets and periodicals which are available. Also would like to study the following: [he then listed five books from the chapter bibliographies]. Send them to me at Meadowbrook Farm, Henderson, N. C."

From William C. Lloyd, Burlington, N. C.: "I'm studying your fine book. If parents would read this book and then get their children to study it as diligently as they are 'forced' to study some books of much lesser value in school, I believe a lot of young people and their parents would not wish for college, but would go ahead and live. Colleges today are much divorced from reality. . . . It seems to me the School of Living is in the forefront of a revolution in education. Such a school can do much good in clearing up the impasse that education is in today."

Attend Workshop and Annual Meeting of School of Living, Aug. 24-29, at Old Mill Center, Heathcote Road, Freeland, Md. (near Maryland Line). Bring bedding. Stay after the meeting or come a few days before—to help in renovation of the old mill and the grounds.

Do You Need, cont'd

hen house to start a garden. Not content to merely run a hotel and care for a garden, dad soon had a still going and in his spare time kept his finger in his original trade by making mattresses. Because he had no financial reserves, when winter came he had to go to the city to work. My mother objected to being left alone too long and the country venture ended quickly, and with it one man's dreams.

Big Project Begun

Perhaps to fulfill my father's hopes—or perhaps because his hopes had become mine—it might be said that I inherited my homesteading inclinations. At any rate, as soon as I was free of my WW II military obligations, I moved to South Florida determined to have a mortgage-free home where I could plant a garden. My background explains my determination and I guess my youth (23) explains my courage to tackle a three-bedroom block house without previous building experience.

In 1946, my 21 year old brother, my mother and I bought a 1¼ acre plot about 12 miles from downtown Miami. (My father had died several years earlier.) At the time, the area was decidedly rural—dirt roads (if any) and low taxes (if any). In addition the area tolerated, then, the owner-builder. Would that I had known of the School of Living in those years. Groping and inexperienced, unaware of possibilities as a modern homesteader, I designed a house too much in the current fashion; not suited for home production.

Learning By Watching

My brother shared equally in the work and in a few months we erected a concrete block shell and moved in. There was plenty of construction going on all around the Miami area, so our unsuspecting instructors were everywhere. We had only to go and snoop. When an uncertainty arose as to how to form up the bond beam or perimeter lintel, we just watched a comparable portion of a construction job by professionals. Certain government publications were helpful too, especially one on laying concrete block and another on mixing concrete.

Generally a wood frame house would be much simpler for the amateur builder, but code restrictions in this part of the country make such construction almost impossible. Or shall I say we are in an area where the concrete interests are all-powerful?

Plumbing Encountered

As plumbing and electrical work seems to be of a more technical nature than the other trades, most people are afraid to tackle these. This brings to mind an interesting experience on how we learned to do rough plumbing. I'm referring specifically to the waste piping composed of heavy cast iron with its ridiculous bell and spigot joints that have to be caulked with oakum and then filled with molten lead.

Here was one phase of building we hadn't confidence we could do, so we called a local plumber for an estimate. Said craftsman came, estimated, ridiculed our use of copper for supply piping (he happened to be a galvanized iron man), and was to return on the morrow to start work.

The next day he arrived, not ready for work but with a new estimate. He claimed his original estimate had been too low in spite of the fact that there had been no competitive bidding and we accepted his first estimate.

Anger is often a stimulating impetus. We were so incensed at the plumber's lack of ethics that we were determined to do it all ourselves. Today I have no lack of confidence in my ability to do all the plumbing in a home. We watched plumbers on other jobs, received a surprising amount of instruction and the loan of tools from a plumbing supply house, and had little trouble getting the work passed by the plumbing in-

spector.

Once we were able to move into the house, the rest was easy by comparison. In those days local officials tolerated such rash behavior as allowing people to live in unfinished houses. Today it is strictly forbidden. Of course there are people living in old houses within the municipality in which conditions are far worse than our was in the unfinished house, but the officials are more apt to allow squalor than to ease the problems of the owner-builder.

(to be continued)

Community Ideas Spark Conference

The ten day (June 18-28) conference on intentional community at the School of Living Center, Freeland, Md., initiated by Abigail Grafton, Ben and Elaine Zablocki and Ruth and Bruce Elwell, drew a total of some 100 attendants. They proceeded in a spontaneous, member-directed fashion, with a result of 20 persons entering a trial of community.

It took a somewhat stiff discussion, a square dance and a late party to break the ice, but after a day or two there was a flow of ideas and feelings that increased in depth and tempo. Alan Hoffman, Dr. Arthur Gladstone, Ben Zablocki, and Calvin DeFillipus were among the scheduled speakers, but for the most part the discussions were planned and held around emerging, current needs. Meals were planned and executed by the attendants, and while irregular and untraditional, were adequate and enjoyed. A dam in the creek provided welcome swimming; a camping shelter was started; and a "good time was had by all."

After a week, Mr. and Mrs. Bryce Ford offered their 93 acre farm as a center for any who wanted to actually start a community. Twenty persons left with them on Saturday for another week on their farm for a trial of actual community living. Last reports are that many of them are committed to continue it, though some decided to withdraw.

I wonder if readers would be sure to send a self-addressed and stamped envelope when they write a letter to the School of Living that requires or is likely to get a personal answer. This will save us money, but most of all it will save time.—Editor

Report on New Center Fund

Our last published report (January 1966) showed the School of Living Building Fund had, by the end of 1965, received \$1398.85 in cash contributions from members, plus 20 days' work from Leo Rainer in lieu of \$200 cash, or \$1598.85. Untold hours of volunteered labor had been put in by many helpers. Cash expenditures at year's end in renovating the building, installing a bathroom and equipping a kitchen totaled \$922.01.

Additional contributions (not previously reported) include: In Nov-Dec. 1965—Leo Koch \$20, Geo. Pelton \$10, E. Hubert \$4, R. J. Stanewick \$2, F. Kirchner \$10; In Feb. 1966—E. Woods \$11.46, D. Stry \$20, W. Van Dusseldorp \$10, Darrel Cole \$5, F. Knoess \$10; In April—I Perlman \$5.85, S. Eisman \$5, H. Banks \$5, W. Grimm \$20.60, G. Smith \$4.75, B. Plumb \$40, J. Bischof \$40, E. Kreves \$27.25, H. Everitt \$10; In June—C. Guy \$10, E. McGue \$20, L. Appleberry \$25. Total \$315.85.

Major expenditures in 1966 include: (April) \$200 to H. Lefever, which is all he would accept for a much larger amount of plumbing and kitchen equipment, and untold hours of work; \$114 to Dee and Ken Sprague (June) for lumber, paint, plaster, etc., for the living room downstairs and completion of an additional room on the second floor. A working fund of some \$300 remains.

From July 1, all contributions to the Building Fund will go toward the down payment (to be made at the end of August) on the property. Our goal is \$6,250.

Have you made your contribution? Do you have in mind giving or pledging at least 1% of your annual income? Make sure your contribution or pledge is mailed to the School of Living (Brookville, Ohio) soon, especially in time to be included in the report to be made at the annual meeting, Aug. 27.

All contributions to the School of Living and its Building Fund are tax deductible.

Briefs, cont'd

cal labor is possibly man's greatest and gravest mistake. It is perhaps utterly impossible to be fully alive or sane minus daily physical work—good, hard, muscle work. But to GR readers this comes as hardly news, agreed. To me, a respectable, i.e., virtually useless, teacher, it comes as a blow across the neck.

The woes of the Coles are lamentable, but what can one expect. I have a number of thoughts re law. If you have never lived where the laws, if any, are unenforced, it DOES make a difference, let me tell you, in one's living. I cannot escape the feeling that under society, as it is now, laws are utterly essential, and that perhaps a lot of our aches and pains stem from the unenforcement of good laws. I'd cite for you the case in Sao Paulo where a 30 story building collapsed, since no laws are enforced re construction. I cite for you the death of seven persons in this city when an upper floor of a building collapsed because of great weight on it. I saw it almost immediately thereafter. Tough on the dead ones. I cite the almost daily accidents—often very serious—right outside this room where two major streets intersect and involve a blind corner. No enforcement and thus continual accidents and bodies maimed. Only as a society improves both intellectually and ethically may we commence to diminish the number of laws. Granted that every law is, in effect, an insult, it still is at this stage of the game absolutely necessary..

Publications For The Homesteader

Go Ahead and Live!, M. J. Loomis and others, \$4, School of Living, Brookville, Ohio 45309. **Herald of Health**, Lamoni, Iowa.

Organic Gardening, \$5 a year. Emmaus, Penna.

Eat, Drink and Be Healthy, 2,000 nutritious recipes by Agnes Toms, 137 N. Canyon Blvd., Monrovia, Calif. 91016. Autographed, \$5.20.

Peace of Mind Thru Nature, \$1. Backwoods Journal, Paradox 5, N. Y. \$2 a year, sample 35c.

Hygienic Review, \$4 a year. Herbert Shelton, Editor. Box 1277, San Antonio, Texas.

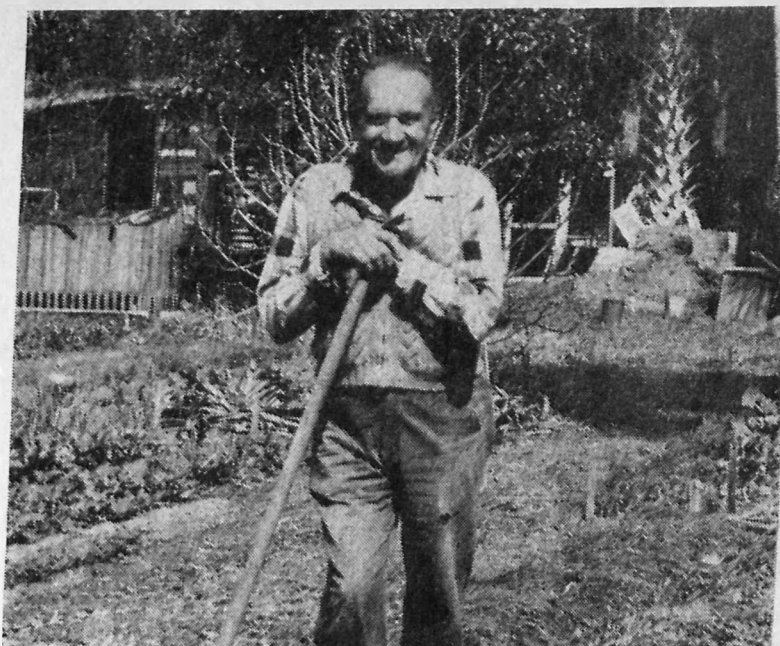
California Homeowner, quarterly, \$2 a year. 1561 N. Gower, Los Angeles 90028

Dairy Goat Journal, monthly, \$2 a year. Box 836, Columbia 35, Mo.

American Rationalist, \$4:50 a year, liberal religious viewpoint. Box 742, St. Louis, Mo.

HAL PORTER VERSION—

Green Revolution Manifesto



Hal Porter, Port Orange, Fla., Leans on His Hoe

[Editor's note: This manifesto was read and eagerly discussed at the Ohio Homestead Festival (July 2-4). Why not use it in other meetings?]

HAVING COME TO BELIEVE THAT:

1. Civilization, so-called, does not seem to make us healthy, wealthy, and wise; but too often sick, poor, and stupid.

2. The present socio-economic system does not guarantee us life, liberty and the pursuit of happiness; but rather, death, loss of freedom and pursuit of tedium.

3. People flocking to the cities to make larger and larger metropolises and megalopolises produce an unnatural way of life, leading to the increase of crime and poverty and invariably make necessary more and more restrictive laws to control the packed population.

4. Concentration of the ownership of land and the production of food in the hands of fewer and fewer persons and corporations leads to the despoiling of the land and the fracturing and poisoning of our food with insecticides and chemical additives.

5. Consumption of this food is largely responsible for the growing incidence of illness and death from degenerative disease and the larger and larger incidence of mental disease.

6. Our present civilization makes possible not a fruitful, meaningful and longer life but an empty existence which only seems longer.

7. A philosophy of get more and more and do less and less, the acquiring of more and more material possessions to the envy of the rest of the world, only leads to more war.

8. The present trend is toward more famine, pestilence, war and death.

9. Reason, force, violence, demonstration or exhortation does not seem to bring about change for the better.

10. We do not wish to further contribute to the spread and maintenance of this type of civilization.

THEREFORE:

We of the School of Living choose to opt out by becoming part of "The Green Revolution"; green because that is the color of beginning, of growth and of peace; and because this retirement from participation shall be brought about not by defiance but by elision, a sliding out from under, by each one in our group establishing and maintaining a homestead from which he and his will draw their sustenance.

On these homesteads we will grow or raise or make as much as possible of that which is needed for our support rather than selling our services in the market place and buying that which is needed.

Thus we shall escape paying taxes: the income tax, because produce of the land is not considered income; property taxes in great measure, because the tax assessor would fail to see the

true worth of our holding; and sales taxes, because we would buy little.

By buying little and not paying taxes we will not be supporting the government or the economy.

We will grow things the organic way because such food will give us health and a long life but also because thus we will not support the chemical combines which poison our environment and then sell us patent medicines for relief of aches and pains caused by the environment they produce.

We will try to be part of the ecology rather than at war with nature, hating nothing which swims, crawls, flies, or grows out of the ground, realizing that all forms of life have a place in the scheme of things and are necessary for a meaningful and productive way of living.

Thus we will establish an island of sanity, health and reason in a disturbed, diseased and irrational world; and, therefore, will be an example of a better way of life; and since we will not be hermits, but invite others to share, our example will, better than any other way, educate others and bring them into our movement to spread the Green Revolution.

Super, cont'd

mayonnaise mix, then in wheat germ and crumbs and oven-baked), a baked potato, celery stick, whole wheat bread, a pint of milk and an apple.

Still other students prefer a box lunch to be eaten outdoors: a large cup of tossed salad full of fresh greens, chopped celery, carrots and bean sprouts (with a generous coating of freshly made soy oil and honey mayonnaise), with cottage cheese or nuts, bread, milk and an apple.

We were part of her appreciative audience in Eaton, O. She surprised us with the low cost of this high quality food, which has improved the health and well being of the students there over the past eight years. No broken bones, few absences, increased academic performance and outstanding athletic records have resulted from all this.

Always fruit for dessert: no sugar, candy or soft drinks for eight years. Moreover, the students "go along" with this, and even continue it out of school. They welcome and appreciate sunflower seeds, wheat germ, and bread to which has been added cornmeal, soy flour and bone meal: they consume gallons of freshly made mayonnaise containing soy oil, and yogurt they like, and they know what they're getting. Mrs. Larson is invited into all the health, science and phys ed and athletic training classes to explain good nutrition. The young people see that this program means better health, and they know it tastes and looks delicious.

Mrs. Larson will supply a recipe pamphlet for 35c (address her at Helix High School, La Mesa, Calif.)—MJL