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Hiiivaleipa (Finnish Rye Bread)

Nina Johnson

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New Bread Uses, cont'd

the nation's leading research laboratories.

"We spared no expense for these analyses," says the tall, 230 pound Richard Mease. "We are glad we did, for they not only substantiated our claims; in some cases they found we even surpassed them!"

A booklet was prepared describing the bakery and the baking process and listing the ingredients and the analysis. It says that Mease's Holgrain Bread includes: "sprouted, high protein wheat, pure bacteriologically tested well water, wild-flower honey, soy oil, sea salt, fresh yeast, unbleached lecithin, dehydrated alfalfa, dulce, okra, parsley, carrots, dandelion, watercress, blackstrap molasses, brewers yeast and hydrolized vegetable protein."

As indicated on the bread wrapper, three slices per day supply the adult minimum daily requirements of 100% iodine,

41% iron, 34% niacin, 29% phosphorus, 16% calcium, 17% thiamin and 10% riboflavin. For all four types of bread, calorie count averages approximately 70 per slice.

The bread has: carbohydrates 46.50%; moisture 33.98%; protein 11.51%; fat 3.41%; ash 2.68%; fiber 1.92%.

The booklet states: "The most precious elements in seeds are probably the B and E vitamins. Seven parts of thiamin (vitamin B-1) becomes nine parts in sprouted wheat. Riboflavin (vitamin B-2) increases four times. In sprouting wheat, niacin increases by 40%; pantothenic acid by 40%; pyridoxine by 44%; biotin by 53%. Folic acid—that vitamin so rare that none of us gets enough of it—increases from 28 parts to 106 parts after sprouting."

Could anyone doubt that here, indeed, is the staff of life? Moreover, there isn't a person who eats it who doesn't exclaim, "What a wonderful flavor!" One customer waxed poetic and said, "rich and natural as a field of wheat under a summer sun."

Herbs And Your Health

By Ben C. Harris*

Part II

Speak of herbs and the health-enthusiast or neophyte herb user conjures up all kinds of sure-cures and quick-quicker roads to better health. Well-meaning folks have come to me expecting a miracle cure in every package of herbs. Many had been ailing for 15-20 years, violating almost every law of life, and sought herb remedies to cause all their ills to vanish almost overnight.

How misled can one be? Herbs are not a do-all like DUZ; using herbs is only a guide to your own Fountain of Youth, to your own Shangri-la.

To reach the realm of a personal paradise on earth, you must work hard at it. Good health is not easily come by and must be well earned. Take time to study and evaluate such other facets (or spokes of the wheel of health): everyday habits (e.g., sleeping and exercise), organic garden, dangers of chemical drugs, need of fasting, selection of and combination of foods, proper diet, choice of food seasoners, the problem of drinking and smoking, etc. Once each spoke of the health-wheel is correctly utilized and coordinated with the others, and then practiced everyday as preventers of disease, then do herbs have meaning and their use, purposeful.

For example: One who suffers from a persistent stomach distress must not equate the final answer with herb remedies. Everyday excesses and gluttonies need to be eliminated, often requiring a short fast. Eliminated from the diet are most—a compromise—man-made, boiled-spoiled, foodless foods; included are more fresh fruits and vegetables. Also, morning exercises are in order, as is walking to work or to market, and far less car-riding and a minimum of TVing.

I do not recommend laxatives of any kind—Senna, Cascara, Mandrake, et al. The following herbal remedy is a mixture of alkalizing and cleansing herbs and is suitable for most internal disorders. The herbs are easily obtained from your druggist or health-food store.

The herbs: Mallow, Linden, Boneset, Yarrow, Blue Vervain, Mint or Catnip.

Preparation: Mix together equal parts of the herbs. Stir well (25-30 times) one teaspoonful in a cup of hot water and cover 15-20 minutes (or until tepid). If necessary, use honey to sweeten. Sip slowly one such cupful morning (as a substitute for breakfast), mid-afternoon, and one hour before bedtime.

*Ben Harris is author of *Better Health with Culinary Herbs*, and other books. His address is 237 May St., Worcester, Mass.

New Harmony, cont'd

the place to our delight.

"If you've been having steak a long, long time, Steamed and boiled beans taste just fine."

Keep up the great work, and let any interested person write us for directions and welcome to New Harmony Homestead.—Ferdi Knoess, RFD, Pennington, Minn.

Financial Record

May through October, 1966

Land:

Cost \$3200; 157 acres with barn.

Equity in property \$970 (two government "Soil Bank" payments).

Received \$3000 from a close relative to purchase land. Have repaid \$500 from one of the Soil Bank payments. Since then, relative has made us a gift of the remainder that was due.

Accepted \$25 from a friend toward the community planned here.

Had saved about \$1000 from several jobs over a period of a year and a half (included periods of unemployment). Rented, ate and lived "economically."

The tax collector relieved us of \$115 for property taxes. (Land tax will be 40% off beginning in '68; we'll be eligible for "homesteading" deduction.)

Transportation:

Bought a 1951 truck for \$125 to continue our search for land (1965) and finally moved to Minnesota in May, 1966. Eventually shelled out over \$125 for new tires and battery. Prior to this we looked by bus and friend's car. About \$300 additional was spent actively looking for land (gas, but fare, misc.).

Building Materials:

Approximately \$250 for building and repair materials. A small amount to repair a tiny cabin that housed us in spring and summer, the remainder for our present quarters in a section of the "barn."

Baby:

So far Georgie has accounted for a cash outlay of \$30. However, the little one's advent netted \$112 from relatives and friends. A nice batch of infant clothing was also received.

Clothing:

Brought to homestead clothing acquired over the past few years. Have since received some discards from relatives for us and the baby. Have bought a few articles for baby at local rummage sales for 5 and 10 cents each. Much good adult clothing also available at such sales for a few cents. Many things will be made by us of commercial and preferably home spun wool (we have fleece, need a spinning wheel).

Food:

Try to use as much of our own as is possible to grow and store successfully. Cash output since coming to New Harmony has been very low. Purchase "economical" foods and eat much of wild plants. Since summer we've subsisted primarily on our garden produce. Have stored and preserved much cultivated and some wild foods for winter and spring. Will have to buy some food before next year's wild and knoess, cont'd from Dec. domesticated plants arrive. Hope to eventually do without buying (much) food. Before the garden came in we spent less than \$5 a week on groceries; much, much less now. (Note: Even in the city we spent only \$10 per week on groceries for the two of us; this usually included some non-food items.)

Furniture & Household Items:

Furniture and many other household articles like kitchenware are secondhand from relatives or bargain stores. Some things have been given to us by our new neighbors here. We bought a used wood cook stove for \$7. A few things have been purchased new.

Cash Income:

There exist opportunities for

cash income; I've been offered three jobs, without looking, since arriving in the area (planting trees, cutting trees, and sawmill work). Have worked for neighbor at threshing time (who refused cash for many small favors and 100 bales of good hay). Other cash possibilities open: beekeeping, fire fighting, vegetables, lumbering, crafts, knitting and weaving (wool is cheap), etc.

Reserves:

\$800 plus a helluva lot determination.

Letters To Newspapers

Readers of *Green Revolution* often present their ideas in letters and items in newspapers and magazines. We'd be glad to learn of them and reproduce them when space permits, to indicate the range and impact our readers have on the public. We begin with Howard Morris' letter in the Dec. 22 *Dayton Daily News*:

Occupancy and Use of Land

At this, the Christmas season, "peace on earth" is conspicuous in print, but throughout the entire year numerous strikes and, alas, wars make the absence of peace conspicuous and prevent thoughtful adults from being deeply cheerful.

We would do well to act on a profound fundamental concept expressed by Abraham Lincoln, prompted by his experiences as a lawyer in defending citizens who were trying to acquire enough land for a homestead. . . . Defending them against unscrupulous "land sharks" and greedy landlords, he said:

"The land, the earth God gave to man for his home, sustenance and support, should never be the possession of any man, corporation, society or unfriendly government, any more than the air or water, is as much. An individual, or company, or enterprise requiring land should hold no more than is required for their home and sustenance, and never more than they have in actual use in the prudent management of their legitimate business, and this much should not be permitted when it creates an exclusive monopoly. All that is not so used should be held for the free use of every family to make homesteads and to hold them as long as they are so occupied."

Four score and seven years ago—in 1879—an exceptionally able, sincere, noble thinker, Henry George, elaborately developed this same concept.

Howard L. Morris
3131 Ferry Road
Bellbrook, Ohio

Letters, cont'd

and vaccinations. For the most part natural living, breast feeding and good natural food from their homestead should bring this little one through in fine shape. Our five-year-old son has never had any shots or needles injected into him. He is very well, except for an occasional cold, which we handle via rest, fasting and simple food. For our peace of mind we had a doctor give him a check-up, and all is well.

Rather than investigate all aspects of vaccination, why not read such books as Rene Dubois' *The Mirage of Health and Orthotrophy* by Dr. H. Shelton, Box 1277, San Antonio, Tex., for \$5. — Jean & Bill Peavy, 1675 Bette, Merced, Calif.

Interest In India

To the Editor:

I highly appreciate the work you are doing in your School of Living, and the life-saving information in *Green Revolution*. . . . Our center was founded by Gandhi in 1946, and we regret he was not spared to guide its activities, but we have the guidance of Balkoba Bhawe, Vinoba Bhawe's younger brother. Today we have more than 60 patients, use no drugs or any kind of sup-

plements. We have a farm, with grapes and other fruits, produce all our grains and have a model dairy, 18 miles from Poona City. —K. Chandra, Nature Cure Center, Uruli-Kanchan, India.

Praise For Cats

To the Editor:

So many wonderful things happen almost daily, isn't it so? Can you remember many? Can you count them? To count the good; to ignore the bad. . . .

My beautiful, fluffy cat, Mandy, lies here on a box-seat beside my desk. One comic leg sticks up as she licks its every hair into place. Cat feet are to me the most comic animal structure I have ever seen. Short, blunt, just a rounded end to the stick and yet the cat can climb anything, run faster than a dog, manipulate things with those stubs called feet. To me they are comic all over again, every day. Mandy sails across the room and flies up into my lap like a thrown ball . . . and she so soft and warm. We never had pets before. My husband had no patience with them. But in his old age he begins to love them, and is good to them. Our dog has quietly become his instead of mine, which is perfect, for Mandy won't let him hold her at all. Funny people, animals.—J.B.

No Vitamin E In Frozen Foods

To the Editor:

An advertisement in a trade journal states: "The cold fact is that vitamin E in most frozen foods actually breaks down in storage." Foods fried in vegetable oil containing a lot of vitamin E were later frozen, tested, and then contained almost no vitamin E. . . . Most people get about half the amount of vitamin E which officialdom says is good. If you eat many frozen foods, don't depend on them for vitamin E. —Mildred Rexrode, Dayton, Ohio

Hiivaleipa (Finnish Rye Bread)

I would like to share this favorite recipe for Finnish rye bread with readers. The following is a "quick method" recipe.

1½ cups hot water
2 tablespoons butter or salad oil
2 tablespoons raw sugar (for dark rye use ¼ cup dark molasses)
2 teaspoons sea salt
1 package yeast (2 tablespoons of bulk dry yeast)
½ cup lukewarm water
3 cups coarse rye flour (whole wheat may be used)
2½ cups unbleached white flour (may take a bit more)
Melted butter or salad oil

Place hot water in large mixing bowl, stir in butter, sugar and salt (molasses). Set aside to cool while you dissolve yeast in ½ cup warm water. Let stand about 5 minutes. Blend into first mixture when it becomes lukewarm. Stir in rye flour (or whole wheat). Beat with wooden spoon for 1 minute. Add 2 cups unbleached flour and blend well. If too sticky add ½ cup more unbleached flour. Put ½ cup unbleached flour on kneading board and pour out dough onto floured board. Knead about 10 minutes; add more flour if necessary.

Place dough in buttered (oiled) bowl. Brush top with butter (or oil). Cover with a slightly damp cloth (I put a piece of plastic on top of cloth to keep it moist). Place in warm area, about 80°. Allow to rise until double in bulk, about 1 hour.

Punch down and knead lightly; divide dough in half. Shape each half into a round loaf, place on lightly oiled baking sheet (a cookie sheet will hold both loaves). Press down with hands until dough is about 1 inch thick. Cover and allow to rise, about 45 minutes, in warm place. Bake loaves in a fairly hot oven (375°-400°) for 25 to 30 minutes, until crust is a nice brown.

Cut in wedges, split in half while warm; and buttered is a special treat for boys of all ages (girls love it too, but it's calorie-loaded). —Nina Johnson, Rt. 1, Box 249, Newberg, Ore.