INTRODUCTORY

During the many sessions of the Rose Cross Aid held at “Beverly Hall,” its headquarters, requests have been made repeatedly that an authorized Cook Book be issued; a book, the contents of which would be in harmony with the teachings of the Aid. The time has now arrived for the publication of such a book.

Because of the wide experience along this branch of the work, and her general fitness and training, Mrs. A. W. Witt was chosen editor and compiler, and the book now before the reader is the result of her efforts.

The present volume does not treat exhaustively the subject under consideration. It would be impossible to cover the entire subject at one time or in one edition. All that the Rose Cross Aid can expect to accomplish is to place before the public a general outline and idea, and a working knowledge of the principles of cookery and the value of different foods and their combinations. If the instructions contained herein are followed, good and satisfactory results will be obtained. A study of the contents will suggest other combinations in harmony with food chemistry, relieving one from any fear of sameness in the menus.

As the demand increases, The Rose Cross Aid will issue other books along the line of Dietetics and Higher Race Development and subjects of like nature. Two of these, Rose Cross Aid Dietetics, and the volume Higher Race Development will be ready by the end of the present year.
The Rose Cross Aid

The Rose Cross Order, (the modern title of the representatives of the Ancient Fraternity, Rosicrucae), again takes up a department of its work little known outside the time, and the area, of war. This fraternity has ever made its appearance in periods of national and international disaster, in the work of reconstruction. According to the ancient rules and privileges of its established precedent, that of seeking avenues of service to mankind, it accepts the present opportunity.

The history of the Order unfolds a record of ministry in times of devastation and need. For many hundreds of years the Rosicrucians have served the peoples in warring nations. During the Middle Ages, in France and Germany particularly, this Order worked on the battle fields and in villages, ministering to both the temporal and spiritual needs of the stricken people.

During the Civil War, this Order formed a Rose Cross Aid Society for educational work in the South, its activities covering various lines in the work of reconstruction. This society now places itself before the people as an active, trained, competent organization in the service of the public.

Different ages require different services and methods. Since America has entered the war, the Rose Cross Aid had decided to devote its time to two lines of work especially: First, that which may be called Higher Race Development, which includes child betterment, eugenics, sex hygiene, and kindred subjects. Second, Dietetics, food economy in relation to health, strength and vital power.

These two subjects are of vast importance to a nation at war—and afterwards. The conservation of healthy manhood and womanhood, and the consequent well-born children, is of as much consequence to a race as the conservation of food is to the winning of this war.
The purposes of the Rose Cross Aid in the department of *Higher Race Development* are far reaching. Outlined briefly they include: The prevention and treatment of diseases of the sex nature; the elimination of sex perversions and degeneracy; prenatal influences; the preservation of sex purity in the young; the instruction of both parents and children in the laws and uses of sex. These five general divisions furnish immense opportunity for reconstruction work of infinite value to the race.

The Rose Cross Aid takes up the subject of *Dietetics* in detail. It teaches an economy in expenditure of money, at the same time adding to the food value, thru the arts of combination and substitution. The individual who follows the instructions gains in bodily health and vigor at a reduction of cost. This applied to the nation results in the saving of millions. Another result accomplished at this time is the conservation of certain food stuffs required by the government for the support of the Allies.

The Rose Cross Aid has established *Bureaus*, conducted by competent men and women, who are at the command of all in need of assistance and instructions. Both teachers and lecturers are provided to carry on the work in any town or city. In cities where local chapters of the Aid are established, instructors, at request, will enter the homes of the rich and poor alike, and demonstrate in person the principles of household economy taught by the Rose Cross Aid.

Men and women, young or old, rich or poor, educated or ignorant, black or white, no matter in what state or condition, may appeal to us on any of these subjects and receive instructions, advise and assistance. All such appeals are treated as sacredly confidential and attended to in detail. Any one in trouble may apply to a chapter, or bureau, or may send their plea to us direct.

There never was a time when the information and instruction that the Rose Cross Aid can give was more needed than the
present. Mothers may write for instructions in matters of sex; for information that will benefit her children, or the coming child. She may consult us about herself, her relations with her husband, her family, and society. The Rose Cross Aid will teach the expectant mother what to do for herself, how to bring forth a normal, healthy child, how to pass thru the ordeal of childbirth. She may place her problems before the Aid and receive the instructions she desires.

Fathers may bring their own, or the perplexities of their families to the society and be sure of finding a solution. Young men and women, ignorant of the demands of their natures may write for help and information.

Those who are ill may state their case fully, knowing that the Rose Cross Aid is at their disposal ready to assist them in all ways possible.

No expense is attached to any information or assistance given by the Rose Cross Aid. Stamps should be enclosed to cover cost of postage.

The only returns asked by the Rose Cross Aid is that the instructions be honestly and faithfully carried out to the minu-test detail.

Instructions are freely given in sex hygiene, or along any lines stated in the department under Higher Race Culture. The Rose Cross Aid places the use of its knowledge and experience and training at the disposal of all those afflicted with bodily ills.

The Rose Cross Aid is non-sectarian. It does not solicit funds, but accepts free-will offerings and contributions which are devoted to its work of reconstruction.

R. Swinburne Clymer.