FOREWORD

A writer on dietetics has said, "If it can be said that the home is the cradle of the Nation, it can be said more truthfully that the pantry is the cradle of the home." A knowledge of foods, their compositions, value and combinations, from the standpoint of health and economics, is most essential and basic. A true knowledge of foods, cooking and dietetics means not only health, efficiency, more power, happiness and civilization, but it also means conservation of foods, conservation of manhood and man-power, and a greater brain efficiency. The cry of today is for efficiency. Everywhere, in the office, in the shop, on the farm, in the home, in times of war, in times of peace, efficiency is the watch-word. In its last analysis, food efficiency means the greatest amount of energy obtained from sensibly and rationally prepared foods, economically and scientifically considered.

An army fights on its stomach; a nation lives on its stomach, or it goes down to oblivion because of crimes committed against its stomach. Treat your stomach as your best friend, not your enemy. Then you will enjoy health, possess greater capacity for work, bid a fond good-by to doctors, and the possibility of always being a patron of the prescription counter of the drug store.

The average American's menu is an impossible combination of poison-producing substances, put together without a thought of the pocket-book, bodily needs, or health. In our present crisis, the crying need of the Nation is for a rational knowledge of food conservation. But while we seek conservation and economy of food, we must not forget the conservation of man-
hood. While we desire to eliminate waste of food, it is also important to eliminate waste of manhood. We must not lower physical and mental vitality and consequent efficiency in seeking too earnestly to conserve food. We seek economy, not parsimony. The foods selected must give us power, health and energy.

The seat of health and happiness is the stomach. Most diseases begin in the stomach. Then why not give the stomach those foods, in proper combinations, which agree with it? Why use the stomach as a garbage receptacle, throwing into it, with carelessness and indifference anything we take a fancy to?

We are struck with horror if a catastrophe overtakes or destroys the lives of hundreds of people. Yet hundreds of thousands die yearly from malnutrition, and multitudes more stand at the brink of death and we say nothing.

A certain food authority makes the startling statement that in the United States, four hundred thousand children have organic disease; one million have tuberculosis in some form; one million have spinal curvature; one million have defective hearing; four million suffer from mal-nutrition; six million have enlarged tonsils, adenoids or other glandular trouble, ten million have defective teeth; fifteen million need attention for physical defects; all because of improper feeding. Think of future generations under these conditions. No wonder our country is having trouble in raising an army. No wonder a large percentage of our boys are found physically deficient; below standard for army service. When our country is straining every ounce of energy and resource, is it not time to consider these startling truths? When the flower of our manhood shall bleed and die on foreign battlefields, shall we not endeavor to save those remaining? Shall we not aid in bringing about a healthy, strong, efficient people, rather than have a nation of anaemics, deficients and cripples?

In offering this book the Rose Cross Aid desires to contribute its services to the public by dispersing the atmosphere of
ignorance in the matter of foods, diet and health. Its aim is to bring the people to a realization of their responsibility in this vital subject.

The conservation of health is a matter of proper choice and combination of foods. Health must not be left to chance, ignorance or carelessness.

After many years of careful study and observation gained from thousands of individual cases, The Rose Cross Aid is able to offer this cook book to the public. It is different from other books, for it meets the problems now confronting our Nation; problems of health, economics, conservation of both foods and human energy, efficient manhood and womanhood. Every menu has been carefully planned with an eye to economy and energy-producing combinations, and every one following them will be benefitted.