Prenatal Influence.
Two Dangerous Periods.
Birth Control.
The Wedding Night.

Some years ago when we issued the book “Exalted Life” it was offered to the public at a special rate of $1.25, but at the present time no copy of that book can be had for less than $10.00 and it is considered cheap at that price.

The present book we consider of even greater importance than “Exalted Life,” and those interested in Race Development, or those desiring to become teachers, cannot afford to miss this book.

If these instructions can be made generally known, and if the people will follow them, complete race reconstruction will be possible within two generations.


A REAL COOK BOOK
THE ROSE CROSS AID COOK BOOK
By Mrs. A. W. Witt

This is the third text book in the series now issued for the Rose Cross Aid in its work of reconstruction.

The book was prepared by Mrs. A. W. Witt in accordance with the system of food preparation as followed at “Beverly Hall” both for patients who come for treatment and for the Student Body during the semi-yearly Convocations, and are in entire harmony with, and in fact form a part of the instructions given by the “School Dietetics and Food Economy.”
As to the practicability of the work, the following taken from the “Kansas City Star,” October 2, 1917, will be sufficient proof:

**LUNCHEON AT 13 1-3 CENTS EACH**

*Rose Cross Aid Conducts Free Morning Classes in Cooking*

The women who attend the free cooking classes conducted Monday, Tuesday and Wednesday mornings each week by the Rose Cross Aid, are taught to figure the cost for each person of each meal served.

The vegetables used in the sample menu published today were bought at the city market.

*Luncheon*—Rice omelette, escalloped egg plant, cold slaw, whole wheat bread and butter, cereal coffee.

*Omelette*—5 eggs, 5 tablespoons hot water, ½ teaspoon salt, 2 tablespoons oil or butter, shake red pepper, ½ teaspoon salt, ½ cup rice (whole grain). Separate the yolks from the whites. Beat yolks until light and lemon colored; add salt, pepper and hot water. Beat whites until stiff and dry. Cook the rice first, in a double boiler, almost dry, then beat into yolks. Gradually fold whites into the mixture. Heat pan and when butter or oil is melted turn in mixture and spread evenly. When well puffed and delicately brown underneath, place pan on center grate in oven to finish browning on top. Slip onto hot platter and serve.

*Cold Slaw*—Select a small head of cabbage, take off outside leaves and cut in half. With a sharp knife slice very thinly. Soak in cold water and keep in a cool place until very crisp, drain and dry between towels. Mix with cream salad dressing.

*Cream Salad Dressing*—½ tablespoon salt, 1½ tablespoons sugar, ½ tablespoon flour, 1½ tablespoons melted butter, ⅛ cup vinegar, 1 teaspoon mustard, few grains red pepper, 1 egg, ⅛
cup milk. Mix dry ingredients together; add yolks slightly beaten, place in sauce pan and stir all the time, add milk gradually next vinegar, drop by drop and last the butter, cook until mixture thickens and immediately remove from fire. Strain and cool.

*Escalloped Egg Plant*—Peel an egg plant and cut in small cubes; cook in small quantity of boiling water until soft, then drain. Place a layer of bread crumbs in a well greased baking dish, alternate with a layer of egg plant and sliced onion. Top layer bread crumbs. Make a rich cream sauce and pour over this and bake 1 hour in medium oven.

*Cream Sauce*—Place a lump of butter size of an egg in a sauce pan, when hot and all melted, add while stirring constantly, 1 tablespoon of flour that has been thinned with a cup of milk. Season with red pepper and salt. If more liquid is needed to thin the sauce add a little of the drained liquid from egg plant.

*Roasted Whole Grain Barley Coffee*—Grind same in coffee mill. Use a teaspoonful to a cup of water and an extra cup of water in the pot; a few egg shells. Let boil; after boiling steep for ten minutes. Serve with sugar and cream.

**Cost of Serving Six Persons**

<table>
<thead>
<tr>
<th>Item</th>
<th>Cents</th>
</tr>
</thead>
<tbody>
<tr>
<td>One egg plant</td>
<td>7½</td>
</tr>
<tr>
<td>One quart milk</td>
<td>10</td>
</tr>
<tr>
<td>One loaf bread</td>
<td>10</td>
</tr>
<tr>
<td>Butter</td>
<td>12</td>
</tr>
<tr>
<td>Frying oil</td>
<td>3</td>
</tr>
<tr>
<td>Coffee</td>
<td>2</td>
</tr>
<tr>
<td>Sugar</td>
<td>2</td>
</tr>
<tr>
<td>Mustard</td>
<td>1</td>
</tr>
<tr>
<td>Six eggs</td>
<td>24</td>
</tr>
</tbody>
</table>
ROSE CROSS AID COOK BOOK

Flour ........................................ 1
Cabbage .................................... 3
Rice ......................................... 4

79½

This averages thirteen and one-third cents an individual.
The classes are held at Room 109, Gibraltar Building, at Ninth and Wyandotte streets.
The book is complete in every respect so that any meal may easily be prepared in accordance with its instructions and the laws of Health.

Printed on our regular book paper, beautifully bound in cloth. Price $1.00.

DIETETICS

At last we have it! For the past eight years, whenever a Convocation of the Rose Cross Order was held at "Beverly Hall," we were requested time and again to prepare a book on Dietetics that would be in harmony with the teachings of the Order, and which would at the same time embody the laws of diet in their relation to health, strength and greater vitality.

These requests became so insistent, and added to this were the demands for such a book by the teachers of the Rose Cross Aid in its work of reconstruction, that we were led to devote the time and energy necessary to the preparation of this book on "Dietetics," which will, we believe, meet all demands, the teachings of which are sane and rational, and of a character to meet all the requirements of that great subject, of food economy.

We state without hesitation that this book is far more