

FIRST DAY OF YOUR LIFE = THE BASICS = RECIPES FOR LIFE AND PAINTING IS THE OR = TODAY IS



2044



For Capt. Jester -  
Best wishes always!

Annals  
9/6/91

THE BASICS

Recipies of life and painting

or

Today is the first day of your life

A Butterfly Hunting...  
or thoughts collected by  
Roger H. D.

Thanks to my Brothers and Sisters this book is  
as everything is - so again I feel thanks.

THE BIBLE

Principles of life and conduct

or

How to live in the world

if you don't have something  
to trade for this book, feel  
free to copy it word for word

A practical handbook  
of thoughts collected by  
Robert H. ...

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## CLASSIC BLUE BERRY PIE

1 qt fresh blue berries  
1 c sugar  
3/4 c cold water  
1 t lemon juice  
3 t cornstarch

Put berries, sugar, 1/2 cup water, lemon juice  
& cornstarch into sauce pan, plus 1/4 cup H<sup>2</sup>O.  
Cook over low heat until boiling. Let cool,  
then pour into pie crust.

Bake at 400° until crust is browned  
15 - 20 min

Don't just read the words of this book, put  
yourself into each thought. How did the pie taste?

## THOUGHTS

I would like to expose you to some thoughts that I have encountered while learning to paint pictures.

There are basic rules concerning life and painting or any other position in life. Once these rules or thoughts are in your head you will be free and feel free to art, to create, to live. You will always be adding your own thoughts but the basic rules will never change.

### Karma

WE have developed an insane world based on paranoia - this is true insanity - What the fuck is this world for, but to love and live in peace in. So I continue...

## RECIPIES FOR LIFE

Thou shalt not kill?

Kill as few things as possible during your stay on earth.

To kill man is wrong.

To kill animals <sup>for food</sup> is an open question.

To eat sea life is a pleasurable thing.

To eat vegetables is a necessity.

Thou shalt not covet thy neighbors' stuff.

Thou shalt not bear false witness.

You shall not steal.

It's not nice to be stolen from. Would you like it?

Treat others as you treat yourself.

All men and all women must be the fathers and mothers  
of all children.

Think of all children as if they were your own.

Live and let live. Let live and live. Live and let live.

It's nice to be nice. It's nicer to be nice.

Being conscious of an ant is consciousness of life.



## BELIEFS

There are basically 3 ways to believe:

Something. Nothing. Yourself.

Something meaning:

Tangibles: statues, buildings, holy water, etc.

People: Jesus Christ, presidents, Buddha, etc.

Spiritual: astrology, witch-craft, Zen, etc.

Nothing:

~~Evolution~~ The question of the universe's

beginning and end and on and on and on and

man is incapable of understanding infinity.

At this point in evolution these ~~hard~~ questions are  
unanswerable so why dwell on them.

Yourself:

The idea that each man is god, everything is god.

The idea that each man can be Christ-like in  
his every action.

The idea that you yourself are responsible for  
your mistakes or your correct mistakes.

Or understanding something, nothing, yourself.

It is known that you have a brain, you also have a mind.

## LOVE

Love is all it is. Love is all.

I can't understand love but I can sure feel it.

If the love you've got doesn't make you happy go out  
and find the love you need.

Unfortunately love dies, or should I say, unfortunately  
love changes as all flowers die. But the death being  
nothing but a change to be changed into life again.

When love changes between man and woman it changes,  
that's all.

People who fantasize sex. do not love.

The ultimate expression of love needs no words.

Love is the highest of highs, and the lowest of lows.

I love you ----- sometimes some of you make it difficult.

## PARANOIA

Paranoia is an unsubstantiated fear of the present or future based on past experiences.

Elimination of paranoia breeds love and life.

Paranoia is like being afraid of the dark. If you experience enough darkness your fear will be lessened. Understand your fears, understand your particular paranoia.

Hate is paranoia.

Ask and you shall receive, or are you too paranoid to ask or give.

Paranoia is ignorance -- <sup>KNOW</sup> ~~learn~~ your ignorance --

What are you paranoid of?

## WAR

War is not necessary to live.

Today the museums of the world must take all their treasures and place them in the streets for people to view daily. They must then fill these museums with all the bombs, guns, grenades, rockets, guillotines, lion pits, indian torture tricks, gas chambers, metals for killing, and all of the destroyers to remind the people of the absurdities of man's past.

War is not necessary to live again.

Some people say war is good because it keeps the population under control. I'm sure there is a better method for universal birth control.

The world is capable of feeding its people.

We see science fiction movies and think that war will always be. We see earth men fighting moon men. This is science fiction.

## DISCONTINUE WAR

The war against Hitler was necessary. He had laws like no-knock laws. A law saying the establishment could come into your house for any reason Hitler wanted. This is positively unconstitutional. He wanted to own the world. The world belongs to everyone.

People must BOYCOTT war is the worst thing in the world.

*How short man's memory of pain.*

## COMFREY

Commonly called knit-bone.

Good for: burns, ulcerous sores, open cuts, aches and pain, broken bones, ulcers, malignant tumors, etc.....

Methods of application:

Masacrate fresh leaves or roots and apply to sore.

Can be boiled for tea or soaking water depending on the needs.

Can be hidden in salads, soups, or eaten raw.

Comfrey has rough fuzzy leaves and grows wild but is hard to identify unless you've seen it before. Sometimes it can be found growing around abandoned farms. Best found by someone who knows it.

You can get a piece of a root from a friend who already has some and plant it in your garden or you can send for seeds from someplace in Oregon.

Hint. Cut down to 2 or 3 inches when it flowers to prevent going to seed and loss of life.

## DEATH

Death is part of life.

No one knows about death so why dwell on the question.

Where your spirit goes nobody knows. There are many theories.

Man is capable of experiencing death before actually dying by learning to transcend the physical senses and explore inner space which is a micro-cosim of total creation. This state can be induced by drugs but is safer and more complete if learned naturally from someone who knows how.

In understanding death you understand life.

You can see a piece of a root from a friend who already has some and plant it in your garden or you can send for seeds from someone in Oregon.

Hint: Cut down to 2 or 3 inches when it flowers to prevent going to seed and loss of life.

## GOVERNMENTS

The prime objective of government must be: love, peace, food, shelter, clothing, and freedom for all the people of the earth.

Information centers must take the place of all the governments in the world today.

These information centers would hold and distribute any information, on any topic you would be interested in, like plumbing, housing, ping-pong, literature, gardening, heart transplants, bicycles, computers, card games, and everything.

Just because something has always been, doesn't mean it always has to be.

The information centers would house past, present, and future ideas on your topic. Where to go for materials, how to put the materials together, etc. It would also give names and addresses of people all over the world who are more involved in your special topic or interest.



A universal language must be formed for the entire world.

Reason. A person could go anywhere and ask direction to the nearest drugstore for ~~pepto-~~  
~~bismol~~, the nearest market for food, the nearest house for sleep, or anything. A universal language would start to eliminate the world's paranoia.

If everyone lived the way you live would the world be a better place to live?

## STORY

Once upon a time there were things called governments all over this big round ball. The big ball was going around and around another big big fiery orange ball which in turn was surrounded by bigger balls and littler balls and all kinds of stuff. Those things called governments had guns, bombs, rockets, knives, indian torture tricks, and destroyers to protect people from people. They were at a point where war would kill the people, and yet all the governments would survive. All living things were dead but the governments were still there strong and well.

One day there came a plague of consciousness called super awareness felt by all the mothballs. Analysts and debaters who had kept the mothballs from the truth truth, were removed. Suddenly, all the mothballs turned into beautiful multi-colored butterflies. The world's paranoia was removed. Multi-colored butterflies roamed the world in peace and union. How beautiful the mongrel butterflies were.

The butterflies initiated the idea of getting together the most universal of people from the big round ball. They gathered writers from all over and in a few short months they devised a universal world language. This

language was not fancy, or complex, it was not perfect, but it was done. This started to eliminate the world's paranoia. This was the beginning of love, peace, food, clothing, shelter, freedom for all.

The people in the kill army became aware, became conscious, and transferred to the peace army. The peace army built houses all over the ball, they planted gardens all over the ground, they made clothing abundant. The people they helped really dug being helped by the helpers. The helpers dug helping, and they all had one hell of a good time.

The spacemen took a few years off because they realized that space would always be there but the earth might not. They decided to depollute things, they cleaned up the lakes, the rivers so the people could go fishing, after all they were being paid by the people, and the people wanted to go fishing and swim. They developed the attache case that the moon men would have used to keep themselves alive for six months in space. They mass produced attache cases and gave them out to all the people of the earth. The people built themselves information centers and the knowledge of the world was there for all to use. There would also be one for your local area, for your local information - like what's at the movies. THE BEGINNING.....

## DRUGS

Drug education must start.

Analysis and debate keep people from the truth.

Being free also means to be able to choose your habits; alcohol, dope, television, ping-pong, etc.

If man's innate drive to be free is a real one, then to be dependent on a drug isn't being free.

A mass educational television spectacular, if well done, could solve this horrid drug situation within a few months.

Drug teachers have to be drug users.

In excess anything is bad, the only exception being love.

Marijuana is a mind stimulant, it makes you think. Alcohol is a mind depressant, it causes you to stop thinking.

Marijuana and alcohol are trivia removers, they put you in the present, not the past or future. The present is a nice place to dwell, for it eliminates paranoia. The idea that everything just is.

CONTINUE DRUGS

This is not a pipe dream.

All of man's drugs must be legalized.

Prohibition of anything doesn't work.

Illegal booze causes crime.

Illegal drugs cause crime.

Illegal gambling causes crime.

Crime causes Mafia. Mafia is crime.

A thought:

You feed your body through food and exercise,  
why not feed your mind.

## EDUCATION

### Schools

The object of schools should be to give anyone the chance to be universal.

School should consist of rooms, with the teaching materials available for any particular subject that anyone wants to learn. The rooms should be free for anyone to study in, by anyone interested in any particular subject. The rooms would be created by the people's need.

Schools should be exposures. They should overflow with exposure so that a person could learn at his own particular interest.

The people should have for their educators anyone that knows more than they.

This means that everyone is a teacher,  
everyone is a student.

Man is not naturally lazy, he strives for truth and knowledge.

Can you still taste  
the berry pie?

## CONTINUE EDUCATION

Arts and crafts make a nice springboard to every other subject.

As it is now, it's easy to do what you don't like to do and difficult to do what you want to do.

### Learning

It has been said that if the student didn't surpass his teacher he was a poor student, or you could say he wasn't into it.

When you get into something you learn fast and well, so to learn fast and well get into something. While searching for that something to get into, enjoy the flow of events that lead up to that discovery.

When you approach a difficult task or profession and say why me, try saying why not me, that isn't saying conceit or selfish.

A person in his study of anything will naturally study most everything.

## CONTINUE EDUCATION

The closer the person is to nature the better the person, so teach nature.

I've found that my knowledge of painting is equal to the togetherness of myself.

A good way to really know if you know something is to try to teach someone what you know.

I've found that the best method of learning is the apprentice idea.

Find someone who knows what you want to learn, go to him in earnest, learn what you can for he will teach, and repay him in any way.

Think for yourself, yourself for think.  
DO-YOU-do-you?

### Teaching

Most teachers forgot how they learned.



## CONTINUE EDUCATION

Rules should be placed in your subconscious, then you will be free to use them unconsciously.

Schools today teach in a very wrong manner, or should I say, they are too paranoid to show the other side of what they think. think.

Anything that has feeling or is fun is not taught by governments.

Teach to think. not how to act. but to think.

There are a few rules to everything. If a person sat down to a piano without knowing the rules of the piano, he could not compose a song. Teach him how far his fingers can spread, where the notes are, how the pedals work, about tone, the other rules, etc., and I feel that there is no reason why he could not put together a masterpiece. If the very real feeling was there.

If you say you don't want to clutter your head with rules, I say that another 20 rules won't put a dent in the 2 million that are already there.

## CONTINUE EDUCATION

It's hard, but not impossible, to unlearn all the wrong teachings that have been crammed up our foxtteo.

You're a super star, but of course we are, everyone is.

There is no such thing as a genius - some people are more universal than others, that's all.

If you don't say something nice, why say nothin.

I feel like a clock with a big grin  
pasted behind my face  
trained to leap out when people glance this way  
and help em be comfortable with each other  
no matter where we're at people walk by  
I watch em unless preoccupied  
when they look.....

DINGO

an invitation to share joy  
at being just what we are  
whatever that is

28 July 70  
david banwell

## RANDOM THOUGHTS

I hope the past doesn't blow us up before we get a chance to try a dose of love, peace, food, shelter, clothing, isim, etc.

Follow your feelings always.

It's all brainwashing. How many people have original thoughts these days?

Man is not much smarter than a tree.

Man thinks he can solve all the problems he creates.

There is no such thing as a swear word.

Adds on television make man look like an ass hole.  
is he. boycott.

Psychiatrists go to psychiatrists for explanations, that's a lot of gobbly-gook. Psychiatrists relate everything to the past. Today is the first day of your life.

Would Jesus Christ have been in the church business?  
Would he have worn all those rings and fancy things?  
Why doesn't the pope sell his rings to feed the people?  
Religious freeloaders. Where is he in times of crisis?

Governments cause wars not people.

This book is a circle.

I'm tired of liars.

Governments are always trying to be bigger and better than  
the other, what do you call that kind of person.

HIROSHIMA, DEATH Governments are still building bigger  
bombs. Politicians are political freeloaders. How can  
anyone not scream and shout don't build any more  
bombs. M.F.-P.F.

Everything is changing very fast, governments are very  
old, very fucked up. No blame, just change. Today is  
the first day of our lives. This generation will not  
turn back. DIG. We want to live and let live and live.  
Simply say you're sorry and join us. What else can  
I say.....CHANGE

Executives must start treating the people who work for them as people. The people could teach you a lot. Wingnuts.

Consciousness of an ant is consciousness of life.

Insurance companies are insane happenings. How can a company be responsible for its investments?

Insurance companies invest in life?

Governments make mass pollution possible.

X number of dollars.

Unemployed generals and politicians could be given fireworks displays and fan-fare jobs.

I hope peace isn't too expensive.

You with your big fancy jobs.

We are all brothers and sisters.

So called professional people know so many words that you can't understand them and neither can they.

You must work your government or it will work you to death.

Governments do very little to enhance the arts and crafts.

Governments pay people not to grow food. Governments can't be very smart if they can't give food or accept it.

Governments have a constitution to follow but don't. How long would a football player stay in a game if it did not follow the rules.

Governments should assure people of a nice ride around the sun.

The people have two powerful weapons against governments, boycott and impeachment. Assassination makes you as bad as the opposition?

To get rid of roadside billboards, don't buy what's advertised on em.

News people must start reporting good news.

Strive to be universal.

Fancy houses from the outside, trees on the inside.

All people are equal. All people are different.

To get rid of old bombs, have them eaten by the makers and co-makers.

Paranoia creates war, hate, greed, jealousy, etc.

This circle is sensible not utopia.

Man is the true peace symbol.

Dr. \_\_\_\_\_ GET IT TOGETHER.

People who are involved in arts, crafts, nature are the first to oppose war.

I don't want to see another <sup>BIG BOSS</sup> ~~person~~ that think he's better than ~~another~~.  
HIS CO. WORKER.

Love and knowledge are nice equal.

If everyone in the world was like you, would the world be a better place to live and let live in?



War is not necessary to live, again, again. AGAIN ●

A good way to find out what you know is to teach what you know.

Nothing and something are opposites. To know anything well you must know things to extremes. The degree you learn to is equal to the degree you took the question.

If I were you, and you were me, what would we be?  
or If I were me, and you were you, what would we be?

All scriptures are out of sight, only their interpretations have become misinterpreted.

Professions are like all games. Tic Tac Toe can be computed in your head, it has only so many possible moves. The game of chess can now be computed, a computer can remember all the possible moves. The games of music, painting, baseball, plumbing, pool, poker, life, etc. can not be computed. The self plays too big a part.

A composer of music is like a composer of a plumbing job is like a composer of a painting job is like a composer of a ping-pong game.

Laughter is the release of soul, tears are the builder  
of soul, the real you is soul.

The highest form of art is the art of living.

If the governments were any good there would be no war,  
there would be peace, so don't tell me governments are OK.

There should be no professional politicians because  
they get on a ego trip that causes death.

Money money yenom omnye money money money moneymoneymoney

If you've read this book before and understand it, give  
it to someone who needs it.

To be dependent on anything is not being free.

The book to teach your parents by.

If no one bought what is advertised on T.V., there would  
be no ads. Another means of advertising gentlemen!  
How about a big book with everything that is made or done?  
Think of something - GET IT TOGETHER.

I've never met a person who can't understand these things I've written.

Everybody get it together. What did you do today?

## FIDDLEHEAD FERNS

early spring recipie

First locate wild non-fuzzy young fiddlehead ferns about 8 inches high before they have unfurled.

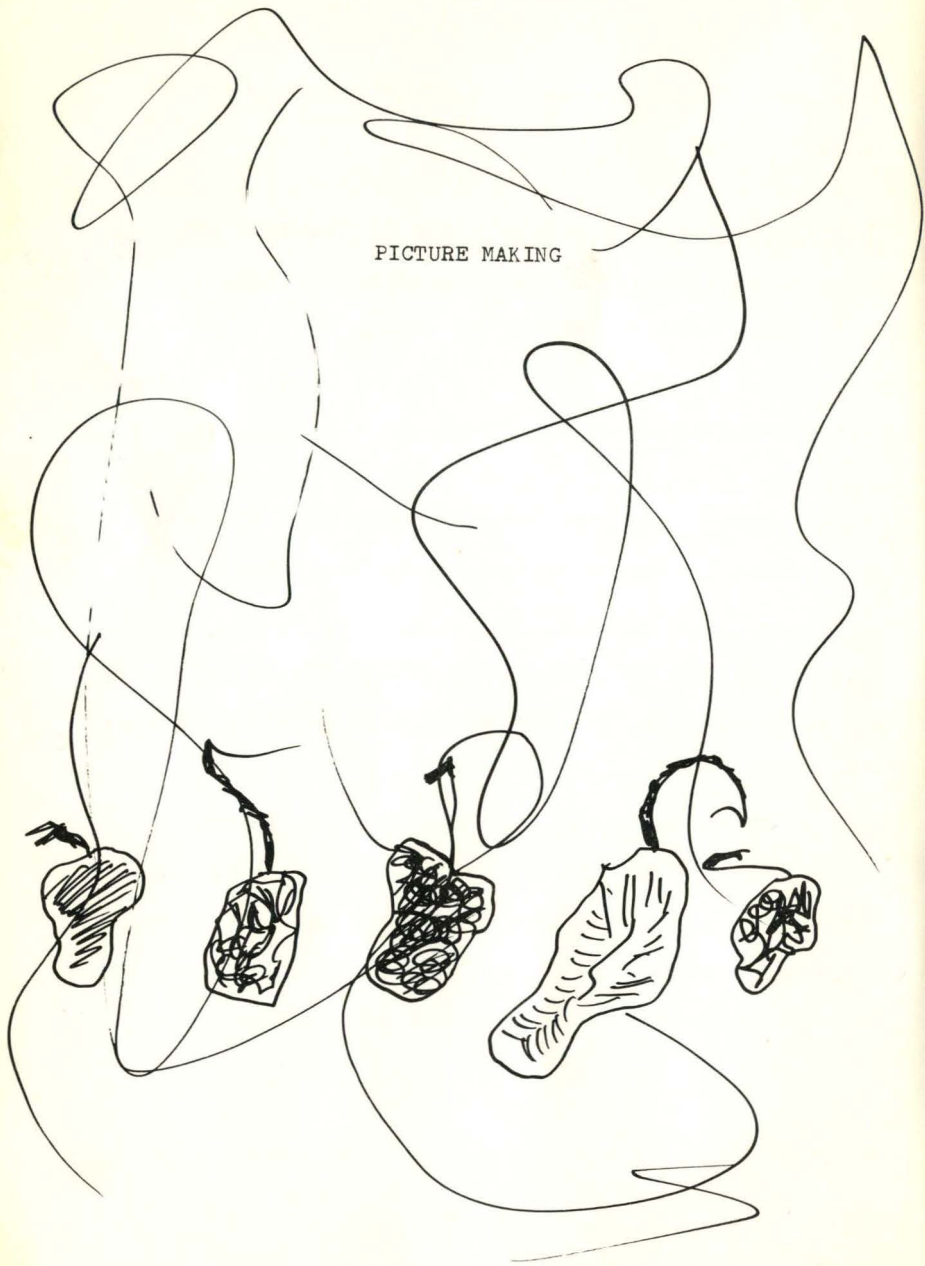
Note: fuzzy ones are bitter to taste.

Pick as many as you plan to eat.

Steam standing for 3 to 5 min in half inch of water. Cover, stand steaming so they won't fall down.

Take out of pan and serve with butter and spices if you want. Boy it sure tastes good if you've picked the right kind.

PICTURE MAKING



## THOUGHTS

Some rules I have encountered while learning to paint pictures.

My definition of art is man doing something to the best of his ability. Art is man. Everything is an art.

The highest form of art is the art of living. Under living comes painting, pool, music, football, big business, executives, plumbing, dance, ping-ponging, everything is an act.

In painting you can build mountains, buildings, make trees, put cows in a field, make pretty flowers and if you make a mistake just start again. Will god do that.

Some of these rules may seem difficult to learn, like perspective, shadows, etc. As you build your knowledge of these things it becomes easier and more fun figuring out each problem. With someone who knows, you should be able to figure out perspective in a week.

## PERSPECTIVE

Color perspective and or shading perspective.

Color of shading changes as it recedes from your eye. Or as you recede from the color.

Blue mountains are made up of green trees, they take on the color of the sky. The air between you and the object changes it.

There are 3 types of line perspective: one point, two point, and three point.

One point is based on one point. It is the most common in picture making.

There are vertical and horizontal lines.

All angle lines are based on this one point.

This creates the illusion of depth.

Two point is based on two points.

There are only vertical lines.

All angle lines are based on the two points.

Three point is based on three points.

There are no vertical or horizontal lines except for the center lines.

Three point is used when looking sharply up or down something.

You must know one point before you can add the other points. Most draftsmen know of this and would be glad to help you.

Trace my drawings until you get the idea.

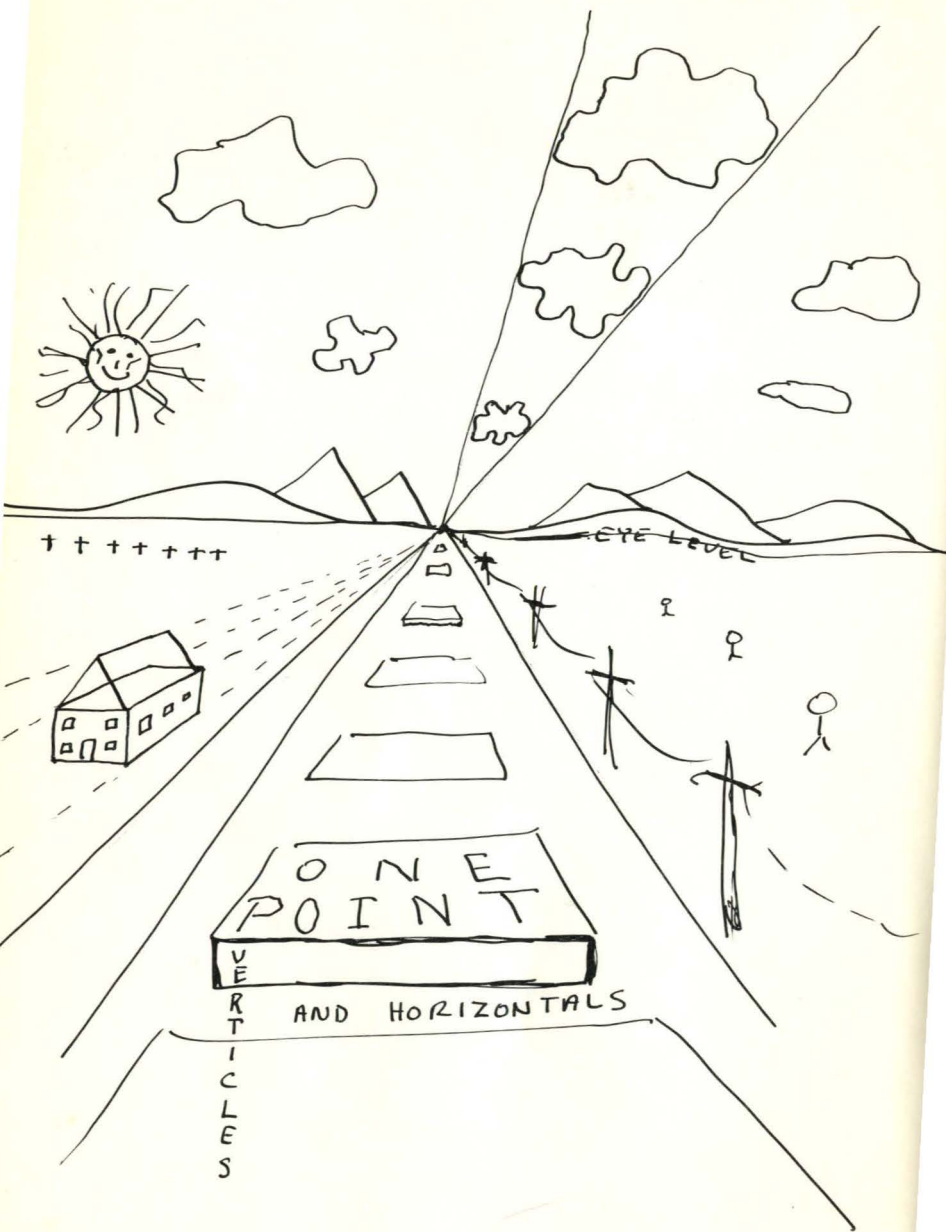
The further something is from your eye the smaller it appears.

Put a piece of glass an arms length away from you.

Holding your head in one place, draw the scene you see.

(SEE COVER! . . ?





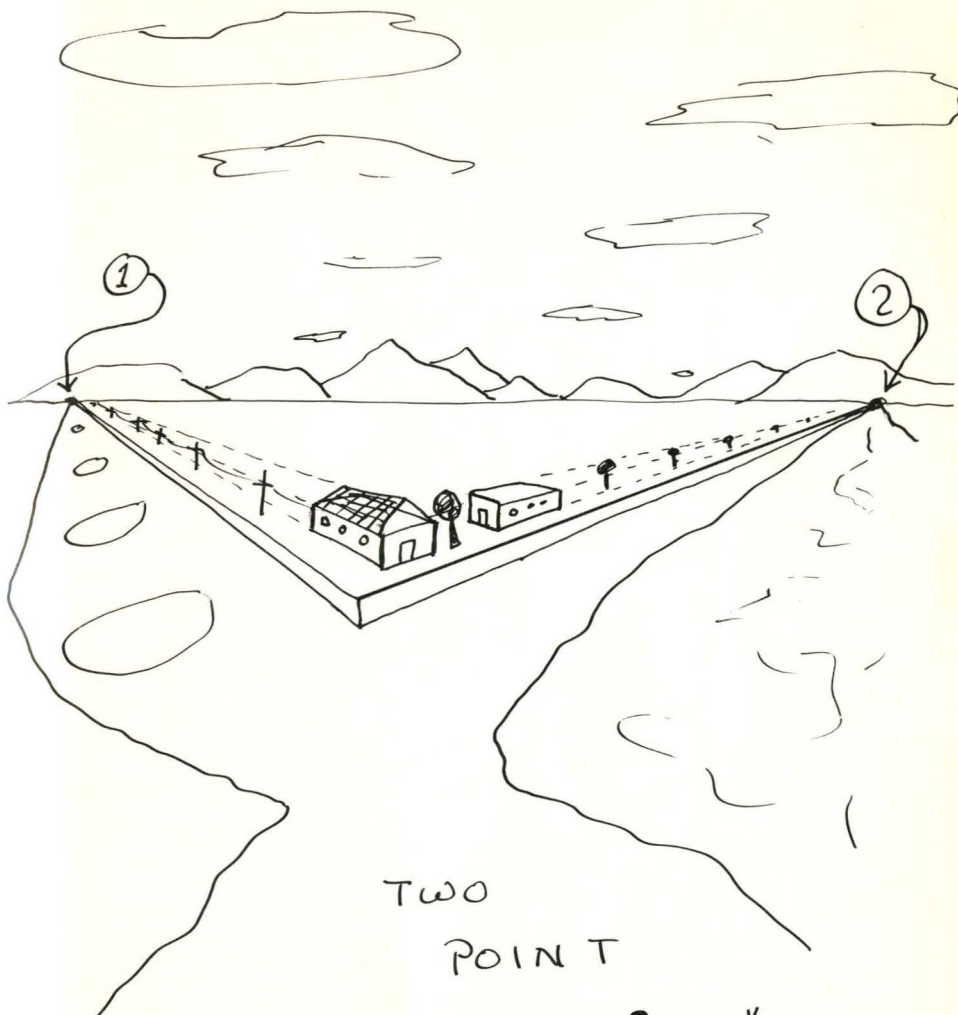
+++++

EYE LEVEL

ONE  
POINT

V  
E  
R  
T  
I  
C  
A  
L  
S

AND HORIZONTALS



TWO  
POINT

VERTICLES



VERTICLES

ABOVE EYE LEVEL →

ONE POINT AND TWO POINT TOGETHER

ONE POINT MAKES THE TABLE  
TWO POINTS MAKES THE BOXES  
NOTE — EYE LEVEL —

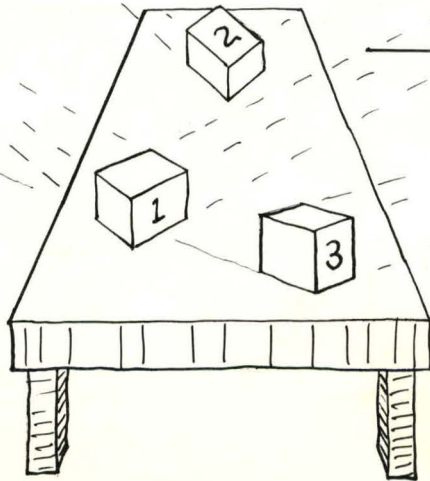
EYE LEVEL

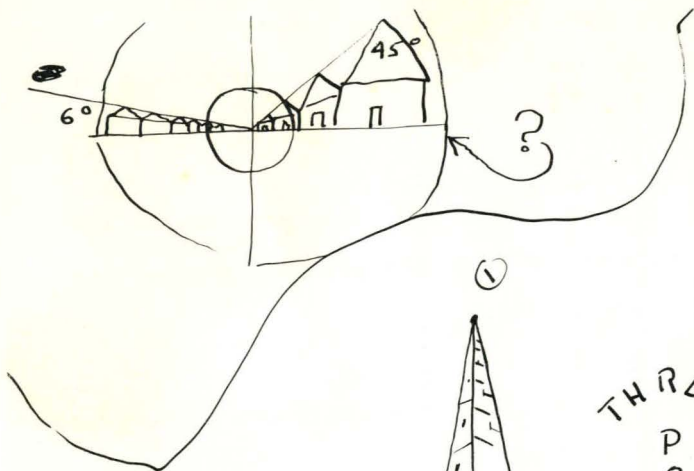
BELOW EYE LEVEL

BOX 1 RESTS  
ON THE TABLE.

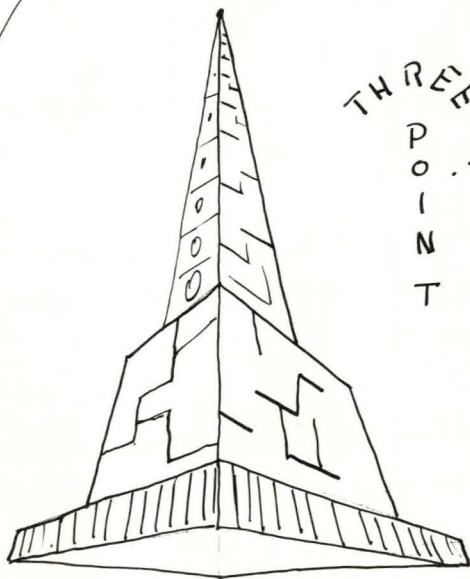
BOX 2 FRONT  
CORNER DIGS  
IN.

BOX 3 BACK  
CORNER DIGS  
IN.





THREE  
POINT



## SHADOWS

Tie a string around a lightbulb. Observe how the light rays flow from the light as you move the string around the room.

When using two or more lights remember that two lights are lighter than one light and that two shadows are darker than one shadow.

There is a point of light, the point exactly under the light is just as important.

When figuring out a shadow on a table remember that the point to relate to is now the height of the table, not on the floor.

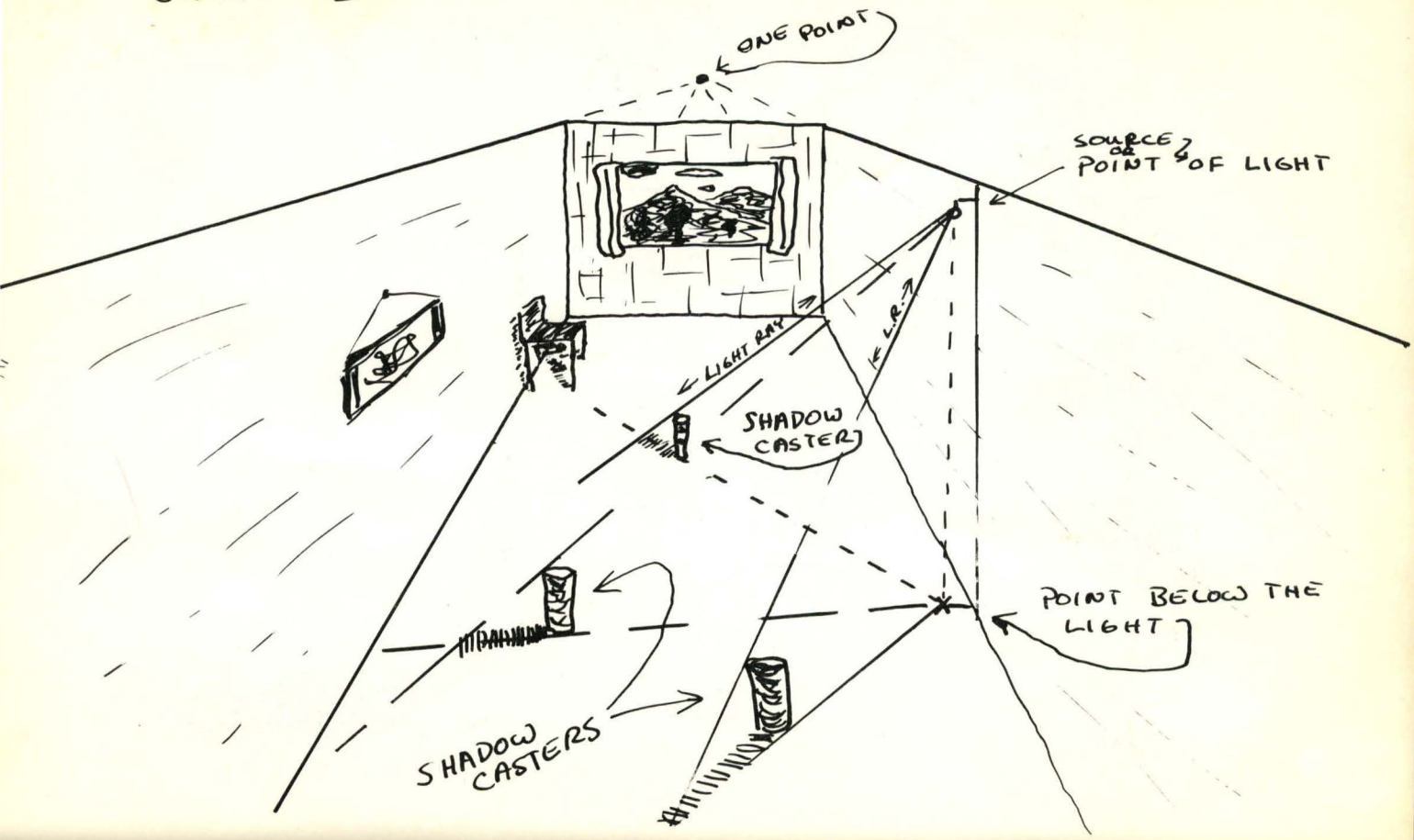
You must know perspective before you can build the room to put the table in to put the light in to cast the shadow.

Build a room, put in a light, draw a line from the source of light across the top of the shadow caster to the point where it crosses the line coming from the point below the light after it crossed below the bottom of the shadow caster - right - right.

Follow along in the drawing on the next page.

Never forget penumbra.

# SHADOWS



# TABLE SHADOWS

(171)

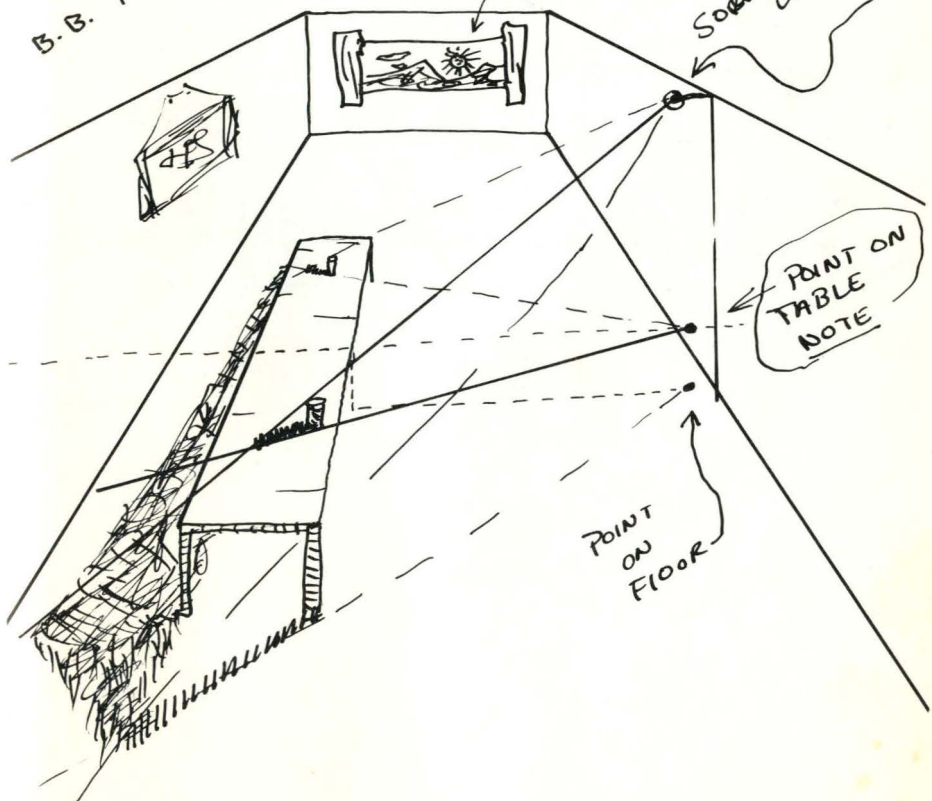
B-B. PIE

THE SUNS OUT - IS IT WHERE YOU ARE

SOURCE OF LIGHT

POINT ON TABLE NOTE

POINT ON FLOOR





## LIGHT AND SHADE

There are darks, half-tones, and lights.

Within the dark, there is a dark, half-tone, and light. Within the half-tone, there is a dark, half-tone, and light. Within the light, there is a dark, half-tone, and light.

Within the big dark's dark there is a dark, half-tone, and light and on and on and on and

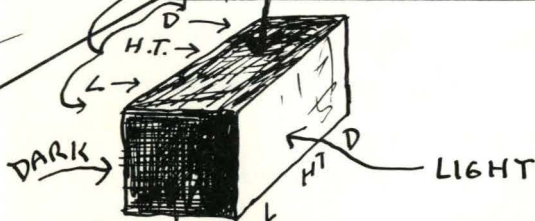
Work the big areas first then the smaller, etc.

We add to the dark, half-tone, and light, oblique plane and reflected light. These are the edges of a cube and the outside edges of a cylinder.

Understand what a plane is.

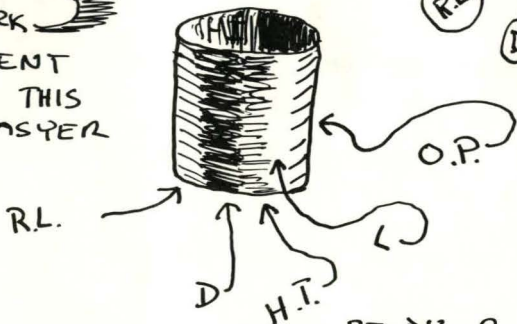
WITHIN THE  
HALF TONE

HALF TONE



WITHIN THE DARK

IF YOU SQUENT  
YOUR EYES THIS  
WILL BE EASIER  
TO SEE —



STUDY A QUE  
BALL TO STUDY  
A CIRCLE



## COLOR

Color is a personal thing.

Use the colors you feel. If you want to paint a purple tree or a green sky use these colors. Why not?

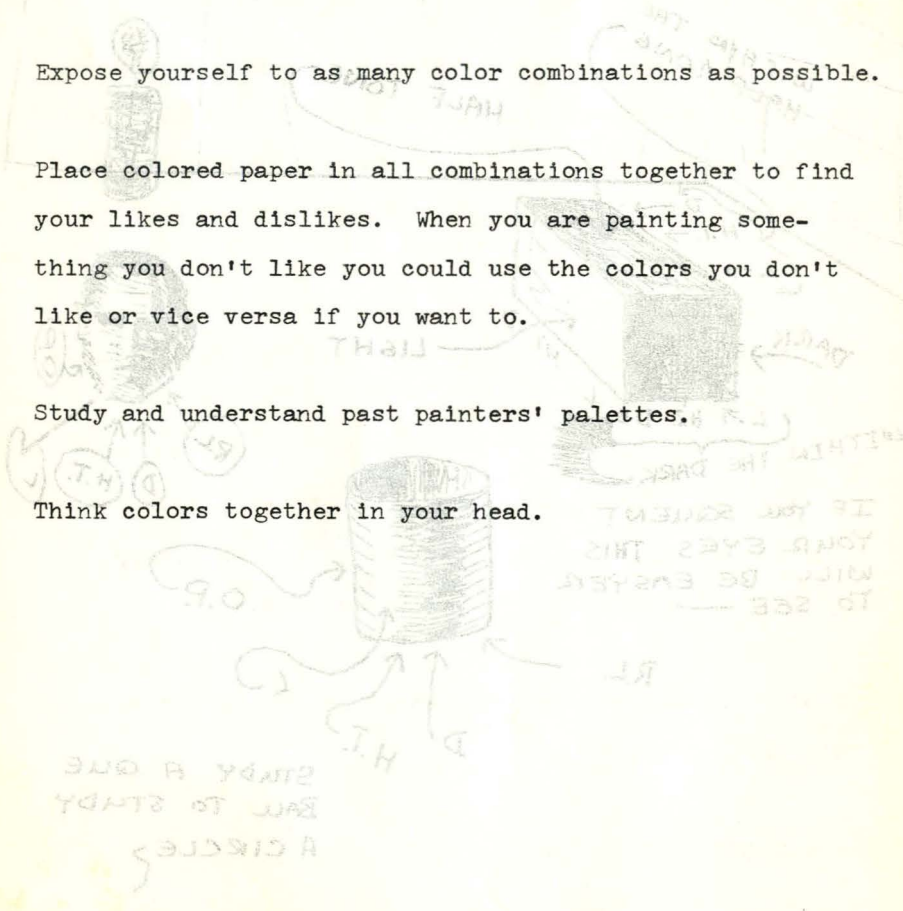
All colors of the earth go together.

Expose yourself to as many color combinations as possible.

Place colored paper in all combinations together to find your likes and dislikes. When you are painting something you don't like you could use the colors you don't like or vice versa if you want to.

Study and understand past painters' palettes.

Think colors together in your head.



## ANATOMY

The hands are basically like the feet, the arms like the leg, etc. So to begin with its about half as difficult as it seems.

The anatomy of a tree is simple compared to a head.

The anatomy of a pine tree. All pine trees are basically the same in shape, to make the individual pine tree it will simply be fatter, skinnier, taller, shorter, etc. The anatomy, the basic shape, the basic curve, will be the same of all pine trees.

Study the bones, then the muscles, then the skin, then all together. If you want to.

SR?  
+  
The first component drawing you do could be a skull, for to study the makeup of the skull seems not necessary. Then a skull with skin, now you ~~are~~ <sup>HAVE</sup> a head.

All bones have the same basic shape or twist, curve, learn this.

The anatomy of a field.

## ARCHITECTURE

Study architectural materials.

Study past architects.

Look for new ideas.


All buildings must be built underground. Imagine New York City or Tokyo or Timbucktoo with all the buildings being built down instead of being built up. The earth's surface would then be a big playground.

Trees on the outside fancy people on the inside trees,  
on the inside.

Men and women are different.

Not smarter, not dumber.

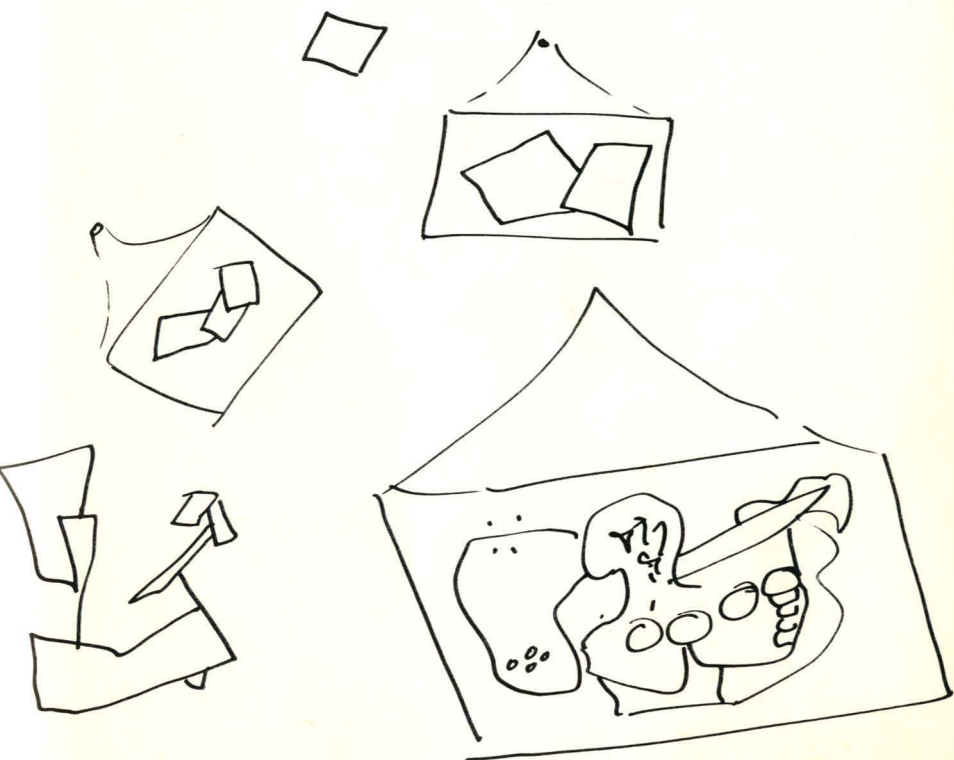
Just different.

~~THESE~~  
Ko-coo-Ko-coo-

## COMPOSITION

Study past painters' compositions.

Study one shape, study two shapes, study three shapes, study all three combinations of shapes, and all combinations thereof, and on and on and on and on again.

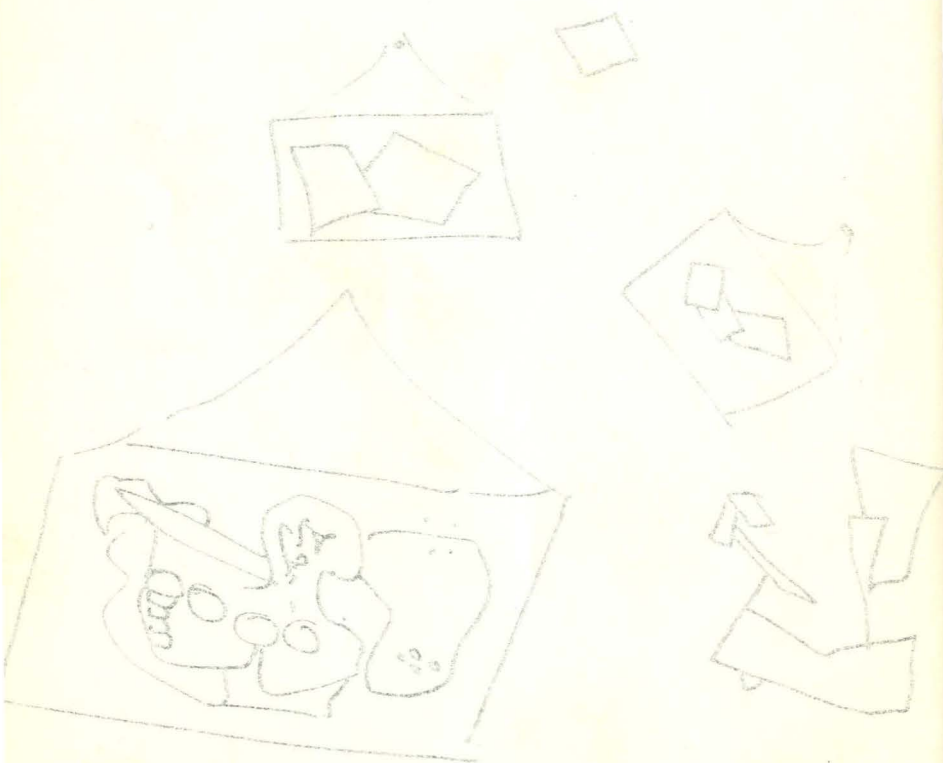


## REFLECTIONS

Reflections are an interesting problem.

Study water, mirrors, etc.

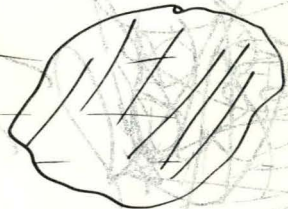
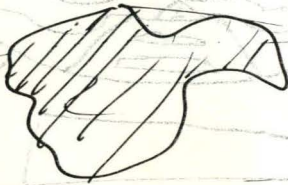
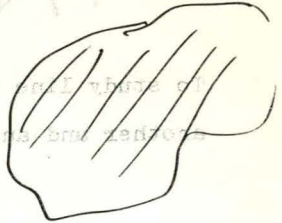
Everything reflects.



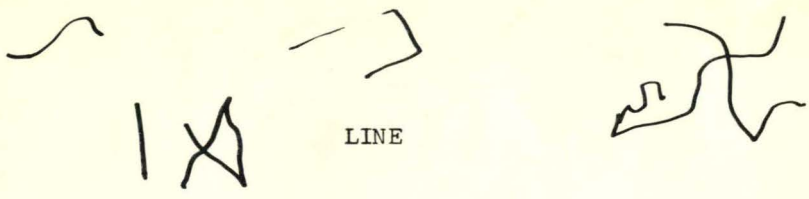
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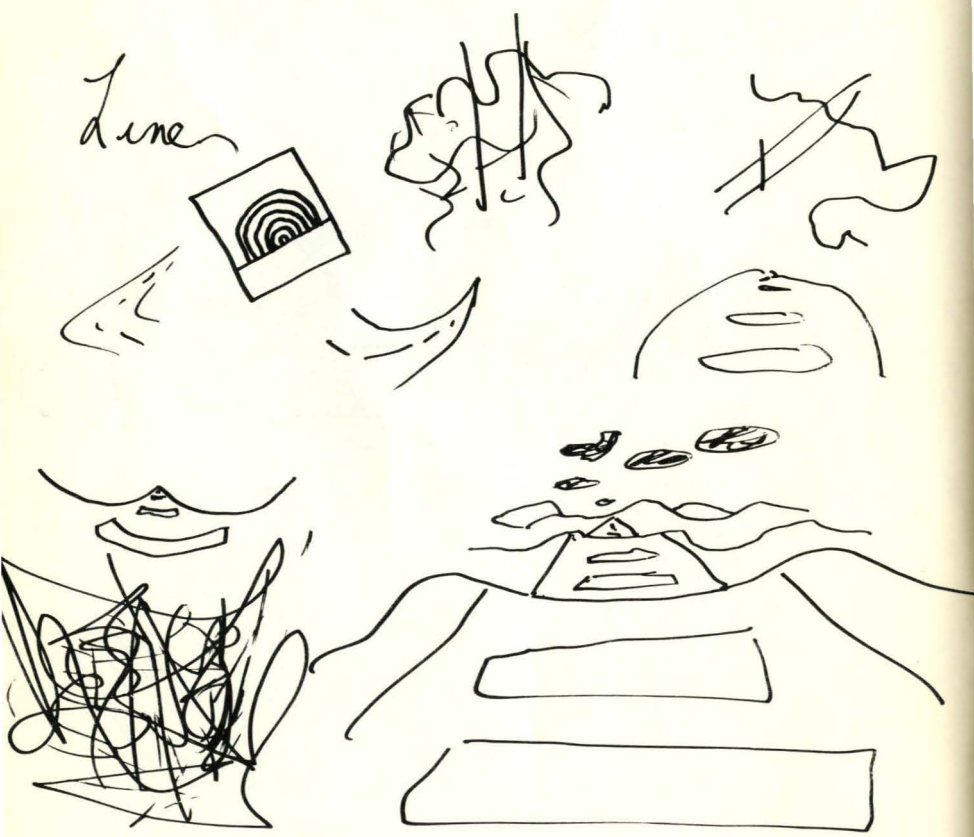


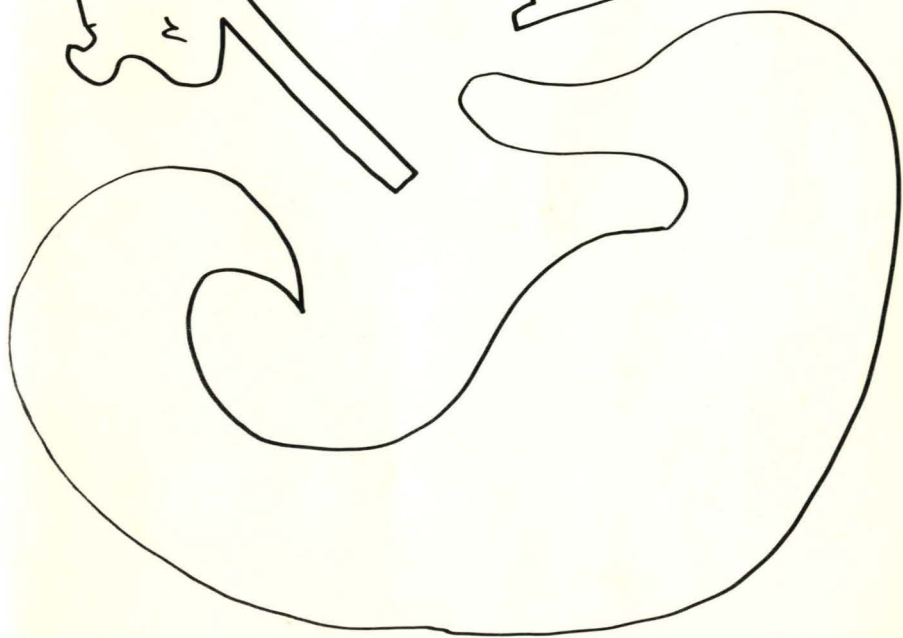
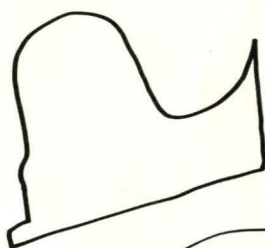
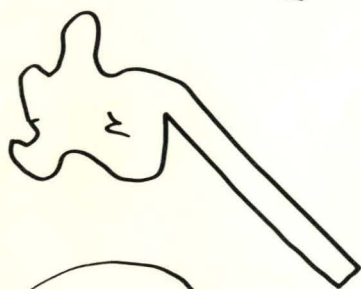
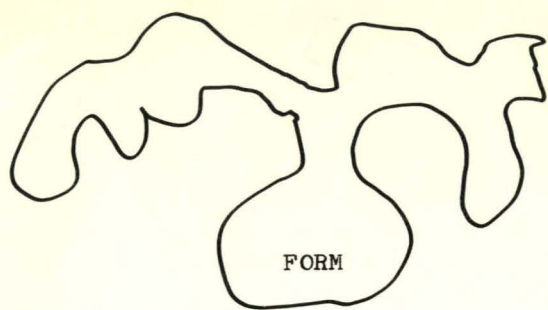




LINE

To study line make some, then another line and another and another. See what they do, relate them.



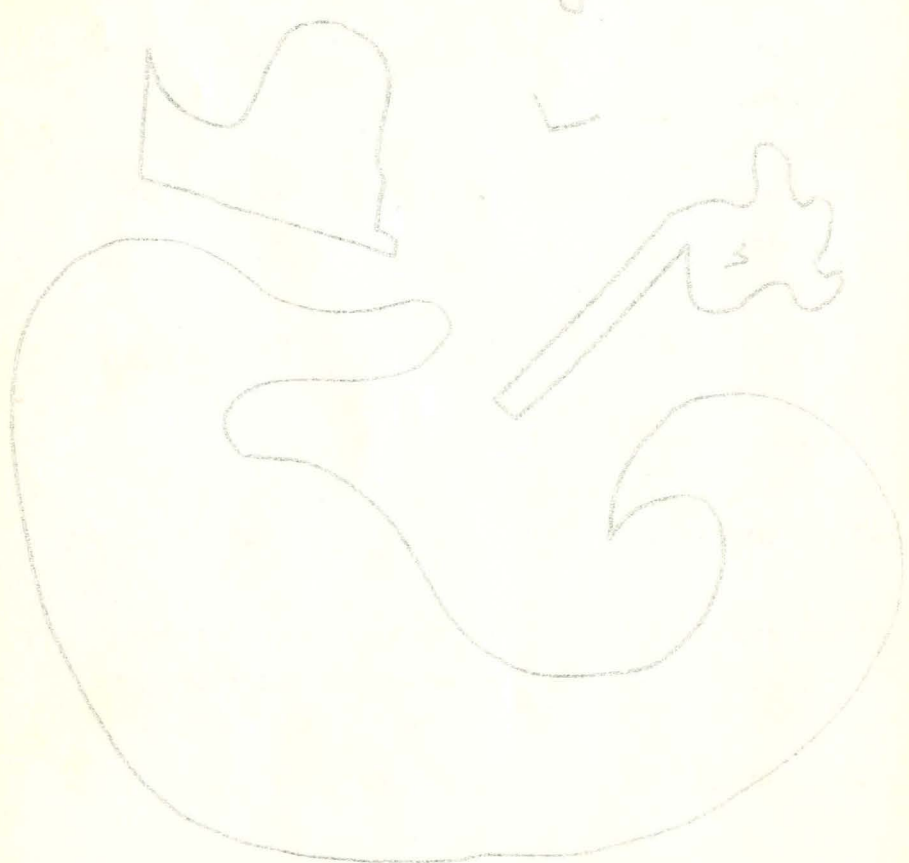
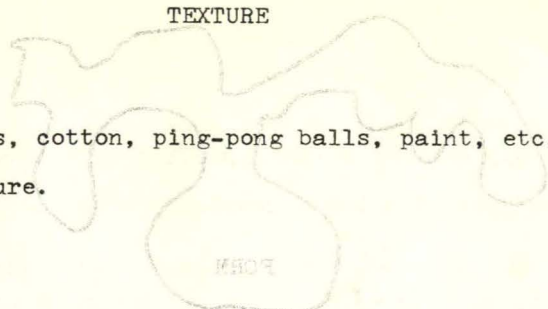


## TEXTURE

Brush strokes, cotton, ping-pong balls, paint, etc.  
make up texture.

Feel it.

You can paint an illusion of texture.



RANDOM THOUGHTS

Nothing and something are opposites. To know anything well you must know the opposites of the question.

The degree you learn to, is equal to the degree you take the question.

You paint with your mind first, second your eye, third your hand.

Once you have learned the rules of painting it's not difficult.

In general, darks advance and lights recede.

Art is a reflection of himself.

If you can master portraits, to do a tree becomes simple.

To experience depth use tone, perspective, converging lines, shadows, looking through or past and overlapping.

Study foreign arts.

When learning to draw, if you want to, drop a plumb line between you and the object. This gives you something to relate to, and everything is relative. And everything is relative.

Work until you can no longer do anymore on a piece.

A good way to know if you know is to teach what you know.

Copy from the Masters if you want to.

Read of past painters' lives, etc.

A painting should be looked at, not glanced at. It should give off a strong physical attraction. Then it should draw you into it's every detail or no detail and leave you asleep at nine o'clock in the morning, that's all.

## UNIVERSAL SALAD

Prepare as many tables as are necessary, three feet by thirty-three feet.

Decorate tables.

Ask your friends to bring their favorite ingredients.

Mix vigorously.

EAT.....

For dessert there will be a blue berry pie.

YOUR RECIPIE PAGE

Prepare as many tables as are necessary, three feet by

thirty-three feet.

Decorate tables.


Ask your friends to bring their favorite ingredients.

Mix vigorously.

.....TAM

For dessert there will be a blue berry pie.

## ABOUT PAYMENT

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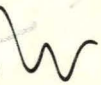
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A HIPPIES 



I'VE NEVER MET A  
PERSON WHO CAN'T  
UNDERSTAND ALL THIS.

COULD BE THE FIRST DAY OF OUR  
THE PAST IS THE PAST YOUR LIFE—  
TODAY



YOU CAN BEE WHAT YOU WANT TO BE

OR

- .. GETTING IT TOGETHER
- ... GOT IT TOGETHER
- ... GET IT TOGETHER
- GOTTING IT TOGETHER
- .... TOGETHER IN GIT TOMORROW

SOFTLY  
SAID

↓  
PEACE OF EVERYTHING  
BROTHERS  
-AND-  
SISTERS

Love Peggy

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GOD - us - INFINITY - WITH THE PROPHETS OF THIS  
TO FOR AS LONG AS NECESSARY TREES PASSING SIGNER BOOK WILL  
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