



## **National Socialist Digest**



**October 2005**

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*Happy Halloween*

# The Role of the Aryan Woman

The Aryan woman's role is PARAMOUNT in today's struggle. Her role is multi-faceted, and she keeps the home, she births and raises children. She is a strength behind her male partner, his comrade, his lover.

She should *ALWAYS* carry herself with confidence and Pride. For she is the life giver! She bears sons and daughters who are the future of our Race and Nation.

We are the hope in the future, and it is our duty to breed and rear the new generation of sons and daughters!!!!

A bit of history to enforce these ideologies:

When Adolf Hitler came to power in 1933, he appointed Gertrud Scholtz-Klink as Reich Women's Leader and head of the Nazi Women's League. Scholtz-Klink's main task was to promote male superiority and the **importance of child-bearing**. She pointed out that "the mission of woman is to minister in the home and in her profession to the needs of life from the first to last moment of man's existence."

The Führer said this:

The slogan "emancipation of women" was invented by Jewish intellectuals. If the man's world is said to be the State, his struggle, his readiness to devote his powers to the service of the community, then it may perhaps be said that the woman's in a smaller world. **For her world is her husband, her family, her children, and her home. But what would become of the greater world if there were no one to tend and care for the smaller one? The great world cannot survive if the smaller world is not stable.** This is so true for the women of the Third Reich and the woman in today's world!!

In the Reich, the women's classes in school were built around a course called **Frauenschaffen**, activities of women. This general subject was divided into:

**Handarbeit** (handwork),

**Hauswirtschaft** (domestic science, cooking, house and garden work)

And most important, the **Pflege** course (eugenics, and hygiene, devoted to a study of the reproductive organs, both male and female, conception, birth, racial purity, infant care, family welfare).

The Führer wanted the girls to feel that their bodies were more important for the State than their minds. He wanted girls to be proud of their bodies. He wanted them to get interested in the bodies of their sweethearts. *If a girl had a healthy body, fit for childbirth, she should be proud to display it to advantage.*

**In a speech given in September, 1935, Adolf Hitler says this:**

The so-called granting of equal rights to women, which Marxism demands, in reality does not grant equal rights but constitutes a deprivation of rights, since it draws the woman into an area in which she will necessarily be inferior. **The woman has her own battlefield. With every child that she brings into the world, she fights her battle for the nation.**

**In a speech given in Munich, 1935, Joseph Goebbels says this:**

Woman has the task of being beautiful and bringing children into the world, and this is by **no means** as coarse and old-fashioned as one might think. The female bird preens herself for her mate and hatches her eggs for him. In exchange, the mate takes care of gathering the food and stands guard and wards off the enemy.

**In his speech "German women!", Joseph Goebbels said:** "...I do not forget that women raise boys to manhood...We have kept women out of the parliamentary-democratic intrigues of the past fourteen years in Germany not because we do not respect them, but because we respect them too much. We do not see the woman as inferior, rather as having a different mission, a different value, than that of the man...

...No one who understands the modern age would have the crazy idea of driving women from public life, from work, profession, and bread winning. But it must also be said that those things that belong to the man must remain his. That includes politics and military. That is not to disparage women, only recognition of how she can best use her talents and abilities."

~ Joseph Goebbels

**Nazi Racial Policy Bureau, ten rules to be observed when considering a marriage partner (1934)**

1. Remember you are an Aryan
2. Remain pure in mind and spirit!
3. Keep your body pure!
4. If hereditarily fit, do not remain single!
5. Marry only for love.
6. Being an Aryan, only choose a spouse of similar or related blood!
7. When choosing your spouse, inquire into his or her forbearers!
8. Health is essential to outward beauty as well!
9. Seek a companion in marriage, not a playmate.
10. Hope for as many children as possible! Your duty is to produce at least four offspring in order to ensure the future of the national stock.

Our main job, our purpose as women is to have children, build a good life for ourselves and our mates! It's biology, for goodness sake! The future starts with us; let's make it as strong and pure as we can.

You can participate and be as active as you'd like, you can get out there on the frontlines and fight with the men and women of the National Socialist Movement, and you can march right alongside the other men and women as well. It is encouraged that you are active!! But, you must remember that your family comes first. Who will take care of the family and especially, the little ones if something happens to you? How well is your man going to be able to fight our battles if you're right alongside him and he's worried about your safety? I'm not saying don't fight, don't be active, don't get out there and do what you feel is right (and IS right, by the way)... just be careful. And think about our future.

Get out there, get active, and get educated! Just remember our purpose, because it seems to have gotten lost somewhere along the way. Pride fills my entire body when I see a proud NS woman with a young child. It brings tears to my eyes. I also fill with pride when I see proud NS women standing strong beside their men. We are doing the right thing here. Let's just kick it up a bit more. Because together, we will win this battle.

**Yours for NS Victory,**

**Corporal Leigh Peterson**

**NSM Women's Division**



## **WHITE BIRTHRATE SHOWING SHARP DECLINE**

**By the NSM National Election Director**

Does there seem to be an awful lot of non-Whites around you lately? Perhaps you noticed more and more non-Whites in your children's schools, or more minorities on television and in the news. It isn't just your imagination. The balance of non-Whites to Whites is changing rapidly in America. Not just in the cities, where Whites flee to the suburbs as non-Whites crowd into the slums, but all across the United States. This situation has many contributing causes, but the main factor is racial birth rates. Whites are simply choosing to reproduce themselves far slower than non-Whites.

How has it happened?

Abortion is one factor influencing the dwindling White birthrate. Other forms of birth control have also affected the White birthrate. Like abortions, they have become more available and more acceptable. Most recently, there has been an alarming trend toward sterilization. Doctor's estimate that sterilization among White people has shot up 700 percent during the last decade. Another factor is non-White illegal immigration while White immigration has declined.

White American's lifestyles have changed in the last few decades. Nowadays, White's are marrying much later or not at all. One out of two marriages now ends in divorce. And thanks to "Woman's Liberation", many White women are more concerned with careers and material successes than with their natural role as mothers.

Alternatives to the traditional family are being pushed. Couples are urged to adopt children, rather than having their own. But when White's approach state agencies, they find that there are rarely any White healthy children available. Instead, they are faced with a junk heap of children who are racially mixed, physically handicapped, mentally retarded, and emotionally disturbed or combination thereof.

Genocide can take many forms against a Race. The worst type of genocide is the slow destruction of an entire Race without them realizing it. That is exactly what is going against White American's nowadays. If you boil some water in a pot and put a frog into it, the frog will immediately jump out. If you put a frog into the pot of water and slowly bring it to a boil, the frog will remain in the pot and eventually die from the boiling heat.

The cure for this slow-genocidal madness is the establishment of a National Socialist America. White American's will have their first opportunity in 2008, to vote for a National Socialist candidate for President and Vice-President. Only a National Socialist government of, by, and for the White people can reverse this slow genocide of the White population in the United States.



## **KNOW YOUR RIGHTS!**

**Jill L., our Women's Division Director wants us all to be informed of our rights. Each month she will post articles we need to know.**

"We the people of the United States in order to form a more peaceful Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States Of America."

### **Article I. - The Legislative Branch**

#### **SECTION 1. The Legislature**

All legislative powers herein granted shall be vested in a congress of the United States, which shall consist of a senate and House of Representatives.

#### **SECTION 2. The House**

The house of Representatives shall be composed of the Members chosen every second year by the People of the several States, and the Electors in each State shall have the Qualifications requisite for Electors of the most numerous Branch of the State Legislature.

No person shall be Representative who shall not have attained to the age of twenty five years, and been seven years a citizen of the United States, and who shall not, when elected, be an inhabitant of that State in which he shall be Chosen.

[Representatives and direct Taxes shall be apportioned among the several states which may included within this Union according to their respective Numbers, which shall determined by adding to the whole Number of free persons, including those bound to service for the term of years, and excluding Indians not taxed, three fifths of all other person.] The actual Enumeration shall be made within three years after the first meeting of the congress of the United States, and within every subsequent Term of ten years, in such Manner as they shall by Law direct. The number of Representatives shall not exceed one for every thirty thousand, but each state shall have a t least one Representative; and until such enumeration shall be made, the state of New Hampshire shall be entitled to chuse three, Massachusetts eight, Rhode-Island and Providence Plantations one, Connecticut five, New-York six, New Jersey four, Pennsylvania eight, North Carolina five, South Carolina five, and Georgia three.

When vacancies happen in the Representation from any State the Executive Authority thereof shall issue writs of Election to fill such Vacancies.

The house of Representatives shall chuse their speaker and other Officers; and shall have sole Power of Impeachment.

Jill L.  
NSM Women's Div. Director

## Home, Health, and Beauty

Cpl. L. Peterson, our Viking Youth Leader wants to make sure we all stay in shape with this great 5 minute exercise!

### 5 Minute Moves: Push-ups

Men can think what they want about “girlie” push ups, but I love the idea of an exercise designed for women. You can do this countertop variation while you’re waiting for the coffee to brew in the morning!!

1. Place palms slightly wider than your shoulder width on the countertop ledge and straighten your arms. Step away from the counter until your body is at a 90 degree angle with it.
2. Bend elbows and lean in towards the ledge. Your body should remain straight, as if your body was a piece of wood and your toes were the hinge. Push back to the starting position.

### How to pick garlic

Garlic has so many wonderful properties from fighting off infections to lowering blood pressure and warding off some cancers. Learn how to pick the best garlic. Thanks Cpl. L. Peterson for contributing this.

1. Select garlic heads with firm, compact cloves and no green shoots.
2. Store garlic in a cool, dry place away from moisture, and it should last for several weeks. (**DO NOT** store garlic in the fridge, because it will become bitter and sprout quickly).
3. Try roasting garlic! It gives the garlic a mellow, sweet taste. Chop off the bottom of one garlic head and separate whole cloves, leaving paper covering intact. Drizzle with olive oil and bake at 350 degrees for 20 minutes.
4. Spruce up mashed potatoes by simply boiling garlic with potatoes (use two large peeled cloves per potato) and mash them together.
5. Remove the garlic smell from your fingers by rubbing them on stainless steel.



# The Benefits of Body Weight Calisthenics

By James Kennedy

Most people see bodybuilders and think, WOW I want to look like that. The sad truth is that most of them don't understand Functional Fitness. Now functional fitness means that your body is capable of doing things that a professional bodybuilder can't ie.; actually defend themselves in a scrap. Bodybuilders may look like they are strong, well they are IN A GYM, not on the street. Out here in the real world a criminal will tear a bodybuilder to shreds, now I'm not saying give your weight set to charity, I'm saying don't overdo it with them.

If you are willing to augment your workout regiment with Calisthenics then you are willing to convert some of that useless "pumped-up" (inflated) muscle into a lean, mean, defensive machine.

You might be asking, "Why calisthenics, I mean what are they?". Calisthenics is a form of exercise that uses the weight of your own body to build lean muscle mass and explosive power, and all the equipment you need is yourself and what ever prop ie.; a chair, couch, tree stump, a tree branch, or even a child's swing-set, yes you read it correctly a swing-set. Are you laughing at me yet, if so then I suggest you try to do about 50 squats (without weights): stand with your legs shoulder width apart, feet facing forward, back straight, now bend your knees and ankles to squat down into a close to sitting position, keep your back straight ok, and thrust back upwards into a standing position. Could you even do all 50? Or did you stop at 10 like I believe most of you did. The squats set your legs on fire didn't they. That exercise requires no prop just yourself.

Here's another, it requires a chair or something similar: Inclined push-ups place your feet in the chair, put your hands on the ground, now slowly go down until your triceps (muscle at back of bicep) are parallel to the ground, hold for a moment, then slowly push off the ground until triceps are perpendicular to the ground.

That type of push-up burns, but not as much as the much vaunted handstand push-up all you need to do that one is a sturdy wall and a little balance, face the wall, then put your head on the ground at the base of the wall a little out from it, place your hands in a tripod position relative to your head, flip your legs up against the wall and balance in a handstand, then push off the ground and feel the burn, caution though if you slip (hands, I mean) your head will thump the floor, so I suggest an Isometric handstand push-up for beginners, that's where you push off the ground slowly and then hold in a handstand for about 5 seconds then slowly return to the ground.

Now Isometric calisthenics just means you do very little repetitions, in a slow fashion, getting the muscles used to the exercise. Do any of you reading this article have any babies? If you do, and I mean non-walkers, I suggest you just sit and watch them play on the floor, rolling around pushing off the ground, generally getting you into a fit with their incessant curiosity and desire to go everywhere they can. Guess what, they are performing the basis of calisthenics right then, when a baby isn't sleeping they are exercising trying to get big and strong like their parents, now don't you want to be a good example, get in the floor with them and roll around, push off the ground, and pedal kick your legs and generally join them in their constantly persistent exercise. If you are willing to do this, when they are strong enough to walk (which will be quickly if you exercise/play with them) you will be strong enough to keep up. And the best part is you don't have to risk muscle and cartilage damage from heavy weights if you do calisthenics.

I know all of you are saying, "He only listed three exercises and then told us to play like babies, what's up with that?".

I'm glad you asked, because just moving is a form of body weight calisthenics, I mean your body always weighs something, why not use that weight by finding something that can support your weight and "INVENT YOUR OWN EXERCISES!!!". Do one legged squats and switch back and forth, do jumping jacks quickly, tree branch pull-ups, do sit-ups while hanging from a tree....Whatever makes you sweat and feel the burn!!

I hope that this article motivates everyone to strive towards functional fitness using calisthenics as opposed to using only rigid, cartilage destroying, weight lifting. If you drop your dumbbell you could hurt your baby who is outdistancing you in the exercise department, just kidding, no one I have heard of has been stupid enough to lift weights with their baby at their feet, and the babies are too smart for that they try to move around instead of staying in one place. HAHHAHA!

# Recipes



## Dutch Apple Pie

contributed by Cpl. L. Peterson

### INGREDIENTS

2 1/2 cups apples, peeled and sliced  
2 tbsp. flour  
3/4 cup sugar  
1 egg

1 cup sour cream or sour milk  
1 tsp. vanilla  
1/4 tsp. nutmeg  
1 baked pie shell

### TOPPING

1/3 cup flour  
1 tsp. cinnamon  
1/4 cup butter or margarine

### Step 1

Preheat oven to 450 degrees.

### Step 2

In a large bowl, mix apples, flour, sugar, egg, sour cream, vanilla and nutmeg. Pour into a baked pie shell. Bake for 15 minutes.

### Step 3

Meanwhile, prepare topping by combining ingredients in a small bowl. Turn heat down to 350 degrees, and continue to bake pie for 30 minutes.

### Step 4

Remove pie from oven and sprinkle on topping. Bake at 400 degrees for an additional 10 minutes.

## Organic Good Mornin' Apple Crisp

contributed by Cpl. L. Peterson

This warm, satisfying apple crisp makes for a perfect start to a cold winter morning. Tart cranberries balance the natural sweetness of baked apples and the pleasant aroma of cinnamon, maple syrup and toasted muesli imparts a sense of holiday cheer, bringing a good morning smile to all.

Serves 8

7 medium sweet apples, such as Fuji, sliced

1/2 cup dried cranberries or organic raisins

2 T. organic evaporated cane juice

2 cups Muesli cereal\*

2/3 cup whole wheat pastry flour or brown rice flour\*

1/2 cup walnuts, chopped

2 T. ground flax seeds

1 to 2 tsp cinnamon

6 T. canola oil

4 T. maple syrup

Preheat oven to 375°F. Lay the apples and cranberries or raisins in lightly oiled 9x 13 baking dish. Sprinkle with cane sugar. Combine remaining ingredients and press over apple mixture. Bake for 45 minutes, or until golden brown and hot and bubbly.

For a wheat free version, use 1 cup rolled oats in place of Muesli and use brown rice flour in place of whole wheat pastry flour.

## Sautéed Cinnamon Apple Crisp

contributed by Cpl. L. Peterson

(1 serving)

1 med-large apple sliced fairly thin

1 tsp canola oil

1/2 tsp cinnamon-divided

1 tsp splenda

1/2 cup oats

1 1/2 inch chunk of banana

Fat free cool whip (optional)

Pour the oatmeal into a dry non-stick skillet and toast the oats over med. heat until they smell nutty. Pour into a bowl and add 1/4 tsp. cinnamon. Add the oil to the pan and then the apples. Let them sauté and brown while you smash the banana into the warm oats-creating a crumble texture. Flip the apples to brown the other side. Sauté 1 or 2 more minutes then sprinkle the other 1/4 tsp cinnamon and the splenda over the top. Toss the apples to coat. Pour onto a plate when they look done to you. Top with Crumbled Oat Mixture and Cool Whip.

Sometimes I sauté the rest of the banana with the apples and that is pretty good. I have also tried adding frozen blueberries to the apples, also very good.



# Apple Cider

contributed by Cpl I. Peterson



Makes 12 mugs

1 gallon apple juice

1 tsp ground allspice

1 tsp ground nutmeg

2 cinnamon sticks

1 T. whole cloves

More cinnamon sticks for garnish (optional)

Combine all ingredients and simmer over low heat for 15–20 minutes. Remove cinnamon sticks. Ladle into mugs and add a fresh cinnamon stick to each serving, if desired.

## Cinnamon Apple Streusel Muffins

contributed by Cpl. L. Peterson

12 servings.

### Ingredients

For the topping

1/3 cup firmly packed brown sugar

3 tablespoons flour

2 teaspoons ground cinnamon

2 tablespoons cold butter, cut into tiny cubes

For the muffins

1 3/4 cups flour

1/3 cup granulated sugar

2 teaspoons baking powder

1/4 teaspoon salt

1 large egg, beaten

3/4 cup apple cider or apple juice

1 apple, peeled, cored, and diced

1 teaspoon pure vanilla extract

1/4 cup vegetable oil

### Directions

1. Preheat oven to 400°F. Line a 12-cup muffin tin with paper baking cups; set aside.
2. Prepare the topping: In a small mixing bowl, stir together brown sugar, flour, and cinnamon; cut in butter with a fork. Set aside.
3. Prepare the muffins: In a medium mixing bowl, mix together flour, granulated sugar, baking powder, and salt. In a small mixing bowl, combine egg, apple cider, diced apple, vanilla extract, and oil; add all at once to flour mixture. Stir until just moistened. (Batter should be lumpy.)
4. Spoon about 1 tablespoon batter into each prepared muffin cup; sprinkle with 1 teaspoon topping. Fill evenly with remaining batter. Sprinkle tops of muffins with remaining topping. Bake about 20 minutes, or until golden brown. Remove from pan; cool slightly on racks.



## Pumpkin Raisin Walnut Cake

contributed by Kim

3 eggs - beaten	3/4 tsp. nutmeg
2 1/4 cups sugar	1/2 tsp. ground cloves
1 1/2 tsp. baking soda	1 1/2 tsp. cinnamon
3/4 cup vegetable oil	1 1/4 tsp. salt
1/2 cup water	1/2 cup chopped walnuts
2 3/4 cups flour	1 cup raisins
2 cups pumpkin puree or 1 can pumpkin (16 oz.)	

### Preparation -

In a large bowl, beat the eggs & sugar together. Beat in the pumpkin, oil and water. In a separate bowl, combine flour, baking soda and dry ingredients. Mix well. Stir into the pumpkin mixture. Stir in the nuts and raisins. Pour into a greased and floured tube cake pan. Bake in a preheated oven at 350° for 1 hour.

## Brunswick Stew

contributed by Kim



1 pound chicken	4 large Irish potatoes, diced
3 quarts water	1 pint corn, frozen or fresh
1 large onion	1 tablespoon salt
1/2 pound lean ham, lean, diced	1/4 teaspoon pepper
2 pints tomatoes	1 red pepper
1 pint lima beans	3 ounces butter

Cut up a pound of Chicken and put it in a large pan with three quarts of water, one large onion, one half pound of lean ham, and simmer gently for two hours. Add two pints of tomatoes, one pint of lima beans, four large Irish potatoes diced, one pint of corn, one tablespoon of salt, one fourth teaspoon pepper, a small pod of red pepper. Cover and simmer gently for one more hour stirring frequently to prevent scorching. Add three ounces of butter and serve hot.

## NS ART



VonBluevens, the NSM's Minister of Radio has created this wonderful portrait of Goebbels. The original charcoal drawing is 11x14 and will sale for \$65.00.

If you'd prefer, an 8x10 print can be ordered for \$20.00.

Let's support all NSM members in their endeavors!

For more information contact VonBluevens at: [bhmb3224@comcast.net](mailto:bhmb3224@comcast.net)

**Coming next month:**

**Osteoporosis- Are you at risk?**

**Recruitment Ideas**

**Non Kosher Products**

**Much More!**

