

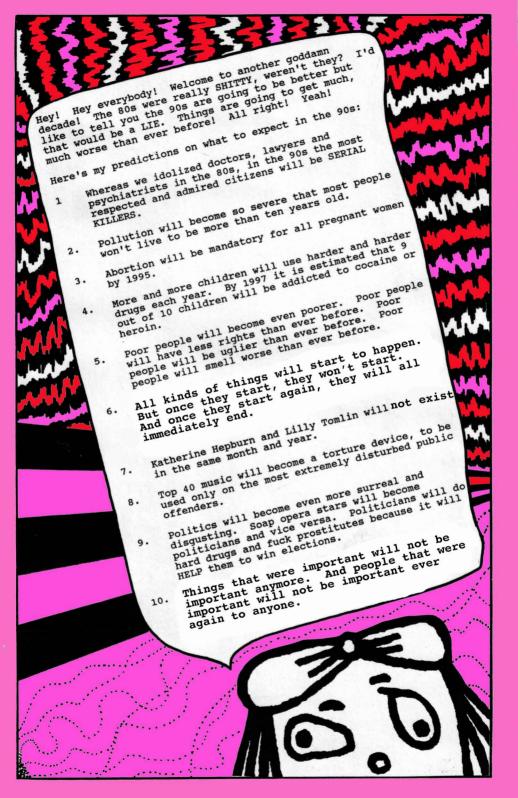
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CUMPOPS

Ingredients: 50 hairy, horny men 2 pictures of nudity 1 red refrigerator



If you never know what to give your buds on hot summer days, you'll want to keep your recipe for CUMPOPS nearby at all times! Most buds don't like the taste of cum by itself, but when it's on a stick--MOVE OVER!

Anyhow -- to begin this goddamn recipe -- go out and catch fifty HAIRY, HORNY MEN and put them in a cage. Inspect the men to make sure there are fifty DICKS attached (one per man). Dance around real snooty in front of the men and produce the PICTURES OF NUDITY. As the dicks straighten up, give each one A TOUCH OF LOVE. When the dicks begin vomiting, catch the cum they produce in a popsicle mold. When the mold is full, insert cum they produce in a popsicle mold. When the mold is full, insert POPSICLE STICKS. Then, pop the entire thing into a RED REFRIGERATOR and there you have it...CUMPOPS! And while your pals are munching away, you can go pork all those goddamn men! It'll be GREAT! TASTY AS HELL!

SATANIC BON BONS

Ingredients:

Lots of satanic rituals

3 sweet, loving children 5 buckets of feces

1 dead puppy

3 sweet, loving adults

1 isolation pit

2 bottles of heavy drugs

Satanic Bon Bons are so good the Devil himself would shit in his pants! Make the damn things or you'll go STRAIGHT TO HELL! You're an ASSHOLE! Now, let's get started!

Pick up a bunch of SATANIC RITUALS from your local grocery store and dispose of them. Then find three LOVING CHILDREN and teach them how to read and write. Obtain five BUCKETS OF FECES and use them to fertilize your lawn. Put a DEAD PUPPY somewhere for the hell of it and hope that it will come back Then find three SWEET LOVING ADULTS and give them a truckload of BOTTLES OF HEAVY DRUGS.

When everything starts blurring into nothing, go hide in an ISOLATION PIT until everything begins to go away.

FAKE WORLD TURNOVERS

Ingredients: Stupid misconceptions Ugly clothing A strict belief in Pip A swinging pocket watch

Extreme stubbornness Small town mentality One child substitute



One day in the future you'll want to eat a turnover. When you do, you'll want to eat one of these turnovers for fifteen minutes. Hey, would you like to smoke a joint? Here, you roll it this time. Okay. Don't make it so big!

Locate a group of nobodies. Huddle them into a room with no windows or doors. Close the windows and doors. Hold a SWINGING POCKET WATCH in front of the people. Tell them they are getting very, very sleepy. When they fall into their subliminal state, fill them full of STUPID MISCONCEPTIONS and EXTREME STUBBORNNESS.

Give the group UGLY CLOTHING to wear and pour a SMALL TOWN MENTALITY Put a cloth in each person's hands and saddle them evenly over them. with a STRICT BELIEF IN PIP.

Next, force a four-year-old CHILD SUBSTITUE to vomit on her own way and pout a lot in front of the group. Just look at those Fake World Turnovers! Bake 'em till you squirt BLOOD!

SHITTY GODDAMN BREAKFAST

Ingredients: Some broken plates No jelly or jam No silverware

Some rotting sausage Some chicken embryos Some broken plates Some moldy bread Generic coffee



When you wake up in the morning with a hangover and discover you've fucked a real weasel, you'll need to serve them SOMETHING for breakfast.

Make it an experience they'll never forget.

Drearily walk into your kitchen and grab SOME ROTTING SAUSAGE. Mold it into patties and cook them until they are half-done. Put SOME BROKEN PLATES on the counter. Put the sausage patties on the plates and let them get cold. Now, get two fertilized chicken eggs that have at least partially turned into chickens. Break the eggs and release SOME CHICKEN EMBRYOS into a saucepan. Let them partially die and cool and put them on the plates. Put GENERIC COFFEE into two coffee cups and mix with cold water. Put the plates and cups on your table. Tell your ugly screw buddy that it's time to eat. When you both sit to dine, put a side dish of MOLDY BREAD on the table. When your guest asks for jelly or jam reply, "Sorry, but there is NO JELLY OR JAM." When your guest asks for silverware, reply, "Sorry, but there is NO SILVERWARE." When your guest asks to be excused, burp and spurt rabies all over the table and reply, "Gee...I'm really sorry!"

PATHETIC JOB MEMBRANE SAUCE

Ingredients:

1 really dumb job

Enough sauce for a U-Haul

1 really healthy membrane

1 really insecure supervisor

3 pounds of beef ribs A big plastic ball

Obtain one REALLY DUMB JOB. Work at the job for six months, just long enough to realize you have one REALLY INSECURE SUPERVISOR. Annoy your supervisor in many varied and different ways, long enough to cause them to develop a REALLY HEALTHY MEMBRANE in their chest. Go into the office supply closet and strip off all of your clothes. When your supervisor is deep in thought about some very important business decision, run out of the closet screaming and throwing BEEF RIBS in all directions. Stick your hand inside your supervisor's body and remove the healthy membrane. Place a large bucket underneath them to catch ENOUGH SAUCE FOR A U-HAUL that is spilling everywhere. Sit down and think for a minute. Pick up the BIG PLASTIC BALL and play with it for a long, long time.

COCAINE MARIJUANA NOODLE

Ingredients:

5 wheelbarrows of cocaine 1 room full of marijuana

1 lousy noodle

2 rolls of scotch tape The spirit of Lucy

1 banana 2 staplers

Lucy loves company! And company loves noodles! But Lucy and company REALLY love noodles laced with cocaine and marijuana! You're a pretty thing! Where DID you get that dress? You whore!

Tease your hair until it looks really decadent. Now forget all about

your hair and obtain five WHEELBARROWS OF COCAINE and a ROOM FULL OF MARIJUANA. Sniff some of the cocaine to make sure you know what cocaine is. Smoke some of the marijuana to make sure you know what marijuana is. Do some more coke. Do some more marijuana. Hey! Wait a minute! Back to COOKING! Anyway, scrape one LOUSY NOODLE from a local noodle box and wet it down well. Strip the peeling off the BANANA and roll it in the cocaine. Now use the SCOTCH TAPE to adhere the banana to the noodle. Sprinkle liberally with marijuana particles.

When you eat the cocaine marijuana noodle, put LOTS and LOTS of staples ALL OVER your face with the STAPLERS. As a dreamy little tear floats down the side of your face, remember the SPIRIT OF LUCY. You'll get kind of twitchy but that's all right. Now go eat some more of that noodle.

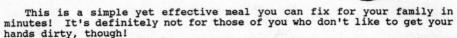
GROUND BEEF AND DEFECATION LOAF

Ingredients:
3 sturdy, fresh turds
1 tub of margarine

A hammer

2 lbs. ground beef A priest

A young baby



First, go out and dig three STURDY, FRESH TURDS out of your friends. Don't accept just ANYTHING. Tell them to produce QUALITY turds—so they'll hold up when molded. Once you obtain the turds, run back to your kitchen and sit down. Throw your hands in the air and laugh a lot. Push your refrigerator over and pick GROUND BEEF up off the floor. Slap it into a big bowl and put it down. Call and have a YOUNG BABY sent to your home. Add the turds and a TUB OF MARGARINE to the ground beef and squish it all around with your fingers. Watch the grease and turds bleed through your grip. Put your face close to the mixture and inhale deeply. Don't SHIT and RAW MEAT smell WONDERFUL together? Why, SURE they do! And you're learning how to cook as well!

Call a convenient PRIEST on the phone. Tell him that a young baby has just arrived at your door. While the priest prays, grab the hammer and beat your legs into a bloody pulp. As you scream in pain, eat that big slab of shitty meat and margarine. Now you're talking GOURMET!!! Get it,

girl!

HOPPY HOP HOP TARTS

Ingredients:
The magic feeling of life
A healthy urge
Children having fun
2 shiny new automatic
DOOR HANDLES

Your favorite shoes 14 tarts A sprinkle of surprise



5, 4, 5, 3 , 5 , 5

27 5535 151/25

This one is so easy you'll get mad at us for writing it. Never mind. You're a BIG GIRL now!

Wake up one morning with the MAGIC FEELING OF LIFE running through your body. Put on YOUR FAVORITE SHOES and begin to prepare HOPPY HOP HOP TARTS. Look in the mirror and develop A HEALTHY URGE quickly. Grab two SHINY, NEW AUTOMATIC DOOR HANDLES and head to the nearest elementary school playground. Locate CHILDREN HAVING FUN and shout, "I'm going to do some magic HOPPY with these TARTS!"

Add a SPRINKLE OF SURPRISE. Throw the tarts directly at the children. As the children eat the tarts, read them a happy story about elves

and fairy dust.

Finally, look down at your shoes and say, "I'm really GLAD I did that!"

COCKER FOODLE DOO

Ingredients:
6 shiny red cocks
1 royal mystery hole
4 cocaine pieces
Some curvy beavers

Hell, I'm horny! 2 acid pieces Larry



Go into your kitchen. Open a box and remove six SHINY RED COCKS. Polish the cocks with CURVY BEAVERS. Strut up and down repeatedly. At long last declare, "HELL, I'M HORNY!" Rub your butt over the edge of the kitchen counter in a majestic sort of way. Massage your ROYAL MYSTERY HOLE. Think of all the things you have to look forward to! You've got so much to live for. I think you're one of the neatest people I've ever met! Smile! Someone's going to LOVE you today!

Grab LARRY and chew on the ACID and COCAINE PIECES. Now tell me all about the degrading sexual experience you had when you were so high on drugs you couldn't think straight. Cry when you relate the experience to me. Hell, why don't you just SHUT UP and have some Cocker Foodle Doo?!?

COW TILT SALIVA RINGS

Ingredients: A round of cow saliva Hunger-inducing cow food A really special place

2 pinball machines Plenty of rings



Now that everyone in your cowpoke family has gone their own way, what better way to celebrate your loneliness and depression than making Cow Tilt Saliva Rings?

Howdy there, cowboy! Better saddle up and get ready Yippy ti-yi-yo! to ride the range! Lookie over there at them cow pokes! Over yonder is some cows, feller. Yew better run and git 'em! Wheeeee-hooo! Ride 'em,

sissy!

Now, how 'bout a good 'ol ROUND OF COW SALIVA from that there herd? Git it, cowboy! Dig for gold! Put them there cows to work at the PINBALL MACHINES and serve 'em some HUNGER-INDUCING COW FOOD. Sweat on the cows and wipe 'em down until they done got PLENTY OF RINGS. (Them's authentic Cow Tilt Saliva Rings, buddy! The REAL thing!)

Now you just run on off to a REALLY SPECIAL PLACE and beat off. I sho'

nuff rightly do 'preciate it. I LOVE you a WHOLE BUNCH!

NUMBLES

Ingredients: The World 1 mixing bubble The Future



You should concentrate for a moment before beginning. Think of the situation the world is in. Now, forget all about it.

Take a long, honest look at THE WORLD. Consider the incredible number of THINGS THAT HURT and hurl them into a MIXING BUBBLE. Let the bubble flop up and down on your tummy. Spit on the floor. Take a deep breath. Spit on the floor again.

Pull out your secret pocket of hardware and produce the COCK RINGS. Try each ring on and rate them, one by one. When you find the most important of the cock rings, trim it to fit. Plant a tree and watch it grow.

Ignore THE FUTURE. Plow on down the road and give the gift of death.

INSECURE FELLA KEBOBS

Ingredients:

6 large, sharp metal pods 2 dozen insecure fellas

1 poster of Judy Garland 1 crazy onion

3 green peppers

People aren't useless. Each and every person on the earth has a special purpose and use, even though it might not seem so very obvious at first glance.

Put on lots of ugly jewelry and gross cologne and go to the most sickening place you can find quickly. Flirt around a lot to make them think you like them. Once they become infatuated with you, go into the restroom and put up a POSTER OF JUDY GARLAND. Then return to the bar or party and announce to everyone that Judy Garland is in the men's room.

Look at yourself in a mirror and locate something you can use. Slop up a hatched up bastard. When all the fellas run into the bathroom, take the LARGE, SHARP METAL PODS and randomly snatch the tops off.

Now you intersperse them with a CRAZY ONION and GREEN PEPPERS. Now cook those hot, steamy Insecure Fella Kebobs. They look tasty, don't they? Now stuck your fist up your butt and eat the fucking things! Now! Now, goddamn you!

MYSTERY SNACK

Ingredients:

1 bag of marbles 1 bag of marbles

1 bag of marbles

1 bag of marbles 1 bag of marbles Powdered sugar



Who'll understand the snack you prepare? No one will understand the snack you prepare. No one will EVER understand the snack you prepare.

Prepare the snack. Obtain a BAG OF MARBLES. Mix them up and add a BAG OF MARBLES. Once the mixture is even, add a BAG OF MARBLES. Slowly add a BAG OF MARBLES, a BAG OF MARBLES, and a BAG OF MARBLES. Mix and mix and mix them. Then sprinkle POWDERED SUGAR over the top. I bet you think shoplifting is funny, don't you?

FAX MACHINE DREAM FLUFFS

3 loaves of FAX machines 1 diseased fluff

10 cockroaches

4 sticky balls of hair A mechanical Flipsy fanatic Your tiny, little dick



How in the world will you live without Fax Machine Dream Fluffs? answer is...YOU WON'T!!! Shake your butt and feel really spunky all of a sudden!

Scrounge around until three LOAVES OF FAX MACHINES appear in your kitchen. Wait for some magic to fall on the floor, then pout as the STICKY BALLS OF HAIR vibrate in the air. Catch the hair balls and prick them plenty with a DISEASED FLUFF. Grab a MECHANICAL FLIPSY FANATIC and scream "The Flipsys always were DUMB FUCK OFFS!" over and over. When the Flipsy fan protests, pull out YOUR TINY, LITTLE DICK and spill COCKROACHES all over him.

Now look up into the sky and take three deep breaths. The Fax Machine Dream Fluffs will tear into your ass and everything will seem pretty neat.

ROCK AND ROLL NUT RAMPS

Ingredients:

2 egotistical rock musicians 1 pair of scissors

l pair of pliers

1/2 of a quitar Two dashes of ha ha ha A dizzy little animal



God, rock musicians are STUPID! Most of them play really TERRIBLE music and to make things worse they think they're really talented! Plus, they're EXTREMELY ugly! How will we ever cope with the increasing number of idiotic, ugly rock musicians? Why, we'll use a recipe as an excuse to be able to TORTURE and ABUSE them, of course!

Locate two EGOTISTICAL ROCK MUSICIANS and chain them to the ceiling. Rip their pants off. Spit in their faces. Take the PAIR OF PLIERS and grab around wildly until you clench their ramps. Rip the ramps as far away from the bodies as possible and then take the SCISSORS and cut the strings holding them in place. Laugh as the musicians' rampish areas flinch and rub a DIZZY LITTLE ANIMAL in the mouse. Arouse TWO DASHES OF HA HA HA from the head of the animal. Put the balls on a paper plate and leave it beside an expressway somewhere in Nebraska. Leave quickly.

INFERIOR?

No ingredients necessary



Why am I inferior? Is it because I read <u>People</u> magazine? Is it because I watch situation comedies? Is it because I am married and have two children and a house in the suburbs? Is it because I enjoy attending crowded events? Is it because of my sex? Or could it be because of the color of my hair? Am I inferior because I jog? Or is it because I wear jewelry??? Whatever the case, I'm SURE <u>I'm</u> not responsible for my inferiority. I certainly can't accept the fact that I really AM inferior. Am I inferior because I believe I am not? Am I inferior because I believe I am not? Am I inferior because I believe I am not? Am I inferior because I listen to people who don't have a clue about anything?

The real answer is that I am inferior because I am STUPID.

LADY JUNKY SPUNK DOUGHNUT DUNK

Ingredients:

1 cup of gasoline

1 homeless lady junky 2 dozen doughnuts 3 gallons scalding coffee Croutons Boxing gloves



Go to a really depressing downtown location where lots of homeless people hang out. Find a HOMELESS LADY JUNKY. Take her to your home and tell her she can live in the kitchen. Put TWO DOZEN DOUGHNUTS on the kitchen table. Ask the lady junky to remove her panties and crouch over the doughnuts. Ask her to spunk on the doughnuts. When she spunks, offer her a cup of SCALDING COFFEE. When she drinks, sprinkle CROUTONS on top of her. Then give her the CUP OF GASOLINE and tell her that it is her favorite wine. After she drinks the gasoline, snap her to the wall and put on the BOXING GLOVES. Lift her in the face repeatedly. Inform her that NO ONE spunks in YOUR house and gets away with it. Dunk the doughnuts in the coffee remaining on the floor.

MARLO'S CLEVER LIVER BINGO WITH

Ingredients:

One bingo card
Sacrificial Marlo Thomas
A room of mushrooms
Some stupid crystals
Two bottles of laxatives
A volume of rice Freshly dead liver Two breast sprinkles

An amusing clever

Your brand new smashed-up car

Go fire up your body and run to the corner shop. Obtain and pay for a BINGO CARD. Read the card and place it in your best pocket. On the way home, stop by a retarded New Age shop and pick up SOME STUPID CRYSTALS. Think about how many people are so dumb that they actually buy all that crystal shit, then return home. Turn on your television to "That Girl." Snatch a SACRIFICIAL MARLO THOMAS from the screen and force her into the kitchen. Put her in a bowl and pour TWO BOTTLES OF LAXATIVES on her body. Marlo will begin to shit profusely. As she excretes, insert the ROOM OF MUSHROOMS into the hole of her bunk. Keep inserting until Marlo quivers, then remove her party and pound it into BREAST SPRINKLES. Eat a few of the sprinkles.

Now take a carving knife and gouge into your big lunchbox so that you may remove your own FRESHLY DEAD LIVER. Lay the liver over a VOLUME OF RICE. Put on a blindfold and go get in your car. Step on the gas and witness extremely fatal car accidents. Begin bleeding and feel pieces of the windshield examine your face. Laugh meekly and ponder what an AMUSING CLEVER you done did! (You may even want to say the words, "I gone and done did an amusing clever!) Look at YOUR BRAND NEW SMASHED-UP CAR and begin to cry. Everything you ever lived for or dreamed about is

worthless and stupid now.

BEAUTIFUL FESTIVAL FUN THINGS

is a result of the Beautiful Festival Fun Things.

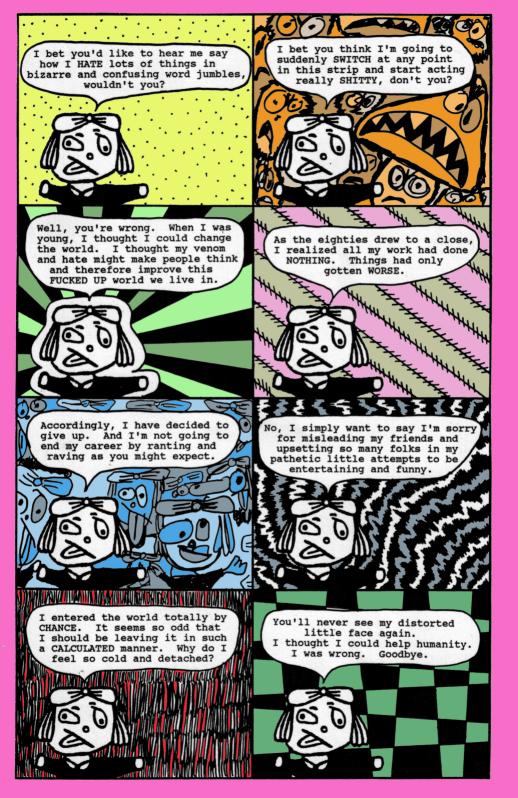
Ingredients:

Tickets to a festival Affordable fun glasses Colorful balloons

Odd but wonderful fun things A sexy date A big ol' wad of money

It is a clear day and you feel just great! You want to do something special tonight so you call A SEXY DATE and tell them you have TICKETS TO A FESTIVAL. Your date accepts and you feel very excited. You arrive at the festival and buy AFFORDABLE FUN GLASSES and put them on. You both immediately look into the air and see ODD BUT WONDERFUL FUN THINGS floating everywhere. You both laugh! Your date buys you a bunch of COLORFUL BALLOONS. You let the balloons fly into the air, then you look down and find A BIG OL' WAD OF MONEY on the ground. You realize your luck





GREEN FISH TOOL FUF



Ingredients:

2 lbs. Green Fish Things 8 screwdrivers

8 bags of sugar

3 cardboard boxes

12 mixture pods 9 miles of driftwood

6 gallons of moo

2 hammers

1 real loud electronic thing

4 jowels of an old lady 8 inches of dingy flaws

A whole lot of freshly sniffed fuf

Can't think of the right dish? Can't think right? Can't think? If so, this is the exact best time in the world to prepare some GREEN FISH TOOL FUF for your guests and intruders! How hard is it to prepare this stuff? Not hard, actually. Not hard at all. So let us now delay another minute...let's get that ball rolling! Lob the GREEN FISH THINGS into a metal bowl and punch them hard with the SCREWDRIVERS. Gently sprinkle the BAGS OF SUGAR on top and add the REAL LOUD ELECTRONIC THING. Wait five minutes. Then gently fold in the MIXTURE PODS while grating the JOWELS OF AN OLD LADY. Then sprinkle it over he bottom. While pulsing on a mission, slowly introduce the MILES OF DRIFTWOOD into the bowl and then let the whole thing sit around for a few months. When it is early September, grab the INCHES OF DINGY FLAWS and mush them around in the bottom of whatever you are working with. Look down, frown, turn around and then grab the GALLONS OF MOO. Slowly pour the moo around everywhere so that everything gets properly damp and mushy. Blow on it to make it behave the way it should. Lastly, drizzle the entire blob with A WHOLE LOT OF FRESHLY SNIFFED FUF. Then mold into shapes that resemble whatever you would like them to resemble. These things taste great with crackers, ham, substance abuse and mouse traps. Try 'em cooked, try 'em raw. Hell, just TRY 'em!

PRETZEL AND BEER STATUE

Ingredients:

1 beer

1 ugly, retarded person

1 pretzel

1 television set

Put one UGLY, RETARDED PERSON in front of a TELEVISION SET and give them BEER and a PRETZEL. Leave in place until a statue is formed.

YELLOW HAIRY BLOWOUT

Ingredients:

12 bottles of yellow 1 fresh slab 3 wads of hair

5 maps of Louisiana 200 blowouts 4 worthwhile bitches

2 cars

A hint of foo foo



YELLOW HAIRY BLOWOUT STUFF is easy to make and easy to consume. First slam a FRESH SLAB on the counter and massage it with your mind. Layer it with the BOTTLES OF YELLOW, making sure that it is all even and nice. Then push the CARS inside of it and scatter the MAPS OF LOUISIANA around the sides so that it has a nice huggy look. Bunch up the BLOWOUTS and gently force them inside so that they seem like they aren't such bad things after all. Grab the WORTHWHILE BITCHES by their heads and slop them around for 15 minutes. When no one is looking, sloppily thread the HINT OF FOO FOO around the top edges until it looks like something a professional might prepare. And there you have it...whatever it might be!

LITTLE MUFFIN RIPS

Ingredients:

2 spoons of dust 5 powers of rip

1 powder of sugar 3 finely-lowered rips

7 yellow stripes

In a very small mixing bowl, gently sift the SPOONS OF DUST and the POWDER OF SUGAR until they are all done right. Take a 30 second break and then cram the POWERS OF RIP right into the middle with a hard forceful motion. While you are waiting for things to appear, shove the FINELY-LOWERED RIPS right inside the middle so they can't get out. Place directly into the over and cook hard for several hours or until the rips are flakey. Allow them to cool, then drizzle the YELLOW STRIPES on top. This completes the rips. Now go home.

FATASS SUGAR CABIN CANDY

Ingredients:

Fatass A quaint little cabin Girly underpants

Lipstick

A bag of sugar A big bag of candy Manly jock strap A football



Getting fat was a favorite pastime in the 80s, but it's going to be even MORE popular in the 90s! Beat the crowd by being the first on your

block to grow into a really overweight PIG!

First, strap your nose down and transform yourself into a FATASS. Rent a QUAINT LITTLE CABIN in the woods. Dance around inside the cabin eating a BAG OF SUGAR. Become unsure of your sexuality. Shed your clothes and put on some GIRLY UNDERPANTS. Ooh and Ahh over things in the kitchen and dream about diamond rings and fur coats while applying your LIPSTICK. Now change suddenly and put on the MANLY JOCK STRAP. Lower your voice and run around the living room demanding that your son play FOOTBALL with you.

You will not be able to come to any conclusion about your sexuality.

You will just get fatter and fatter. But so what if you're chic and fashionable? Everybody HATES you now! You stupid FATASS!

BUNDY'S CHARISMA CRACKERS

Ingredients:

The real Ted Bundy A nice personality

A plate of crackers

A grandmother

A will to love and help ___. An arm cast

One homoerotic magazine Trust in your fellow man

Ted Bundy knew how to make some really great goddamn crackers he was murdered, he shared this recipe with us.

Fetch THE REAL TED BUNDY and talk to him. Notice that he is actually very intelligent and friendly. Let Ted's NICE PERSONALITY rub off on you. Make his personality your own. Ask Ted if you can borrow his ARM CAST. Put the arm cast on and let Ted tell you about his incredible WILL TO LOVE

Buy a HOMOEROTIC MAGAZINE and throb your penis until it grinds. Gallop into a GRANDMOTHER's house. Explain to her how important TRUST IN YOUR FELLOW MAN is. Put a PLATE OF CRACKERS on the table. Share the crackers with the grandmother and have a pretty day.

I love you very much and would very much like to see you eat. Sove, Jed B.

HELPFUL GODDAMN COOKING TIPS

- 1. Be in an extreme rush at all times.
- 2. Never stop in the middle of a recipe to go to the bathroom.
- 3. Use strobe lighting.
- 4. Use as many curse words as you can during the process.
- 5. Tease your sex organ when mixing ingredients.
- 6. Don't be afraid to get angry--it HELPS.
- 7. Yank SNOT out of your nose and CHEW on it.
- 8. Place the recipe book in a well-lit location for easy readability.
- 9. Make mistakes -- mistakes are fucking NEATO.
- 10. Play really loud atonal music at all times.
- 11. Wear well-crafted shoes.
- 12. Take your time.
- 13. Go to the bathroom frequently.
- 14. Strip down to your own nudity.
- 15. Nurture a little rubber thing.
- 16. Say "pow wow" and "ug!"
- 17. Scowl and wrinkle your face like a retarded person.
- 18. Keep your kitchen very clean.
- 19. What do you think I am anyway...a FREAK or something?
- 20. Nothing is important ANYWAY.
- 21. This really IS going to be a cruddy decade.
- 22. If you can't find any knives, you don't need them.
- 23. When things start to go wrong, make them go away.
- 24. If something is worth doing, don't do it.
- 25. A dish in the hand is worth a great deal of money.
- 26. If you can't join 'em, you probably don't want to.
- 27. Frisky is as frisky does.
- 28. The long journey home is never worth the effort.
- 29. A penny saved is worth nothing.
- 30. The beginning of everything starts with pretty stuff.
- 31. You will never know what you are searching for.
- 32. Have a nice trip or whatever it is you're doing.
- 33. There is a light at the beginning, not at the end.
- 34. Give a lot, get very little.
- 35. When in doubt, get angry and upset over nothing.
- 36. The problem is always the problem.
- 37. Annouce things very loudly so that everyone will know.
- 38. Let a little trauma into your life.

OF GENTLY T.OAD

Ingredients:

1 green XXX thing

1 bad arm

A record you cannot locate 1 bad leg

An old television Some gently extract

Find a serving tray and slam it down on the table. Put the GREEN XXX THING on the tray and nestle it with a BAD ARM and a BAD LEG. around the house for an hour, and then smack in the RECORD THAT YOU CANNOT LOCATE. Give the record some time to absorb the mixture, then toss the OLD TELEVISION on top and smack up everything as hard as you can with SOME GENTLY EXTRACT. Consider what you have created. While you are considering, it will all slowly evolve into a nice and tasty LOAD OF GENTLY. And then you are done.

NEWS BLINTZES

Ingredients: Tammy the Weasel Monica the Purest 2 bowls of cheese 1 carton of cheese

Alfred the Tiger Barney the Foolish 4 barns of cheese A surprise fart

According to an important recent survey, News Blintzes are important to almost everyone! TAMMY THE WEASEL is on your shoulders, inserting her breasts into your ears. Now she's rubbing on your chest. Okay, now here comes ALFRED THE TIGER. You're really scared now! Alfred means BUSINESS! Wait! Look to your left! There's BARNEY THE FOOLISH. Poor old Barney! He's always goofing up in some way or another! Wait...don't despair. Here comes MONICA THE PUREST. You really like Monica. You tell her that you like her. She scoots around on your nuts.

You and Monica gather BOWLS, BARNS and a CARTON OF CHEESE. You touch

She farts. You cum. She leaves. one another.

RECIPE MUTATION MUSICIAN BORED COMIC

Ingredients:

1 musician at his day job 1 IBM compatible computer A desire for recognition A lack of taste Infatuation with violins Radioactive wussy

A slump maid

A magic wand



That mutation won't go in your mouth until it has been created. Create the mutation. Try to become whatever it is you see inside the mutation. Help other people. Be sure and do your very best.
Put one MUSICIAN AT HIS DAY JOB inside his office and don't give him

enough work to do. Place an IBM COMPATIBLE COMPUTER in the office with him. Use your MAGIC WAND to give him A DESIRE FOR RECOGNITION, INFATUATION WITH VIOLINS and a LACK OF TASTE. Turn the computer on and leave. Do not return until he has composed a large batch of meaningless and childish recipes. Tell him you are pleased with the recipes but you are disappointed that the office is so messy.

Transform yourself into a SLUMP MAID. Lift your dress high into the

air and expose your RADIOACTIVE WUSSY to the musician. When the musician mutates, grease your mouth in half and insert the

mutation. Perform exploratory surgery if desired. Bitch a whole lot. Watch the blow if you need to. Counteract the chemicals in your body with detached Speak in slow, slurred tones until you vibrate and choke. set the table with pretty dolls and request a corpse to shout about the laundry situation in Czechoslovakia. Poke around at the corpse to produce the scrappy sound of a pathetic panda.

Play with your teddy bear and watch what he does most of the time. Dream that the bear belongs to someone you have a crush on. Then bite all

your fingernails off.

MOUSE AND MONKEY MILK SHAKE

Ingredients:

A two year old monkey
A fucked up cow
A baggie full of urine
"Lassie was a GOOD dog."

A newborn mouse
A milk shake bottle
Cranberries and wine
A hack saw



You never try ANYTHING I cook! You're closed minded! All you like is meat and potatoes! I wish I had NEVER married you! Why, I don't even care anymore whether or not I bear your CHILDREN! Oh, you never EVER screw me anymore! What kind of decade was I thinking of???

Did you say VANILLA? How boring! Chocolate? So OUT OF DATE! Get with the times, Lulu! The taste sensation of the decade is MOUSE and MONKEY! Yeah! Little mice and monkeys chopped up and mixed together! You're eating them now! You're eating all that chopped up flesh and

blood! But you're LIKING it! You LIKE the taste of it!

To begin, adopt a TWO YEAR OLD MONKEY. Name it "Wayne." Tell Wayne that you want to give him a present. Go to a pet store and buy him a NEWBORN MOUSE. Name the mouse "Vince." Invite Wayne and Vince to sit down inside of a MILK SHAKE BOTTLE. Once they are seated, run and get a FUCKED UP COW. Squeeze the cow's tits until milk and blood start flushing out. Catch the fluid in the milk shake bottle.

Flip the BAGGIE FULL OF URINE out of your bra and add a little to the milk shake bottle. Spackle a few CRANBERRIES and some WINE to the

mixture.

When Wayne and Vince peek out to see what's happening, use the HACK SAW remember them. Tie the animal pieces to both sides of your head. Smile and repeat "Lassie was a GOOD dog" over and over and over.

RUG SANDWICH

Ingredients:

A Gaines burger



1 old carpet Lumpy mayonnaise Runny mustard Snot from a neighbor

Cut two 4" X 4" sections of OLD CARPET. Lay them on the counter. Spread LUMPY MAYONNAISE on the carpet. Spread your legs and scream the word "Satan." Spread a layer of RUNNY MUSTARD on top of the mayonnaise. Go to your next door neighbor's home and knock on the door. When your neighbor answers the door say, "Excuse me...but could I borrow a cup of your SNOT please?"

Take the snot home and put it on the carpet pieces. Put a GAINES

BURGER on top of the snot.

Eat the sandwich slowly. Chew it well. Produce spit. Digest the sandwich. Go to the bathroom. Get rid of the sandwich. Wipe your ass with alcohol. Flush the sandwich.

Now, go fix another sandwich.

OKRA AND GLASS WAFFLE GRANULES

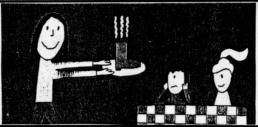
Ingredients:

A frozen piano
A plastic waffle iron
Lots of broken glass

Okra poles
4 chop sticks
Granule power



Kill a frozen piano and place her on the counter. Stick OKRA POLES in her nose, ears, mouth, and sex entrances. Hold a PLASTIC WAFFLE IRON high above your head. Imagine LOTS OF BROKEN GLASS is in your underwear. Damn the world for two minutes. Smile real pretty and drop the waffle iron. Shine the CHOP STICKS well. Attach GRANULE POWER to the Click your heels together three times and repeat, "Dorothy was a frozen piano. Dorothy was a frozen piano. Dorothy was a frozen piano."



THE YOUNG FRESH "This One's for the Ladies"

I had only heard a couple of Young Fresh Fellows tunes prior to hearing this release. I've been missing out. "This One's For the Ladies"

is a work of pure and sincere genius.

We had great weather in Atlanta a few days ago and I decided to take a bicycle ride. I put this cassette in my walkman and a few minutes into it I was surprised to hear a cover of one of my favorite Kinks songs, "Picture Book." A band covering a song like this is really not THAT unusual. What IS unusual is that the Fellows actually do the song JUSTICE--something I would have thought impossible. Actually, this version is as good as the original (?!?). The Young Fresh Fellows own songs sound kinda Kinksy as well.

The title track was very misleading, sounding like some drunken bar band--I thought I was going to HATE this stuff. But then "Still There's Hope" buzzed through my head and I was hooked. Super catchy, fast, hummable AND great lyrics? Too much! "Carrot Head" is a wonderful song.

hummable AND great lyrics? Too much! "Carrot Head" is a wonderful song. Great melody...intelligent songwriting...

"The Family Gun" is not only a great song musically and lyrically, but serves as some sort of strange sarcastic anthem about the ownership of handguns. "Miss Lonely Hearts" is catchier than any song should EVER be. "Don't You Wonder How It Ends?" is another lovely song and a perfect closing number. There really isn't a bad song on "This One's for the Ladies"--I've even grown to like the title track.

This record exquisitely blends elements of 60s, 70s, and 80s rock. Hopefully the Young Fresh Fellows will achieve the success they deserve in the 90s, but it's unlikely -- seeing as how they make great music (that doesn't seem to be what most people want...does it?). I like it more each time I listen to it -- and I listen to it A LOT.

This is easily one of the best releases I've heard in the last few years. Looking for a recipe for great music? Listen to the Young Fresh

Fellows.

********* babysue T-Shirt ideous and Crue ack on Yellow L, XL

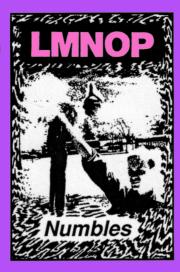
Hey! You didn't really believe that I disappeared, did you? Of course not! I will always be around. Even when I'm not around I will still be around!





16 curious new songs.

"Numbles" is also available as import CD and LP from New Rose Records.



Numbles You Can Make Up Your Mind Inside All Right In The Wild Right Through It Directions How Was Your Trip In Miami, Fighter? Looking Glass Into A Wall On The March Valor Land Flaw In The System Watching The Blow Introspective Evolution More Like Ted I Don't Understand

OTHER LMNOP RELEASES:

(cassette) (LP), Pony (LP)

Elemen Opee Elpee

Forever Through the Sun/Three Colon Oh Oh single (original 45 with magazine)

(cassette) LMN03

(cassette) LMNOP LMNOP (cassette) LMNOP

OTHER BABY SUE BOOKS



The Baby Sue Book Vol. 1, Issue 1



Baby Sue's Philosophy Book Vol. 1, Issue 2



Baby Sue's Recipe Book #1



Baby Sue Magazine Vol. 2, Issue 1



Baby Sue Magazine Vol. 2, Issue 2

