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The Vegetarian Magazine April 1900

The Vegetarian Magazine

Rena Michaels Atchinson Ph. D.
The Vegetarian Magazine

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The Vegetarian Magazine

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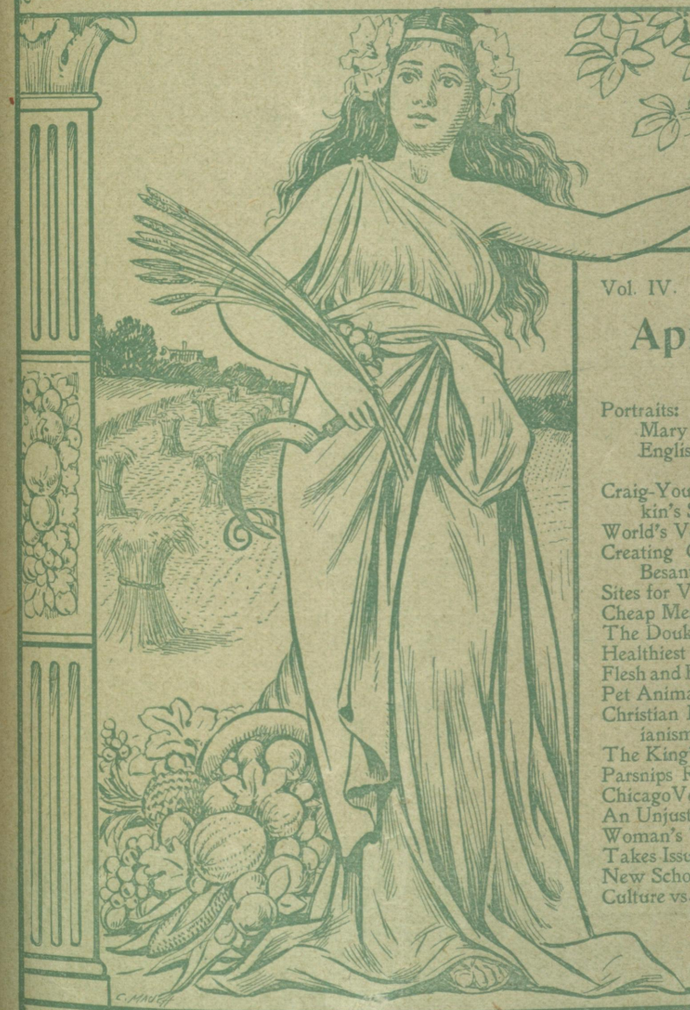

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An Illustrated Magazine of Better Living--An Authority on Foods, their Selection and Preparation
Discountenances the Use of Flesh, Fish and Fowl for Food--Upholds the Right to Life for the Whole Sensient World--Advocates Justice, Humanitarianism, Purity, Hygiene, Temperance--Stands for a Stronger Body, a Healthier Mentality, a Higher Morality--Literature of the XXth Century Home
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LINNÆVS ✠ GRAHAM ✠ SHELLEY ✠ TOLSTOI ✠ OSCAR II

Of Interest to the Housewife.

Conducted by Rena Michaels Atchison, Ph. D.

Parsnips.

Parsnips are not used on the table as often as they deserve. In addition to being a delicious article of diet when properly cooked they contain 3 ounces of solid food to the pound. In common with all other vegetables they should never be boiled, as they thereby lose not only the soluble salts but other of the nutritive elements, and for the same reason they should never be soaked in water previous to cooking. They ought to be steamed instead of being boiled. The following are a few ways of cooking this vegetable:

Fried Parsnips.

Wash and scrape the parsnips, cut them lengthwise in thin strips, roll in beaten egg, then in cornmeal or cracker crumbs, and fry brown in butter or "konut."

Buttered Parsnips.

Wash and scrape the parsnips, cut in thin slices lengthwise, and cook in a steamer until tender. Drain, add a large spoonful of butter and seasoning to taste. Shake the saucepan to keep the parsnips from burning until the butter is melted, then turn into a heated dish and serve at once.

Parsnips With Butter Sauce.

Wash and scrape the parsnips, and cut in thin slices lengthwise. Cook until tender in slightly salted water, drain, put in a heated dish, season to taste, and pour over a sauce made as follows: Rub 3 tablespoons butter into 1 tablespoon flour until perfectly smooth, then pour on it 1 cup boiling water, stirring rapidly all the time. Keep it just at the boiling point for five minutes, but it must not boil or it will be oily.

Creamed Parsnips.

Cook the parsnips as directed above, drain and turn on them 1 cup rich milk or cream, a lump of butter, and seasoning to taste. Let it get very hot and serve at once.

Mashed Parsnips.

Wash, scrape and cut in small pieces. Boil until tender, drain, add a little salt, a lump of butter and half cup sweet milk or cream. Mash fine, and serve at once.

Baked Parsnips.

Wash and scrape the parsnips, and cut in halves if very large, boil until nearly done, then drain, season, spread with soft butter, and put in a baking dish with one small cup milk. Bake until a delicate brown, and serve at once.

Parsnip Fritters.

To half a dozen boiled mashed parsnips add 2 tablespoonfuls flour, 2 beaten eggs and seasoning to taste. Form into small, flat cakes and fry brown in butter. Garnish with parsley and serve hot.

Puree of Tomato.

One small can of tomatoes or one quart of peeled and cut fresh ones; half bay leaf, 2 sprigs of parsley and 2 stalks of celery (if in season) tied together; 1 quart of water, 1 tablespoonful of Wahl's Bouillon-Stock; put all in a saucepan, the interior of which has been rubbed with a clove of garlic; boil 20 minutes, add 1 tablespoonful of cornstarch in water, cook 3 minutes longer and strain; add small piece of butter and serve with small crusts.

Book Notices.

"O-Gê-Mäw-Kwè Mit-I-Gwä-Kì,, or Queen of the Woods," by the late Chief Pokagon, is one of the rare books that ought to be on the study table of every lover of all things true, pure and beautiful. It is the true but idyllic love story of the learned Indian chief for the fair daughter of the forests, and is redolent of the delicate perfumes of the wood violets and trailing arbutus. It is the tender, pathetic love story of a poet, full-statured in all that makes the ideal manhood, of whatever color or race.

The charming pictures of the intimate relations of the fair queen of the woods with the forest folk in feather and fur are worthy of their ideal setting. The tender devotion of the sacred white deer is only equalled by that of the dog Zowan, that other lover in fur, who was fond of taking the basket from his mistress' hand, disappear in the forests, and bring it back overflowing with flowers and sweet-scented grasses. And this faithful, four-footed mourner strewing water-lilies on the grave of her whom he so devotedly loved is worthy of the pen of any poet and the brush of any artist.

("O-Gê-Mäw-Kwè Mit-I-Gwä-Kì, or Queen of the Woods," a biographical romance by Chief Pokagon, author of "The Red Man's Greeting." C. H. Engle, publisher, Hartford, Mich. For sale by Purdy Publishing Co., McVicker's Theater Building, Chicago.)

"Muscle, Brain and Diet, a Plea for Simpler Foods," by Eustace H. Miles, M. A. (Canada), winner of the tennis gold prize 1897, 1898, 1899, amateur champion, 1899; winner of the open competition in the amateur racket championship, 1899; classical honors coach at Cambridge University; author of "Lessons in Lawn Tennis," "How to Learn Philology," "How to Prepare Essays," etc. London: Swan, Sonnenschein & Co., Lim. New York: The MacMillan Company, 1900. For sale by the Vegetarian Company, McVicker's Theater Building, Chicago, $1.00. An extended review of this book will be given in another issue.

Help Along the Good Work.

The Vegetarian Magazine is publishing the cream of its contributions in the form of booklets. In order to assist vegetarians to spread the propaganda, we will make the following special prices on large orders:

"A Doctor's Idea of Vegetarianism." Single copy, 3c.; doz., 30c.; 50, $1; 100, $1.75.

"Saline Starvation." Single copy, 5c.; doz., 50c.; 50, $2; 100, $3.75.

"Religion and Vegetarianism." Single copy, 5c.; doz., 50c.; 50, $1; 100, $1.75.

"Clerical Sportsmen." Single copy, 4c.; doz., 40c.; 50, $1.50; 100, $2.75.

"Meatless Dishes." Single copy, 10c.; doz., $1; 50, $3.75; 100, $7.

The booklets are neatly printed and will be valued by the recipients.