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## The Vegetarian Magazine August 1900

The Vegetarian Magazine

Rena Michaels Atchinson Ph. D.

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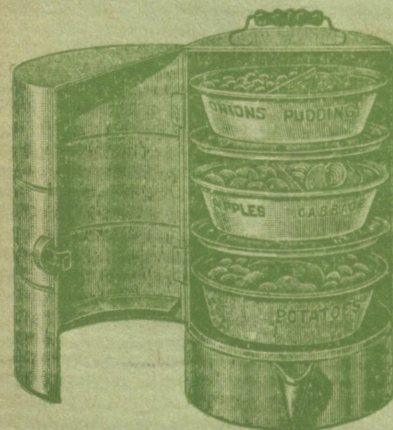
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# The Vegetarian Magazine

ZOROASTER ◊ ARISTOTLE ◊ SENECA ◊ OVID ◊ PLVTARCH



Vol. IV. No. 11.

August 15, 1900.

### CONTENTS

C. J. Zeitinger.	Myra E. Withee	
R. B. Dickie.	—Frontispiece	
The Vegetable Eating Nations		3
Vegetarian Colonization		5
Discussion on Vegetarianism		6
Picnic Luncheon Sandwiches and Salads		11
Whole Wheat Bread		11
The Vegetarian Pulse		12
Vegetarianism and Science		12
Vegetarian Congress		14
Fruit and Flower League		16
Nikola Tesla on Vegetarianism		17
King Humbert a Vegetarian		17
Strength of the Grammora		17
Suffering Poisons Meat		18

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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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LINNAEVS ◊ GRAHAM ◊ SHELLEY ◊ TOLSTOI ◊ OSCAR II

furnish an argument against my opponent that he cannot surmount.

"The baboon, as all of the Old World monkeys, have the same dental formula as man, having thirty-two teeth—two premolars and three molars. The baboon is remarkable for the form of the first lower premolar, the crown and side of the root being raised to a cutting edge, and the long upper canines closing past them, making a very formidable cutting appliance; there are distinct edges on the upper canine and on the lower premolar. The molar teeth are not as well developed, for we have not yet gotten to the oblique ridge found in some of the higher quadrumana.

The orang-outang is one of the higher types of monkey. It has the same dental formula as man, and its teeth resemble the human teeth to a remarkable degree, except in being enlarged,—the canines protruding very much, and the presence of the diastema in front of the canine into which the lower canine closes. There is much prognathism in this animal. It has the receding chin, like the idiot, which



is observed sometimes in some of the lower races.

In the gorilla, which is the highest of the apes, we have a still more advanced type—that is, nearer to the human form in many parts of its organism than any other lower animal. The denture is not quite as pronounced in its human type as that of the chimpanzee, because in the latter the third molar begins to be reduced; but in the gorilla it is functional, and quite as large as the other molars.

We have the oblique ridge quite well developed and distinctly typical. The bicuspids are well developed, and the transverse ridge connecting the cusps is very strong.

There is a gradual reduction, of course, from the gorilla up to the man, in the evolution of the molars; the type of the teeth is still there, and there is no mistake about the relationship. In the lower forms we have not got the oblique ridge; but in the gorilla this oblique ridge appears, as in most of the higher apes."

The gorilla who is, for his size, the strongest animal in nature, so that the beasts of prey keep out of his vicinity, is the nearest in organization to man of any of the monkey families and like all of the quadrumana is a vegetarian. Evolution then is not only away from the carnivora in bodily structure but in dietetic habits also, and man is the farthest removed from them of all.

With the exception of the above I do not see anything in the eleven points the doctor has laid down that have not been disposed of before, some of them are contradictory and none, with the exception named, belong in this part of the discussion.

### The Fruit and Flower League Notices.

At their meeting July 14, the members announced a series of conferences on Kitchen Chemistry to members, and guests subscribing, by Dr. J. D. Craig, beginning the latter half of September. It is not the intention to make professional chemists or teachers in this science, but to instruct those deeply interested in housewifery regarding the elements with which they deal in the daily routine of the womanly home life. For terms apply to the secretary of the F. and F. L. at the Vegetarian office.

### "MEATLESS DISHES"

A cook book which tells how to prepare healthful and nutritious dishes without the use of meats or animal fats. Gives tested receipts for Vegetable Turkey, Vegetable Roast, Suetless Plum Pudding, Pumpkin Pie, Cream of Celery Soup, Chestnut Soup, Tomato Soup, Barley Soup, Wheatmeal Biscuits, Oatmeal Biscuits, Wheat Crackers, Potatoes a la Duchesse, Potato Omelet, Potatoes a la Creme, Tomato Rice, Potato Balls, Sweet Potato Pie, Potato Cheese Cake, String Bean Salad, Winter Fruit Salad, Etc. Gives Menu for Turkeyless Thanksgiving Dinner. Contains an interesting sermon on Salads by an expert cook. Gives useful hints on Hygiene, Kitchen Economy, Care of Cooking Utensils, etc., How to Test Nutmegs, A Way to Polish Knives, To Prevent Flatirons Rusting, Best Way to Clean Tumblers, Gas Fixtures and Dish Cloths, To Improve the Taste of Molasses, To Keep the Heavy Odor of Cooking from Sauce-pans, Pots and Boilers, To Make Stewing Fruit Boil Quickly. Tells where to get Health Foods, Etc. Book is well printed and substantially bound. Mailed to any address on receipt of 10 cents; dozen copies \$1. Send orders to

VEGETARIAN CO., 84 Madison St. Chicago

## Of Interest to the Housewife.

Conducted by Rena Michaels Atchison, Ph. D.

### Picnic Luncheons

Remember that a basket of fruit and nuts form the ideal luncheon, as they are the ideal food. If you must have sandwiches the following recipes will be found agreeable additions to the menu. Do not forget to put into the luncheon basket lemons and sugar for lemonade. A piece of ice well wrapped in newspapers will not soon melt if put in a cool place.

Behold how beautiful and deliciously fragrant is the lunch basket of the vegetarian, compared with that of her carnivorous friend, who ordered the slaughter of some innocents, and then tries herself "to death" cooking, and stewing, and mincing the mangled limbs, to prepare the picnic luncheon; while all the while the summer sun had been cooking the summer luncheon, sweet, delicious and fragrant.

### Cucumber Sandwich

Slice very thin fresh, sweet cucumbers. Cut each slice in quarters. Place between thin slices of buttered bread (whole wheat is best). Moisten with mint salad dressing. Wrap each sandwich by itself.

### Olive Sandwich

Spread whole wheat bread with nut butter, any kind preferred, and finely minced ripe olives. Put a crisp lettuce leaf in each sandwich. The ripe olives now on the market are not only very delicious, but the only kind that should be eaten.

### Protose Sandwich.

To one tablespoonful of protose add one tablespoonful each of minced cucumber and shredded lettuce (and a little onion if preferred). Moisten with mint salad dressing (see recipe above) or with mint sauce (see recipe above), and spread upon thin slices of whole wheat or white bread. Do not butter the bread.

### Tomato Salad.

Select firm, ripe tomatoes, one for each individual to be served; put on ice until

very cold. Slice a cucumber into ice water. When ready for serving, remove from stem end, inside of tomatoes, mince with the cucumber (not too fine) and a trace of finely minced onion (or a little onion juice may be used instead). Place on crisp lettuce leaves and serve with the following mint salad dressing:

To two eggs beaten to a cream add the juice of two lemons, one-half teaspoon of salt, two teaspoonfuls of sugar, and one cup of cream. Boil, but not long enough to curdle. When cool add one tablespoonful of fresh mint cut fine. Set on ice. This is a delicious salad dressing for all vegetable salads, and also for banana salad. Anyone who likes the tonic aroma and flavor of mint will be glad to know that it has other uses than to be served with the roasted remains of slaughtered lambs.

### Whole Wheat Bread.

Scald a pint of milk. When it is lukewarm add one pint of cool water, a teaspoonful of salt, one compressed yeast cake dissolved in a quarter of a cupful of lukewarm water. Stir in slowly sufficient whole wheat flour to make a batter that will drop from the spoon. Beat thoroughly, cover and stand in a warm place (about 75 degrees Fahrenheit) for two hours and a half, or three hours. Then add sufficient flour to make a dough. Knead this lightly until it loses its stickiness for about ten minutes. Make it at once into loaves, put them into greased square or long pans, cover and stand in the same warm place for one hour, or until the mixture feels light when lifted. Brush with water and bake in a moderately quick oven (300 degrees Fahrenheit) for three-quarters of an hour. When done, turn from the pan and stand the loaves against the pan, so that the air will circulate around them. Allow them to cool uncovered. Do not keep bread in a damp cellar or even in a damp closet. Keep your bread box in the light kitchen.—Ladies' Home Journal.