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The Vegetarian Magazine

Jessie S. Pettit Flint

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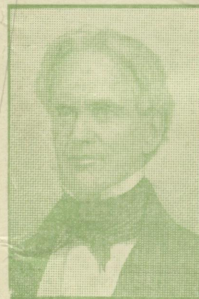
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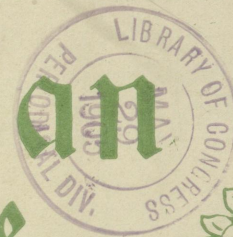
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The Vegetarian Magazine



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Vol. 9th No. 6

APRIL, 1905

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Era of Gorging Past

Meat and Cancer

Etc., Etc.

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WARREN S. REHM.

Era of Gorging Is Past.

Few things can be more curious than the change which has been passing over the public mind in the course of the last few years with reference to food and feeding. Much has been made from time to time of the tendency to glorify intoxication which rollicks through the pages of Dickens, while it has to some extent escaped notice that his types of character are, as a rule, quite as much given to over-eating as to overdrinking, and that the meals at Manor Farm are as much in evidence as the beverages.

Underlying the whole fabric of his fiction, says the *London Hospital*, is an assured belief that to eat a great deal of food is an action not only meritorious in itself, but certain to be rewarded by good health,

high moral tone and enhanced physical vigor, and it is not too much to say that these were the prevailing convictions of the time in which he lived.

The late Sir Henry Thompson, in the interesting volume upon "Food and Feeding," which has now passed through many editions, was among the first to insist forcibly upon the fact that the amount of food consumed should be much diminished in advancing life, and Prof. Clifford Allbutt has lately written to the *London Times*, on his return from a tour in America, to say that wholly new ideas about diet are beginning to prevail there and that American men of science have obtained demonstration of the fact that all food in excess of the actual requirements is a source of weakness instead of a source of strength, nervous force which might be better employed being consumed in its partial digestion and in its ultimate removal from the system.

He tells us that this is especially true of nitrogenous material, while hydrocarbons can be burnt off in respiration with comparative facility.

A considerable amount of evidence has lately been brought forward from one source and another tending with remarkable uniformity to show that the human body can be maintained in full vigor and activity upon a much smaller amount of food than is usually consumed, and the question is one which calls for the serious attention of physicians and physiologists. It has unfortunately been very much left up to the present time in the hands of minorities who may, without gross exaggeration, be described as faddists, and hence it has not received the consideration due to its manifest importance.

The question of the kind of food con-

(Continued on page 117.)

THE DINING ROOM

Conducted by Jessie S. Pettit Flint

Health Foods.

The country is flooded with "health foods." One would think we were a nation of invalids seeking health, or that we were, as a people, incompetent, as far as the preparation of food was concerned, and had become dependent upon a few favored individuals. Now the truth is, we are not dependent at all if we only think so and are willing to exercise a little care and patience. Not but that "health foods" are all right in their place, and are most acceptable. In traveling, when it is difficult to procure well baked breads, the wheat biscuits, etc., are almost invaluable. We might also include a good flake and some of the nut products in our traveling outfit. And these flakes and biscuit can be fitted into the home, filling the gaps, as it were, of regular housewifery. Delicious desserts can quickly be made by splitting a biscuit and covering the halves with suitable fruit and adding a top crust of crisp flakes. Some of these foods in biscuit form make nice fruit and nut sandwiches and flakes can be whipped into gruel for the invalid. We can also line an individual dessert dish with flakes and fill with baked custard, or fruit. Flakes and biscuit are in every town, but not so the nut products. And if they were, the price bars them from many a table. Now the question arises, what home-made dish can take the place, what home-made dish of grains and nuts? Something that will be within the reach of all, easily and hygienically prepared, and not expensive. From our numerous experiments there evolves a recipe for the home table that

we take pleasure in placing before our readers—but it has no name. Will those who test this recipe, and consider it worthy of a place upon their table, kindly honor the dish with a name?

Nameless Recipe.—One cup corn meal mush, one-third cup finely ground roasted peanuts, two tablespoons salad oil, salt and sage to taste. Whip together when the mush is hot and mold in a dish for slicing. To be used cold. The mush is made as follows:

Corn Meal Mush.—One cup sifted granulated yellow corn meal, one cup cold water, two cups boiling water, one-half teaspoon salt. Moisten the salted meal with the cold water and carefully stir it while slowly adding the boiling water. Put in a double boiler and stir till the meal evenly thickens, then do not disturb it again. Let it cook four hours, taking care that the water in the boiler is replenished and kept boiling.

Another Nameless Recipe.—One cup rolled hominy, washed and then cooked tender in one and one-half cups of water, or lentil broth—or broth and water in proportion as you have broth and desire to use it. When tender, add one-half cup stewed lentils, drained and mashed fine, or made into pulp. Salt and sage to taste and let remain in the double boiler for half hour or more. When ready to put in the mold, whip in one-quarter cup finely ground roasted peanuts and a spoonful of salad oil. If rolled hominy can not be had, use a cup (generous measure) of yel-

low corn meal mush in place of cooked hominy.

Both of these nameless recipes are good with bread and a salad at lunch, and can be used as a cold meat dish with a baked potato. Possessing more than meat value, healthful, clean, easily prepared, and, comparatively, not expensive—who that is humane can ever think of flesh as food again? For the benefit of new subscribers, allow us to again give the recipe for peanut butter.

Peanut Butter.—The simplest way to make peanut butter is as follows: Slowly roast the nuts till the raw taste is gone. This can be done better in the shell, not more than an inch layer in the baking pan, and a slow oven. Watch and turn the peanuts so that they cook evenly and do not burn. When done and cool, shell and brush the skins off as you shell. Grind through the nut mill, then lightly salt and grind again. Pack in glass jars and put in a cool, dark place, and this will keep sweet for some time. When wanted for use, take the desired quantity and add sufficient fine salad oil to make it spread well, or take water, beating and adding till the right consistency is reached. Made with water, it will hold but a few hours; made with oil, it will keep several days.

Custards.

We always look for custards in the spring of the year, those good, rich custards of our grandmothers. But how few persons of the present generation understand the making and the baking of them, to make them fine and smooth and quaking—like jelly—but still hold together in all their richness and delicacy. Two eggs to one and a half cups of milk is the right proportion, and a teaspoon of sugar to each egg will suit most tastes—then a dash of nutmeg and a pinch of salt. Beat

eggs, sugar, salt and nutmeg thoroughly together, then slowly add the milk and continue beating. Bake in an earthen bowl and set the bowl in a pan of hot water. The oven must be slow, and the door ajar. As soon as a thin bladed knife will pierce the center of the custard, down deep, and be withdrawn clean, without drops of milk or custard clinging to it, take from the oven, remove the bowl from the pan of water, and set aside to cool. A custard should be served cold, but not iced.

Rolled Hominy Custard.—Made and baked the same as a plain custard, only substituting half a cup of cooked rolled hominy for one of the eggs.

Hominy Omelet.—Two cups cooked rolled hominy, one-half cup of milk, two eggs, salt. Beat the salt, eggs and hominy together, and then slowly beat in the milk. Pour in a buttered granite pie pan and bake in a moderate oven.

Chocolate and Hominy Pudding.—Cook rolled hominy in a double boiler till perfectly tender. Then put in sufficient Baker's chocolate to give the required color and flavor with vanilla and salt to taste. Whip all together while hot in the boiler, and the mixture should be of such consistency that when cold it will cut out in slices and yet not be dry or too solid. Pour in a mold and chill, but *not* freeze. Serve with sweetened cream or a honey dressing.

Macaroni Omelet.—Fill a flat earthen baking dish one-third full of blanched macaroni cut into inch lengths. Make sufficient custard to fill the dish and pour over the macaroni. The plain custard recipe given above will do well here, only omit the nutmeg and use celery, salt, safe or some herb seasoning. Bake slowly, as a plain custard.

We must remember that these custards and omelets have a nitrogenous value, that they take the place of the discarded flesh foods. It is not simply that they are appetizing—they are nourishing, sustaining, up-building. Milk has been called an ideal food for childhood and old age. Shaping it into delicate custards and omelets is not much labor, and gives variety to the home table. Let us make the vegetarian dietary attractive as well as healthful, and by so doing win the younger generation to a humane living.

Era of Gorging is Past.

(Continued from page 114.)

sumed is, however, a different one from the question of quantity, and the writer's present object to suggest that the majority of people eat a great deal too much, and fall short of their highest attainable standard of mental and bodily activity in consequence. There must obviously be a limit to the needs of the body, and when the supply exceeds this limit it must obviously be removed or disposed of in some way.

It can scarcely be doubted that the American view quoted by Prof. Clifford Allbutt is essentially correct, and that the disposal of the superfluity is a tax upon the organism by which it is effected. It is at least not doubted that the period of gorging, of which the Dickens era was perhaps the termination, was also a period of premature decease among the well-to-do, or that a great increase of longevity has been a characteristic of more recent times. Fifty years ago an octogenarian able to take part in the activities of life was at least regarded as a remarkable exception to the common rule; today this position could hardly be sustained.—*Chicago Daily News.*

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