

8-1905

The Vegetarian Magazine August 1905

The Vegetarian Magazine

Jessie S. Pettit Flint
The Vegetarian Magazine

Follow this and additional works at: <https://knowledge.e.southern.edu/foodiesguide-1890>



Part of the [Food Science Commons](#), and the [United States History Commons](#)

Recommended Citation

The Vegetarian Magazine and Pettit Flint, Jessie S., "The Vegetarian Magazine August 1905" (1905). 1890-1909. 51.
<https://knowledge.e.southern.edu/foodiesguide-1890/51>

This Book is brought to you for free and open access by the The Foodies' Guide to Vegetarian Cookery in 19th Century America at KnowledgeExchange@Southern. It has been accepted for inclusion in 1890-1909 by an authorized administrator of KnowledgeExchange@Southern. For more information, please contact jspears@southern.edu.

PHYSICAL CULTURE Restaurants

CHICAGO: Tacoma Bldg., Cor. Madison and La Salle

New York Restaurants

No. 1, 487 Pearl St.
No. 2, 120 Pearl St.
No. 4, 220 Fulton St.
No. 6, 106 East 23d St.
No. 10, 18 Spruce St.
No. 11, 58 Lispenard St.
No. 12, 654 Broadway

Brooklyn Restaurants

No. 3, 5 Willoughby St.
Factory and Bakery, 364 Bridge St.

Philadelphia Restaurants

No. 7, 23-27 South 8th St.
No. 8, 32 South 16th St.

Boston Restaurants

No. 5, 27-29 Kingston St.
No. 9, 35-37 Arch St.

Why and What They Are

¶ **WHY** were these Restaurants started and why do they exist?

¶ **BECAUSE** the people were ready for them and are fast becoming educated along the proper lines of eating. **It is not a fad** but a **science** which has at length been offered in this form to the people, and they recognize and accept it.

¶ **WHAT** they are. These Restaurants were started by **Bernarr MacFadden**, the famous Physical Culture educator of New York, editor of the Magazines "Physical Culture" and "Beauty and Health," in his efforts after Perfect Health and consequent long life. ¶ The foods are prepared in such a way that they afford a larger proportion of **brain, muscle and energy** to the amount of food consumed than any other form of preparing foods.

¶ At the same time the dishes are as **tasty and as savory** as ever they were, if not more so. Special notice is given to the serving of fresh vegetables and fruits whenever possible, for the theory is that the more live (uncooked) foods one eats that much more life will one assimilate. ¶ In this regard it might be

well to mention the whole wheat preparation in combination with nuts, dates, figs, prunes and bananas.

¶ This remarkable dish is a revelation.

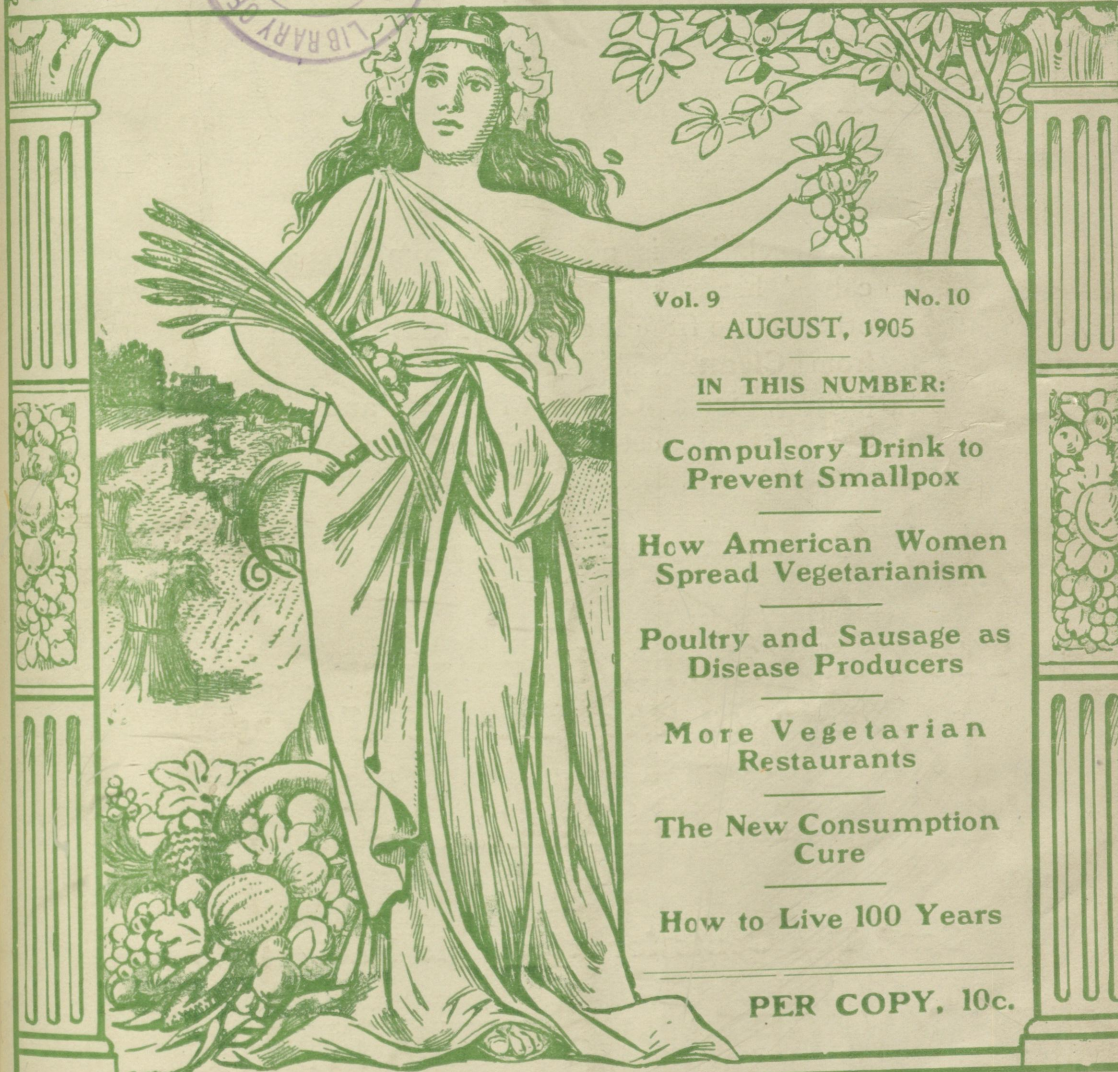
For the small outlay of fifteen cents one has a perfectly satisfactory meal to say nothing of its wholesome qualities. ¶ In addition we might mention the "**mock meats**" which look like meat, taste like meat, but which are **fifty per cent better than the animal flesh**. These dishes are made from nut meats and seasoned in such a way that they cannot be distinguished from the real thing except that the result is so **much more satisfactory**, for instead of excessive stimulation as is the case with meat eating, there is a mild re-vitalizing of the whole system. A slight laxative quality that regulates digestion and consequently the bowels, corrects any tendency toward constipation, and the grand result of such a diet is **perfect health!**

¶ **N. B.**—It might be well to mention here that there is no reaction in reaching this result as is the case in the taking of medicines for this purpose; for in **natural** methods there cannot be reaction and only good, therefore, results.

ADAM ◊ HESIOD ◊ GAVTAMA ◊ ISAIAH ◊ DANIEL ◊ PLATO

The Vegetarian Magazine

ZOROASTER ◊ ARISTOTLE ◊ SENECA ◊ OVID ◊ PLUTARCH



Vol. 9 No. 10

AUGUST, 1905

IN THIS NUMBER:

Compulsory Drink to Prevent Smallpox

How American Women Spread Vegetarianism

Poultry and Sausage as Disease Producers

More Vegetarian Restaurants

The New Consumption Cure

How to Live 100 Years

PER COPY, 10c.

POPE ◊ SWEDENBORG ◊ VOLTAIRE ◊ FRANKLIN ◊ WESLEY

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
Published Monthly by The Vegetarian Company—Chicago—\$1.00 the Year—Ten Cents the Copy

LINNAEVS ◊ GRAHAM ◊ SHELLEY ◊ TOLSTOI ◊ OSCAR II

distilled water, add fruit juices if agreeable; two upon arising, three in the forenoon, three in the afternoon, and two upon retiring.

3. Never eat white flour products; live as much as possible on uncooked food; nuts, fruits and vegetables are ideal foods; pure California olive oil is especially recommended.

4. Eat two moderate meals per day, seven or eight hours apart, omitting breakfast; eat only when there is a desire for food; when indisposed, fast. The average man eats twice as much as is necessary.

5. Sleep next to an open window or outdoors; sleep seven or eight hours; insist on pure air at all times; never remain in a close apartment; breathe deeply; cultivate abdominal breathing.

6. Keep the body supple by bathing and exercise; court the sunshine; live naturally; abandon flannel underwear.

7. Forget how old you are; forget all unpleasantness.

8. Busy yourself eight hours daily with congenial employment; adopt for a motto, "Do it now"; do some kind act every day if it is only to speak kindly to a cur dog.

9. In cold weather, don't coddle yourself; learn to discard heavy wraps even

in the coldest weather. Cultivate the resistant powers of the body.

10. Get a hobby; don't ride it to death, but have it handy for an occasional center.

11. Practice daily auto-suggestions for health, happiness and success; don't fear anything—God or man or devil; cultivate will power, cheerfulness, optimism and mental poise, and believe in yourself; stand and sit erect.

12. Know that there is only one disease—but it has a thousand symptoms; that drugs or men never cure; nature cures.—ELMER ELLSWORTH CAREY, Assistant Editor *Suggestion*.

A Vegetable Gelatine.

There's another new vegetarian food product on the market—"Vegetagelatin"—something that all the women folks have long been looking for. It's a substitute for the animal gelatine made from the hoofs of horses and cows. "Vegetagelatin" is prepared from Irish moss, and is clean and palatable looking. The manufacturers of this excellent product have agreed to send sample packages, prepaid, to readers of THE VEGETARIAN MAGAZINE upon receipt of 10 cents. See their advertisement elsewhere in this issue.

Special Clubbing Rates.

The regular subscription price of the VEGETARIAN Magazine is One Dollar a year. We desire to very largely increase our list of subscribers and as an inducement to our friends to work with us toward this end, we make the following special clubbing rates:

The Vegetarian 1 year (\$1.00) and	Good Health 1 year (\$1.00), both for	\$1.25
" " " " " "	Health " " " "	1.25
" " " " " "	Health Culture " " " "	1.25
" " " " " "	Naturopath " " " "	1.25
" " " " " "	Medical Talk " " " "	1.25
" " " " " "	Vim " (50c) " "	1.00
" " " " " "	How to Live " (\$1.00) " "	1.25
" " " " " "	Suggestion " " " "	1.25

This is certainly a very liberal offer and we trust that many will take advantage of it. Send remittance for both publications to us. Send at once!

THE VEGETARIAN CO., - - 167 Dearborn Street, CHICAGO

THE DINING ROOM

Conducted by Jessie S. Pettit Flint

APPLES AS FOOD.

"The apple is rich in phosphoric acid, is an excellent brain food and a promoter of digestion." This should cause us to consider the apple as a most desirable fruit upon our table, and when we take into account its keeping qualities and its being a general favorite with nearly everyone, surely, we must place the apple first in rank among fruits.

It stands in its relation to other fruits as does the potato to other vegetables, or as wheat to other grains—the first—the choice of all for the every day menu. It may not be as pleasing to the palate as the product of vine or bush, but it has a flavor that endures, and again, and yet again, we will put aside the showier product for the dear old apple. "King of Fruits" it has rightly been called, and in no way does it seem to so fully claim its crown as when served in its natural state. polished, clean, cool, shedding forth its fragrance and delighting the eye. A basket of apples, whenever good eating apples can be procured, should grace every table. A few people may think a raw apple in the evening objectionable, but there are others who do not—let personal taste decide. There are times, however, when the table apple is not to be had and we must depend upon the cooking apple. Every family has its own recipe for apple dumplings, sauces and baked apples, but very few families know that these dishes, properly prepared, hold a food value. This value can be increased by the addition of cheese, and when cheese does not seem desirable, nuts or nut cream. One of the

most simple and healthful lunches that can be prepared is an apple, a handful of nuts, and a biscuit; and this lunch can be slipped into the pocket, or it can be served at table. Now take this thought as a base, apples, wheat, and nuts—or cheese—and combine, cook and season to taste—you have the meal before you.

APPLE SHORTCAKE.

Prepare a plain baking powder biscuit dough and bake in a thin sheet. Split and butter and cover the lower half with well flavored apple sauce, seasoned to taste. Put on the top crust and cover with sauce, giving a sprinkling over all of finely shredded cocoanut. Serve with a piece of cheese. If baking powder is objectionable, also the labor, take wheat biscuit, split, toast and cover with apple sauce, using some fine flakes as a top crust, and sprinkling over with cocoanut.

APPLE POTPIE.

Pare and quarter half a dozen well flavored, rather tart apples; put them in a granite kettle, sprinkle over them a little sugar, with a dash of nutmeg and cinnamon; cover them with a shortcake dough and pour into the kettle a quart of boiling water. Cover closely and boil forty minutes. Serve with nut butter, nut cream, dairy cream, cheese, milk—some favorite hot sauce, or a cold one—this dressing should be left to personal taste.

APPLE OMELET.

Make a plain omelet, and when ready to

fold, cover with well flavored apple sauce; fold and serve immediately.

APPLE OMELET (NO. 2.)

Separate four eggs; beat the whites and yolks separately, then put them together and beat again, gradually adding two tablespoonfuls of powdered sugar. Oil a hot omelet pan, pour in the mixture and cover; when it begins to thicken, spread over a layer of apple sauce. Fold, turn out and serve at once with powdered sugar.

APPLE BATTER PUDDING.

Fill baking dish with apples, pared and sliced; cover with a shortcake dough that is thin enough to spread with a knife, making a split in the center of the cover and taking care that the batter comes well against the edge of the pan. If preferred, an egg batter can be used, in the proportion of one egg to one cup of flour, a pinch of salt, and half teaspoon baking powder. Thoroughly beat the eggs, and sift the baking powder in with the flour. Thin with sweet milk to a good batter. Bake well done, and serve with sweetened cream or milk and cheese.

APPLES AND RICE.

Pare and core the apples and stand them in a baking dish; put some seeded raisins or some chopped raisins, dates and citron in the spaces from which the cores were taken; fill the dish with boiled rice. Cover the dish and bake till nearly done, when remove the cover. Serve warm with milk or cream.

BROWN BETTY.

Fill the baking dish with layers of sliced apples and bread crumbs, bread crumbs on top, dusting in a bit of cinnamon and

putting in a few seeded raisins with each layer of apples. Place the dish in a hot oven, covering it for fifteen minutes, when remove the cover and bake for ten or fifteen minutes more. Serve with a hard sauce.

APPLE SAGO.

The sago should be washed and soaked in four times its bulk of water, and then stand it over hot water until it becomes transparent. Fill a baking dish with apples, pared cored and quartered—and pour in the sago. Cover the dish and bake in a moderate oven about three quarters of an hour. Serve with sweetened cream. Or, if liked, bake the sugar in the pudding, and serve plain cream. A few raisins, chopped dates, citron, or figs are nice sprinkled in with the apples.

BAKED APPLES.

Every one knows how delicious baked sweet apples are with milk and bread, but not every one knows that to bake them perfectly a little water must be kept in the pan to prevent the apples scorching. If baked apples are too closely covered, they partake of the quality of steamed apples, and lose the richness that comes from baking—so keep water in the pan and leave it uncovered. A sweet apple cut in halves and laid skin down in the pan, cooked carefully, so as to be tender and whole is delicious sprinkled with shredded cocoanut and served cold. A tart apple is fine cooked in the same way, dusted with sugar and cinnamon as it comes from the oven, and can be served hot or cold. The stewed apple sauce can be varied by the baked apple sauce. Fill a baking dish with tart apples, pared and sliced, and sprinkle sugar in among the slices. Bake for twenty minutes or till done. To prevent

fruit scorching on the bottom of the baking dish, it is well to set it in a shallow pan of hot water; this suggestion applies also to brown betty, apple and sago, and rice and apple puddings. Mrs. Rorer gives the apple in thirty-five ways, while a French cook says there are four hundred ways. However, the *king* of ways is the "Apple in its prime,
Golden skinned and smooth,
Red cheeked or russet brown."

Tribune Writer's Erroneous Ideas.

CHICAGO, ILL., July 27.

EDITOR OF THE TRIBUNE: It would be interesting to know where the writer of the article concerning vegetarianism in *The Sunday Tribune* of July 23 got his information. Surely no vegetarian would indorse the article for a moment, although it has some good points in it.

Just by what stretch of the imagination chicken salad can be classed as a vegetable is quite beyond the comprehension of my brain cells. And how fish and shellfish can be counted as a part of a vegetarian diet is also an evident compromising with good common sense.

There can be no doubt that the vegetarian idea is growing rapidly, and I suppose that there are many peculiar ideas prevalent as to what constitutes hygienic vegetarianism. The article in question is pretty good evidence that there are many erroneous notions current on the subject.

The idea that vegetables are not good for brain workers is certainly unique, I might say almost preposterous. The food that makes the body beautiful, healthy and strong will surely provide for the activity of brain cells. The fact that Ruskin tried it for three years and Gladstone

for three whole days proves nothing. No experiment of the sort can prove anything. Simply to drop meat from the average diet of the day is to invite trouble and decadence. The man or woman, brain worker or beauty seeker, who wants to get good results must go into the whole subject of hygienic and humanitarian dietetics and right living. Not only must all forms of dead animal products gradually be eliminated from the diet, but clean, healthful foods of vegetable origin must be substituted in such a way as to supply the body with the things it needs.

Warm food is not necessary for nourishment, the statement of the writer of this article notwithstanding. In fact, warm food, and especially cooked food, is much less nourishing than natural uncooked food. Iced foods are also poor things to put into the sensitive stomach.

The great variety advocated in this article is also a temptation to overeat. Simplicity is a much better term. Two or three simple plain dishes are much better than half a dozen. Harmonious mixtures are what the stomach needs, and complicated mixtures are generally discordant, bringing about all kinds of trouble.

That it is necessary to eat often when using a hygienic diet is also a mistake. Two meals a day are generally sufficient for any one, and many do with but one.—DR. W. E. ELFRINK, Editor of THE VEGETARIAN MAGAZINE.

No Bedbugs in Japan.

All scavengers and vermin are algebraic exponents in the equation of the world's filth. In Japan, where cleanliness is said to be a cardinal virtue, there are no bedbugs, except immigrants. — RENA MICHAELS ARCHISON.