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The Vegetarian Magazine

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The Vegetarian Magazine

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tor is in the employ of the butchers or the doctors, or if his advice is a mere case of the professional ignorance which caused Prof. Alonzo Clark to say: "I fearlessly assert that in most cases our patients would be safer without a physician than with one." It looks as if there may be a "slump" in the consumption of meat during the hot weather. No doubt this is true. People are learning very fast that meat is not a proper diet for hot weather, or any other kind of weather.

"It is a sad but humiliating confession," said Dr. Kidd, "that our chiefest hopes of medical reform at present exist in the *outer* educated public." This "outer educated public" is becoming educated very fast not only on the cruelty, but the injuriousness of flesh-eating. People have learned, as Dr. Reinhold has said, that "Vegetarianism insures against contagion," that "during the cholera epidemic in 1832 in New York, the vegetarians escaped the pestilence."

People are learning, too, that, as Prof. Alonzo Clark has said, "In the education of children there is no greater evil than the habit of animal diet; they are thus rendered liable to a number of diseases which they would otherwise escape."

It is too late for Dr. Wiley to bring about a boom in meats as a hot weather diet. The world has moved on too far toward a saner and a cleaner living.

"The principal ingredient in all these patent medicines is the same."

"It must be a powerful drug. What is it?"

"Printers' ink."—*The Clinic*.

We now propose to provide a famine fund for those Filipinos whom we did not "kill and burn." Civilization is a great thing when it gets a-going.—*Atlanta Constitution*.

A Horse's Affection.

Several months ago Robert Munson, an old pioneer of Sierra, Nev., who followed mining for a living for many years, was found dead in his little cabin near Sierra City. The cabin was situated off the road a considerable distance, and but for the fact that a horse that belonged to the dead man had gone to the highway and by neighing and strange actions led two travelers to the house where the old miner had been dead several days, his passing would not now be known. The travelers attempted to capture the horse, but their efforts were unsuccessful.

The men at last went to the nearest settlement and informed the authorities of their discovery. The coroner went to the scene and took charge of the remains. After holding the necessary investigation he buried the old man near the house. The public administrator then took charge of the effects of Munson, including the horse. The animal was turned out to pasture several miles from the scene of its late master's death and remained there until about two weeks ago, when it was missing.

A search of the surrounding country was instituted, but the horse could not be found, and at last the matter was turned over to the sheriff's office, the administrator thinking that the animal had been stolen. The mystery, however, was solved recently, when a miner living within a few miles of Munson's old cabin, found the remains of the horse cold in death stretched on the last resting place of its dead master. The animal had escaped from the pasture, instinct directing it to the cabin and grave, where it chose to give up its life as a tribute of animal love for the old man who had treated it kindly during many years.

THE DINING ROOM

Some Meat Substitutes.

WALNUT AND LENTIL ROAST.

To 3 cups of cooked lentils, drained and passed through a colander, add 1 cup of walnuts, ground or chopped fine, 1 cup of strained tomato, and season well with salt and sage or summer savory. Add 2 cups of granose flakes, or 1 cup of whole wheat bread crumbs, and 2 well beaten eggs. Mix thoroughly, mould in buttered bread pan and bake 40 minutes, basting with melted butter or nut cream.

MUSHROOM SAUCE FOR ABOVE.

To the water in which the lentils were boiled add 1 cup of cooked and strained tomato. Drain and rinse the mushrooms thoroughly. Put 1 tablespoonful of butter in saucepan, add mushrooms; cook 5 minutes; then add a little water and let them cook 15 minutes. Add to the lentil sauce. Thicken with browned flour, and season with salt to taste.

SPLIT PEA CUTLETS.

Soak $1\frac{1}{2}$ pints of split peas in water over night, with a pinch of soda. Put into a double boiler with water enough to cover them, a sprig of thyme, 2 cloves, a little garlic and a green pepper, from which the seeds have been removed. Steam until the peas are tender drain and partly mash them. Mix with the peas a little very finely minced onion or celery. Form into balls. Shake over them a dash of pepper, dip first in a beaten egg and then in Indian meal or bread crumbs and fry. These cutlets are very substantial.

Dried lima beans may be prepared in exactly the same way, except that a little tomato or minced parsley adds greatly to the flavor.

MUSHROOM STALKS ON TOAST.

The mushroom is "nature's beefsteak," making an excellent "substitute" in any of the great variety of styles in which it may be served.

Mushroom stalks on toast is a dish that will speak for itself if once sent to the family table. Scrape and wash the stalks, and to each pint allow a large tablespoonful of butter. Place over the fire, add pepper and salt, and cook carefully for from 6 to 8 minutes, stirring as needed. When tender, mince, and if the amount is sufficient, put them in a small, deep dish with alternate layers of bread crumbs seasoned with pepper and salt. The last layer should be of crumbs mixed with a little beaten egg. Brown in a brisk oven and serve; or the stalks, when stewed in the butter, may be immediately served on hot toast.

Cheese on the Dinner Table.

Some persons think cheese is relegated to its proper place when it appears on the luncheon or supper table, and never place it on the dinner table except as an accompaniment of apple pie. This is a mistake. Cheese is not only a toothsome morsel, but it is also a valuable aid to digestion at a time when the digestive organs are taxed to their utmost. It has been said that a small piece of good old dairy cheese will digest an entire dinner, and it is an assured fact that people having trouble with their digestion are greatly relieved if they form the habit of taking cheese at dinner. The cheese should appear on the table after the dessert and before the coffee, and should be served with Bailey beaten biscuit or thin, crisp pieces of toast.