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# The Vegetarian and Our Fellow Creatures December 1901

The Vegetarian Magazine

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# Sick Beefsteaks.

No one ever feels the pulse of a beefsteak to see whether it has a fever or not, but the proportion of beefsteaks and other forms of flesh food which are affected by disease of some sort is so great that the health commissioner of one of our largest western cities, not long ago, was compelled to assert that if in the inspection of cattle and other animals used for food all the diseased creatures were rejected, the price of beef would be at least a dollar a pound. From this assertion it is apparent that at least three-quarters or more of all the beef, mutton and pork eaten in the large cities is more or less diseased. Everybody who knows and appreciates this fact will be glad to become acquainted with PROTOSE, a newly discovered food product which marks an era in dietetics, and is bound to lessen enormously the consumption of flesh foods. Protose is one of the already famous

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# The Vegetarian

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## THE DINING ROOM

### VEGETARIAN SOUPS.

No soups are so delicious as vegetarian soups, writes "Auntie Thrift," of the "Children's Garden." There are none so economical and easily made. Always keep the water in which other things have been boiled, such as rice, macaroni, beans, potatoes and vegetables. It contains much that is of value, and this forms our "stock" for soups and gravy making.

Another good rule is, always fry an onion in butter and stir in the vegetables or other ingredients with it, *before you add the liquid*. This makes it much more savory than the same materials would, if put in the liquid first. Add the seasoning only before serving.

If your soup is to be a brown one, fry the onion until dark color; if the soup is a white one, simmer the onion gently without letting it brown. For a white soup, use rice, barley or macaroni stock, with potato, celery, onion, turnip and artichoke as vegetables.

For a dark soup, any kind of stock can be used, with fried onion, white or brown haricots, red or brown lentils, tomatoes, carrots, mushrooms, etc.

A little herb, parsley, lemon rind and clove make nice varieties in flavoring.

A wire sieve is necessary for straining, or for rubbing ingredients through, and most soups should boil 2 to 3 hours. The materials will generally allow boiling up again as a second stock.

All odds and ends, such as cold vegetables, bits of savories or rissoles, bread crumbs, etc., can be used up in soup-

making. A little nut butter enriches the quality of soup, and pea flour is used for thickening.

#### AUSTRIAN BEAN SOUP.

½-lb. carrot, cut small; ½-lb. turnip, cut small; 1 Spanish onion, a little celery and parsley, ¾-lb. brown haricots, washed; 2 ozs. butter, pepper and salt, 2 quarts water (or part stock).

Cut up the onion and fry in the butter, add all the other vegetables, and lastly the beans and the water. Boil together two or three hours, strain and serve with toast dice.

The following are from "Meatless Dishes":

#### TOMATO SOUP.

Boil a quart can of tomatoes with a pint of water for about an hour. Then put in level teaspoonful of soda. Let boil slowly until done fermenting. Season with little butter and salt, and pour in milk, or part milk and part water, sufficient to make the soup of the right consistency. Let it heat up and then add a little rolled cracker.

#### CHESTNUT SOUP.

Ingredients (sufficient for four serves). One pound of chestnuts, weighed when peeled, ¼ lb. of onions, weighed when peeled; 1½ ozs. of barley; 1 quart of cold water; 6 cloves.

Put the barley, onions and cloves into the water, and set on the stove to boil. Put the chestnuts into another saucepan, and cover with boiling water; boil for two hours, drain and peel, and turn into the barley and onion soup. The barley must


not be boiled for less than five hours; nor the chestnuts, when with it, for less than two; the whole taking five hours to prepare. When done pass through a hair-sieve, boil up, and serve very hot, accompanied with croutons.

#### BARLEY SOUP.

Ingredients (sufficient for six serves): Weigh out, after cleansing and chopping, ½ lb. of turnips, ¼ lb. of apples, ¼ lb. of onions and ¼ lb. of celery; 2 quarts of water, ½ lb. of barley, 6 cloves, ½ oz. of butter, teaspoonful of dried thyme, 6 peppercorns, 1 minced shallot.

Let the saucepan be perfectly clean and dry. Put in the butter, and toss the onion in it until it is nicely browned. Add the water, barley and chopped vegetables and boil for three hours. Then add the remainder of the ingredients, and boil for one hour longer. Strain through a tammy, boil up. Serve very hot, accompanied with a plate of croutons.

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