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The Vegetarian Magazine February 1905

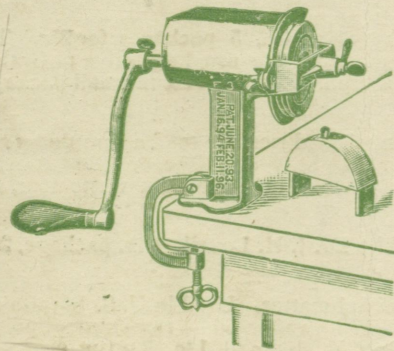
The Vegetarian Magazine

Jessie S. Pettit Flint

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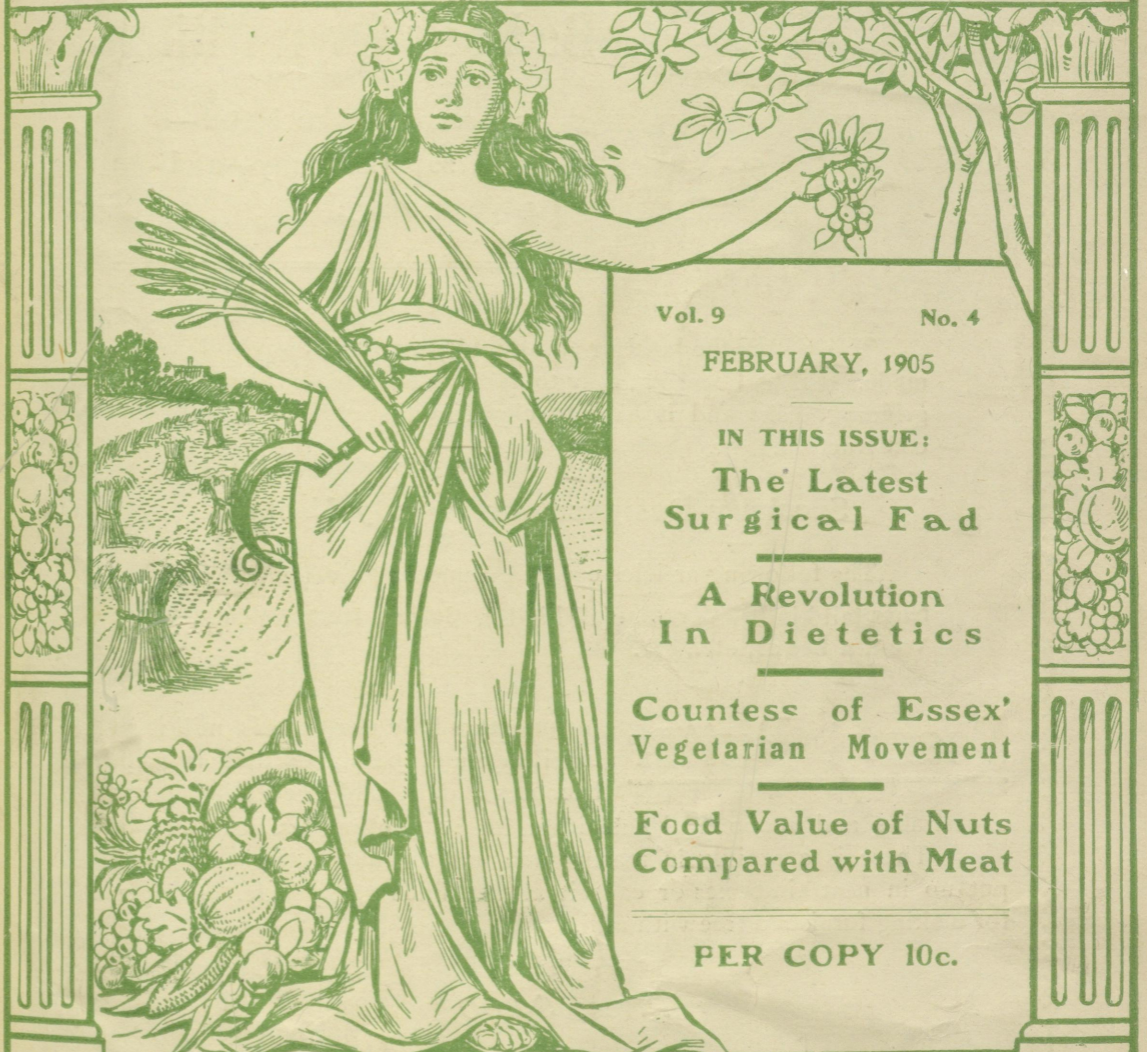
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The Vegetarian Magazine



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Vol. 9 No. 4

FEBRUARY, 1905

IN THIS ISSUE:
**The Latest
Surgical Fad**

**A Revolution
In Dietetics**

**Countess of Essex'
Vegetarian Movement**

**Food Value of Nuts
Compared with Meat**

PER COPY 10c.

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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
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LINNAEVS ❖ GRAHAM ❖ SHELLEY ❖ TOLSTOI ❖ OSCAR II ❖

THE DINING ROOM

Conducted by Jessie S. Pettit Flint

THE SELECTION OF FOOD.

To be successful in our selection of food we must learn something about the different kinds of food and the special use of each kind. A large part of man's food is carbonaceous, and this includes fats and sugar. Three purposes are served by the use of carbonaceous foods—they furnish material for the production of heat, are a source of force or energy, and build up the fatty tissues. Starch and sugar are in all grains and vegetables, and are the main elements in fleshy roots like potatoes, parsnips and turnips. Most of the grains, and some of the vegetables contain fat, but nuts are especially valuable where fat is desired. These carbonaceous foods, however, do not build up bone, muscle, or nerve. For this we must turn to the nitrogenous, or albuminous class, such as the legumes or some of the nuts, if we desire concentration, and to grains if we wish a more perfectly balanced food. Mothers should bear in mind that fine, white flour bread, potatoes and cake are not sufficient to give a child a good, strong body. Whole wheat bread, well baked, thoroughly cooked rolled oats dressed with two or three stewed figs and their syrup, instead of sugar or milk (or use peaches or prunes instead of figs), simply cooked vegetables balanced with the right amount of properly prepared protein as found in legumes and nuts—will give the desired result. We must bear in mind always the "Three Things to Remember"—"Do not over-cook vegetables. Do not under-cook grains. Do not cook oil or fat with food."

Simplicity in preparation is a point always to be considered, if we wish to hold to a simple, healthful living. Then there is the natural temperament of child or person to be considered.

For the nervous temperament, onions and celery should often be used. Celery is best in its natural state, but all persons can not use a raw onion. We have found that slight cooking in rapidly boiling, salted water, will remove the irritating quality, and the onion still hold the essential element required in a good nerve. A nice way to serve onions so cooked is to place them on slices of well toasted whole wheat bread and dress all with peanut cream. Thus we get a carbonaceous and nitrogenous blending—a balanced dish for the indoor, or brain worker. The brain worker requires more nutriment than the outdoor laborer, but while he requires more protein, it must be furnished in a concentrated nourishing form—or in other words, less bulk, more protein, and prepared so as to be easily digested. He can not safely indulge in fried foods and pastry, which the active, out door man may use and temporarily feel no injury. Our aged friend will be tempted to indulge in more protein than is for his good. A well made oatmeal porridge with a slice of whole wheat bread will give ample nutriment for his supper. Or a slice of plain toast and a bit of fruit. A saucer of thoroughly cooked cracked wheat dressed with prunes, or pears, figs, peaches, or a baked sweet apple. But if the man of middle age desired porridge, it would be necessary to add a generous amount of nut cream.

Rice is excellent for old and young, and makes a good base for many a meal. If our trial vegetarians would use more rice and less potato, there would not be as much rheumatism to battle against. We must learn to avoid those foods that bring to us undesirable conditions. If a man is inclined to corpulency he should put aside fat producing foods. If spare and wishes to increase weight, use the foods the man of flesh should reject. Drugs are not in accordance with Nature. To be healthful, proceed naturally and build well.

CRISPED POTATOES.

Peel, slice thin and let stand in cold water for an hour or so, then drain and pour on boiling water and let them simmer on top of the stove till the slices look clear. When clear, drain off the water, sprinkle with salt, and spread (not too thickly) on a buttered pan. Bake a golden brown, and serve immediately, with little pats of butter, a nice oil dressing, or some gravy. Prepared in this way potatoes are easily digested, because there is no fat cooked in with them as in fried potatoes, and they are just as appetizing as a fried potato. An old potato will be found quite good crisped, when it will not be acceptable in any other form.

PARSNIPS.

Try baking boiled or steamed parsnips. Cut them lengthwise and remove the hard core. Place in strips on a buttered pan and bake till they commence to brown. Serve with peanut cream, or a nut gravy, thereby making an appetizing, nourishing dish.

PARSNIP PATTIES.

Remove the core from some boiled parsnips, cut the outer part in small bits, and mix with equal bulk of boiled rice. Blend all together with an egg, salt to taste, and form into patties, baking in an oiled pan

till done. These patties can be covered with bread or cracker crumbs, and it will be found an addition. Serve with hot, thick peanut cream, if you desire to make this your nitrogenous dish. If not, serve with a simple oil or butter gravy.

CORN MUSH GEMS, NO. 1.

1 cup mush.
 $\frac{3}{4}$ cup water.
 $1\frac{1}{2}$ cup flour.
 Pinch of salt.

Those persons who object to raised breads and also to eggs, may find the above recipe acceptable. The mush should be prepared in the proportion of one cup meal to three cups water and cooked in a double boiler for two hours at least. If the mush is used cold put three-fourths cup hot water with one cup of mush and beat till smooth. Then sift in the flour and beat till fine and light. Drop in hot buttered iron gem pans, and let rise a bit on top of the stove. Bake half an hour. Have the oven hot, yet do not burn the gems, temper the heat to meet the half hour.

CORN MUSH GEMS, NO. 2.

2 cups mush.
 $\frac{1}{2}$ cup milk.
 $1\frac{1}{4}$ cup meal.
 Salt.

Use white meal mush, prepared as in No. 1.

Thin the mush with the milk and sift in the meal. Let stand a few moments in hot iron gem pans on top of the stove. Bake 45 minutes.

The following recipe is taken from *The Liberator* of December. We have tested it and find it very good.

UNLEAVENED CORN CAKES.

Place a quantity of meal in a bowl, add salt, then stir in water that is heated almost to the boiling point until a thin batter is formed. The exact thinness will

have to be determined by experience. Beat it well to remove all lumps. Drop into hot iron gem pans that have been well oiled and allow to stand on top of the stove until a slight crust has formed on the bottom, then set in a hot oven and bake about half an hour.

LENTILS AND RICE.

Wash and soak over night one half cup of lentils. In the morning add one minced onion and stew till tender. When done drain and mix with an equal bulk of boiled rice. At serving time re-heat, salt to taste, and when ready to dish, add a generous amount of olive or salad oil.

A Substitute for Beef Extract.

The Calder Packing Company has lately been incorporated to succeed the Wahl Food Company, and has placed an announcement in this magazine for the purpose of reaching a class of trade that is in sympathy with its products. In preparing a substitute for extract of beef this company has so closely imitated it that experts can not tell the difference; yet this extract carries with it the guarantee that it is purely vegetable.

We believe this is a meritorious article and suggest that our readers give it a trial. Mr. Hirst, the secretary of the Calder Company, in conversation with the editor of THE VEGETARIAN MAGAZINE a few days ago, stated that his investment in this enterprise was the direct result of the benefits he received from using Plantomeat in the form of bouillon.

Countess of Essex Starts Fad.

(Continued from Page 77.)

meat. "And the patients say that they never fared better.

"We have certain rules for certain cases.

"Those with poor complexions are put upon fruits, stewed always, and on vegetables prepared without a cream sauce. We give them no milk or cream.

"Those who are afflicted with nerves are given green vegetables, ripe fresh fruits, uncooked, and all their meals are eaten in the open air. We give them hot cooked breads and plenty of things to nourish and feed the nerves. We see that they do not go hungry and we feed them five times a day.

"Nervous patients are given a great deal of fluid. They usually are people who drink little and we give them plenty of fruit drinks, one of the best being hot apple tea. To make apple tea you cut up apples and cover them with hot water. When they have steeped you pour off the juice and serve it hot with sugar and cream. A better apple tea is made by serving apple juice with sugar and lemon.

"Nervous patients are given water that is not too hot, they are given sweet light wines, unfermented grape juice, and all kinds of things that are healthful and satisfying. The trouble is that the woman with too many nerves invariably does not supply the system with a sufficient amount of fluid and that is why she is so nervous. She should drink pure fresh water as often as she can do so.

"The nervous woman requires fluid, and until she learns to take a great deal of it into her stomach she will never be well."
—Chicago Sunday Tribune.

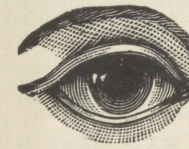
Animal "Rescue" Leagues.

To knock a dog in the head may be to rescue him, but I'd like to hear what the dog thinks about it.

The latest fad in organized charity seems to be the Animal so called "Rescue" League. This organization catches stray dogs and cats and theoretically provides them with good homes wherein to spend their declining years in peace and prosperity. A stray dog came to me one day and in the innocence of my heart I took him

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WHAT OTHERS SAY

General Alexander Hamilton, Tarrytown-on-the-Hudson, N. Y., highly recommends "Actina."

Louis Meyer, 93 Herman St., Rochester, N. Y., writes: "Actina" has affected a wonderful cure in my wife's case, curing her of a severe eye trouble, and I would not be without it.

Mr. A. L. Howe, Tully, N. Y., writes: "Actina" has removed cataracts from both my eyes. I can read well without my glasses; am sixty-five years old.

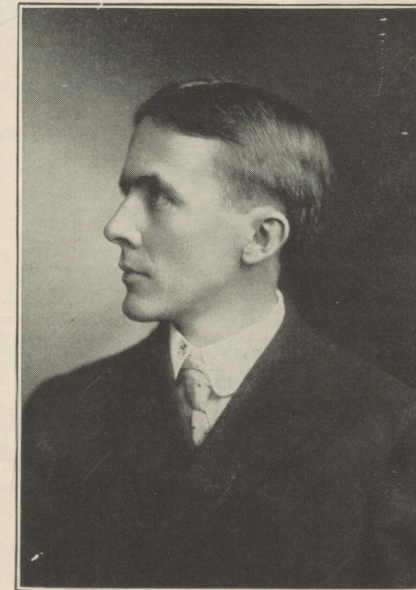
Robert Baker, Ocean Park, Cal., writes: I should have been blind had I not used "Actina."

Hundreds of other testimonials will be sent on application. "Actina" is purely a home treatment and self-administered by the patient and is sent on trial, postpaid. If you will send your name and address, you will receive absolutely free, a valuable book, Prof. Wilson's Treatise on the Eye and on Disease in General.

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