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## The Vegetarian Magazine January 1905

The Vegetarian Magazine

Jessie S. Pettit Flint  
*The Vegetarian Magazine*

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# Lost!

Nine-tenths of the impressions the senses receive and transmit to the brain are lost. This is not because the memory is defective, but because it does not receive sufficient training.

The mind is an unlimited storehouse which, while its owner is receiving an education and accumulating experience, is being filled with matter that makes the individuality of its possessor. Therefore, if a man would be distinguished above his fellows, excel in his line of work, and rise to heights reached by but few, he must have full control of this greatest of all faculties, thus having every particle of his knowledge available. He should cultivate his memory.

The ability to retain in the mind all the perceptions and experiences that are met with in the conduct of business and intercourse with our fellowmen, and to profit by them, is the real secret of success! Ninety-nine out of every hundred men fail in business because of inability to memorize the various details of their occupations. The great men of the past, the successful men of to-day, owe their success to ability to "carry things in their heads."



PROF. ASA S. BOYD

# Found!

For the past fifty years PROF. ASA S. BOYD'S SYSTEM OF MEMORY CULTURE has been successfully taught to the heads and employees of leading business institutions and in all the great universities, schools and business colleges in the United States, including the various departments of the government at Washington.

The many pupils who have studied this system are to be found in every walk of life—among all classes of business and professional men, including Managers, Buyers, Accountants, Book-keepers, Cashiers, Salesmen, Students, Teachers, Lawyers, Physicians, Clergymen, Statesmen, Editors, etc. All who have taken the course have profited by it.

By this system you can develop a memory which will retain the smallest details, and anything and everything you want to remember. You will develop individuality, and never forget names, dates, places or people. Your conversation will be more brilliant with information you always have "at your tongue's end".

THE SYSTEM REDUCES YEARS TO MINUTES.

Boyd's Memory Culture System has been IN USE FOR OVER A HALF CENTURY! IT IS THE ORIGINAL SYSTEM, after which all others are patterned.

But the GENUINE System, remember, cannot be obtained through other sources, as Boyd's is protected by numerous copyrights.

### A Business College President's Endorsement.

His system has proven to be all he claims for it; has done much more than I ever imagined could be done. Is natural and simple, and greatly develops concentration, attention and imagination. It is an invaluable aid in all studies and fixes easily and permanently in the mind whatever one may desire to memorize and retain.

M. J. CATON, Pres.,  
Caton's School of Business,  
Buffalo, N. Y.

### Enabled Her to Memorize a Whole Sermon.

One member of the Memory Class has demonstrated to me the efficiency of the system by hearing one of my sermons, and, without taking notes, going home and practically reproducing the same in every point I made. She said she could not possibly have done this prior to the study of Prof. Boyd's system.

CHAS. B. MITCHELL, D. D.,  
Pastor First M. E. Church,  
Cleveland, Ohio.

### Helps Him in Remembering Accounts.

It is a great help to me in memorizing any and all things, especially Quartermaster's accounts, of which I have a long list. The small amount of time and money for its acquisition are well spent. It will be a lasting benefit to me.

D. O'HARE,  
Quartermaster's Dept.,  
Washington, D. C.

### A "Phenomenon" After Few Hours' Study.

Prof. A. S. Boyd performed some feats of memory that caused those who looked on and listened to marvel greatly. A young man wrote on the blackboard more than 100 sets of numbers, running from one figure to 6; these he read to the Professor, who stood with his back to the board, and the Professor repeated them without a single mistake. A little 10-year-old boy, who had received a few hours' instruction, gave just as remarkable an exhibition with common nouns.—N. Y. Herald.

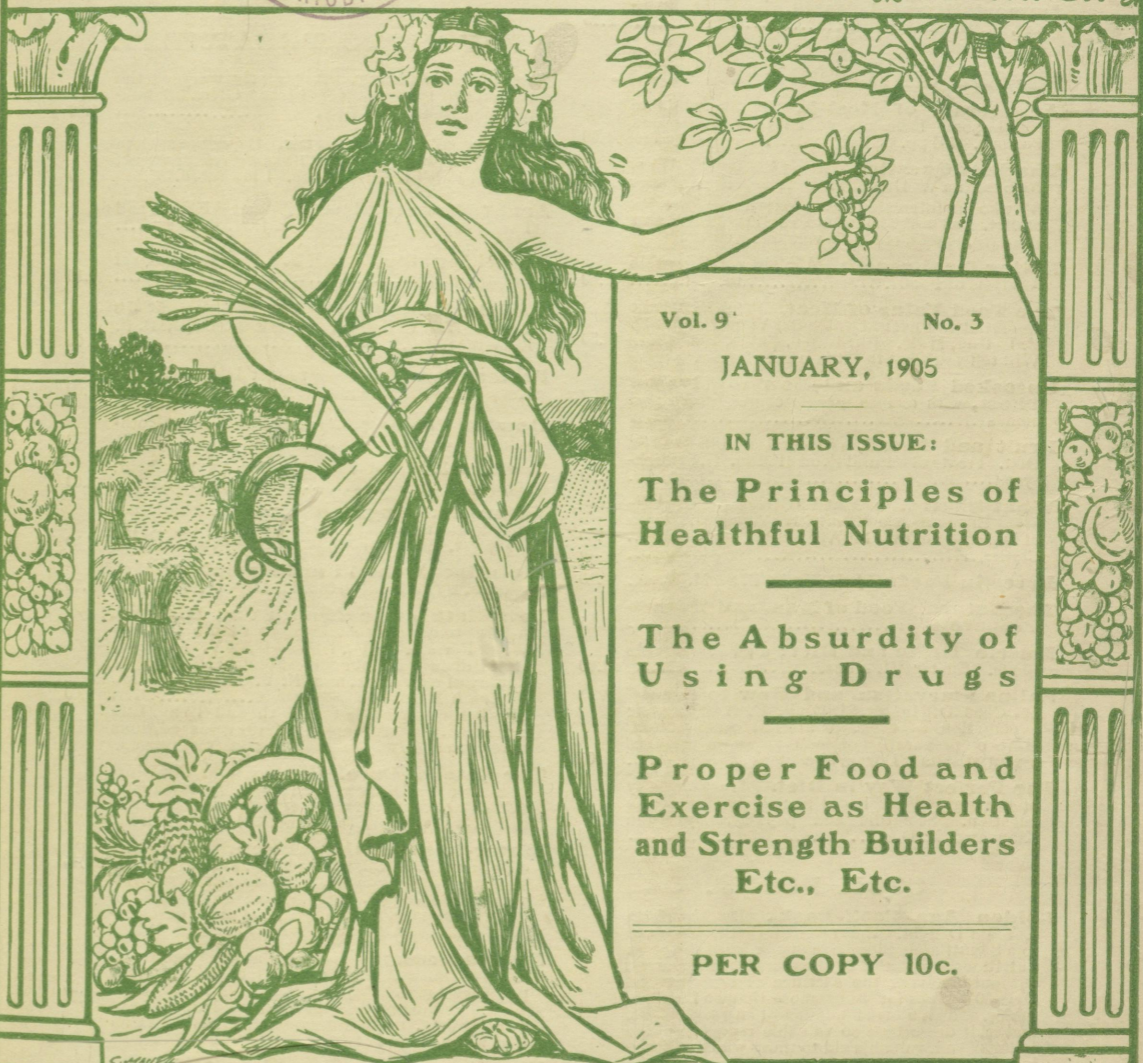
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# The Vegetarian Magazine

ZOROASTER ◊ ARISTOTLE ◊ SENECA ◊ OVID ◊ PLVTARCH ◊



Vol. 9' No. 3

JANUARY, 1905

IN THIS ISSUE:

The Principles of  
Healthful Nutrition

The Absurdity of  
Using Drugs

Proper Food and  
Exercise as Health  
and Strength Builders  
Etc., Etc.

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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LINNEVS ◊ GRAHAM ◊ SHELLEY ◊ TOLSTOI ◊ OSCAR II ◊

as they consume enormous quantities of fresh and dried fish, to which practice is largely due the prevalence of skin diseases among them.

As one who has taken to our humane diet through intense conviction of the hideous cruelty dealt out by man to his humbler fellow creatures, and whose latent conscience was awakened on this subject through reading and study of the humane Gospel of the Lord Buddha, it is at times amusing to note that Christians who are vegetarians have to go outside of their religion for sanction from religious sources for a humane diet. Even the worthy Vegetarian Magazine itself bears on its front cover proof by implication of this, in the most significant omission of the name of Jesus among the august vegetarians of history!

Imagine if you can, my fellow vegetarians, appealing to people to be merciful as they love mercy, and to spare their dumb fellow creatures the hideous cruelty of the shambles, and basing that appeal on the Jewish and Christian Bibles, from the rivers of blood "of goats and rams on Israel's altar slain," the bloody code of Moses, down to the instructions given by the very founder of Christianity itself, to the fishers on Galilee as to how they might be enabled to kill more unsuspecting fish by casting their nets "on the other side," and to the final command of the "Lord" (?) to "RISE, PETER, KILL AND EAT!"

The truth is that we do not need appeal to any creed to strengthen our cause, other than HUMANITARIANISM.

Our cause is spreading everywhere in temperate and tropical zones, and I think we should take high moral ground in protesting against the fearful and hideous sufferings visited by man on his

younger brothers in the long line of evolution, and not appeal to the mere selfish dietetic viewpoint. Let us be MORAL vegetarians rather than UN-MORAL or IM-MORAL!

CLARENCE CLOWE,

U. S. Vice-Consul General to Mukden.

Your diet is fairly good in quality. It is important, however, that you should discontinue the use of coffee. Cane sugar may be of no advantage to you. It sometimes interferes with the digestion of other foods by deranging the digestive process. Coffee seriously interferes with the digestion, especially of starchy foods, and is the worst possible combination with potatoes and other farinaceous substances. A tablespoonful of strong coffee is quite sufficient to prevent the action of the saliva upon the food of an ordinary meal; so this should be dropped at once entirely from the dietary, as your gain in flesh must depend very largely upon your ability to digest starch. I would suggest that you substitute the Japanese ami for cane sugar. I presume you are familiar with it, and you will find it also an aid to digestion. It may be used quite freely, half a glass at each meal.

A further suggestion which might be of benefit to you would be in the use of eggs. You should use the yolks only rather than the yolks and whites. The yolk weighs half as much as the white, but has twice the nutritive value. It is one-third fat. You might for a time use as many as eight or ten yolks a day, hard boiled or slightly cooked and beaten.

It must, of course, be remembered that the quantity of food taken is as important as the quality. In order to gain in

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## THE DINING ROOM

Conducted by Jessie S. Pettit Flint

### THE NEW YEAR AND THE NEW MAN.

The new man is triumphant, he has gained supremacy over the old personal self, and the old year, and the old self are a thing of the past. The world stands before him, broad and beautiful, revealing new fields to conquer, more battles to be won—those glorious battles in life expression when man thrives to penetrate the folds that hem him in. Those battles where the *real* man, the permanent man, strives to express the simple truth that is his portion.

The new man stands enthroned within his temple of flesh, not subject to, but the dominant, ruling power.

This is the spiritual supremacy over matter.

The new man will not desecrate his temple with a blood offering. He takes his stand before the altar of peace and purity—and love is in his heart.

It is this love that shall save a sorrowing world, that shall lift up a suffering, darkened world into joy and light.

For as mercy and love is given unto the very least, shall it return unto the giver, blessing he who sends as well as the recipient.

And the new man is merciful, no creature will he condemn.

### HYGIENIC COOKERY.

If a vegetarian ignores hygienic rules, he can not, or should not, expect to escape the results that will naturally ensue. Cause will bring forth its effect, and the strongest constitution will at last succumb to abuse. Generally speaking, the most important, and also the most fre-

quent cause of ill health amongst our trial vegetarians, are the improperly cooked grains and breads that are daily placed before them. Hot cakes and biscuit, shortened and smothered in fats or oils, five minute mushes—in spite of the fact that all raw starches are indigestible—slack baked breads, and pastry, all of this, and then lay the indisposition to healthful fruits, nuts and vegetables! We learn that fifteen minutes, at least, are required to cook the starch of flour, and when a loaf of bread is baked an hour, it sometimes comes from the oven insufficiently cooked. The loaf may have been too large, or the heat may have been too great at first, forming a crust that prevented the heat from evenly penetrating the loaf. Pancakes of all kinds are a snare and a delusion to the seeker after health. Being practically indigestible, they give no nourishment, and are simply a tax upon the already overtaxed organs. Nature puts forth her best and strongest efforts to eliminate all building material that can not be used, but she fails when pushed beyond a certain point—and the result is scarcely pleasing to the invalid. Rolled oats should never form a part of a man's diet till it is cooked at least four hours in a double boiler. This does not mean that the boiler shall stand on the back of the range and just keep hot, but the water wants to be kept to the boiling point, and replenished as it evaporates. The mush itself will not need any more water. About one cup of rolled oats to three of water, slightly salted, will give a result generally liked,

but as to whether the mush shall be thick or thin, or medium, is a matter of taste and must be left to the individual. The important point is thorough cooking, and thoroughly cooked oats are a splendid food for man.

Now as to serving. Did you ever try your mush without any dressing at all? Take an apple and a dish of well cooked rolled oats. You have a breakfast that is delicious, nourishing and sustaining. This is coming back to Nature; getting the taste of things as they really are. The start to a simple, natural life. As if adding insult to injury, comes the oils and fats that are cooked in with grains and breads. Not that oils or fats are an injury in themselves, quite the contrary; they are a necessity to man; but the mistake comes in cooking them in with other materials. The gastric juice does not act upon fats, and it can not reach the food to act upon that, when every particle of food is coated over with oil or fat. It requires a long and trying effort to separate the oil from the food—and the result is often dyspepsia or indigestion. Bread and butter can readily be disposed of, while a shortened biscuit will make trouble. And yet, oh, how hard it is for some of us to give up the old ways. The hot bread need not be given up. Note the following recipes—you will find them healthful, simply made, and delicious.

## PUFFS.

- 3 eggs.
- 1½ cup fine flour.
- 1½ cup sweet milk.
- Pinch of salt.

Break the eggs into a good sized bowl, or a granite pan, put in the salt and then beat thoroughly. Add half a cup of milk and beat again. Then sift in the

flour (measured after a previous sifting), and *beat* it in, gradually adding the rest of the milk. Pour into hot buttered iron gem pans, and let stand a few moments on the top of the stove till edges curl. Bake twenty-five to thirty minutes in a brisk oven.

Do not *stir* the flour in, but *beat*—the object being to incorporate all the air cells possible within the batter. This note holds good for all the puffs and gems given in this article, and rest assured, if directions are followed, the result will be satisfactory—and more, once having acquired a taste for sweet, natural food, baking powder, soda and cream-tartar will be detected even when used in minute quantities, and become decidedly objectionable.

## WHOLE WHEAT GEMS.

- 2 cups whole wheat flour.
- 1 1-3 cup sweet milk.
- 2 eggs.
- Salt.

Separate the whites of the eggs from the yolks, add a pinch of salt to the whites and beat stiff. Beat the yolks with one-third cup of milk and a pinch of salt. Sift the flour in with the yolks and gradually add the rest of the milk, beating all carefully together. Lastly, fold in the whites of the eggs. Put in hot buttered iron gem pans, and let rise on top of the stove till edges round. Bake twenty-five to thirty minutes.

## CORN MUSH PUFFS.

- ½ cup corn meal mush (generous measure).
- 1½ cup flour.
- 1 1-3 cup sweet milk.
- 2 eggs.
- Salt.

Thin the mush with one-third cup of milk and beat till smooth. Salt the eggs and beat them without separating, then add one-half cup of milk and beat again; then the prepared mush, and again beat. Now sift in one cup of flour, beat, add one-half cup of milk, beat, and lastly one-half cup of flour, with a thorough beating. Put in hot buttered iron gem pans. Let rise a little on top of the stove, and bake thirty to forty minutes.

## CORN MUSH GEMS.

- 1 cup corn meal mush.
- 1 cup whole wheat flour.
- ½ cup sweet milk.
- ½ cup water.
- 1 egg.
- Salt.

Thin the mush with the water and beat till smooth, then add the egg and salt and beat thoroughly; next, beat in the milk, and then flour. Put in the hot buttered iron gem pans, and let the gems rise on top of the stove. Bake thirty minutes. The mush used in these two recipes is made as follows:

## CORN MEAL MUSH.

- 1 cup sifted, granulated, yellow corn meal.
- 1 cup cold water.
- 2 cups boiling water.
- ½ 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.

Vegetarian, lady, would like well educated vegetarian correspondent. Address A. B., care Vegetarian Company.

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flesh, you ought to eat daily, for a time at least, the equivalent of sixteen ounces of starch, two to four ounces of fat, and an ounce and a half to two ounces of proteids, thoroughly masticated.

## A Question Answered.

What do vegetarians use in place of lard?

The first substitute we shall give is *oil of butter*, because a dairy product can be procured in almost any locality, and the oil extracted by any housewife, giving something that can always be depended upon. It is richer than butter, and a recipe that calls for one cup of butter will be filled by a scant two-thirds of a cup of oil of butter. The best method of preparing is as follows: Take first-class unsalted dairy butter, put in a granite pan and slowly melt, then bring to a gentle boil, watching carefully that the butter does not burn, or color. Skim off the refuse that rises to the surface, and when the oil looks clear, take from the fire and carefully skim again. Pour into small new tin pails, and when cool tightly cover and keep in a cool place. We have had oil so prepared keep sweet for a year. It is excellent to oil bread pans and gem irons, and if shortened food is demanded, it is much better than lard—cleaner, and giving better results. This oil can be extracted from salted butter, but the quality is not as good, neither does it keep sweet as long. Then we have Ko-Nut, a pure sterilized cocoanut fat. It is guaranteed free from animal matter or any foreign substance. It is slightly transparent, pure white, odorless, and almost tasteless—just a suggestion of the cocoanut. It is very rich, so much more so than lard that only about half the usual quantity is required.

Ko-Nut is also excellent to oil the baking pan with.

Then there is a salad oil, warranted pure cotton seed oil, refined. This comes in bulk, reasonable in price, and there seems to be no difficulty in keeping it sweet. This oil gives good results in seasoning, and some persons like it better than olive oil, but it is not as good for oiling the gem or bread pan as oil of butter or Ko-Nut.

Nearly all persons are familiar with what is called *olive oil*, but much of the oil sold under this name never came from the olive. Pure olive oil is delicious, spicy, sweet, and it is to be regretted that so little, comparatively, is in the market. Once having acquired a taste for olive oil all other oils will take second place, but inability to procure it in some localities, and the high price when it can be found in others, places it beyond common use in the average household. Olive oil does not exactly take the place of lard, it is best used as seasoning in dressings, soups, stews, and for vegetables; and some people like it, when slightly salted, on bread in place of butter. It will also prevent the baking from clinging to the pan, and will keep sweet indefinitely, providing it is the pure oil.

There is a pure cocoanut oil, the Malabar brand, now on the market that is very acceptable. It is odorless, with a delicate cocoanut flavor. Where a clear, colorless dressing is desired, it is the only oil that gives perfect results. It can be used in place of lard, if a person still clings to pastry and frying. It can be salted to give a butter taste, and is good to season all vegetables where butter color is not needed to make the dish acceptable. As to its keeping qualities we are not prepared to make a statement. It has so recently come to our notice, we simply do not know.

### We Should Eat for Life, Health and Strength.

Man is built of the food that he eats, and the body can be no better than the material that enters into his construction.

If he eats unnatural food he becomes unnatural, sickly, cross; he talks disease and medicine and increase in unnaturalness.

In every animal there are three things: Living matter, food and dead matter; in every vegetable, fruit and nut there are two: Living matter and nutrient matter.

No matter how highly meat is flavored or how it is dressed, there is always the broken-down tissue, the dead matter.

Men say: "I eat beef to be strong."

This would be all right if the reasoning were carried a little further, reaching the conclusion that since cattle gain their strength from eating grain we can do the same. Our domestic animals gain all their strength and health without eating meat; so why can not we? People can obtain strength from eating oatmeal as well as horses can from eating oats, and fat from cornbread as well as hogs can from corn; therefore, if we would be strong like strong animals we must stop taking our food second-handed and take it first hand from nature.

The oftener we go to the vegetable world for our food, the oftener we go to the first, and therefore the cheapest, source of supply. The tendencies of all advanced scholars in thrift should be to find out plans for feeding all the community, as far as possible, direct from the lap of the earth; to impress science into our service so that she may prepare the choicest viands minus the necessity of making a lower animal the living laboratory for the sake of what is just a little higher than cannibal propensities.

(Continued on page 67.)

## VEGETARIAN DIRECTORY

Advertisements in this directory under any classification, \$1.75 per line for one year; \$1.00 per line for six months. No advertisement for less than two lines accepted. Advance payment required.

Vegetarian Restaurants and Homes where Vegetarians are Catered for.

### UNITED STATES.

- Cal.—San Francisco:** 755 Market St.  
**Cal.—Los Angeles:** Vegetarian Hygienic Restaurant, 317 W. Third St.  
**Cal.—San Diego:** Vegetarian Cafe, Cor. Fourth and C St.  
**Colo.—Denver:** Vegetarian Cafe, 1635 Champa St.  
**Colo.—Colorado Springs:** Pure Food Cafe, 322½ Tejon St.  
**D. C.—Washington:** Restaurant, 1209 G St. N. W.  
**Ill.—Chicago:** Health Home, 956 S. Spaulding Ave. Mrs. Julia Arnold in charge.  
**Ill.—Chicago:** Atlanta Hotel, 232 Michigan Ave.  
**Ill.—Chicago:** Hygienic Dining Rooms, 58th St. and Drexel Ave.  
**Ill.—Chicago:** Mortimer Pure Food Cafe, 67 Washington St.  
**Ill.—Chicago:** Dr. Carl Strueh's Water Cure Sanitarium and Regeneratorium, 464 Belden Ave.  
**Iowa—Des Moines:** 607 Locust St.  
**La.—New Orleans:** Vegetarian Restaurant, 305 St. Charles St. (next to Western Union). Lodging.  
**Mass.—Melrose** (Suburb of Boston): New England Sanitarium. Specialty, Sunday Vegetarian Dinner, 3 o'clock.  
**Mich.—Detroit:** 54 Farrar St.  
**Neb.—College View:** Restaurant, Nicola block.  
**Neb.—Lincoln:** 310 So. 12th St.  
**N. Y.—Mt. Kisco:** Carl Rasmussen's Vegetarian Home, for boarders and patients. Admirably located; beautiful mountain scenery. Board, \$5 week. Have campground for sale or to let with or without tents.  
**New York City.**—The Laurel, 11 West Eighteenth St.  
**New York City.**—The Physical Culture Strength Food Restaurant, 120 Pearl St.  
**New York City.**—Straight Edge Kitchen, 1 Seventh Ave.  
**New York City.**—The White Rose 36 West Eighteenth St.  
**Tenn.—Nashville:** Sanitarium Dining Room, Cor. Church and Vine Sts.  
**Wash.—Seattle:** Good Health Restaurant, 616 Third Ave.  
**Wis.—Madison:** Hygienic Cafe, 426 State St.  
**Wis.—Thiensville:** A. Wolf; Vegetarian Board; Bathing; Pine Grove; Mineral Spring.

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## ALFALFA HONEY.

In 5 Gal. 60 pound Cans, \$4.00 each.

I make a specialty of fine honey for Table use...

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Address, **A. F. STAUFFER,**  
 Prop. Delta Apiaries, - Delta, Colo.

DARIEN, CONN., January 7, 1905

To the Readers of the Vegetarian Magazine:

Today I received this communication from the Vegetarian Co.:

"W. B. HOYT, Darien, Conn.

"Dear Sir:—

"Don't you believe it would pay you, on a proposition like yours, to talk to the kind of people who read the VEGETARIAN? Vegetarians being thinking, progressive people should certainly be interested in your Pure Fruit Jellies, etc."

I acquiesce in their suggestion and will say that I grow a beautiful rose from seed and it buds in 6 to 8 weeks from planting seed. Yes, this is a fact. It is a dwarf rose 8 to 12 inches high, absolutely hardy. Colors, white, light and dark pink. Double, very fragrant, blooms continually till most severe frost.

To test Vegetarian Co.'s "belief" I will offer 50c. worth of these seeds for 10c., which brings information concerning jellies, culture of the rose and other good things never before placed before any others than the readers of Magazine of Mysteries. **Circulars free.**

Very truly yours

**W. B. HOYT, Grower, DARIEN, CONN.**

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If you are extra cautious send ten cents first, for a four months' trial. Address: Elizabeth Towne, Dept. V, Holyoke, Mass.

(Continued from page 66.)

The Bavarian Wood Chopper, one of the most handy and hard-working men in the world, receives for his weekly ration one large loaf of rye bread and a small quantity of roasted meal, only water to drink; and yet he can do more work, and enjoy a better digestion and possesses stronger muscles than the average American or Englishman, with their varied dietary.