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The Vegetarian Magazine July 1900

The Vegetarian Magazine

Rena Michaels Atchison Ph. D.

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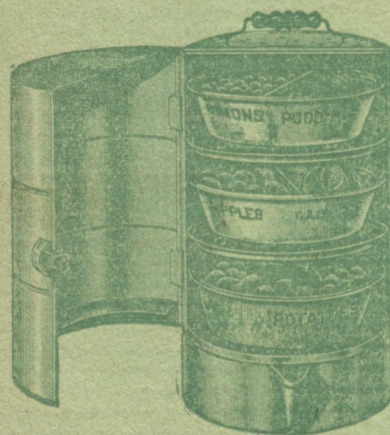
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The Vegetarian Magazine

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July 15, 1900.

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THE WORLD'S VEGETARIAN CONGRESS

In order to provide a forum in which vegetarians may interchange their experiences and give public expression to their ideas, and enable them to become acquainted by the publication of their portraits, the congress is opened in our magazine. Vegetarians and sympathizers are asked to contribute.

Third Session.

SPEAKER: JUDGE E. L. SPENCE.

(See Frontispiece.)

[Participants in the Vegetarian Congress may tell how they became interested in vegetarianism, relate experiences, comment upon current events, or give any information they might consider of interest to vegetarians. They are requested also to offer suggestions as to the conduct of this convention.

At some time in the future it is the intention to republish in an album of vegetarians portraits that appear in connection with the congress.

Communications with reference to this department should be addressed to: Chairman Vegetarian Congress, care THE VEGETARIAN MAGAZINE, Chicago.]

8. Judge E. L. Spence.

About two years ago my attention was strongly called to vegetarianism by Mrs. Fairchild Allen, with whom I was at that time boarding. Previous to that I had been a great meat-eater; in fact, thought that I must eat so much meat each day or the whole machinery of my digestive apparatus would go wrong entirely.

Well, I now find it is quite different. I have hardly tasted meat for nearly two years, and I find myself in a most excellent condition as to health. I can do a larger and better day's work than I ever could before, and when my day's work is done I feel as frisky as a kitten, and, although 52 years of age, am able to begin another day's work on short notice.

I sincerely believe that much of the ill-health from which people suffer is attributable to the eating of pork and other flesh foods. I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as have the cannibals left off eating human flesh, and eat only vegetables.

In this hurried sketch it is impossible to enter into any lengthy dissertation as to the merits or demerits of vegetarianism. Suffice it to say that I am more

than satisfied with my brief experience as a vegetarian, and can only express the wish that all readers of The Vegetarian Magazine may find in following the life of a vegetarian the same happiness and health that I have found.

Common Ideas of Sport.

A tall, stalwart man, cast in heroic mold, bearded and sun-burned, his gun on his shoulder, striding across the meadows in the early morning, with the strength of a Samson.

What can be his noble enterprise?

Doubtless another labor of Hercules.

He goes to slay some monster of the forest, taking his life in his hand.

He advances cheerfully to meet a dragon or chimaera or minotaur, or at the very least a lion or man-eating tiger or some desperate band of robbers.

Do you not read daring and intrepidity in every gesture?

What may he not achieve to-day?

Alas! for six long hours he will shoot pretty little birds of the length of your hand, and one out of every three he will leave to die in agony of its wounds on the ground. He may perhaps be brave enough to kill a rabbit—and that is all!

And this forsooth is manly sport!

Ernest Crosby.

Dumpling Soup.

Beat up one egg with one tablespoonful of milk and one teaspoonful of Wahl's Bouillon-Stock, and a little salt. Sift one-half cup flour and salt, and a spoonful of baking powder. Mix all to a soft dough, roll out and cut in small diamond shapes, steam seven minutes and add to one quart of plain consomme.

Of Interest to the Housewife.

Conducted by Rena Michaels Atchison, Ph. D.

Cream of Corn.

To one can of best sugar corn add one tablespoonful of minced onion and one pint of water. Boil fifteen minutes. Strain through a colander. Add one cup of cream, salt to taste, add a little minced parsley. Serve hot with croutons.

Cream of Peas.

Add a teaspoonful of minced onion to two quarts of fresh peas (two quarts unshelled). Boil in plenty of water three-quarters of an hour. Strain through colander and add one cup of cream and salt to taste. Serve hot with croutons.

A Savory Soup.

Three fresh turnips, two good-sized new potatoes, three young onions, three fresh carrots. Boil three-quarters of an hour. Strain through colander and add minced parsley and serve with croutons. Milk or cream may be added, but cream diluted with water is better than milk for soups, if there is not sufficient quantity of cream. Croutons are easily prepared and much more appetizing than crackers. Croutons are really tiny bits of zwiebach. Bread cut into tiny squares or broken with the fingers. Bake a delicate brown in a slow oven.

Tomato Salad.

Carefully remove the inside of fresh, firm tomatoes, mince with an equal quantity of cucumbers, half the quantity of young onions, and half the quantity of minced protose. Mix with mayonnaise dressing or cream dressing if preferred. Fill the tomatoes with this mixture and serve on crisp lettuce leaves, with a garnish of crisp water cress.

Cucumber Salad.

Hollow out the halved cucumbers like little canoes. Mix the minced cucumber with fresh tomato and minced onion, and serve on lettuce leaves. Cover with salad dressing, having the bright color of the tomatoes in evidence. Serve in nests of cress and garnish with tiny sprigs of cress.

J. D. CRAIG, B. S., M. D.

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