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## The Vegetarian and Our Fellow Creatures July 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

AND  
Our Fellow Creatures

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Vol. 5. No. 10.

JULY 15, 1901

### CONTENTS.

Hon. Ernest H. Crosby (Portrait)	
Frontispiece	
Vegetarianism and Other Reforms, Crosby	267
Emasculated Food, H. Alden Spencer	268
New Declaration of Independence, D. Mackay, M. D.	270
A Centenarian Vegetarian Sun-Worshiper	270
Count Tolstoi's Wife	270
An English Boy's Experience	271
Philadelphia Society's Picnic	272
Picnic in New York	274
Society in San Francisco	274
Vegetarian Colonization	274
Growth of Vegetarian Idea	275
A Medical Society's Exhibition	276
National Health League	276
Boon for Drunkards	277
Recipes	278
Vegetarian Diet for Muscle	279
A Locomotive Engineer's Pluck	279

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+ + + + +  
 ♪ ♪ THE DINING ROOM ♪ ♪  
 + + + + +

## SWEET CORN.

For those who like sweet corn, and have a little ground, its cultivation affords possibilities for its enjoyment the year round. It is a good plan to secure the earliest variety and plant very early, if there be any warm, dry weather to admit of early planting. It may be up in a week and thus get started ahead of any cold rains.

By late planting, from the first to the middle of July, the finest quality of fresh sweet corn may be enjoyed for a couple of weeks in September, and one may have a quantity for canning and drying by September first. This is a better season than during the heat of mid-summer, and the evergreen, which is the most desirable late variety, is also superior for table use to any early kind. One planting of this sort will sometimes afford plenty of good corn for at least two weeks, but by unfavorable weather it may be rendered old and tough sooner. By a succession of plantings, every week or ten days, one may be sure of a constant supply for the entire season.

## BOILED IN THE EAR.

Most people prefer corn simply boiled in the ear, and there is a right way of doing even so simple a thing. The corn should be freshly picked, young and tender; just when the milk will flow freely by pricking the kernels, or breaking the skin, is the proper time to use for eating, canning or drying. Carefully removing husks and silks, the corn should immediately be dropped into salted water, that is boiling vigorously over a hot fire, and then covered closely to retain the steam.

If the corn is just right, ten minutes is as long as it should boil, and then it should be taken from the water and served immediately with butter, pepper and salt.

## COOKED WITH CREAM.

For those who cannot eat it from the cob, cut off the kernels with a very sharp knife and season while hot, with butter, etc. It is delicious cooked with cream: With a sharp knife shave only the tops of the kernels, and then with the dull back of the knife press the milk out of the kernels that adhere to the cob. Have a very little water boiling in a granite or porcelain kettle and add the corn when cut from the ear. Cover closely and boil five minutes. Add rich cream, milk and butter, salt and pepper. When scalded serve immediately. Sweet corn requires plenty of good butter or cream for making it palatable at any time.

## IN SOUPS AND STEWS.

Many enjoy soups and stews made from corn and tomatoes. Cook the corn and season as above, while stewing the tomatoes separately. Rub a spoonful of flour with one of butter and thicken them. Add salt, pepper, and a little sugar, and a pinch of soda the last thing—or make it without—then pour all together and let boil up once and serve.

A few tomatoes stewed an hour or more in a quart of water, strained through a sieve and added to the same quantity of corn that has been grated, stewed, and sifted may be used for soup. Season with a quart of rich milk, cream, butter, salt and pepper. Serve hot.

## SUCCOTASH.

Cut the grains off three ears of corn. Boil these with one pint of lima beans until tender. Add one cup milk. When this heats add one teabspoonful floured butter, pepper and salt. Simmer ten minutes.

## FRIED CORN AND POTATOES.

Slice cold boiled sweet and white potatoes, cut corn from cob previously boiled and mix with potatoes. Season to taste. Fry brown.

## VEGETARIAN DIET FOR MUSCLE.

The athletes of ancient Greece were trained entirely on a vegetable diet. The boatmen of Constantinople, who live on bread, cherries, figs, dates and other fruits, have a wonderful muscular development. The children of the desert exist for a long time upon a handful of dates a day, and travelers speak of raisins and parched corn as a common fare.

## LOST HIS LEGS IN SAVING DOG.

"Love me, love my dog," is an old aphorism which only under selfish conditions extends to the dumb brute. Thos. Scott, driver of a locomotive on a Bristol railway, had a higher conception of duty toward a dumb creature, when, in attempting to save a collie from the wheels he lost both his own legs.

It was at Newcastle station. Scott's engine was on a siding and an express train was thundering up the main line. A bewildered collie started across the tracks, stopped, cowered and lay trembling in the track of the flying train. Without a moment's consideration of consequences Scott jumped from his engine and seized the dog by the collar, just as the locomotive bore down upon him. He flung the dog clear of the wheels, but the strain of

the effort threw him off his feet. The engine struck him cutting off both legs at the knees. He was taken to a hospital, with no word of complaint on his lips.

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