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## The Vegetarian Magazine July 1905

The Vegetarian Magazine

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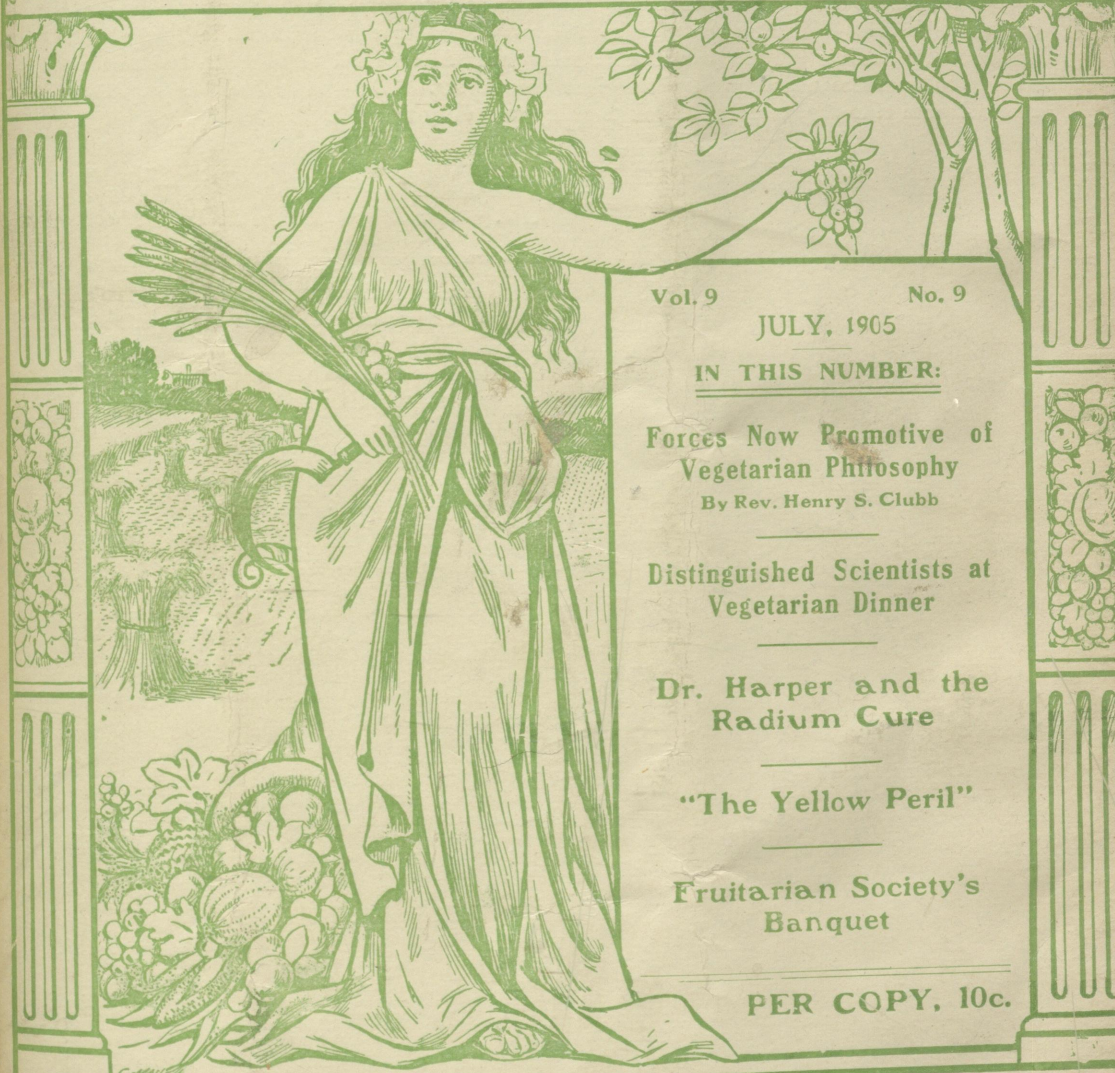
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# The Vegetarian Magazine



ZOROASTER ❖ ARISTOTLE ❖ SENECA ❖ OVID ❖ PLVTARCH ❖



Vol. 9 No. 9  
 JULY, 1905

IN THIS NUMBER:

Forces Now Promotive of Vegetarian Philosophy  
 By Rev. Henry S. Clubb

Distinguished Scientists at Vegetarian Dinner

Dr. Harper and the Radium Cure

"The Yellow Peril"

Fruitarian Society's Banquet

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LINNAEVS ❖ GRAHAM ❖ SHELLEY ❖ TOLSTOY ❖ OSCAR II ❖



hol was the root of physical deterioration, and pointed out the fact that the diet question was back of the question of stimulants. The appetite for liquor, he argued, was merely a result of a diet of cheap Australian meat. The use of fruits would do away with the craving of diseased cells for liquor.

**New Thought Convention.**

The annual meeting of the New Thought Federation is announced for September 26-29 at Nevada, Mo. This being the home of Prof. S. A. Weltner a profitable and enjoyable time is assured to all who attend.

**"The Yellow Peril."**

It is probable now that some attention will be paid to those who for years have been warning the world with reference to "the yellow peril." The Japanese, by their victories on land and sea, have demonstrated their ability to whip anything that can be sent against them.

This is not surprising to those who know the source of Japanese vigor. One Japanese has more vital force and energy than four Europeans; one Japanese can work in a boiler room or gun turret where

four Russians, one after the other, would drop from exhaustion.

The Japanese body is not full of alcohol and the poisonous products of a meat diet. In many respects the Chinese soldier is as efficient as a Japanese soldier. The Chinese are badly governed, the officials being notoriously corrupt, but with proper officers a Chinese army could conquer an equal number of Europeans without effort. It is not generally remembered that Asiatic hordes have overrun Europe in the past, and now that the art of war has been learned by the orientals, there is no reason why Europe can not be devastated again. All that is wanted is a leader. Japan, by making an alliance with China and by using its soldiers as officers, could burn every European capital in the next decade. There is to-day not a power on earth that could stop them.

Whether or not Japan will enter upon this very interesting performance will depend largely upon the attitude of certain governments. One thing is sure—Japan will settle with Russia with no interferences. All the nations, including this country, will stand by very politely and no one will "butt in."—*Elmer Ellsworth Carey, in Chicago Daily News.*

**Special Clubbing Rates.**

The regular subscription price of the VEGETARIAN Magazine is One Dollar a year. We desire to very largely increase our list of subscribers and as an inducement to our friends to work with us toward this end, we make the following special clubbing rates:

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**THE DINING ROOM**

Conducted by Jessie S. Pettit Flint

**COOL DISHES FOR SUMMER.**

Both the Vegetarian and the flesh eater recognize the usefulness of the salad and its desirability in the daily menu. Fresh vegetables, cooked and uncooked, with dressing and without dressing, and combinations of fruits and vegetables. But the best way of all is the simplest way, and when it can be procured, a vegetable served crisp, tender, as Nature gives it to us. What salad can be more delicious or cooling on a hot summer day than a cucumber? But you cannot eat cucumbers? Why not? Oil, vinegar, pepper—ah! It is the *dressing*, not the cucumber that makes the trouble. A good, fresh cucumber, peeled, sliced lengthwise into finger-sized strips and put into cool, fresh (*not salt*) water for a half hour before serving will not hurt anyone. At lunch time, drain the slices and eat as you would a tender radish, with a little salt, if you like.

And then there are cabbages. Take an early Jersey Wakefield, cut so that there is an inch of stump and stand it in a plate of fresh water in some cool place. If the cabbage comes from the market it may need twenty-four hours before it will be ready for use. If taken directly from the garden early in the morning, it will be ready for the noon lunch. In preparing for table, remove the outside leaves, all that are not perfect, crisp and tender. If your cabbage is a large one and your family small, do not cut into the cabbage, but remove the perfect leaves as you need them for use, cut down the stump and change the water in the plate. By so doing, the

cabbage will keep fresh and sweet for a week or more. Fold the cut leaves evenly within each other, and slice in inch strips, and four or five inch lengths to fit the salad plate. Serve without dressing, as you would tender spring radishes. Only first quality cabbage can be used acceptably in this way, but when it is served, it is delicious, and one longs for no other.

Tomatoes, fresh, cool, juicy—peeled and sliced, lettuce, crisp and tender, young onions, radishes and cress, should all be served without dressing. Habit may call for sugar with the tomato, but the less used the better, a little salt is all that is necessary. When we must make our salad of such vegetables as require cooking, a dressing is acceptable, but let it be simply made, avoiding all ingredients that do not promote health.

Sharp acids are a poison to a weak stomach, and if their use is persisted in, will ruin even a strong one; therefore, it is advisable to omit the lemon juice and the vinegar. Various fruit juices, such as the grape, cherry, prune and the like, can be used as a substitute. Olive oil, a pinch of salt, and a little boiled cider, thoroughly beaten together till light, makes an excellent dressing for a chopped salad of cabbage and onion, a bit of celery salt can be added and will be an improvement to most tastes. For an asparagus salad, cut the asparagus tips in inch lengths, boil tender in a little salted water and drain. While warm, gently mix in a generous amount of salted olive oil. Serve cold. Or if a more elaborate dressing is desired, use the following recipe, but do not mix.



Place the asparagus, cooked, drained and chilled, on plates and heap the dressing on top.

#### GOLDEN SALAD DRESSING.

Yolk of one hard boiled egg; 1 tablespoon finely ground peanuts; 1 tablespoon olive oil; 1 tablespoon water. Salt and celery salt to taste.

Crush the yolk in a glass and thoroughly mix with the peanuts, oil and salt. Then add the water and beat with a thin bladed knife till it is fine and thick, like whipped cream. If liked, fruit juice can be used in place of the water. Prune juice, if of good quality, gives a very pleasing result.

Nuts and nut foods can be utilized nicely in salads when a sustaining dish is required. The "imitation" nut meat can be cut into dice and mixed with potato, celery, onion, beets, or in fact, almost anything you possess or desire to use. Chopped nuts, nut butter and creams, also find a place. A light, simple salad is best to serve with a dinner, but a heavier, richer one can be used at lunch or when it is expected to be the main dish.

Experiment.—Do not confine yourself to single lines in the making of salads—there is as much latitude in the making of them as in the making of a gown. Material and personal taste as well as the occasion and full menu must be considered. Allow us to give a few recipes selected from Fulton's Vegetarian Cook Book. You will find lemon juice and vinegar, but these can be omitted and a mild fruit juice used in their place.

#### ALMOND SALAD.

Olives, 18; celery, 1½ cups; blanched almonds, 1½ cups; salad dressing; lettuce.

Stone and chop the olives. Add the almonds chopped, also the celery cut fine.

Mix with salad dressing and serve on lettuce.

#### FRUIT SALAD.

Apples, cut in half-inch cubes, 1 cup; bananas, cut in half-inch cubes, 1 cup; oranges, cut in half-inch cubes, 1 cup.

Mix all together and serve with golden salad dressing.

#### NUT AND FRUIT SALAD.

Diced pineapple (canned), 1 cup; chopped walnuts, 1½ cups; diced oranges, 1 cup; diced dates, 1 cup.

Mix all together, and add golden salad dressing one hour before serving.

#### TOMATO MAYONNAISE.

Tomatoes, 2; oil, ½ cup; onion juice, 3 or 4 drops; hard boiled eggs, 2; raw egg, 1.

Peel the tomatoes, cut them in halves and press out all the seeds, retaining only the solid, fleshy portion. Chop this fine; press through a sieve and drain. Mash very fine the hard boiled yolks of the eggs, and add the raw yolk. When thoroughly mixed, add the oil, a few drops at a time. When thick and smooth, add the dry pulp of the tomato, a little at a time. Stir in the onion juice.

#### LIMA BEAN SALAD.

Lima beans, 2 cups; strained tomatoes, 1¾ cups; Hard boiled yolks, 2; lettuce; nut butter, 2 tablespoonfuls; minced parsley, 1 tablespoonful; salt; sliced tomatoes.

Cook beans till well done, strain off the water and set aside to cool. Mix nut butter as for table use, and thin it down with the tomato juice. Add the minced parsley and a little salt; turn this mixture on the beans and stir well without breaking the beans. Mince the yolks of the hard boiled eggs and sprinkle over the salad. Garnish with lettuce and sliced tomatoes, and serve.

#### BEET AND POTATO SALAD.

Cut with a vegetable cutter or slice cooked beets and potatoes; arrange on a dish alternately, dress with cream salad dressing.

#### ASPARAGUS AND CAULIFLOWER SALAD.

Asparagus tips, boiled and drained, 2 cups; cauliflower, boiled, drained, cut in small pieces, 2 cups; dress with cream salad dressing.

#### MACEDOINE SALAD.

This is a mixture of any kind of cooked vegetables. Cover with French salad dressing, and serve on lettuce leaves.

#### CREAM SALAD DRESSING (PLAIN).

Lemon juice, ½ cup; sugar, 1 tablespoonful; rich milk or cream, ½ cup; olive oil, 1 tablespoonful; salt, 1 teaspoonful; eggs well beaten, 2.

Put the lemon juice into a granite dish on the stove, and add the olive oil, sugar and salt. Put the milk or cream on the stove in another saucepan, and when hot add the beaten eggs. Let cook smooth, but do not allow it to boil or it will curdle. Remove from the stove, and when partially cool beat the two sauces together. This is a very nice dressing for vegetable salads.

#### FRENCH SALAD DRESSING.

Oil, 3 tablespoonfuls; salt; lemon juice, 1 tablespoonful; onion juice, ¼ teaspoonful.

Mix and pour over the salad.

Vegetarians are of two kinds, the hygienic and the humanitarian. The first idea appeals to the greater number now, but as the race evolves the latter will become more prominent. The true point of view is to be in both classes, for both ideas are important and have a great deal of truth behind them.

## GENERAL ADVICE DEPARTMENT

#### ABSCESS IN EAR.

Query No. VII.—Last winter I had an attack of the grippe and shortly after an apparently good recovery my left ear began to discharge a yellow pus. This discharge has continued ever since, and the hearing seems to be impaired to some extent. What had I better do for it?—G. M., So. Dak.

Massage the neck below the ear thoroughly every day, and also massage all the parts about the ear, so as to loosen the muscles and free the nerves in every way so far as possible. Use wet, cold packs around the neck quite frequently. Use a cloth, wrung out of cold water, applied around the neck, and cover it completely with a somewhat larger dry cloth.

At the same time you must live on a spare, natural diet of vegetables, fruits, nuts and whole wheat bread, avoiding meat, milk, white bread, pickles, spices, vinegar and stimulants of all sorts, including tea and coffee. Bathe daily with cold water, and use plenty of hand friction to tone up the skin. A short fast of from one to three days would be excellent. If the bowels are sluggish use three or four colon baths to get them started.

Avoid operations or drugs that are intended to stop the discharge. The flow will stop of itself when the morbid accumulation to which it is due has all been thrown out of the system.

In the next number of THE VEGETARIAN MAGAZINE will appear a very interesting article by Adelaide Johnson on "Women and Vegetarianism."