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The Vegetarian and Our Fellow Creatures March 1901

The Vegetarian Magazine

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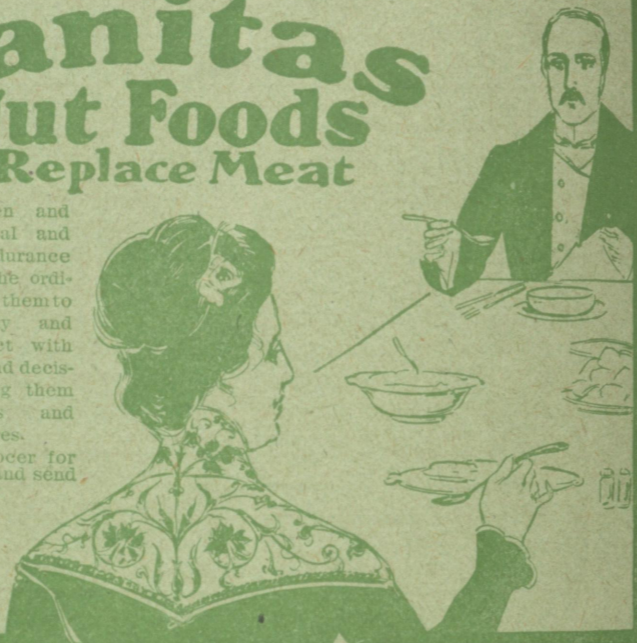
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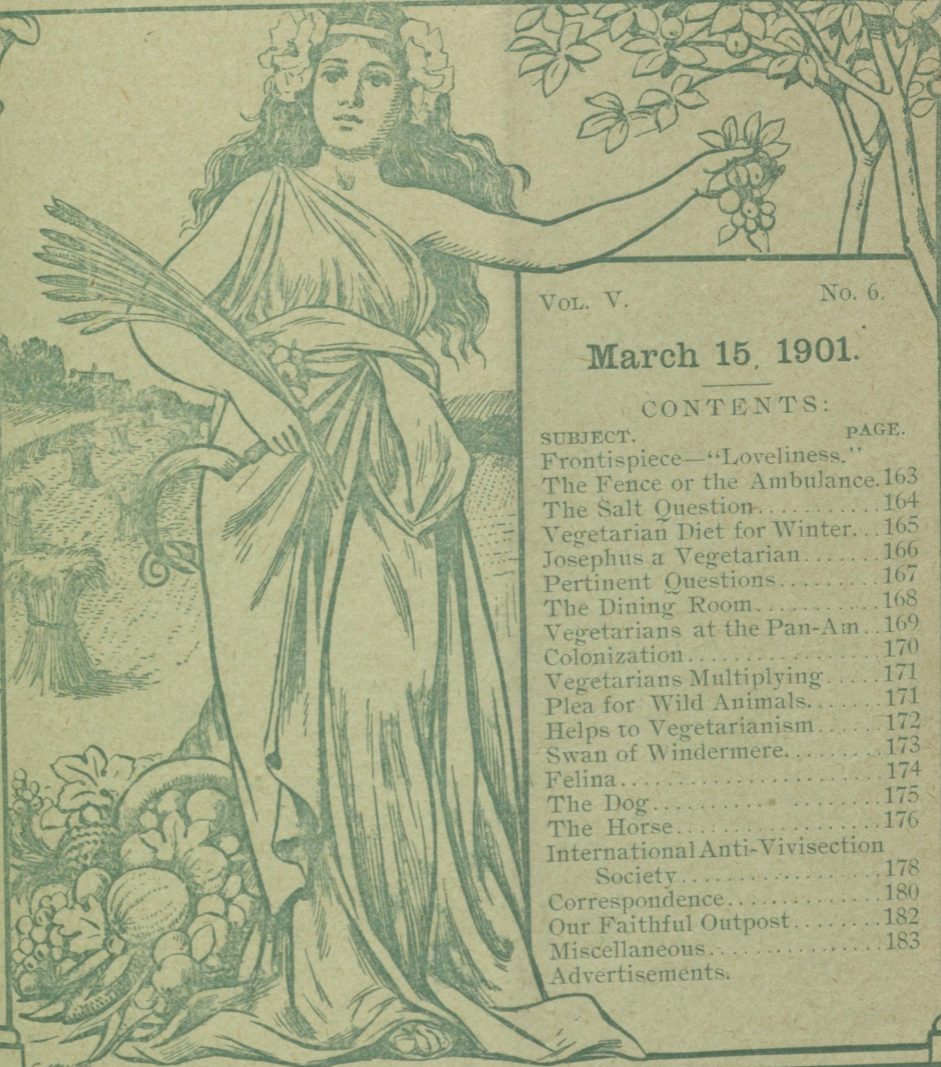
ADAM ◊ HESIOD ◊ GAVTAMA ◊ ISAIAH ◊ DANIEL ◊ PLATO

The Vegetarian

AND

Our Fellow Creatures

ZOROASTER ◊ ARISTOTLE ◊ SENECA ◊ OVID ◊ PLVTARCH ◊



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THE DINING ROOM.

CORN FRITTERS.—One tin mountain sugar corn, two eggs, three tablespoonfuls of flour, salt and pepper, ko-nut for frying. Put the corn into a bowl, add the eggs, and beat well together. add the flour, pepper and salt and mix thoroughly. Put one tablespoonful to each patty and fry in boiling konut; garnish with parsley.

SPRING STEW.—Young carrots, young turnips, cucumber, onions, tomatoes, fennel. Cut up the vegetables (except the tomatoes) into small pieces. Put into a saucepan with only sufficient water to cover them. Add pepper and salt and stew very slowly for 1½ hours. Add the tomatoes and enough milk to cover them again. Bring to a boil, and thicken with a dessertspoonful of flour mixed with a little milk.

CONTINENTAL PUDDING.—Prepare a pint of fruit such as dates, raisins, candied pineapple and citron, and add a few broken hickory nut meats. Seed the raisins and tear in two, stone the dates and cut each into several pieces, and shred the other fruit quite fine, With this fruit mix a tablespoonful of boiled cider. Cover closely and let it stand several hours.

BAKED PEARS.—Use the winter pears and parboil until they begin to be tender. Then place them in a tin baking pan, sprinkle generously with sugar and pour over them some of the water in which they were cooked. Baste frequently until very tender, then remove to the dish in which they are to be served. Cook down the juice in the pan, adding more sugar if necessary, until it becomes a rich sirup. Pour over the pears, and serve them with cream and sugar.

BANANA SHERBERT.—Boil together for five minutes one pint of sugar and one quart of water. Let it get cold, then add the juice of one lemon and two oranges, and one dozen fine ripe bananas, peeled and mashed very fine. Freeze until it

begins to thicken; then add the beaten whites of three eggs, and freeze the ice-cream. Serve in glasses.

COCOA SAUCE, FOR LIGHT-COLORED PUDDINGS.—Two cupful of milk, two cupful of sugar, two tablespoonfuls of cocoa, a teaspoonful of vanilla. Boil and thicken with cornstarch. Serve hot.

CIDER SAUCE.—Two cupfuls of sweet cider, one cupful of sugar, one tablespoonful of butter; boil and pour gently over one well-beaten egg.

HARD SAUCE.—Two cupful of sugar and one of butter, well creamed together. Add the juice of a lemon or a spoonful of vanilla, the white of one egg beaten stiff, and serve as wanted.

MOLASSES SAUCE.—One cupful of molasses, one tablespoonful of butter and one of vinegar; one cupful of strained coffee, and spices to suit. Boil and thicken with cornstarch. If not sweet enough, add a cupful of sugar, as some molasses is sweeter than others.

CREAMED CELERY.—After the best portions of the celery have been used at table, there remain the outer, less attractive stalks, which may be used for the soup and for creamed celery. Scrape and cut the stalks into half-inch lengths. Cook in salted water till tender. Let the water boil away at the last. If any remains drain it off and mix the celery with a thin white sauce.

CELERY SOUP.—Chop quite fine enough celery to make three cupfuls, and cook it until tender in a little boiling water. Have heated one quart of sweet milk, add the cooked celery, salt to taste, and thicken with a little flour rubbed smooth in a lump of butter and cupful of mashed potato. Let it get very hot and serve with small squares of buttered brown bread.

POTATO PUFF.—To a quart of well-mashed potatoes add a little butter, hot milk, two eggs and seasoning. Mix thoroughly and brown in the oven.

ACROSTIC.

Vainly along the path that men have trod,
Eager I sought to turn my steps to God;
God in the human always mocked my sight—
Ever showing darkness when I looked for light—
Turning from man at last I passed aside,
Along the path where lowlier creatures bide,
Roaming around in mountain and in glade,
I found Him in the humbler forms he made—
And living thing of mean or low degree,
Since then has never been dispised by me.

Vegetarians at the Pan-American.

GRAMPIAN, PA.

Would you be kind enough to inform me personally through THE VEGETARIAN AND OUR FELLOW CREATURES what or whether any arrangement will be made at Buffalo for the special entertainment of vegetarians at the big show? I wish to attend and I should be much pleased to meet with others of the higher civilization.

I am a diligent reader of our Magazine and intend to do all I can in the struggle against disease, ignorance and poverty, largely due to mistaken notions, of diet.

With much regard, E. WALL.

We do not know of any special arrangement for the accommodation of vegetarians at Buffalo, but we would suggest an exhibit of vegetarian products done up in attractive style and the books and literature giving information upon the subject, of which there is a large variety obtainable both at home and abroad.

The friends of the cause should be willing to contribute to the expenses of such an exhibit. Let us hear from them concerning the matter.

An illustrated exhibit of this kind would aid greatly in the advance of the vegetarian cause.

Vegetarianism in the Farther East.

We are greatly pleased to receive the following from Prof. W. O. Crosby of the Massachusetts Institute of Technology:

Boston, Jan. 25th, 1901.

THE VEGETARIAN AND OUR FELLOW CREATURES:

Dear Friends:—

In November last your office, at my request sent some vegetarian literature

to my friend, Dr. Theodore G. White, New York City, to be used by some of the young men belonging to the literary society connected with his Church (Episcopal) in preparation for a public debate on the question of "Vegetarian vs. Carnivorous diet."

I feel that I must not longer allow the pressure of my work to prevent me from acquainting you with the outcome of that plan which appeared to me to promise much for the cause of a humane and rational diet. The debate did not come off, but was abandoned by the carnivorous side for reasons which make it a signal victory for the vegetarians.

Dr. White, a well known scientist, connected with Columbia University, and not himself a vegetarian, wrote me on Dec. 4th as follows:

"I regret that the debate on the merits of vegetarianism that was to have come off last Saturday evening was abandoned; and while, after all the trouble you took, it is a pity that the public could not have heard the question discussed; nevertheless I am sure that the reason of our being obliged to abandon it will bring joy to your heart. The carnivorous side of the debate, after three weeks of investigation, decided that they could not bring forth a sufficient array of facts in support of their side, that could not be easily upset by the vegetarians. And it is moreover a fact that one of those who was to have been on the carnivorous side, and who is under athletic training, is now experimenting with living on a vegetable diet. So two victories were won without debate. I am going to ask you to let me keep the literature a little longer as one of the members of the Society is going to work the subject up for a lecture a little later on."

Hoping that you find much cause for encouragement in your noble work, I am
Yours sincerely,

W. O. CROSBY.

If you wish to be well, keep clean—in person and surroundings.