


3-1905

## The Vegetarian Magazine March 1905

The Vegetarian Magazine

Jessie S. Pettit Flint  
*The Vegetarian Magazine*

Follow this and additional works at: <https://knowledge.e.southern.edu/foodiesguide-1890>

 Part of the [Food Science Commons](#), and the [United States History Commons](#)

---

### Recommended Citation

The Vegetarian Magazine and Pettit Flint, Jessie S., "The Vegetarian Magazine March 1905" (1905). 1890-1909. 82.  
<https://knowledge.e.southern.edu/foodiesguide-1890/82>

This Book is brought to you for free and open access by the The Foodies' Guide to Vegetarian Cookery in 19th Century America at KnowledgeExchange@Southern. It has been accepted for inclusion in 1890-1909 by an authorized administrator of KnowledgeExchange@Southern. For more information, please contact [jspears@southern.edu](mailto:jspears@southern.edu).

## PLANTOMEAT

Guaranteed to be the most nourishing Extract on the market for Boullion, Soups and Gravies.

It is warranted to contain on'y the essence of, or Albumenized product of, Selected Barley.

It is not only a Tonic, but a Flesh and Fat Builder. Forty of the leading hotels and restaurants in Chicago attest its merit. It is used in hospitals and endorsed by physicians of highest standing.

Packed in 2, 4, 8, and 16 ounce jars.

One Dollar Invested in Plantomeat

Will produce one hundred cups of the best boullion ever set on any table.

One Dozen 2-ounce Jars, \$3.00

Delivered Free.

If not obtainable at your grocer or druggist, address

THE CALDER PACKING CO.,

200 South Clinton St.,

Chicago, Ill.  
Will mail sample on receipt of 10c., stamps.

## YOU MUST EAT!

Why not eat the food that will give you HEALTH, STRENGTH and VIGOR?

My foods are very rich in nuts, and contain all the elements necessary to build strong, vigorous minds and bodies.

**NUT FOOD SAUSAGE** is especially rich in nuts, and is an unequalled substitute for meat. **Clean, Nourishing, Healthful**; containing no animal fat or other objectionable substances. May be cooked the same as any meat sausage. One pound as shipped makes two pounds when ready for use. **Price, 90 cents per 4 pound box.** Full directions for use accompany each package.

**PRO-TEE-NA** is a very delicious uncooked food composed of nuts, fruits and grain. If eaten regularly it will cure any case of stomach trouble or constipation. Rich in protein and muscle-building elements. This is a perfect food for every day in the year, and is sent ready for immediate use. **Price, 60 cents per 4 pound box.**

A large sample package of either of the above preparations, together with a complete list of our foods, will be sent postpaid for 20 cents. Stamps or money order.

All our foods are prepared with great care, and are guaranteed clean and wholesome in every respect.

**ALICE BARTLETT POTTER**

Manufacturer of Natural Foods

1109 Woodland Ave. CLEVELAND, OHIO

## Nutritious

Made from the whole Wheat Grain.

The food which has proved a success in Constipation.

The only food containing Celery.

The Celery, an invigorating food tonic for the nerves.

## DR. PRICE'S WHEAT FLAKE CELERY FOOD

In preparing, untouched by human hands.

Served hot in winter — cold in summer.

No breakfast food can compare with it.

The best food for all classes — growing children and invalids.

Made by Dr. Price, the famous Food Expert.

Creator of Dr. Price's Cream Baking Powder and Delicious Flavoring Extracts.

For sale by all representative grocers.

A Full Sized Carton Sent FREE to any address. **Price Cereal Food Co., Chicago.**

## Vaughan's Seeds

28th ANNUAL  
CATALOGUE

Chicago

Seeds, Plants,  
Shrubs and all  
Garden Supplies

and  
New York

Seeds grown by men who know the business and put up by experienced help.

You will find our seeds as carefully handled as a druggist's prescription.

Two Grand Prizes and 20 Gold and Silver Medals awarded our displays at St. Louis, equal to all other American Seedsmen combined. This catalogue tells why.

It also tells how beginners can make REAL money growing vegetables and plants from Vaughan's Seeds. If you want the best Flower and Vegetable Seeds that can be had, write for this catalogue today. 130 pages—28th year—20 Greenhouses. We invite you to visit our stores.

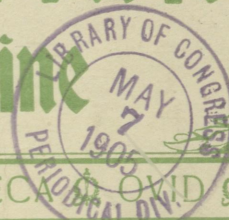
## Vaughan's Seed Store

CHICAGO  
84-86 Randolph St

NEW YORK  
14 Barclay Street

ADAM ❖ HESIOD ❖ GAVTAMA ❖ ISAIAH ❖ DANIEL ❖ PLATO ❖

# The Vegetarian Magazine



ZOROASTER ❖ ARISTOTLE ❖ SENECA ❖ OVID ❖ PLVTARCH ❖



Vol. 9

No. 5

MARCH, 1905

DEPARTMENTS:

Advice to the Sick

By Dr. W. E. Elfrink

Physical Culture

By Maurice B. Kovnat

The Dining Room

By Jessie S. Pettit Flint

PER COPY 10c.

POPE ❖ SWEDENBORG ❖ VOLTAIRE ❖ FRANKLIN ❖ WESLEY ❖

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  
Sentient World • Advocates Justice, Humanitarianism, Purity, Hygiene, Temperance • Stands for  
a Stronger Body, a Healthier Mentality, a Higher Morality • Literature of the XXth Century Home  
Published Monthly by The Vegetarian Company • Chicago • \$1.00 the Year • Ten Cents the Copy

LINNEVS ❖ GRAHAM ❖ SHELLEY ❖ TOLSTOI ❖ OSCAR II ❖

## THE DINING ROOM

Conducted by Jessie S. Pettit Flint

There comes to us a call for recipes embodying lentils. Lentils are not common in market, like beans or split peas, and consequently are comparatively little used. But the vegetarian dietary of cooked foods—would not be complete without lentils. Very rich in nitrogen, of a meaty flavor and color, they form the connecting link in taste between the flesh and non-flesh habit. They readily blend with other materials, giving a variety of nutritious, appetizing dishes, and if prepared under hygienic rules, are easily digested. Permit us to offer the following tested recipes:

### COOKING LENTILS.

Lentils should be carefully looked over to remove all foreign substances, washed and soaked over night. In the morning stew gently till tender, when they are then ready to season for use, or combine with other materials.

### LENTIL PATTIES.

1 cup stewed lentils.  
 3/4 cup flour.  
 1/4 cup rich milk.  
 1 egg.  
 Salt.

Mash the lentils and mix with the milk, flour, salt and beaten yolk. Mix carefully and then add the beaten white of the egg. Drop in hot oiled gem pans and let rise for a few moments on top of the stove. Bake twenty to thirty minutes. Serve with apple sauce.

### LENTIL HASH.

1 cup stewed lentils.  
 1/2 cup boiled rice.  
 2 good sized baked potatoes.

1 medium sized onion.  
 Salt.

Mince the onion fine and stew it for a few minutes in the lentil broth; then add rice and lentils. Peel the potatoes, slice, and put them in last with the salt. When ready to serve, stir in a generous amount of oil.

### WALNUT LENTILS.

2 cups stewed lentils.  
 1/2 cup walnuts.  
 Oil and salt.

Drain the lentils nearly dry and pass them through a soup strainer. Reheat, and when ready to serve, add the ground walnut meats, salt and oil. A nice dressing for toast.

### RICE AND LENTIL OMELET.

1 cup boiled rice.  
 1/2 cup stewed lentils.  
 2 eggs.  
 1/2 cup milk.  
 Salt.

Beat the rice, lentils, eggs and salt together, slowly adding the milk and mixing carefully. Pour into a granite pie pan and bake in a moderate oven.

### LENTIL PATTIES.

One-third stewed lentils to two-thirds boiled mashed potatoes, bound together with an egg and seasoned with salt, celery salt, sage, make very tasty patties. A tomato dressing, or sauce, is nice to serve with this dish.

### LENTIL STEW.

Lentils can be added to a vegetable stew, thereby supplying the necessary nitrogen.

Lentils can be scalloped, made into potpies and baked pies—using stewed lentils

and putting them in the place of the discarded flesh. But as lentils are much richer in nitrogen than flesh, do not use them too freely, and let the bulk be made up by extra vegetables.

And lentil roasts must not be forgotten. These roasts can be simply and easily made, or become an elaborate, complex dish, according to the combination and variety of material used. A general rule or two is all that is necessary for success, providing the housewife uses judgment in her work. Stewed lentils, whole,

crushed, or made into pulp, must, of course, be the point about which all centers, and the lentil broth, milk, or water, must be thickened with cracker or bread crumbs and bound together with an egg. Enough thickening and egg to hold the loaf in shape after it is baked is all that is necessary. The loaf must not be watery or too hard—and judgment and experience alone can guide the cook in this. Minced onion, parsley, a bit of mashed potato or rice, bean and pea pulp—any

(Continued on Page 100.)

## An Animal Story. (Continued from page 93)

"Oh, 'tis a horrible, horrible thing—  
 Just think of eating a dead pigeon's wing!  
 A bird made for freedom, beauty and flight—  
 Long I'll remember what I've learned tonight!"

"May the Lord pardon my ignorant sin,  
 As to His glory, to eat I'll begin.  
 The grain of His harvest shall be my sweet;  
 The fruit of the tree—it shall be for meat."

Then all of the animals, short and tall,  
 Standing in rows in her room and the hall,  
 In unison raised a loud, grateful cheer,  
 Echoed by living things, both far and near.

"Aye, we do thank thee, we do thank thee, ma'am,"  
 So happily cried each dear little lamb;  
 Each grave, sad-eyed cow mooded softly her thanks;  
 Each duck quacked gaily while joining the ranks.

Then all together, once more rose their praise,  
 Like the "doxology" sung Sabbath days;  
 For creatures have hearts, and surely can feel.  
 How CAN men resist their eye's mute appeal?

Slowly the animals then moved away,  
 Leaving the lady to praise and to pray,  
 Thanking the Lord for the blessing of sleep,  
 Quite undisturbed by a calf or a sheep.

Now, although this dream is long ago past,  
 The truth it revealed forever shall last.  
 To reverence God's life, and eat to His glory,  
 Is now her purpose, and hence this story.

**The Dining Room.**

(Continued from page 97.)

desired herb for flavoring—and all shaped into a baking pan, in layers, white and dark, or in one plain loaf, breaded if you like, or spread over with oil or butter when done and taken from the oven. These loafs are good hot or cold.

Lentils contain: Water, 10.7; Protein, 26.0; fat, 1.5; carbohydrates, 58.6; ash, 3.2. Compare this with round steak, medium fat: Refuse, 7.7; water, 60.7; protein, 18.1; fat, 12.6; ash, .9.

Now compare the cost, with lentils at six and seven cents a pound, and the flesh food at your market price.

And then when we take into consideration health and humane living—the advantages are so in favor of the lentils, surely we can no longer hesitate.

**BOOKS RECEIVED.**

"How to Live One Hundred Years; or, New Science of Living." By W. I. Gordon, M. D. 340 pages; cloth; \$1.50. Cleveland, Ohio: Suggestive New Thought Publishing Company.

"The Hygeia Cook Book." By Dr. Mary A. Heard. 52 pages; 50 cents.

The principal feature of this book, aside from the fact that it contains only non-meat recipes, is that it eliminates all dishes calling for fermented foods, all chemicals and minerals. The author bars fish, flesh, fowl, yeast, baking powder, vinegar, etc. She follows the rules of the Physical Regeneration Society of London, which she has herself been living up to for fourteen years.

"Uncooked Foods." By Mr. and Mrs. Eugene Christian. 250 pages; cloth, \$1.00. New York: Health Culture Company.

**THE HYGEIA COOK BOOK**

Cooking for health, just the book for a beginner in vegetarianism as it contains practical rules for meatless dishes, and tells how to cook vegetables to conserve their good qualities. There are also many rules for unleavened bread and cake, which are most delicious. All fermented and sham foods are eliminated, and only genuine food used, that which makes for health and strength.

52 pp. 50 cents postpaid.

Address **Dr. Mary A. Heard, 248 Warren St., Boston, Mass.**

**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.

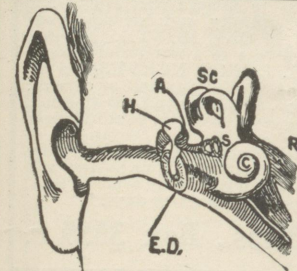
**UNITED STATES.**

- 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:** Physical Culture Restaurant, Tacoma Bldg., La Salle and Madison Sts.
- Ill.—Chicago:** Dr. Carl Struch'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, 8 o'clock.
- Mich. Detroit:** 54 Farrar St.
- Neb.—College View:** Restaurant, Nicola block.
- Neb.—Lincoln:** 310 So. 12th St.
- 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.

**FORCE IN FOODS.**

"Uncooked, Fire-Cooked and Sun-Cooked Foods," by Prof. J. D. Craig, B. S., M. D. Price 10 cents, this office.

**Deafness and Catarrh**



WONDERS OF THE EAR. A DEPARTMENT OF HUMAN ANATOMY THAT DEFTS SURGERY.

E. D., The Drum; H. Hammer; A. Anvil; S. Stirrup; S. C. Semi-circular Canals; C. Cochlea.

Curable by no means until ACTINA was discovered.

The human Ear is an organ, the interior of which the physicians have never been able to get at, hence their inability to remove the cause of deafness.

**Causes of Deafness.**

NINETY-FIVE PER CENT of deafness cases brought to our attention are the result of chronic catarrh of the throat and middle ear. The air passages become clogged by catarrhal deposits, stopping the action of the vibratory bones (hammer, anvil and stirrup). Until these deposits are removed a cure is impossible. The inner ear cannot be reached by probing or spraying, hence the inability of aurists or physicians to cure. EAR DRUMS are worse than useless. It is folly, therefore, for deaf persons to hope for a cure by the old methods of the aurists and physicians, and instead of wasting time and money on methods that never have cured DEAFNESS OR CATARRH, they should awake to the time and apply the scientific cure. That there is a scientific cure for deafness and catarrh is demonstrated every day by the use of ACTINA. The vapor currents generated in the ACTINA pass through the Eustachian tubes into the middle ear, removing the catarrhal obstructions as it passes through the tubes and loosens up the bones (hammer, anvil and stirrup) in the inner ear, making them respond to the slightest vibration of sound.

**RINGING NOISES IN THE HEAD.** ACTINA has never failed to cure this distressing symptom. The vapor current passes quickly and freely through the Eustachian tube, removing the catarrhal substances that obstruct the easy exit of the wave sounds. We have known people troubled with this symptom for years to be completely cured in only three weeks by use of the ACTINA.

As deafness and ringing noises are caused from Catarrh, hearing cannot be restored and noises stopped till the catarrh is cured, and as catarrh cannot exist under the use of ACTINA, no person need be deaf or have ringing noises in the head if they will use ACTINA properly.

ACTINA also cures La Grippe, Asthma, Bronchitis, Sore Throat, Weak Lungs, Colds and Headache, all of which are directly or indirectly due to catarrh.

ACTINA IS SENT ON TRIAL POSTPAID. Write us about your case. We give advice FREE, and positive PROOF OF CURES. A VALUABLE BOOK FREE—Prof. Wilson's Treatise on Disease—a book that will instruct and interest you. Send for it.

New York and London Electric Ass'n, Dept. 52A, 929 Walnut St., Kansas City, Mo.

**FAT FOLKS**



267 lbs.

180 lbs.

MRS. E. WILLIAMS, 588 Elliott Sq're, Buffalo, N. Y.  
 Lost in weight..... 87 pounds  
 Lost in bust..... 8 inches  
 Lost in waist..... 10 inches  
 Lost in hips..... 20 inches

This picture gives you an idea of my appearance before and after my reduction by Dr. Snyder. My health is perfect. I never enjoyed better health in my life, not a wrinkle to be seen. Why carry your burden longer when relief is at hand!

Dr. Snyder guarantees his treatment to be perfectly harmless in every particular. No exercise, no starving, no detention from business, no wrinkles or discomforts. Dr. Snyder has been a specialist in the successful treatment of obesity for the past 25 years, and has the unqualified endorsement of the medical fraternity. A booklet telling all about it, free. Write today.

**O. W. F. SNYDER, M. D.,**

62 Burton Building, 39 State Street, CHICAGO, ILL.

**MEN AND WOMEN**

Do You Wish to be Strong? Do you wish to learn how to live in accordance with the laws of Nature, thus gaining perfect self control and overcoming the weaknesses and infirmities with which you are now troubled? Then follow our advice and get at once a copy of Ad. Just's book, "Return to Nature." This is the book of books on natural healing and natural living, giving complete directions for Sunbaths, Airbaths, Water Cure, Fasting, Breathing, Diet (A better course of instructions on raw food diet than what you elsewhere pay \$25.00 up for); it also answers the social questions; the sex question; the kitchen problem; has a chapter on the care of children, etc. A home treasure for every true vegetarian.

Written in the interest of humanity and truth, it teaches men and women how to cure themselves at home without recourse to drugs and physicians.

The price of "Return to Nature" is \$2.00 bound; paper cover \$1.50 (your money back in thirty days, if, after having read it, you are not satisfied that it is and will do all that we claim for it). We will give free as an inducement to readers of the Vegetarian, a year's subscription to The Naturopath, our monthly magazine, prospectus, complete catalogue of naturopathic supplies, prospectus of Health Home in New York, and our beautiful Sanitarium, Jungborn, at Butler, N. J., etc., with the book, upon receipt of the price of same; or we will, to introduce ourselves to you, send you three numbers of The Naturopath (regular price 10 cents a copy) for ten cents, and the brochure, "Stray Hints Healthward."

**OTHER BOOKS ON NATUROPATHY:**

- The Kneipp Cure, by Sile Kneipp, cloth, \$1.00 Paper, 50c
- Kneipp, The Care of Children, cloth, 75c Paper, 50c
- Bilz, The Natural Method of Healing, in 2 vol., \$7.50
- Lust B., The Naturopathic Pocket Physician, \$1.00

Send postpaid on receipt of price.

**BENEDICT LUST, NATUROPATH,**  
 124 E. 59th St., Dept. V. NEW YORK.