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The Vegetarian Magazine May 1900

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Rena Michaels Atchison Ph. D.

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The Vegetarian Magazine

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Of Interest to the Housewife.

Conducted by Rena Michaels Atchison, Ph. D.

Bleached Apricots.

An Excellent Way of Cooking Apricots Which Have Been Bleached by Sulphur.—Wash the fruit, pour over it boiling water, and let it stand not more than two minutes. Pour off, add cold water and allow to stand over night. Pour off this water, then add a boiling syrup made of sugar and water, and allow to stand till dinner time. The fruit needs no cooking. This produces what was sold in the east as "California jellied fruits," at twenty-five cents a quart.

A mixture of apricots with prunes, or peaches with prunes, makes a dish which will be relished by most people more than either of the fruits taken alone, but they should be cooked down well. Raisins and apples cooked together make an excellent combination.

The Thin Banana.

When you are buying bananas never purchase the long, thin ones, unless you want fruit which will pucker your mouth. No matter how well ripened these thin bananas may appear to be, they will always be found sour and acrid. This is because the bunch which contained them was picked too soon. The banana grows fastest at first in length. When it has reached its full development in that direction it suddenly begins to swell, and in a few days will double in girth. It is at the end of this time that it begins to ripen naturally, and the effort of the banana importer is to have the fruit gathered at the last possible moment, and yet before the ripening has progressed enough even to tinge the bright green of the fruit with yellow. A difference of twenty-four hours on the trees at this time will make a difference in the weight of the fruit of, perhaps, 25 per cent, and all the difference in its final

flavor, between a puckery sour and the sweetness and smoothness which are characteristic of the ripe fruit. To get the bananas to our market in good condition requires fast steamers, which must be provided with ventilation and other means of keeping the fruit from ripening too fast in the hold. In spite of all precautions, much of the finest fruit does ripen in the few days of passage, and this is sold to hucksters for street sale.—New York Sun.

Corn Meal.

What to Eat is doing a good service in calling attention to the value of corn-meal:

"Old-time Southern housekeepers prided themselves on the quality, as well as the varieties, of their corn bread, and it was on their tables at every meal. But in the last few years wheat flour and prepared breakfast foods manufactured from oats and wheat have grown in favor and less corn meal is used. Except the 'pone' bread at dinner, little corn bread is now used by Southern people who do not belong to the labor classes. Negro laborers and the working classes of white people still consume large quantities.

"Wafers, waffles, raised bread, batter cakes, egg bread, pies, cake and almost anything that can be made of wheat flour can be made of corn meal. Dyspeptics who cannot eat wheat bread feel no discomfort or unpleasantness from eating well-baked corn bread. It is especially to be recommended in the diet for growing children. There is no question as to its wholesomeness, and the various kinds of breads may be made just as palatable and dainty if the same care is exercised in selecting the meal and in the mixing and baking as is used in making wheat bread."

Nutritive Value of Peanuts.

The Kansas City Journal claims that "though the peanut has been used mainly as a confection, rather than as a food, its value as a substantial is remarkable when analyzed and placed in comparison with the values of other products. For example, it is shown that the nutrition of this nut is greater than that of bacon or butter, nearly twice as great as that of cheese or peas, about three times as great as that of veal, beef, rye flour or rice, and about ten times as great as that of milk or potatoes. The cost of the peanut per nutritive unit is about one-eighth as much as that of beef or veal, one-sixth that of butter, one-fifth that of bacon, one-fourth that of cheese or milk, and considerably less than that of rice, rye flour, potatoes or peas.

Rice

The United States Department of Agriculture has recently published a book, written by Dr. Knapp, on "Rice Culture in the United States." Of the use of rice Dr. Knapp says: "As a food material rice is nutritious and easily digestible. In comparison with other grains it is poor in protein and fat and correspondingly rich in carbohydrates. The relative value of rice and wheat based on the total nutritive material is 87 to 82.54.

There is no doubt there would be much more rice eaten if people more generally knew of the many toothsome and nutritive dishes which may be prepared from it. In the Northern states rice is used chiefly as a desert, boiled and served with some sweet sauce, or made into a pudding with milk and eggs. In rice-producing countries it takes the place of the Irish potato to a large extent, but the boiled rice of these countries is a very different dish from the solid, pasty article which is frequently served by ignorant cooks.

Rice when properly boiled should be dry and white, each grain thoroughly cooked and soft and yet whole and separate. To attain this result, pick the

rice over carefully and wash it in warm water. Have a saucepan of boiling water slightly salted on the stove, into which sprinkle the rice slowly, so that it will not stop boiling. Let the rice boil steadily for twenty minutes, then drain off all the water and set the saucepan on the back of the stove with the cover partly off, where it will keep warm and the moisture will pass off in steam. Shake the saucepan well and empty the rice into a dish. Serve as potatoes to be dressed with gravy from the roast, with plain tomato sauce or curried tomatoes. Rice is also excellent boiled as above and then prepared with cheese as macaroni.

I add some receipts taken from a cook book published in Charleston, South Carolina, in 1847. The author says: "This book is a selection from family receipt-books of friends and acquaintances, who have kindly placed their manuscripts at my disposal." Among these receipts are more than fifty dishes in which rice forms a part of the ingredients.

Rice Soup.—Put six ounces of rice in a two-quart pot of water, boil for an hour, thicken with the yolks of two, four or six eggs beaten with some cream, a little flour and six ounces of butter. Serve with grated Parmesan cheese.

Rice Muffins.—To half a pint of boiled rice add a teacupful of milk, three eggs well beaten, one spoonful of butter and enough wheat-flour to make the batter as thick as pound cake. Bake in a quick oven. The same receipt with less flour makes griddle-cakes.

Rice Spider-Bread.—A cupful of cold boiled rice, two cupfuls of flour, three Vegetarian GAL TWO BOLLens eggs. Beat the rice and flour together, add the eggs, beat the mixture well, and bake in a hot spider.

Rice Flannel-cakes.—Half a pint of soft boiled rice, a teacupful of cream, a teacupful of sugar, three eggs, yeast, and flour to make batter. Let rise, and bake on a griddle.

Carolina Rice-bread.—Boil a pound of rice until it is quite soft; when it is cool mix with it yeast and salt as for other bread, and wheat-flour enough to