

1890-1909


The Foodies' Guide to Vegetarian Cookery in 19th
Century America

10-1-1903

The Vegetarian Magazine October 1903

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](#)

Help Yourself

To and with The Only
Natural Porous Food
Made From Wheat

Split, toast and try it as bread. A delicious combination with preserves and fruits. Makes ideal fruit short-cake and tempting dishes when combined with mushrooms, sweetbreads or vegetables.

SHREDDED WHEAT BISCUIT

Can Be Prepared In Over 250 Different Ways

It is a remarkable fact that no other food takes the place of *Shredded Wheat*. This is true because in it the complete requirements of the body are found—the identical food counterparts of the human organism—it's perfect food affinity.

Cook Book artistically illustrated in colors, "The Vital Question," sent FREE upon request. Address

Natural Food Co., Niagara Falls, N. Y.

Gavena Galloway, White Water, Wis., writes:

"We use Shredded Whole Wheat Biscuit for breakfast, as dessert for dinner, toast for tea, and for chatting fish luncheons in the evening and would not be without it."



POMONA
THE GREAT AMERICAN HEALTH DRINK.

DELICIOUS
NUTRITIOUS
INVIGORATING

POMONA is a natural pure and unfermented juice of carefully selected New York State apples obtained direct from the fruit without boiling and condensation, but preserved by a strictly hygienic method. It is therefore absolutely free from alcohol and mineral impurities. POMONA fills a long needed want in the dietary of the Vegetarians.

"A Most Refreshing and Nourishing Beverage at a Reasonable Price."

Put up in Cases of 12 full quarts - - \$3.75
" " " " 24 " pints - - 4.00

Delivered in lots of 2 Cases, freight paid to all points east of the Mississippi, on receipt of price. Send orders to

OTTO CARQUE, 765 N. Clark St...Chicago

Send 15c for postage on Free Sample Bottle and copy of our interesting book, "The Nutritive and Therapeutic Value of Fruits and Unfermented Fruit Juices."

KO-NUT

A PURE, STERILIZED
COCONUT FAT FOR
SHORTENING
AND FRYING



FOR
VEGETARIANS,
EPICURES,
DYSPEPTICS.

A PURE, STERILIZED VEGETABLE FAT from the Coconut, for Shortening and Frying. Entirely free from animal matter. Positively healthy. 3-lb. can, 50c.; 5-lb. can, 75c.; 10-lb. can, \$1.50; case of 80 lbs., \$9.00. Safe to order in quantity; so pure that it will never get rancid nor stale.

INDIA REFINING CO.,

Sole Mfrs. Philadelphia, Pa.

KO-NUT is sold in Chicago at the office of
THE VEGETARIAN CO.,
408 Adams Express Building.

ADAM HESIOD GAVTANA ISAHAR DANIEL PLATT
LIBRARY OF CONGRESS
DEC 20 1913
PERIODICALS

The Vegetarian Magazine

ZOROASTER ARISTOTLE SENECA OVID PLVTARCH

Vol. 7. No. 12
OCTOBER 1, 1913

CONTENTS

How Every Child Should Be Fed 111
Sketch of Ernest Cramer 112
Vegetarianism and Civilization 113
"Milkmaid" "Shade Tree" Poem 114
Home Fish As Food 115
Biology Animals 116
Growth of Vegetarianism 117
Latter Form Fish Eating 118
A Fruitarian Diet 119
Fruit Growing in Cuba 120
"Song of the Rippling Grain" 121
Poem 122
Vegetarian Exhibit at St. Louis 123
St. Louis Society's Banquet 124
Government Experiments in Food 125
Diet and Disease 126
Legislative Issues 127
How We Can Do It 128
Meat and Diseases 129
The Civilization of Civilization 130
A Public Dog Show 131
Meat in the Kitchen 132
Culinary Details 133
The Food and Vegetarianism 134
"The Bread of Peace" Poem 135

POPE SWEDENBORG VOLTAIRE FRANKLIN WASHINGTON

An Illustrated Magazine of Better Living—No Return to Meat, but to a Healthier and More Satisfying Life—Discourages the Use of Flesh, Fish and Poultry—Advocates Justice, Humanitarianism, Peace, Progress, Civilization—A Stronger Body, a Healthier Mind, a Higher Moral—Discusses the Latest Discoveries—Published Monthly by The Vegetarian Company—Chicago—408 Adams Express Building

LINNEYS GRAHAM SHELLEY TOLSTOY

Fruit

of the South eating out the barrel stand-forgotten the nce their in-evidence to similar to that approved deli-

Ice

und an excel-hest grade of nists because rment. It is perior of the se or coffee. and appears nd clubs, the e after-dinner delicacies of

an excellent."ley Beaten Biscuit
it have been used combine, in their individuals." biscuit was the Biscuit Co. None

Chicago

SCUIT,
d it
d

BAILEY
BEATEN
BISCUIT CO.:

ase send me book-ices on Bailey
uit.

"If you feel so much pity for the deer," replied her husband, "I will stop my hunting; but, instead, you must compose and sing for me a nice song."

As soon as he said this she sang the following words:

"Kotowari ya,
Ikade ka?
Shika no nakadzuran'
Ko-yoi bakari no
Inochi to omoeba!"

"He can not cease the voice of lamentation—

The hapless deer knowing so well his fate;
One night of life, and then the hunter cometh—

For him the morrow can not dawn too late!"

—SEI ITO in *Woman's Home Mission*.

Do you fatten like a ghou! on the dead corpses of animals and then expect to be of a cheerful disposition?

Do you put the loving beasts to torture as a means of promoting your own health and happiness?

EDWARD CARPENTER.

Best Temperance Work.

To the Editor: I think you are doing the best temperance work in America. I hand on every number as far as I can get friends to read, but the hogpen yet predominates with professed temperance men. Vegetarianism has become my stronghold against disease, crime and poverty.

ELIJAH WALL.

Died at His Post.

A few weeks ago an engineer, whose train was approaching the city of Montreal, Canada, saw a large dog standing on the track ahead. The dog was barking furiously. The engineer blew his whistle, yet the hound did not budge. The train thundered on, and the poor creature

crouched low. In another instant the dog was struck and hurled high in the air. Some bits of white muslin on the cow-catcher caught the engineer's eye, and so, halting the train, he ran back to the spot where the accident had occurred. By the side of the dead dog was a dead child, which probably had wandered on the track and fallen asleep. The poor, watchful guardian had given its signal for the train to stop, but unheeded, had died at his post, a victim to duty.—*Puck*.

And yet there are people, and some who profess to call themselves Christians, who ridicule the idea of giving such four-footed heroes a befitting burial, with a proper recognition of their virtues, which, if exhibited by their human brothers, would be memorialized in marble. Such great souls as Walter Scott, Charles Dickens, Matthew Arnold, the Brownings, and William E. Gladstone, so felt the loving kinship of their four-footed and winged friends that not only did they give them burial befitting their virtues and devoted companionship, but also embalmed their memory in words more enduring than bronze or marble.

Man the Arch-Devourer.

The arch-devourer, man, stands pre-eminent over the fiercest children of the wilderness as an animal of prey. For his lordly and luxurious appetite, as well as for his service, or merest curiosity and amusement, Nature must be ransacked throughout all her elements. Rather than forego the veriest gratifications of vanity, he will wring them from the anguish of wretched and ill-fated creatures; and whether for the indulgence of his barbaric sensuality or his barbaric splendor, he can stalk paramount over the sufferings of that prostrate creation which has been placed beneath his feet.

THOMAS CHALMERS.

THE DINING ROOM

Culinary Dainties.

APPLE JELLY FOR CAKE.

One large or two small apples, rind and juice of one lemon, one egg well beaten, one-half cup of sugar.

Grate the apples and rind of the lemon, add the other ingredients and boil the jelly about five minutes, or until it thickens. Spread between layers of medium rich cake.

CARAMEL CUP CAKE.

Four well beaten eggs, two cups of sugar, three cups of flour, one cup of sweet milk, one cup of butter, one teaspoon of baking powder. Bake in layers and spread with the following filling: One cup of butter, one of sugar, one-half cup of sweet cream. Mix all together. Then put one cup of white sugar in saucepan. Do not stir until it melts and sinks, then stir into it the butter and cream, and let it remain on the fire till quite thick. Let it cool before spreading between the layers.

RHUBARB FRITTERS.

Make a syrup by boiling briskly for five minutes, sugar and water in the proportions of eight ounces of lump or castor sugar to one pint of water, skim, and while boiling throw in enough rhubarb cut into inch lengths to cook without crowding. Gently simmer until the lengths are quite tender when tried with a fine skewer. Drain the pieces, and when cold dip them into a good frying batter and drop, by spoonful, into a ket-

tle of hot Ko-nut. Fry until the fritters are a golden brown, take up with a slice, drain on kitchen paper, sift powdered sugar over, and serve very hot piled on a napkin. Make a sauce with the syrup, adding to it a little finely grated lemon peel, enough of the juice to flavor, one ounce of butter, and thicken with a liason of corn flour.

ORANGE CAKE.

One cup of granulated sugar, one-half cup of butter, three eggs, yolks and whites beaten separately. Two cups of flour, one-half cup of sweet milk, one-half teaspoonful soda, one teaspoonful of cream tartar. Mix the sugar, butter and yolks of eggs well together, then add other ingredients. Bake in layer tins.

Filling: The juice and grated rind of one orange; add powdered sugar to make it stiff, with the white of an egg beaten stiff. Spread this between the layers and on top as you would frosting.

For Growing Children.

Good whole wheat home-made bread one day old is immensely relished by growing children. Such bread, well buttered and eaten with sound, ripe, tart apples makes an excellent luncheon for children, furnishing the necessary elements for nerve, muscle and bone growth. Peanut butter, spread on buttered whole wheat bread makes another ideal luncheon, especially if a good apple goes with it, for the peanut furnishes the necessary nitrogen.

LENTILS.

One pint of lentils, one full teaspoonful of minced onion, half-teaspoonful of chopped parsley, two tablespoonfuls of butter, salt and pepper to taste. Soak the lentils a couple of hours. Put them on the stove in a quart of cold water, with the onion, parsley, and seasoning, bring to a gentle boil and simmer two hours, or until the lentils are tender. Drain off the water, turn the lentils into a saucepan and stir in the butter. Let it stand on the side of the stove about ten minutes and send to table smoking hot. White beans are good cooked in the same way.

The Newspapers and Vegetarianism.

The press in the cities of the United States and Canada has recently been giving extensive illustrated articles in behalf of vegetarianism which are drawing public attention to the subject, and even such a conservative paper as the *Philadelphia Public Ledger* proposes in its column devoted to Woman's Interests to give vegetarian practice a fair trial.

"Once," said the hostess, as she paused in the act of cutting into a juicy tenderloin in order to gaze into space, "a friend told me that during five whole weeks she never put beefsteak on the table once!"

"Impossible!" gasped three feminine voices. "How did she ever manage? Tell us, quick!"

"I don't know," replied the hostess, sadly. "It has always been a mystery to me how she could have done it. And before I had a chance to ask her, she died."

A sigh re-echoed around the table. Yet the general sentiment seemed to be that early demise was all you could expect from a woman of such extraordinary attributes as the one in question.

Confidences followed. One woman said that all her efforts to vary the bill of fare had been rendered futile by the consistent objection made by her husband to eating

anything but steak. "And he always will have it rare," she complained. "Have you ever noticed how passionately fond men are of rare beef?"

The second woman said that her family objected to roasts, so that, being reduced to broiled meats, beefsteak with her was inevitable. A third confessed that she had rung the changes on roast beef and lamb, broiled chops and steak until she was weary of soul. Nothing seemed to appeal to the appetites in her home circle so much as beefsteak. She expected to go on cooking it until she died.

Theosophists, and all those who restrict themselves to such ways of living as tend to develop the higher nature, contend that meats introduce gross elements into the body, which coarsen and materialize it so that it acts as a clog upon the mind and spirit. This is not hard to believe. Vegetarians showed us long ago that by discarding meat entirely it is possible to be quite as strong and much more healthy than by partaking of it. The finest complexions, indicative of the purest blood, are found among those who abstain from meat.

Can not we women lead a reform in this matter? Would it not be interesting to see how long beefsteak could be kept off the menu? Then would the proud tyrants of the beef trust tremble!

With the most intelligent and earnest newspaper writers on domestic subjects on the side of vegetarianism the cause is making a much more rapid progress than is generally supposed.

The correspondence on vegetarian subjects in connection with the Vegetarian Society of America is rapidly increasing and much interest in the cause is evinced.

HENRY S. CLUBB.

One on Jack.

Somebody in Oklahoma sent Hon. Jack Harris, of Ottawa, a fat 'possum, on which the express charges amounted to \$1.95. The ruling price for a fat 'possum is 25 cents, and Harris is a vegetarian.

The Merciful Woman.

She had a tender, loving heart
That often throbbed with woe
Because of cruel treatment men
Forced brutes to undergo.
And on her fair expanse of brow
Were lines of deepest care
Because men shot in wanton sport
The birds that fly in the air.

At last determined she to write
A tender, strong address,
And have it printed—with slug heads—
In all the public press.
She wrote in strong and tender vein,
She covered sheets a score,
Then took it to the editor—
And this is what she wore:

"WHY I AM A VEGETARIAN"

By J. HOWARD MOORE, A. B.

A 48-page book, now in its third edition. Printed on best book paper, has a fancy green cover and is fastened with silk cord. Suitable for gifts. Price 25 cents, (1s. 1d. English); 5 for \$1.00 (4 s. 2d. English).

It is one of the most eloquent treatises on the subject that we have read. Though explaining that vegetable food is far better for humanity in a truly healthful sense, the plea of the book is for the human practice of the Golden Rule toward the animals which we so ruthlessly kill for food. The author is thoroughly in earnest himself, withal a cultured writer and a man of experience. His plea is a just one, and it will be widely listened to. His language is vitally expressive, and convincing sincerity rings in every word. His thought is pointed and it will find the weak places in the armor of all meat-eaters who are really endeavoring to live honest lives. It declares itself a projectile, and such it is—a projectile with a sharp point, a broad base and a deep reach. The reflections of the philosopher mingle with the aggressions of the advocate of reform, and the two together constitute a power against which no one is invulnerable. This little book will therefore be read with interest even where its plea is not practically heeded. Vegetarianism is the coming practice for the intelligent and the sincere, and its inroads are already more rapid than is generally realized.—*Boston Ideas*.

"BETTER-WORLD PHILOSOPHY."

By J. HOWARD MOORE, A. B.

Beautifully printed in large type, with wide margins, and tastefully bound in pale green and olive. Cloth, 275 pages, price, postpaid, \$1.00.

One of the most vigorous, original, and profound contributions to the study of social problems yet published. Praised by the press and indorsed by the most eminent scholarship of the country.

"I so thoroughly sympathize with it that I have made up my mind to use it in my work in Iowa College as a text-book."—Herron.

VEGETARIAN CO.,

167 Dearborn Street, - - CHICAGO.

FORCE IN FOODS.

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

KO-NUT

A PURE, STERILIZED
COCOANUT FAT FOR
**SHORTENING
AND FRYING**
FOR
VEGETARIANS,
EPICURES,
DYSPEPTICS.



A PURE, STERILIZED VEGETABLE FAT from the Cocoanut, for Shortening and Frying. Entirely free from animal matter. Positively healthy. 3-lb. can, 50c.; 5-lb. can, 75c.; 10-lb. can, \$1.50; case of 60 lbs., \$9.00. Safe to order in quantity; so pure that it will never get rancid nor stale.

INDIA REFINING CO.,
Sole Mfrs. Philadelphia, Pa.

KO-NUT is sold in Chicago at the office of
THE VEGETARIAN CO.,
167 Dearborn Street.



GRECIAN BUST CIRDLE

A natural, graceful, comfortable support. With or without corset. Leaves waist and abdomen unrestrained. Supports skirt and hose. Ideal for Neglige, Athletics, Corpulency, Maternity, Evening Wear, etc. Sizes 30 to 50 inch. White, Drab or Black, \$1.50 Postpaid. In ordering give bust measure. Booklet Free.

CLASSIC CO., 189-V. 5th Ave., Chicago

FREE! Humane Literature.

"Our Educators for War or Peace, Which?" large pamphlet. "The American Stomach" booklet, and full Table of Contents of my inspiring book, "The Art of Living." The above given to any one sending two cents in stamps. Send NOW to the author

DR. ELLEN GOODELL SMITH
AMHERST, MASS.