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# The Vegetarian and Our Fellow Creatures October 1901

The Vegetarian Magazine

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# The Vegetarian

## AND Our Fellow Creatures

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Vol. 6. No. 1.

OCTOBER 15, 1901

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LINNÆVS ◊ GRAHAM ◊ SHELLEY ◊ TOLSTOI ◊ OSCAR II



Rev. Dr.  
Otoman  
Zar-Adusht-  
Hanish.  
Rab-Magi  
of  
Math-El-  
Kharman.

THE DINING ROOM

A BANANA DINNER.

Bananas have been known for ages as an article of diet, capable of being prepared in various ways with certain barbaric skill, but recently science has been brought to bear upon this remarkably prolific member of the fruit kingdom, and the result is that there are no less than twenty dishes, all different, capable of being prepared from bananas—in fact, a ten-course dinner may be served, from soup to coffee, made up wholly of variations of banana fruit.

Recently such a function was given in Warren street, New York, by the inventor of the new desiccating process, Mr. A. F. Spawn, an Albanian, who has spent twenty years in various parts of the world perfecting various vegetarian specialties.

The guests were the president of the American Vegetarian Society, the Rev. H. S. Clubb, of Philadelphia, officers and members of the New York Vegetarian Society and others.

The bill of fare, which follows, gives a fair idea of the range and diversity of a banana-vegetarian meal:

MENU.

- Vegetable Soup.
Sweet Potato Patties. Banana Fritters.
Banana Bread.
Rice Banana Pudding.
Banana Pudding. Pumpkin Pie.
Sweet Potato Pie.
Banana Sugar Cookies.
Cocoanut Custard.
Cocoanut Cake. Banana Short Cake.
Banana Crackers.
Banana Cracker Wafers.

Banana Fruit Biscuit.

- Banana Mush and Milk.
Banana and Cocoanut Fruit Stuffle.
Banana Confectionery.
Banana Coffee.

BANANA FRITTERS.

Six bananas. Peel and cut in two, crosswise. Place in dish and sprinkle over one-half cupful pulverized sugar. Pour on the juice of two large naval oranges. Allow it to stand in cool place one hour, turning occasionally. Roll two or three times in beaten egg and cracker dust. Fry in ko-nut. Serve with sauce.

BANANA PUDDING.

Cut plain cake in thin slices and line glass dish with them. Place bananas over this, cut also in thin slices. Make a second layer of cake and banana and pour over them a thin boiled custard. Pile whipped cream on top and serve.

BANANA MUSH.

Simply mix the banana meal with milk—one tablespoonful of the former to half a pint of the latter. Add sugar and cream to taste.

BANANA SHORT CAKE.

Cream one-half cup butter, one cup sugar. Stir in a beaten egg, half cup milk, two cups flour and two teaspoonfuls baking powder. Bake in two tins of same size. Spread one pint sweetened whipped cream over one cake, into which has been placed a good-sized banana sliced in thin pieces. Place the other cake over this. Serve hot.

HOW TO SERVE APPLES.

The apple is an important, most wholesome and most delicious article of diet. One good way to prepare it is to thinly slice a ripe, mellow sweeting and pour over it a modicum of sweet cream.

Again, grate or scrape a well-flavored apple into a small dessert glass of whipped cream, slightly sweetened, and you have a delicate tit-bit to close any meal, in place of richer dessert.

An enjoyable supper is the following: Take large Greening's or Baldwin's, wash, core, but not peel, fill the apertures with sugar, and, if you like, a couple of raisins and a bit of cinnamon; place in a granite baking dish, deep and large, pour over a half cup of boiling water and set in a quick oven. When the skins are burst and the flesh thoroughly done, take out all except one and carefully place in the serving dish. Take the skin from the one reserved, sweeten a little more if need be, add a pinch of salt to the ripe juice, which should measure a large cup full, give a dash of nutmeg, and pour the juice thickened with the mashed apple over those heaped in the dish. Set aside to cool, and when served, say truly if you have ever tasted anything more delectable. Accompany it with thin slices of whole wheat bread and butter, and a cup of cocoa, and you have all the ingredients for a most enjoyable supper.—Golden Age.

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