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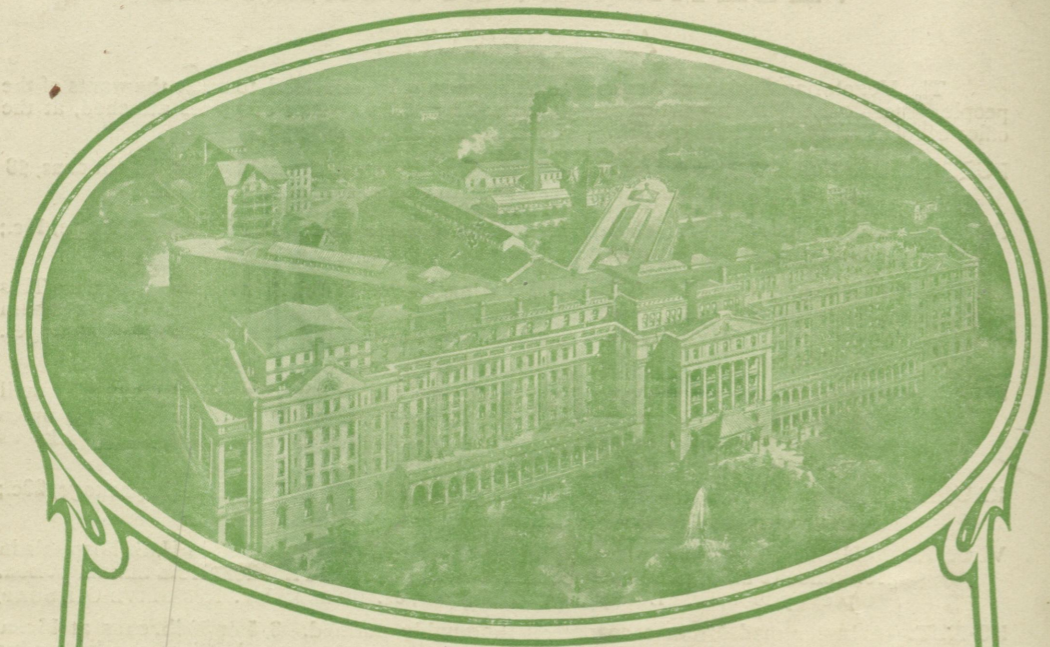
The Vegetarian Magazine September 1905

The Vegetarian Magazine

Blanche Mayes Elfrink

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The Vegetarian Magazine



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Vol. 9 No. 11
SEPTEMBER, 1905

IN THIS NUMBER:

Peter's Vision

Mosquitos and Yellow Jack

Cruelty of Live Bird Trap Shooting

Best Cure for Consumption

Beer and Babies

Raw Food Diet

Corn Meal and Longevity

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THE DINING ROOM.

Conducted by **Blanche Mayes Elfrink.**

Modern methods of over hurried progress and of so-called highly civilized development have deprived us in a great measure of those sweet simplicities of life which are so essential to the highest development of man.

Not among the least of our present day evils is the disregard of laws concerning the care of the body, that temple of man's higher self; and probably the most serious of all these transgressions, since it is fundamentally responsible for almost all, if not all, other bodily abuses, is the lack of proper dietary habits.

Somewhere in our social development we seem to have lost, or perhaps only mislaid, the *science* of eating, and have developed a method of preparing food not primarily in view of the needs of the body but with a desire to please a petted and spoiled palate—as if the masterpiece of divine workmanship were a plaything designed for the gratification of flippant or gross desire.

No serious mind can think lightly of the undeniable harm, demonstrated by an alarming growth of certain body and mind diseases, which is caused by unhygienic and improperly prepared food.

Recent investigation by leading medical and scientific men of our country is doing much which may be of use in alleviating this evil. This department of THE VEGETARIAN MAGAZINE is designed to seriously, and in a systematic manner, deal with the practical side of dietetic re-

form—the preparation of foods for the every day use of all classes of people. It is the endeavor not to depart from the principles of simplicity by the preparation of elaborate menus, but to combine in the most pleasing and beneficial manner possible those treasures of God's storehouse which are necessary to the highest development of physical man.

Questions addressed to this department of THE VEGETARIAN will be cheerfully answered in these columns.

UNCOOKED FOOD DIETARY.

Let us try for a few days during this time of the changing of seasons a diet of uncooked foods. It will be surprising how really palatable such foods are; with what care the sun and air and earth have ripened and sweetened not only fruits but grains and vegetables, and what a variety has been furnished ready for use without our assistance in preparation.

Such a departure from the ordinary ways of living will be found beneficial in more ways than one. It will help to cleanse the body of impurities and lessen the danger of "taking cold." Besides, uncooked food contains more nourishment than it does after being cooked. A change in the chemical composition of all food material is caused by cooking.

In most cases albuminous matter is coagulated and becomes hard to digest.

Starchy foods become too soft and furnish the system with an excess of matter

which causes the tissues to become overloaded with fatty deposits.

Complex compounds are completely disorganized and the mineral constituents are caused to return to their inorganic state, in which it is impossible for the body tissues to assimilate them.

Then, too, you who are accustomed to devote several hours each day to the preparation of cooked meals may spend a part of that time out of doors listening to the busy harmony of the birds as they say goodbye to their summer homes, or hearing the rustling of falling leaves, or learning how the changing and deepening of the sky heralds the coming of winter.

Here are recipes for some seasonable "raw food" dishes:

OLIVE CREAM SALAD DRESSING.

Take the yolk of one egg, one-fourth teaspoonful of mustard, one tablespoonful sugar, a small pinch of red pepper, juice of one-half lemon, olive oil. Have the dishes cold. Stir the egg. Put into it the mustard, pepper and sugar and work all well together. Add the olive oil drop by drop, stirring constantly until thick. Thin with the lemon juice and again thicken with olive oil, beating well until you have as much dressing as you want. Cream may be added when used.

This salad dressing may be used with combinations of tomatoes and cucumbers, tomatoes and lettuce, apples and celery, apples and nuts, cabbage and celery, and many others well known.

VEGETABLE SALAD.

Combine cabbage with one-half the amount of raw beets, carrots, turnips, and a small piece of onion, all finely chopped or ground. Salt to taste. Season with celery salt. Mix with olive cream salad dressing and allow to stand for a few minutes.

APPLE SALAD.

Cut several juicy apples into quarters to see that they are sound. Do not remove the skins or cores. Put them through a food grinder. Cover with Brazil nuts sliced or chopped. Serve on lettuce leaves without dressing.

BANANA CUP CUSTARD.

Grind four bananas through a food chopper or mill. Stir into it one-half cup of grated or shredded coconut. Serve with whipped cream.

UNCOOKED PRUNE BUTTER.

Remove the pits from a pound of clean dried prunes. Grind twice through a food mill.

NUT BUTTER.

Grind pecans, walnuts, Brazils or any other nuts twice through a food mill. If there is not enough oil in the nut to make it of the right consistency add a little olive oil.

UNCOOKED BREAD.

Mix equal quantities of flaked wheat, barley and oats with enough grape or apple juice to make it stay together. Dried fruit may be finely chopped or ground and added if desired. Roll, cut into small cakes and allow to dry in the sun of fresh air.

This may be eaten with cream or made into sandwiches with dairy or nut butter.

The sweetness and goodness of uncooked food is often lost because of rapid eating. It should be thoroughly masticated.

Sweet corn, if young and tender, is excellent eaten raw from the cob with butter and a little salt if desired.

Allow cabbage leaves to lie in cold water for a short time unless taken fresh from the garden. They will be found crisp and sweet when cut into strips and eaten with nut dressing.

Only a few of the foods eaten alone or in combination can be mentioned here. By using a little ingenuity each one can make new and agreeable combinations of his own. Most foods are best alone and in their natural state. Self is the Lord of Self; who else should be the Lord?—Buddha.

THE ARISTOCRACY OF HEALTH

A STUDY OF

Physical Culture and Our Favorite Poisons

By MARY FOOTE HENDERSON

SOME SUBJECTS TREATED

"The two chief effects of the favorite poisons in the human system." "The Westward march of alcohol." "Three poisons compared—tobacco, alcohol and opium—which is the worse in producing human degeneracy?" "Tea and Coffee." "Happiness and the capacity for it." "Diet." "Beauty." "Athletics." "A consideration of the favorite poisons in connection with society (Mrs. Grundy); with the church; with the college; with the legislator; with the soldier; with business; with anarchy; with longevity." "Comparison of peoples and causes of degeneracy in various countries."

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