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The Vegetarian Magazine June 1904

The Vegetarian Magazine

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VEGETARIAN SPECIALTIES AND NOVELTIES.

The Vegetarian Society of America, seeking to supply pure food to meet the wants of the people, presents the following articles, which can be had on receipt of prices attached, at the office of the Society, 1023 Foulkrod Street, Frankford, Philadelphia:

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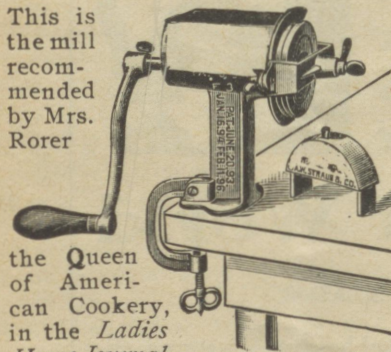
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Has been greatly improved and especially adapted for ladies, being easily run by children, who are delighted with it, for making Fruit and Nut Butters, Flavoring for Ice Cream, Bread Crumbs, whole-wheat Graham Flour and other Health Foods. Price, Four Dollars. Pamphlet with fifty recipes free. Address: V. S. A.,

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VEGETARIAN BOOKS.—All books on Hygiene, Vegetarianism and kindred subjects can be had by mail of the Vegetarian Society of America, 1023 Foulkrod Street, Station F, Philadelphia. The following are printed and published by the Society:

AMERICAN VEGETARIAN COOKERY, containing 250 recipes, well adapted to beginners, 15c., with list of vegetarian and health literature.

OUR POSTSCRIPT, a quarterly tract for inclosure in letters: 1 copy, 1 year, 5c.; 10 copies, 1 year, 25c.; 100 copies, 1 year, \$1.00. Extra copies: 100, 25c.; 500, \$1.00. Seven numbers have been issued, embracing the following subjects: 1, Synopsis; 2, The Vegetarian Principle; 3, Anatomy; 4, Physiology; 5, Chemistry; 6, Economy; 7, A SUMMARY OF ARGUMENTS FOR VEGETARIANISM.—By Wm. Penn Alcott. With portrait of the author, 5c.; 25 copies, 50c.

ALL THE ABOVE sent on receipt of price, either check or money order, payable to Henry S. Clubb, 1023 Foulkrod Street, Station F, Philadelphia.

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

The Vegetarian Magazine



ZOROASTER ❖ ARISTOTLE ❖ SENECA ❖ OVID ❖ PLVTARCH ❖



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JUNE, 1904

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LINNEVS ❖ GRAHAM ❖ SHELLEY ❖ TOLSTOI ❖ OSCAR II ❖

The Vegetarian Soldier.

The vegetarian does not believe in shedding the blood of his fellow man any more than that of his other fellow creatures, but if compelled to fight in self-defense or in defense of the oppressed, he is no coward either in the manner or the methods of his warfare. By courtesy of the *Record-Herald* our May number presented a picture of the typical Japanese soldier, whose brilliant military strategy and unparalleled physical endurance have won the admiration of the world's armies. Like the soldiers of Cyrus, who conquered the world on barley, and the heroic Spartans with their black bread and olives, these militant vegetarians of the twentieth century have taken their little bags of rice and marched to victory, with such a steady stride that never again will vegetarians hear the trite excuse for flesh-eating from those who never expect to even hear the roar of cannon, that "vegetarians can not be good soldiers."

There is another fact about this vegetarian, Japanese soldier which, we note, is not heralded in our metropolitan press, but for which our missionaries in Korea are giving him due admiration and praise, viz., wherever he goes, he is the *protector* and not the *violation* of woman. His presence means that womanhood is safe. Unhappily, this can not be said of any of the flesh-eating armies of so-called Christian nations. This is no accident, but only another illustration of Shelley's declaration concerning this reform in diet: "It plucks up the whole evil by the root."

Dr. Alexander Haig, F. R. S.

Some time ago we wrote Dr. Haig, the eminent English specialist and author of "Uric Acid," for a contribution to THE VEGETARIAN MAGAZINE, and also for his

photograph that we might reproduce it for the pleasure of the American vegetarians, to whom his name is that of a familiar friend.

Dr. Haig is one of the busiest men in all England, having taken upon himself in addition to his burdensome professional duties, the direction of the large hospital known as Apsleigh House, which is conducted on a strictly vegetarian regimen. We therefore highly appreciate his courtesy in complying with our request.

Beginning with the May number we are publishing the series of articles he so kindly furnished, on "Life and Food," and the readers of our June number will be glad to be able, hereafter, to associate his name with the strong, finely intellectual face that greets them.

Total abstinence from intoxicating liquor as a beverage is simply common sense. Wise men in all lines of life see that its use unfits them for duty. At a banquet given to Dr. Lorenz, the great surgeon, in New York, wine was served, but the doctor pushed the wineglass aside, and in reply to the question as to whether he was a teetotaler he said:

"I can not say that I am a temperance agitator, but I am a surgeon. My success depends upon my brains being clear, my muscles firm, and my nerve steady. No one can take alcoholic liquors without blunting these physical powers, which I must keep always on edge.—*The Character Builder*."

Life and Food.

(Continued from page 175.)

on dried fruits, on nuts and fresh fruits for their nourishment. It is a matter of individual taste, of individual powers of digestion, and each individual must settle for himself what he will take.

(To be concluded.)

THE DINING ROOM

Summer Dishes.

VEGETABLE GELATINE.

"What do you use in place of gelatine?" is a question often asked of the writer. I have tried many preparations, most of them of foreign manufacture, in order to find something that I could recommend to vegetarians and would-be vegetarians, instead of that vile decoction of the horns and hoofs of animals, many of them diseased, that is one of the lucrative by-products of the stockyards. I had the pleasure of talking with a lady who had a personal knowledge of its manufacture, and her description made me glad that its suggestive odor had led me to banish it from my kitchen long before I became a vegetarian.

It was, therefore, with great delight that I found the Vegetable Gelatine put up by the Sanitas Food Company to be the perfect article I had been looking for. Not only is it a perfect substitute, but is also far less expensive, and even those who are not vegetarians will never again use the vile smelling product of the stockyards when they have once tried this gelatine that is as pure as it looks and smells.

A list of recipes for fruit jellies and sherbets accompanies each package.

OKRA.

"What is that?" A group of women were looking at some queer looking pods, and the young man who was evidently out of his place among the vegetables, said they were peppers, and the interested housewives turned away thinking this too hot weather for peppers by the quart. The pods were okra, and we are glad to see this vegetable, so highly prized at the South, among our importations.

Take a dozen or more, according to

size, of fresh okra pods, cut in thin slices, boil in salt water until tender, add a half cup of stewed and strained tomatoes, a half cup of corn, grated fresh corn is best, otherwise pass through the colander. Add a small piece of butter and a cup of hote cream or milk. Turn over freshly made croutons and serve hot.

Okra can also be served as a breakfast dish on toast.

SPINACH.

Do not forget to serve your household with plenty of spinach. It is said to have a specially salutary effect upon the kidneys and lungs.

Wash through several waters, add no water except that which adheres to the leaves, and cook slowly from twenty to thirty minutes. Add butter or cream and a little salt. It can be served plain or garnished with sliced cold boiled eggs. If acid is desired let it be lemon juice.

Cold spinach mixed with shredded lettuce and delicately sliced radishes served with a French dressing on lettuce leaves is an attractive and appetizing salad.

A SUMMER SALAD.

A delicious summer salad is made by mingling fresh, finely sliced cucumbers, a few slices of white or red Bermuda onions, fresh, finely sliced radishes, some tender sprigs of water cress, with a French dressing. Serve on lettuce leaves.

Do not forget, these summer days, to serve mint sauce (made with lemon juice) with your nut roasts. Occasionally flavor your lemonade with shredded mint.

Do not be afraid of cucumbers. The vegetarian Greeks ate them with impunity. The flesh eaters should beware of them, not because of the innocent cu-

cumber but because they are likely to make a riotous digestion if eaten with meat. The anarchist, however, is the flesh, and not the cooling, crisp product of the garden which is eaten by vegetarians the world over, and usually in its natural state. One who has become accustomed to the delicious article fresh from the garden, minus salt or acids, understands how the Greek enjoys his wholesome black bread and cucumber, which he eats rind and all. In fact the next time you slice your fresh cucumber, try leaving some of the delicate green rind as a matter of culinary æsthetics, and you will not suffer by your departure from time honored traditions.

Cold potatoes, Bermuda onions, cucumbers and thinly sliced radishes and the tender sprigs of lettuce make an appetizing salad served with a French dressing.

TOMATOES AND LETTUCE.

Serve your table generously with tomatoes and lettuce. They are Nature's tonics. Have no fear of tomatoes raw or cooked. A correspondent recently expressed himself as afraid of tomatoes and desired the writer to suggest a substitute therefor. Occasionally we find some digestive idiosyncrasy that seems to make one unable to eat certain kinds of vegetables or fruits, but we have found this usually to be temporary or imaginary. A lady to whom we suggested the plentiful use of fresh ripe peaches was sure they would kill her. However, when she went to a sanitarium and had the same prescription, although protesting at first, not only found that they did not kill her, but that they were precisely what she needed—by the basketful. Many times the trouble is not with the article feared, but on account of its combination with some other food. Baked tomatoes with

protose are a perfect food; also tomatoes served in any form as a salad.

HOW JAPANESE COOK RICE.

Do not forget also that rice is the ideal cereal for hot weather in a temperate zone, as well as in the tropics. Wash it through several waters until all the starch adhering is removed. Drop into salted boiling water and boil *rapidly* fifteen minutes. Draw to the back part of the stove (or turn the gas down low) cover it closely and let it gently simmer or steam thirty minutes; uncover, shake gently to let the air thoroughly penetrate it, and every grain will come out whole, tender and delicious. Madame Sakurai, the little Japanese lady who was a delegate to the World's Temperance Congress, Chicago, taught the writer this Japanese method of cooking this delicious cereal, and any one who tries it will understand how the Japanese can eat rice without cream or any other American additions.

PINEAPPLES.

Pineapples are at their best and the careful housewife will not forget that the pineapple is a medicinal as well as a dainty luxury. It is said by those who ought to know that it is Nature's vegetable pepsin. Served as a salad on lettuce it is an appetizing addition to the noon-day luncheon. With vegetable gelatin it is a dish fit for the gods, and with freshly grated cocoanut and dainty bits of orange it is appropriately named ambrosia. In preparing the pineapple in any form you will find it of great advantage to cut it after the manner of the people in the tropics, namely: take the whole pineapple and cut into slices, and afterward cut off the outer rough covering, and you will find that it is a saving of pineapple and patience, as well.

BANANAS.

Bananas are nearly a perfect food. Try this recipe for a summer day: Mash the banana thoroughly, add a little powdered sugar and whipped cream and the white of an egg thoroughly whipped, and some candied cherries, or a little cherry juice. Serve with lady fingers.

Cherries and Cheese.

Cherries and cheese? Certainly. They are delicious together and besides, a piece of rich, old cheese with your plate of cherries will positively prevent any possible discomfort that might arise from the use of the fruit. Not that the fruit is injurious, but so much we use is either under or over ripe, or has been too long picked, or, well, it is a rare thing to find fruit in its perfection, except as we can gather it in its perfect fullness and ripeness and then use immediately. But try the cheese, you will learn to like it, and soon cherries will not be complete to your taste without it.

There are cherry and sago puddings, and cherry batter puddings, and cherry pies and we might continue the list, but no way of serving the cherry is so satisfactory as in its natural state, cool and fresh—with a bit of cheese. Of course, this applies to table cherries.

The sour, or pie cherry, must be made up, combined in various ways to make it appetizing. Try sago with your sour cherries for

A COLD DESSERT.

Stem your cherries, put in a stew pan and just cover with water. Bring to a gentle boil, and carefully drain out your cherries into another dish. Then thicken the water with sufficient sago to mold. Add a pinch of salt when clear and carefully mix with the cooked cherries, then pour into molds, individual, or one large

one, as preferred. Do *not* freeze, but serve *cold* with strained honey, or some fine syrup. If preferred the sago can be sweetened before it is mixed with the cherries, and if the cherries lack character use any flavoring desired. This dessert can be made at breakfast time.

A HOT PUDDING.

A steamed cherry pudding is very simple, and also healthful, but requires more work in the making.

Place a thick layer of stoned cherries in a pudding dish. Pour over them a batter in following proportion: One egg, well beaten, one cup graham flour, one cup buttermilk, one-half teaspoon soda and pinch of salt. Place in steamer and cover tightly. *Do not raise the cover for one hour*, and keep the water steaming. Serve with hard sauce of butter and sugar.

JESSIE S. PETTIT FLINT.

How to Rest the Brain.

There are five things to remember that help to rest an overtired brain: 1. A healthy indifference to wakefulness. 2. Concentration of the mind on simple things. 3. Relaxation of the body. 4. Gentle, rhythmic breathing of fresh air. 5. Regular nourishment. If we do not lose courage, but keep on steadily night after night, with a healthy persistence in remembering and practicing these five things, we shall often find that what might have been a very long period of sleeplessness may be materially shortened, and that the sleep which follows the practice of the exercises is better, sounder, and more refreshing than the sleep that came before. In many cases a long or short period of insomnia can be absolutely prevented by just these simple means.

Here is, perhaps, the place to say that all narcotics are, in such cases, absolutely pernicious.—*Leslie's Monthly*.