Chicago Vegetarian April 1897

Chicago Vegetarian
NEW NUT PRODUCTS.

Nuts are an essential constituent of a vegetarian's diet. In their natural state all nuts are difficult of digestion, and cannot be used by many persons. To overcome these difficulties, a method of rendering nuts easily digested has been devised.

NUTTOSE. A pure product of nuts, of the consistency of cheese, that can be also be used as a substitute for butter. Nuttose is made by melting nuts, and is especially adapted to persons who can digest starch.

BROMOSE. MAKES FAT and BLOOD. This is a product made by melting fat, and is especially adapted to persons with an abundant supply of blood.

NUT BUTTER. A substitute for ordinary butter, presenting fat in a form of a perfect emulsion; combined with water, forms a delicious cream. Used for shortening of all kinds. A pure product of nuts can be eaten by those who cannot eat ordinary butter.

NUT CREAM. A delicate, delicious nut preparation, which, properly diluted, turns into a delicately-flavored cream or milk. Ready to serve.

Foods for Health.

GRANOLA.

These products are without a doubt the purest and most nourishing that can be secured.

GRANOLA. Prepared by a combination of grains so treated as to make them the highest degree of nutritive quality. To eat without cooking. A delicious and distinctive flavor. One pound equals three pounds of the best beef in nutrient value.

GRANOSE. WHOLE WHEAT FLAKES AND CAKES

Crisp, appetizing and thoroughly cooked. Healthful to all mankind. Readily served.

CARAMEL-CEREAL.

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BATTLE CREEK, MICH.

Chicago Vegetarian

First Year

CHICAGO. APRIL 1897

No. 8

April Meetings.

The regular monthly meeting of the Chicago Vegetarian Society will be held on Tuesday evening, April 6th, at eight o'clock, at the Auditorium Annex, Club Hall A, Michigan avenue and Congress street ( Congress street entrance). Mrs. Carrica LeFevre will speak upon "Vegetarianism."

The West Side Branch will meet Wednesday evening, April 14th, at eight o'clock, at People's Institute, corner of Leavitt and Van Buren streets. Mrs. Matilda Joslyn Gage will speak; subject, "The Influence of Food Upon Character."

The North Side Branch will have a business meeting Monday evening, April 18th, at eight o'clock, at Mrs. Bronson's home, 776 Larrabee street, near Lincoln Park.

F. E. GREENE, Corresponding Sec'y.

Mathewson Temporary President.

Dr. E. E. Mathewson's paper on "A Physician's Idea of Vegetarianism," read at the March meeting of the Chicago Vegetarian Society, contained many good points and occasioned considerable discussion.

Because of the illness of the president, Dr. Mathewson was elected temporary president of the society. Dr. Rosa Conger was chosen recording secretary, to succeed Miss Francis, who had been called away from the city.

Interest in the west side vegetarian meetings does not abate. There was a large and intelligent audience at the meeting on Wednesday evening, March 10th. Mrs. Carrica LeFevre spoke upon "The Basic Principles of Vegetarianism," taking a metaphysical view of the subject.

ROSA C. CONGER, Sec'y.

Mrs. Annie Besant sailed from Liverpool for New York, March 11.

BASIC PRINCIPLES OF VEGETARIANISM

CARRICA LE FAVRE.

The food question is a very important one. Man's greatest cry is for food, and his first labor that of "bread winning." And it is a fact that he will cry for bread and will continue to win it by labor, and even then often starve so long as he sees it only in one of its aspects. There is more starvation for the lack of nutritive food than is generally known, or willingly admitted.

MRS. CARRICA LE FAVRE.

One fraction is not the whole unit, nor does it contain all the principles. One cannot always recognize the ladder of ascent by a single step that may be exposed to view. Let us then start from a correct and a rational premise, and our working of the problem will bring us intelligent conclusions. To be sure, it is better to hang on the outskirts of vegetarianism than not to be identified with it at all. Better to be on any step of the ladder for a time than to ignore the ladder altogether.

Progress is the law of substance and motion. All must unfold and in the same order, the rate only differing. This places us all on an equal basis before the great law.
other thing or condition, because he is manifesting in another fraction. And so it is seen that all do not seem equal, and yet in diversity there is unity. In unity there is beauty. And all goes to make up the golden stairs.

It is useless to dispute the fact that people can, up to a certain stage of unfoldment and consciousness, sustain life and health on a flesh diet. But on what plane are they? Intellectual they may be, but are they the highest in spirituality and purity? With what do they vibrate? Do they vibrate with the wave of divine love; to the accord of universal harmony? No. Then, plainly, there must be a higher, a better way.

To be subject to the conditions, environments and elements is not the noble destiny of man, but his error, or sin of ignorance. To feel one must eat in turn minerals, vegetables, animals, and even fellow man, it seems to me, not the noble purpose involved in man's origin. Man is not to slaughter, rob and devour the world, but to subdue, cultivate and replenish it. When man subdues the animal natures within himself, then the animals out yonder will be beautiful, and amiable, and gentle. When the same laws of our nature are subdued, and rightly dealt with, there will be no offensive swine out yonder confront us. When the song-bird of our nature is assigned its rightful place we shall not strain our purses nor jar our vibrations to perch the song bird out yonder on our hats, nor take him as a delicacy on our toast.

But it requires education on the higher lines to convince people of the attractiveness and desirability, the goodness and humanitarianism of vegetarianism. Education along this line is no longer above the reach of the people. All may now have it. The field is ripening, and the laborers, too, are ready.

For Famine-Stricken India.

Editor CHICAGO VEGETARIAN: It seems to me that the vegetation of America ought to raise a fund for sufferers in India. They are the nearest vegetarians in the world, and had rather die than sacrifice the little living thing.

MARY SMITH-HAYWARD

The Chicago Vegetarian will be glad to receive donations for this worthy cause. All funds sent in will be forwarded through one of the Hindu representatives in this city, and dues of knowledge of subscriptions recent will be given in these columns. Who will head the list?

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W. C. LANDRY, D. D. S., St. Louis, Mo.

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to those who send 50 to 100 a year. Write to EVERYBODY'S JOURNAL in Chicago.

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