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Chicago Vegetarian April 1899

Chicago Vegetarian

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CHICAGO VEGETARIAN, McVicker's Building, CHICAGO.
Of Interest to the Housewife.

Novel Church Dinner.

If you are looking for "something new" for your next church entertainment, something that will "draw," give a vegetarian dinner. The uniqueness of the thing will insure a large attendance, and you'll be doing good missionary work, besides. The ladies of the Woodlawn Park Methodist church, of this city, got up a vegetarian banquet the seventh of this month, which was even a greater success than the meatless dinner served at the same place in January last. This was the menu:

SOUP.

Vegetarian Soup with Cretons.
MEATS (Nut.)
Walnut Roast with Tomato Sauce.
Nuts with Spaghetti.

VEGETABLES.

Browned Granose Biscuit with Peanut Butter.
White Bread. Whole Wheat Bread.

DESSERTS.

** **

BAKED BEANS.
Mrs. Isabel A. Lemoine, of Worcester, Mass., contributes this receipt for baked beans. Pick over a pint of common white beans, place them in water on the stove where they will not boil but will remain scalding hot all the forenoon; then pour off the water, put in a bean pot, cover with water, add a heaping table spoonful of nutmeg and salt to taste. Bake in a moderately hot oven all afternoon, taking care that they do not get dry and burn.

CAULIFLOWER BATTER PEROGIES.
Take part of a cauliflower boiled or steamed tall tender, cut off the tops and tender parts and chop fine, adding a little sage, marjoram or thyme if preferred; have ready an ordinary butter as for York- shire pudding, pour this on to the cauliflower, stir briskly and pour into the baking tin, to the depth of one-half an inch, and bake a nice brown. Batter puddings baked crisp and brown are more digestible than when soft and sodden.

**

POTATO PIE.
Half fill a pie dish with potatoes cut into small pieces, then cover with one onion cut fine; over this put 1 or 2 small cupsful of washed lentils, and about 1 oz. of butter, fill up with potatoes, pepper, and salt to taste, and cover with boiling water, cook in the oven till nearly tender, then cover with paste.

VEGETARIAN BROWN GRAVY.
Vegetarian brown gravy will keep several days. It is easily prepared, thus: Put an ounce of butter in a little enamelled pan, melt, and then stir in a dessert spoonful of flour in mixture brown. Add pepper and salt to taste; pour boiling water on till the proper thickness is reached, let it come to the boil, and then pour into the gravy boat for use.

THE VEGETARIAN MILL.
The price of the grist mill advertised on page 15 of this number of the Chicago Vegetarian will not be sold at the special price of $3.75 after May 15.

Pervered Tastes.
Nature directs that the human structure shall be built of certain specified materials, and further, that as the tissues of the structure are wasted and wear away, their restoration can only be by the employment of such material as has the power to rebuild or restore. Blood, bone, muscle and nerve tissue are all made from the food one eats, and the quality of these various factors or elements of the human body depends upon the measure of the body-building materials contained in the food eaten. If the daily diet is deficient in bone-making substance, then will the bones of the body be deficient in strength and substance. The whole matter of proper living from a dietary point of view is to employ such materials as will build and sustain the human structure in just such manner as has been provided for its building and sustenance. The farmer who understands the science of a true agriculture does not feed his cattle or land in an aimless, haphazard way. He seeks to provide a perfectly balanced ration for both.

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