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The Vegetarian Magazine August 1900

The Vegetarian Magazine

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MRS. KINNEY'S KABINET STEAM KOOKER

No More Burnt Food—No Scalded Hands—No Odors—No heavy Blackened Kettles to Wash—No Steam in the House—No Watery Result

A FUEL SAVER—There is only one burner on the stove—no gas waste, no danger of explosion. All that you pay for is fuel for the oven.

A FOOD SAVER—All nutritious quality of food retained, with full flavor and color. Murderous food by evaporation. All flavors preserved from diluted water.

A TIME SAVER—You can do more work, while menu is cooking. Cannot work in salad room while the food is in the Kooker. You can take it to the table and pay no attention to hot kettle.

A LABOR SAVER—Pots and pans are no worry, no heavy, blackened kettle and no food sticking to pan. Dish washing comes a lot quicker.

SEE HOW IT OPENS—A door on the side permits access to any part without disturbing the others. Kooker made with a door.

Our Kookers are made of extra heavy XX gum and copper.

PRICES

No. 3 For Family of 3 or less $3.00
No. 5 For Family of 5 to 9 5.00
No. 8 For Family of 10 or more 8.00

No. 3—Showers six seated persons; all being cooked on one gas burner. That three & qpt. pans, two driplinets and one pot.

GENERAL OFFICES—KINNEY KOOKER CO.,
315 Dearborn Street, CHICAGO.

AGENTS WANTED.

August 15, 1900.

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C. J. Zettler, Myra E. Winne, R. B. Dickie, Frontispiece

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Vegetarianism and Science

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King Humbert a Vegetarian

Strength of the Gramma

Suffering Pocum Meat
furnish an argument against my oppo-
nent that he cannot surmount.

"The baboon, as all of the Old World
monkeys, have the same dental formula
as man, having thirty-two teeth—two pre-
molars and three molars. The baboon
remarkable for the form of the first
lower premolar, the crown and side of
the root being raised to a cutting edge,
and the long upper canines closing past
them, making a very formidable cutting
appliance; there are distinct edges on the
upper canine and on the lower premolar.
The molar teeth are not as well developed,
for we have not yet gotten to the oblique
ridge found in some of the higher quadru-
mannas.

The orang-outang is one of the higher
types of monkey. It has the same dent
formula as man, and its teeth resem
ble the human teeth to a remarkable de-
gree, except in being enlarged,—the ca
nines protruding very much, and the pres
ence of the diastema in front of the canine
into which the lower canine closes. There
is much prophagism in this animal. It
has the receding chin, like the idiot, which
is observed sometimes in some of the
lower races.

In the gorilla, which is the highest of
the apes, we have a still more advanced
type—that is, nearer to the human form
in many parts of its organism than any
other lower animal. The denture is not
quite as pronounced in its human type
as that of the chimpanzee, because in the
latter the third molar begins to be re-
duced; but in the gorilla it is functional,
and quite as large as the other molars.

We have the oblique ridge quite well de-
developed and distinctly typical. The hiru-
pids are well developed, and the trans-
verse ridge connecting the cusps is very
strong.

There is a gradual reduction, of course,
from the gorilla up to the man, in the evolu-
tion of the molars; the type of the teeth
is still there; but there is no mis-
take about the relationship. In the
lower forms we have not got the oblique
ridge; but in the gorilla this oblique ridge
appears, as in most of the higher apes.

The gorilla who is, for his size, the
strongest animal in nature, so that the
beasts of prey keep out of his vicinity, is
the nearest in organization to man of any
of the monkey families and like all of the
quadruped is a vegetarian. Evolution
then is not only away from the carnivora
in bodily structure but in dietetic habits
also, and man is the fairest removed
from them of all.

With the exception of the above I do
not see anything in the eleven points the
doctor has laid down that have not been
disposed of before, some of them are con-
tradictory and none, with the exception
named, belong in this part of the discus-

The Fruit and Flower League Notices.
At their meeting July 14, the members an
ounced a series of conferences at Kitchen
Chemistry in members, and guests subscribing,
by Dr. J. D. Craig, beginning the latter half of
November, and it is the intention to make
professional chemists or teachers in the
science, but to instruct those deeply interested in
housewifery regarding the elements with which
they deal in the daily routine of the wondrous home
life. For terms apply to the secretary of the F. and F. L. at the Vegetarian office.

Picnic Luncheons
Remember that a basket of fruit and nuts form the ideal luncheon, as they are
the ideal food. If you must have sand-
wiches the following recipes will be found
agreeable additions to the menu. Do not
forget to put into the luncheon basket
lemons and sugar for lemonade. A piece
of ice well wrapped in newspapers will
soon melt if put in a cool place.

Behold how beautiful and deliciously
fragrant is the lunch basket of the veget-
arian, compared with that of her carniv-
orous friend, who ordered the slaughter
of some innocents, and then tries herself
' to death' cooking, and d stewing, and
mincing the mangled limbs, to prepare
the picnic luncheon; while all the while
the summer sun had been cooking the
summer luncheon, sweet, delicious and
frugal.

Cucumber Sandwich
Slice very thin fresh, sweet cucumbers.
Cut each slice in quarters. Place between
thin slices of buttered bread (whole wheat
is best). Moisten with mint salad dressing.
Wrap each sandwich by itself.

Olive Sandwich
Spread whole white bread with nut butter,
any kind preferred, and finely minced ripe olives. Put a crisp lettuce
leaf in each sandwich. The ripe olives
now on the market are not only very deli-
cious, but the only kind that should be
eaten.

Protoe Sandwich.
To one tablespoonful of protoe add
one tablespoonful of finely minced cu-
umber and shredded lettuce (and a little
onion if preferred). Moisten with mint
salad dressing (see recipe above) or with
minute sauce (see recipe above), and spread
upon thin slices of whole wheat or white
bread. Do not butter the bread.

Tomato Salad
Select firm, ripe tomatoes, one for each
individual to be served; put on ice until
very cold. Slice a cucumber into ice a
ter. When ready to serve, remove from stem end, inside of tomatoes, minor
with the cucumber (not too fine) and a
trace of finely minced onion (or a little
onion juice may be used instead). Place
on crisp lettuce leaves and serve with the
following mint salad dressing:
To two eggs beaten to a cream add the
juice of two lemons, one-half teaspoonful
of salt, two teaspoonfuls of sugar, and one
cup of cream. Boil, but not long enough
to curdle. When cool add one tablespoon
ful of fresh mint cut fine. Set on ice.
This is a delicious salad dressing for all
vegetable salads, and also for banana sal-
ad. Anyone who likes the tonic aroma
and flavor of mint will be glad to know
that it has other uses than to be served
with the roasted remains of slaughtered
lamb.

Whole Wheat Bread
Scald a pint of milk. When it is lukewarm
add one pint of cool water, a tea-
spoonful of salt, one compressed yeast
cake dissolved in a quarter of a cupful of
lukewarm water. Stir in slowly suffi-
cient whole wheat flour to make a bata-
ter that will drop from the spoon. Beat
thoroughly, cover and stand in a warm
place (about 75 degrees Fahrenheit) for
two hours and a half, or three hours.
Then add sufficient flour to make a
dough. Knead this lightly until it loses
its stickiness for about ten minutes. Make
it once into leaves, put them into greased square or long pans, cover
and stand in the same warm place for one hour, or until the
mixture feels light when lifted. Brush
with water and bake, in a moderately
quick oven (300 degrees Fahrenheit) for
three-quarters of an hour. Remove from
the pan and stand the loaves against the
pan, that so the air will circu-
late around them. Allow them to cool
uncovered. Do not keep bread in a damp
cellar or even in a damp closet. Keep
your bread box in the light kitchen.—
Ladies' Home Journal.