8-15-1902

The Vegetarian and Our Fellow Creatures August 1902

The Vegetarian Magazine

Susanna W. Dodds M.D.
"I Eat Sanitas Food Candy."

"Mamma says it's good for me,
  It's good for you, too."

Most people take to candy as naturally as a duck takes to water, but few take the after times—days
  toils, hardships and pain. Follow the example of a high girl and eat SANITAS FOOD CANDY, being
  largely digested, doesn't cause the stomach ailings and ordinary candy, but gives a start into
  good health, home and contentment.

Made on honor by the SANITAS NUT FOOD CO., Ltd., Battle Creek, Mich. Write them, give the
  name of your grocer and they will send you a free sample.

SHREDDED WHEAT BISCUIT

From Natural Food Company, Sanitized, Sanitary and Sanitarized in the world, mix together, and
  the resulting product is a wholesome food. Shredded Wheat Biscuit is made from the finest natural
  foods with the most careful and strict conditions, and that none is used which was not wholesome.

While whole in a Naturally Sanitized Food, made in a world, the actual nature of the food is
  protected by the checks of the world. This is the story of Sanitized Food, or the Sanitized
  world, and this is the story of Shredded Wheat Biscuits, which is a product for natural
  sanitation, health and strength.

The daily use of Shredded Whole Wheat Biscuit builds strong teeth, strong muscles.

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THE NATURAL FOOD CO., Niagara Falls, N. Y.

The Vegetarian

AND

Our Fellow Creatures

ZOROASTER, ARISTOTLE, SENECA, OVID, PLUTARCH

Vol. 6

No. 11

AUGUST 15, 1902

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An Illustrated Magazine of Better Living—An Authority on Foods, their Selection and Preparation. Doctrines of the Use of Fresh, Fish and Fowl for Food. Upholds the Right to Life for the Whole Nation. What Are We to Do? Advocates Justice, Humanitarianism, Peace, Repeal. Comprising 12 cents for a Subscription, a Healthier Mentality, a Higher Morality. Literature of the 18th Century, Home
Published Monthly by The Vegetarian Company—Chicago $1.00 a year—Ten Cents the Copy

LINNAEUS, GRAHAME, SHELLEY, TOLSTOÏ, OSCAR W.
The Vegetarian and Our Fellow Creatures.

is largely dependent on the food he eats.
In winter more potatoes and less fruit;
in summer more fruit and less potatoes—but only as sauces, not as foods.

The Uric Acid Monthly (May and June, 1903) contains the following important and interesting table, showing the number of grains per pound of uric acid and xanthins in the various kinds of flesh food, and also in tea, coffee and cocoa.

Of course, the free uric acid is only contained in the flesh foods. It is a luminous answer to the question so often pronounced: Why are kidney affections and other uric acid diseases so prevalent? The laws of nature are not altered because we "like meat," and outraged nature is exact in her penalties. A well-known Chicago physician said to the writer that nine-tenths of all the diseases he was called upon to treat were directly due "to eating red beef."

FRUIT JUICE.

Select sound berries, fresh from the garden, and about half or two-thirds ripe—pale red berries, not very soft. To a pint of these, picked and washed, add one pint of water, and 2 teaspoonsful of sugar. Then heat to a boil in a porcelain kettle, skim well, cook five minutes, and strain through a cloth; let the juice stand till it is cold and drain off the clear pink fluid, leaving the more pulpy portion in the bottom of the vessel. If necessary dilute with water before serving.

APPLE JUICE.

Pure, core and quarter rich, juicy apples, as pippins, with a tart or sub-acid flavor, and start to cooking in water enough to make plenty of syrup; a few slices of quince may be added if the flavor is liked. Then simmer gently one hour, or till fruit is quite soft; when cold drain off the juice. No sugar will be needed unless the apples are very sour.

The juices of canned fruits, diluted with water, make good drinks for the sick, provided they are put up with little or no sugar.

DRIED PEACH JUICE.

Select good fruit, free from gum; the peeled peaches are best. Prepare and stew as for sauce, allowing plenty of water for juice when done; cool and dilute to suit the taste.

Tart dried plums may be used instead of peaches.

BLACKBERRY JUICE.

To a quart of sound fruit add a pint of water and stew without sugar; strain

Gooseberry Juice.

In preparing fruit drinks let none but sound fruit be used. Lock it over carefully and if not perfectly clean wash through a colander—except raspberries and blackberries which, being too soft to wash, must be "taken on trust." Cook in a vessel that is porcelain lined, or made of granitized iron; and if the water used in stewing is not soft, or is saturated with mud, boil thoroughly, and settle, till clear. After these drinks are made set them in the refrigerator or in a vessel of ice water and cool to the proper temperature; if they are too concentrated dilute with a little pure water.

CURRANT JUICE.

Allow nearly a quart of water and two tablespoonfuls of sugar to a full quart of currants stripped from the stems; heat slowly to a boil in a porcelain kettle, and skin. Then simmer five minutes, strain through a cloth, and cool. There is no finer drink for the sick than this; it can be diluted with water if necessary, and a little sugar used, to suit the taste.

GRAPE JUICE.

Select the best of grapes, not overripe; then prepare and stew in a porcelain kettle, allowing one pint of water to three pints of fruit, picked from the stems. When it comes to a boil it skim well, then simmer slowly 5 minutes, and strain through a clean flannel cloth or cotton cheesecloth. Heat again almost to boiling, remove from the fire, and cool. As a mild, sub-acid drink, this is greatly relished.
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McVicker $3.00. Chicago.

AUTO-HYPNOTISM.
I have made a discovery which enables me to
hypnotize myself in twenty minutes at any
time and there is no danger to my health. Anyone can
learn to hypnotize himself. Right now suppose you
are sitting in your room with your hands in your
laps and your eyes closed and thinking of a
beauty, right now pretend you are enjoying every
moment of the sensations and you will
enjoy them. Right now imagine you are
in the company of friends and enemies and you
will enjoy them. Right now think of the
people you love and hate and you will
enjoy them. Right now think of the
times of your life and you will
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