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The Vegetarian and Our Fellow Creatures February 1903

The Vegetarian Magazine

Alice B. Stockham M.D.

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The Vegetarian
Our Fellow Creatures

Protose — The Vegetable Meat

The exclusion of flesh foods from the dietary is a very important step in establishing a higher standard of health. Many vegetarians make the mistake, however, of banishing meat from the table without adopting something to take the place of it. This course results in an ill-balanced diet, which in turn, means certain loss of strength and nourishment. Protose, the Vegetable Meat, looks like meat, tastes like meat, and has exactly the food value of prime lean beef, without the features that make it objectionable.

Send us Six cents to pay for postage, and receive a free sample.

Sanitas Nut Food Co., Ltd.
34 N. Washington Avenue, Battle Creek, Mich.

Comfort in Sitting
No Longer a Myth

The Fit-the-Back nature of the chairs in the Pullman Pullman Car has been applied to House and Office chairs.
The chair here illustrated is one of these chairs. Did you ever see a chair with Fit-the-Back as this does? The Fit-the-Back Panel of the Richards Chair has completely overcome this defect of the ordinary chair. It instantly adjusts itself to the size, pose, and curves of your back so as to improve with you at every change of posture you may assume. And best of all, you will wonder why all chairs are not made that way. See our catalogue for other styles.
Richards Chair Co.
Suite 1203 Wabash Tower
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Pope & Svedenborg, Voltaire, Franklin, Wesley
An Illustrated Magazine of Better Living — An Authority on Foods, their selection and preparation, inconveniences and diseases due to the use of flesh, fish and food for food — Upholds the Right to Life for the Whole Human Race — Advocates Justice, Humanitarianism, Liberty, Hygiene, Temperance — Stands for a Stronger Body, a Healthier Mind, a Higher Morality — Literature of the XX Century — Published monthly by The Vegetarian Company — Chicago, Ill. 50c a year — Ten cents a copy

Linnaeus, Graham, Shelley, Tolstoy, Oscar II

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2 Year, $1

1 Year, $1

2 Year, $2

3 Year, $3
food, or upon the next lower types of sustenance—potatoes, carrots, parsnips, blood beets, cauliflower, etc." He said: "It is fortunate for the human family that the best food for man costs more than fifty per cent, less than that sent out from the blood-reeking slaughterhouses. This getting the best food for less money is equivalent to an increase of earnings."

The afternoon of January 18th was passed very pleasantly by about twenty employees of Bernarb Macfadden's Strength Food Restaurant. The occasion was an informal dinner given by "A pleased patron," Mr. Edgar Nelson at the White Rose Vegetarian Restaurant, 36 W. 18th street.

The dinner was served a la Battle Creek, and was highly appreciated by all. Informal talks followed the repast. A vote of thanks was extended to Mr. Nelson for his hospitality.

ST. LOUIS SOCIETY.

The usual bi-monthly meeting of the St. Louis Vegetarian Society was held January 22nd, at the residence of Mr. J. Lankenow, 2302 Farrar street.

Plans were discussed relative to holding a series of vegetarian public meetings, receptions and other active work. Those present were Mr. J. Geo. Heid and wife, G. G. Heid, J. Lankenow, Ernst Werkeimpster and Hugh A. Wetmore. Edgar G. Perkins, Secy.

We have seen that the senses and intuitions, the various emotions and faculties, such as love, memory, attention, curiosity, imitation, reason, etc., of which man boasts, may be found in an incipient, or even sometimes in a well-developed condition, in the lower animals.

--Darwin.

OUR CORRESPONDENTS.

This department is open to all who desire to briefly state opinions and experiments or who seek information or various points in connection with food reform. Letters should be addressed to

THE EDITOR,

The Vegetarian, Chicago, III.

IS BREAKFAST A BAD HABIT?

To the Editor:

It may interest your readers to know my experience in omitting breakfast entirely for almost a year, during which time I have been engaged in building heavy steam engines, and my work has called for an amount of strength and endurance more than common among machinists.

And I can say at the end of eleven months, that I have proven to my own complete satisfaction that the only breakfast, eaten before work, is unfitted for; it does more harm than good; it interferes with the digestion and diminishes the brain by its demands on the vital to dispose of food not really needed by the system.

I weigh more by nearly ten pounds now than I did a year ago. I enjoy my meals more and make better blood for what I do eat. I have not eaten fish, flesh or fowl for seven years, and am every way healthier and happier than I was seven years ago. If those who imagine that their appetite demands a hastily swallowed breakfast, could only realize that the fancied appetite is only the result of an unhygienic habit, followed for many generations, they would follow to second from tradition and try what Reason and Self-Control can effect in forming new habits, based on the real needs of the body.

WILLIAM CANDY PERKIN.

SUGGESTED MENUS FOR DINNER.

Cream of Peas.
Walnut Timbale, Tomato Sauce.
Scalloped Potatoes.
Buttered Parsnips.
Lemon Pie. Fresh Fruits.
Vegetable Soup.
Mashed Potatoes.
Salsify with White Sauce.
Cabbage Salad, Cream Dressing.
Zwiebach Fingers.
Rice Pudding. Almonds and Raisins.
Fresh Fruits.

A Dainty Luncheon.
Plasmon Biscuit with Plasmon Cocoa.
Oranges, Almonds and Raisins.
Vegetable Bouillon with Croutons.
Baked Banana with Fruit Sauce.
Graham Currant Loaf.
Fresh Fruits and Nuts.

Some Seasonable Breakfasts.
Shredded Pineapple with Grated Coconut.

NUTS AS FOOD.

By Alice B. Stockham, M.D.

Nuts are Nature's own provisions for bodily sustenance and abound in great varieties in every part of the world. The nutritive elements of nuts, representing as they do both meat and butter, are so well combined that the body may be well nourished by them.

The pioneer, aboriginal tribes and persons lost in the woods have over and over again proven the nutritional value of nuts. Added to this, many experimenting in uncooked foods have lived a long time on nuts alone. George Francis Train, when traveling and lecturing often subsisted for days upon raw peanuts, carrying a supply in his pocket.

Until quite recently nuts have had the reputation of being heavy and indigestible. No doubt this reputation was largely due to the fact that they were rarely eaten as food, instead they were taken as a paste and that, too, when the body had been fully nourished by regular meals. They were taken to places of amusement or cracked winter evenings to while away the time, and consumed upon railway trains for the same purpose. Thus eaten when there was no demand for nourishment the body was overfed and the innocent nut blamed for any consequence that followed. Eaten as food and with the meals they make
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a good substitute for meat and all animal products.

Children eat nuts as naturally as birds eat worms, and they seldom lose their fondness for them. They should be provided early in the meal and in the natural state, and they will be eaten with greater zest and avidity than most other foods.

People desiring simplicity in diet will eat nuts in their natural state. Indeed most people relish them best so. Those subsisting on uncooked food or the fruitarian diet use nuts as furnished by nature, making their choice according to taste or abundance of supply.

Our native walnuts and hickory nuts are very nutritious. Brazil nuts ripen in the spring and are thus fresh for summer consumption.

It is not easy to improve on nuts by any form of cooking; still they supply variety as well as nutrient to many forms of cooked food.

Ground nuts give a delicious flavor and nutritious quality to soups, bread, plain cake, cookies, puddings and salads. The following are a few simple tested recipes:

**Nut Coffee**

Take one pint cracked hickory nuts, meats remaining in the shell, pour on 2 qts. boiling water and steep 15 minutes; add sugar and milk; serve as cocoa or chocolate.

**Nut Gravy**

Put into a hot skillet four tablespoons of butter or vegetable oil; 4 spoons raw, ground peanuts; add one large spoon entire wheat flour, stir until brown, then add 1 pint sweet milk, stirring until it boils. Salt and pepper to taste.

**Nut Loaf**

1 cup ground hickory and peanuts mixed, 2 cups bread crumbs, 1 egg, 2 cups water or milk, 1 teaspoon salt, 1 teaspoon pepper, A pinch of mustard and allspice.

Add water or milk until quite soft, and place in a thin cloth and steam 45 minutes. Serve with cranberry jelly or tomato sauce.

The same recipe will make excellent nut croquettes, although it is well to use crackers instead of bread. They should be put into the hot fat with a spatula when they are too soft to mold.

**Nut Hash**

1 cup roasted peanuts, 1 cup potatoes, 1 cup bread crumbs, 1 cup sweet milk, Salt and pepper to taste.

The nuts and bread should be ground in the universal grinder, the potato chopped in a bowl. Cook slowly in a lettered skillet, turning once when brown turn out whole on a platter. Serve with jam, jelly or sweet pickles.

**Nut Salad**

are becoming popular and many recipes for them can be found in magazines and cookbooks. The flavor of the nuts is enhanced by having them ground.

Black walnuts, English walnuts and hickory nuts are preferable for salads. Ground nuts sprinkled over tomato will make a fine addition, but no emulsion equals nuts and apples.

**Favorite Salad**

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**Favorite Salad**

Take three mellow, tart apples, bellflower or greenings preferable, slice very thin, dot over the dish with mayonnaise, then sprinkle with brown sugar. Bake until browned, serve hot.

For the dressing mix the juice of one lemon, half a cup of rapsberry or pineapple juice, two tablespoons of sweet oil stirred in thoroughly, or the oil may be omitted. This makes a hearty salad and is especially fine to serve for a one-course luncheon.

**Nut Butter**

is a valuable preparation of nuts. With it one can season gravy, soups, add to vegetable stews, and make sauces. It is a good and economical substitute for butter and can readily be procured in the market. However, it is much more satisfactory to prepare it at home. If required in large quantities one should have a nut grinder and miller combined. Otherwise, the universal grinder will answer the purpose. Take roasted peanuts, rub and blow off the hulls, heat the milk and pass the nuts through this. Rub with a spoon, adding a little salt. The heat of the milk frees the oil and renders the whole a semi-fluid mixture. If not sufficiently oily add a little sweet vegetable oil.

**NOTES**

Not only is cooking one of the finest of the applied arts, but we rejoice that every year it is being more and more relieved of the old-time drudgery. Many preparations are now put upon the market of undoubted excellence which enable the housewife to prepare meals in an hour, which formerly required several hours. For example, a cream of pea soup, once made from some of the many preparations of pea-meal now upon the market. That manufactured by James Wilson, Fergus, Ontario, makes a rich, brown soup, and does not require the addition of milk or cream. A little minced onion, browned in butter, added, greatly improves the flavor. Such preparations should be thoroughly cooked. Peas contain twenty-eight per cent. protein or vegetable albumen, and all vegetable albumen should be thoroughly cooked.

Plasmon is another preparation of protein obtained from milk, which has been shown by analysis, to contain weight by weight fifteen times as much nutrition as meat, and thirty times as much as milk. The dainty plasmon bicuits are a pleasure to the eye, as well as delightful to the taste; and the plasmon powder added to any of the vegetable soups, except those of peas, beans or lentils, is a wholesome, nutritious addition. To add plasmon to peas, beans or lentils, would be ridge to protect.

**MEAT SUBSTITUTES**

Mr. Rollins, Newtonville, Mass., writes:

"I am using, during the present cold snap, a meat substitute of my own make by grinding in a vegetable mill, a cupful of hulled peanuts mixed with a dozen each of English walnuts, pecans, filberts, almonds and Brazil nuts. To this I add a heaping dessert spoonful of ground flax seed. Sometimes I fry half a tea-cupful of this with cold, boiled oatmeal and sometimes work an equal quantity of the mixture into well boiled lentils and bake in the form of a flat cake.

"It is more satisfying to me than the heavy roast (fat) meat which many people consider so necessary in the severe winter weather.

"The flax seed is laxative and supplies the necessary fat to the system.

"Remarks.—The flaxseed is excellent. There is a prejudice against flaxseed oil on account of its tendency to become rancid, but using the seed and grinding it in the hand mill, obviates this objection, and we regard flax seed a most valuable addition to our dietary."