The Vegetarian Magazine July 1900

The Vegetarian Magazine

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We manufacture nearly a score of different nut foods, all our products are carefully and scientifically made.

Bromose, the Food that is all Food, contains three and one half times the nutritive value of flesh food.

Nut Better is delicious and toothsome, a always sweet.

Protose, or Vegetable Meat, tastes like meat, looks like meat, has the flavor of meat, can be served as meat.

Our foods are served at the Health Food Restaurant, 178 Wabash Ave., Chicago, Ill.


Gloria Barton Endorses Sanitas Nut Foods

MRS. KINNEY'S KABINET STEAM KOOKER

No More Burnt Food—No Scalded Hands—No Colors—No Heavy Blackened Kettles to Wash—No Steam in the House—No Watching Required.

A FUEL SAVER—Uses only one burner on the gas range, or one half on ordinary stoves; and makes a great saving in fuel, and the kinder's eye pay for itself.

A TIME SAVER—All nutritious qualities of food are retained with full richness and flavor. Nothing lost by evaporation. All pieces of vegetables separate from disintegrated water.

A LABOR SAVER—You never do any work, or buy any food, or let any money go into cooking. Can be used in the kitchen or on the table; on dirty or clean ones. Does away with washing utensils to be a bugbear.

No. 3—Serving six families of food, all being cooked on one gas burner. Has three 4 quarts pans, two divided and one performed.

No. 2—Serving for family of 5 or less. 6.00
No. 4—Serving for family of 11 to 15. 8.00
No. 5—Serving for family of 15 or more. 10.00

All for sale in your family, you can be supplied from the main works by express in a week.

Prices

Pope & Swedenborg • Voltaire • Franklin • Wesley


LINNEAUS • GRAHAM • SHELLEY • TOLSTOY • OSCAR II
Third Session.

**Speaker:** Judge E. L. Spence.

(See Frontispiece.)

**Participants in the Vegetarian Congress may tell how they became interested in vegetarianism, relate personal experiences, comment upon the many books and articles they have read, or give information they might consider of interest to the members. The Congress is not an organization or a venue for religious or political purposes, but is open to all, and is a forum for the exchange of ideas regarding vegetarianism.**

**Questions Answered:** 1. Does a vegetarian diet provide all necessary nutrients? 2. How can I start a vegetarian diet? 3. What are the benefits of a vegetarian lifestyle?

**About Vegetarianism:** About two years ago my attention was strongly called to vegetarianism by Mrs. Fairchild Allen, with whom I was at that time boarding. Previous to that I had been a great meat-eater; in fact, thought that I must eat so much meat each day or the whole machinery of my digestive apparatus would go wrong entirely. Well, I now find it quite different. I have hardly touched meat nearly two years, and I find myself in a most excellent condition as to health. I can do a larger and better day's work than I ever could before, and when my day's work is done I feel as frisky as a kitten, and, although 52 years of age, am able to begin another day's work on short notice.

I sincerely believe that much of the ill-health from which people suffer is attributable to the eating of pork and other flesh foods. I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as have the cannibals left off eating human flesh, and eat only vegetables.

In this hurried sketch it is impossible to enter into any lengthy dissertation as to the merits or demerits of vegetarianism. Suffice it to say that I am more than satisfied with my brief experience as a vegetarian, and can only express the wish that all readers of The Vegetarian Magazine may find in following the life of a vegetarian the same happiness and health that I have found.

**Common Ideas of Sport:**

A tall, stalwart man, cast in heroic mold, bearded and sun-burned, his gun on his shoulder, striding across the meadows in the early morning, with the strength of a Samson.

What can be his noble enterprise? Doubtless another labor of Hercules.

He goes to slay some monster of the forest, taking his life in his hand.

He advances cheerfully to meet a dragon or chimera or minotaur, or at the very least a lion or man-eating tiger or some desperate band of robbers.

Do you not read daring and greatness in every gesture?

What may he not achieve to-day? Alas! for six long hours he will shot pretty little birds of the length of your hand, and one out of every three he will leave to die in agony of its wounds on the ground. He may perhaps be lucky enough to kill a rabbit—and that is all! And this forsooth is manly sport!

**Ernest Crosby.**

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**Cream of Corn.**

To one can of best sugar corn add one tablespoonful of minced onion and one pint of water. Boil fifteen minutes. Strain through a colander. Add one cup of cream, salt to taste, add a little minced parsley. Serve hot with croutons.

**Cream of Peas.**

Add a teaspoonful of minced onion to two quarts of fresh peas (two quarts unshelled). Boil in plenty of water three-quarters of an hour. Strain through colander and add one cup of cream and salt to taste. Serve hot with croutons.

**A Savory Soup.**

Three fresh turnips, two good-sized new potatoes, three young turnips, three fresh carrots. Boil three-quarters of an hour. Strain through colander and add minced parsley and serve with croutons. Milk or cream may be added, but cream diluted with water is better than milk for soups, if there is not sufficient quantity of cream. Croutons are easily prepared and much more appetizing than meat crackers. Croutons are really tiny bits of white bread. Break cut into tiny squares or broken with the fingers. Bake a delicate brown in a slow oven.

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**J. D. CRAIG, B. S., M. D.**

**SPINAL: Diseases resulting from Fanny Nutrition and Excretion.**

1. "Chemistry of Digestion with Chemical Tracing." (In press)
3. "Science in the Kitchen, with Chemical Tests." (In press)
4. "The Relation of Food to Interpretation." (In press)

Consultation by mail, 856 Fairway Ave., Chicago.

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**Wahl's Concentrated Pea Soup.**

(Purely Vegetable.) Prepared from selected steam-cooked peas, with skin and indigestible fibre removed, and wahl's bouillon-stock (purely vegetable). It is easy to prepare, in a single package for four persons, in half-hour. Invention of Mr. E. D. Wahl, of Chicago.

**Dumpling Soup.**

Beat up one egg with one tablespoonful of milk and one teaspoonful of Wahl's Bouillon-Stock, and a little salt. Mix in half cup flour and salt, and a sufficient of baking powder. Mix all to a soft dough, roll out and cut in small diamond shapes, steam seven minutes and add to one quart of plain consomme.