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The Vegetarian Magazine

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meat, especially in hot weather, overheat the stomach. They will tell you, also, that the blood becomes unwisely heated, the nerves excited and the general system disarranged.

There is more nourishment in a couple of bananas than in a pound of bloody meat cut from the carcass of some steer or old cow. As it is now, lumpy-jawed cattle and cholera hogs are often digested by carnivorous mankind. The whole meat menu, in summer especially, is an unclean thing to contemplate.

Meat develops savage tempers, easily-excitable brains and in many cases vicious and brute-like dispositions. When we cease to make the carcases of cows and swine and greasy yews our principal food we shall have a higher moral tone throughout the race. There will be less crime and more gentleness—more forbearance and high-minded heroism. —Joliet (III.) Republican.

Leprosy and Christianity.

Dr. Jonathan Hutchinson, a distinguished surgeon (formerly president of the Royal College of Surgeons), who recently returned to England after an investigation of the cause of leprosy, says:

"Wherever Catholic missions are successful, leprosy increases. My calculation is that the risk to a Catholic convert is twenty-fold of that of one who remains in the Hindu faith. If I dare trust my figures, it may possibly in Bengal reach ninety-fold."

Dr. Hutchinson quotes the census returns in support of his theory. He says the Indian Jain, who is a vegetarian, almost absolutely escapes from leprosy, while the Catholic suffers fearfully, and he expresses the opinion that this is a proof that the disease is not-contagious. —City and State.

(Taken from page 10.)

The driver who yells at his horse as if the animal were deaf is a poor horseman. The driver who employs loud imprecations and curses is a tyrant. The driver who jerks the reins or beats his horse upon the slightest provocation is brutal. Who in any way abuses one of the greatest gifts God has given to man does not deserve to own a horse.

One sometimes wishes the doctrine of the transmigration of souls were true. It would be the irony of fate to turn a brutal driver into a horse, compelling him to wear an iron bit in his tender mouth, to assail his delicate ears with abusive cursing and to make him feel upon his back the sting of the cruel lash. Exceeding firmness and exceeding kindness will conquer and control any horse.

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THANKSGIVING.

Give thanks for love. Without love, our thanks are a farce and our feast but a material symbol. But love is a living, forceful power. Love for not only the human race, but for all life—love for our fellow creatures. We rejoice in their joy, we give thanks with them for the beautiful presentation of life on the physical plane. To live! To breathe! To love! It is to them as it is to us. Personal language differs, but the language of heart and life is universal, and its key note is love. The very act of sounding the key note brings rejoicing. Ah, the love that gathers into the heart of all life, all sorrowing, joyous life—rich in shadow and in sunshine—sounding to the depths, and reaching to the heights!

At this season, when thousands of helpless, loving creatures are sacrificed for the feast, let us give thanks that the number spared increases year by year. Man is learning to sound the key note. Slowly comes the growth of a better life, and a spiritual unfolding—but when it comes, there also comes peace. The cruel knife will be sheathed, and the bloody combats will have passed away. For this hope and for this love, let us give thanks.

CLEAR SOUP.

Take the outside stalks from a bunch of celery, leaving the center for table. Wash and cut in small bits. Peel and slice fine one half as much onion as you have celery. Place together in a stew pan, cover well with water and stew till tender, then press through a fine wire strainer. Thicken with sago and cook till perfectly clear. Salt to taste, and at serving time beat in one dessertspoon of salad oil to each plate. Celery seed can be used if celery can not be obtained, and a very small amount will give the flavor desired. This soup, when properly made, should be of the consistency of porridge, and well flavored. It needs no accompaniment.

VEGETARIAN TURKEY.

Lentil pulp, one cup, Lima bean pulp, three-fourths cup, Boston crackers, four, Granose flakes, one-half cup, Eggs, two, Salt, celery salt, sage, Bread crumbs, rolled fine, one-half cup. Lay the Boston crackers on the bottom of a small granite pan, and pour boiling water on them, a little at a time, till they absorb all the water they will hold. While they are softening, stir the lentil and bean pulp together and whip in one egg and the yolk of the other egg, the minced onion, salt, celery salt, and sage to suit, beating all together thoroughly, putting granose flakes in last and mixing lightly. Break the crackers with a fork and beat in the white of one egg, salt and celery salt to suit the taste. Put one-half the pulp

Veggie Turkey.

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A Holiday Dinner.

Clear Soup.

Vegetarian Turkey. Walnut Dressing.

Baked Sweet Potatoes.

Olives.

Cranberries.

Fresh Fruit.

Nuts.
mixture in an oiled baking pan, and spread all of the cracker over it—then carefully cover with the rest of the pulp mixture, and sprinkle with bread crumbs. Bake in a moderate oven till nicely browned.

WALNUT DRESSING.
Granose flakes, two cups,
Chopped walnut meats, one-half cup,
Olive oil, one tablespoon,
Salt, celery salt, powdered parsley and dill.

A few moments before time to serve, place the flakes in stew pan, with a dash of celery salt, parsley and dill, and salt to taste, and slowly add hot water, beating till the flakes are a light feathery paste while heating for a moment on top of the stove. Then remove from the stove and beat in the oil and chopped walnut meats. Serve a small spoon of this dressing by the side of each slice of the Vegetarian turkey, and if you like, balance it with a square of cranberry jelly, or some cranberry sauce. Note one point in the making of this dressing—the oil and nuts are not cooked with the other ingredients. This recipe will make six plates. If granose flakes are not available, any similar flake, such as Malta-Vita, or Force, will do. Or if flakes are not at hand, use cracker or bread crumbs.

If sweet potatoes are not to be had, a Hubbard squash baked in the half shell, in a slow oven, will make a good substitute. When done, scrape out and season with salt and butter, or oil, and press into a serving dish. The cranberries can be made into jelly or sauce, plain, or combined with apples or vegetable gelatine. This is a matter of personal taste and convenience. The selection of bread is also left to the housewife.

COMPARATIVE VALUE.
For the benefit of those who fear there is a lack of building material in the preceding menu, let us compare the Vegetarian turkey with one of flesh. One of our best authorities says: "Turkey contains, refuse 22.7, water 42.4, protein 15.7, fat 18.4, ash .8." Lentils and Lima beans do not contain any refuse.

Lentils hold 10.7 water, beans 11.1, and of protein lentils contain 26.0 and Lima beans 15.9, while in fat and carbohydrates Lima beans stand as high as 68.9 and lentils 60.1. In ash, that brain, nerve, bone and tooth builder, lentils hold 3.2, and Lima beans 4.1. Note the figure for ash in the turkey of flesh, look at the refuse and the water, see the difference in protein, and fear no longer to try the more wholesome and sustaining Vegetarian diet. Our "Vegetarian Turkey" also contains wheat in the form of flakes, bread crumbs, and, crackers, with eggs—and there are walnuts in the dressing. This makes the sustaining and building properties so great, that a light, clear soup was selected to precede the dish of honor in the above menu.

Some Meatless Dishes.
RICE AND PEA PATTIES.
Half and half of boiled rice and stewed split peas, both drained and salted to taste. Mix with a fork and shape into patties, using a spoon and knife for the purpose. With the knife, cover the top of the patty with beaten egg, and slip the patty from the spoon, egg downward, into some fine bread crumbs. Now cover the upper side of the patty with the beaten egg, and sprinkle with crumbs and it is then ready to gently slip into an oiled baking pan. Bake till thoroughly heated through and the crumbs are a golden tint. Serve hot with a rice tomato sauce.

SAUCE.
Two-thirds rice purridge and one-third strained tomato, heat together and salted to taste. At serving time, heat in a generous amount of ground peanuts, or peanut butter, if you have it. If not, use dairy butter or salad oil. It is very nice to use half oil and half ground nuts, but on no account cook them in—simply beat them in when ready to serve.

LENTIL TOAST.
Cook some slices of good, home-made bread in a slow oven till they are golden brown, brittle, and tender. Cover with stewed lentils prepared as follows: Look over, wash, and put to soak the required amount of lentils the evening before they are wanted. In the morning, put over the fire and gently stew till tender. Do not over cook, as the fine flavor will then be lost. Salt to taste, cover closely and set aside till wanted. At serving time, reheat, and when hot and ready to pour over the toast, add a small piece of butter, or a little salad oil. If the lentils are not old, they will cook quickly. Lentil toast, a baked potato, a light salad, and with fruit to finish, makes an excellent lunch, or even a dinner with the addition of a soup and nuts.

LENTIL DRESSING.
Fill a baking bowl one-third full of "Energy" and cover with hot water. Add an equal quantity of stewed lentils, one minced onion, two eggs, and salt to taste. Mix thoroughly, and bake as for a custard with bowl set in a pan of hot water, and the oven slow. (Bread crumbs can be used in place of Energy, but are not as rich or sustaining.)

SOME HOLIDAY Dainties.
As this is the Holiday Season, the season of sweets and pastry, it may not be amiss to give some recipes that can take the place of cake and candy, and thus preserve the health and happiness of the household.

FLAKE PUFFS.
Separate the whites from the yolks of four eggs. Put a pinch of salt in each, and to the yolks add one-fourth cup of fine granulated sugar and a good grating of nutmeg. Beat the whites till they will not fall from the bowl when inverted. Then beat the yolks and sugar thoroughly. Cut out one-half of the whites and blend with the yolks. Now put in two cups of Malta-Vita flakes, and chop them in with a beating motion, gently and carefully mixing, so as not to break down the air cells incorporated in the eggs. Put in the rest of the whites, and one more cup of the flakes. Mix gently. Drop in hot, buttered, iron gem pans, and bake in a moderate oven till the egg is set. Other flakes can be used if Malta-Vita can not be procured. Granose flakes are good, but being lighter, require a greater measure, four cups (scant) being necessary—while the three scant cups are quite sufficient of Malta-Vita. By scant, we mean a cup almost, but not quite full. A very little cinnamon can be used instead of nutmeg, and when cold, a light chocolate frosting can be put on if desired. These puffs have a food value, are nourishing as well as delicious, and are acceptable to old and young alike.

FRUIT SANDWICH.
Take figs, dates (with stones removed) seeded raisins, citron, and walnut meats.
Equal parts of figs, dates and raisins, enough citron to flavor, and about one cup of walnut meats to three cups of fruit, with a dash of salt. Pass all through the nut grinder, first coarse, then as fine as possible, thoroughly mixing and blending. Pack in jelly glasses, cover and put in a cool dark place. When served slip from the glass, slice thin and press between two triscuits. If neatly done, they are very pretty—and are certainly appetizing and healthful, and also possess food value.

**CHOCOLATE DATES.**

Procure well flavored dates, roll them in melted chocolate, and place upon waxed paper to harden. If it is not considered too much trouble, the stones can be removed and the cavity filled with chopped nuts before covering with the chocolate. As a finishing touch, and one which makes it seem very like a Christmas dainty, prepare some delicately colored tissue papers, fringing the ends, and wrap the chocolate covered dates in them. A small slip of paper on which is written a quotation, or motto, can be folded within, thereby providing a memento of the taste and sight.

**How to Grow Beautiful.**

Raise your head, throw off your shadeful; never let your roscohuls chill; cultivate each germ of gladness; beauty then your life will fill.

There is evidently a way for every individual to live so as to become beautiful. It will be found, on examination, that you carry the work of your life in your face, and are either good-looking or the reverse as your thoughts and actions have been good or evil. I know you will often hear it remarked that beauty is only skin deep, but believe me when I tell you that this old proverb is not true. Beauty reaches far deeper than the mere outward surface. It must come from within, being a product of the interior life, that incompressible agent known as character, which so often is so neglected and therefore is as deep as the very soul itself.

Every kind of work in which we engage, every movement of your body, every thought

that emanates from your mind, all leave their impressions on your hands and face, and are formed into your character. In fact, what you are each moment is determined by the sum total of these impressions; these are good thoughts and impressions prevail your face will look good and ugly; this is true, therefore you will develop good and ugly; and so will be your life and character. If you will only but take the trouble to examine into the matter carefully for yourself, you will readily discover that people who look mean and ugly have, in the main, mean and ugly impressions. What is in the head of Bulwer-Lytton, "Some men are uglier than they have any business to be." Their thoughts are ugly, and they act ugly, and as a result they look ugly.

On the other hand, you will find that those who look pure and beautiful have pure and beautiful thoughts and consequently live pure and beautiful lives. Just notice the features and expression of those who have been benefactors of the race—a blessing to mankind. They are eternally clothed with beauty, while a halo of glory enshrouds the forms of this grand and glorious company. Their burning thoughts have melted that which is low, gross and foreign out of their natures, insomuch that they are as highly polished and bear the indelibly and radiated light of a high and holy aspiration, by an honest, benevolent and holy mind. They have now more life in their eyes and women of a superior order of beings, standing as they do enshrined and emblazoned in a garment that shall never fade away.

What is needed to become beautiful is a perfect and harmonious growth and development of all the faculties of body and mind. The most attractive face and figure is the one that is developed harmoniously. Consequently the most beautiful are those having the most perfect and the fullest manifestations of life. These are the ones whose mental and desires have been prompted by the loftiest aims and the noblest good, and who have, step by step, risen above evil dispositions, and have rejected all things that are which is high and noble, beautiful and eternal. It is undoubtedly by the positive force of thought that the expression of virtue or vice is imprinted on the lineaments of the face and countenances and minds of the faith of those who possess the character and virtues. If the more you develop your own beauty, and that which is higher and noble, the more spiritual, moral, and intellectual, the more noble and godly, the more beautiful and eternal; the soul will give expansion to the intellectual and moral faculties, an expansion which really means soul culture and outward growth. Edmond Spencer very truly and forcibly expresses this idea in the words: "Free out the soul, body form doth take. The soul is form and doth the body make." If you are selfish and seek to draw everything to yourself, you will soon find that you will make your mind as lessen your own pleasures. On the other hand, the more you cultivate the moral, the social and the intellectual faculties the more will your soul expand and your face accordingly become more intelligent and beautiful. In fact, beauty, mind of beauty, and beauty of character go together, and are inseparably connected. The body is the image of the mind, as much as man is the image of God.

Rest assured, in whatever condition you are, or vocation in which you are engaged, you will always find that It is an art worth cultivating.

Growing beautiful with age.

J. K. Burr in Psychic World.

**Cultivation of the Memory.**

**CHEL BUCKHANAN.**

A poor memory is caused by an unstable condition of the mind. Those who have the habit of mind wandering invariably have poor memories. One of the most important factors in training the memory is interest and attention. Another vital principle is the law of association. There is always a group of related facts which are stored in the mind. There is an alliance of one thought with another. You will observe that more pre- sentation of one will at once call up the other. Every impression is photographed on the brain cells. If it is not understood or remembered, the glass of sufficient power we could see in the brain an organized group of tiny pictures, a miniature world of impressions every impres- sion we have received from the past. These are written up in the convolutions of the brain. They are written down and become deeper and more unavailable in proportion to the number of years which have passed since they were photographed on the brain. Hence the experience of childhood becomes more vague with the march of the years. But it is possible to train the faculties so as to be able to recall scenes of early childhood. Mind is related to all the past as well as to the future. When one realizes this to be true, when he knows that every thought and act of the past has entered his life and has been indelibly stamped on his immortal consciousness, he will learn to guard well his mind and cultivate ennobling thoughts which will be glad to recall when his life's work is nearing completion.

The remarkable powers of memory possessed by a few famous men, and the probability of some unusual gift or endowment or even a peculiar direction. Napoleon was the possessor of a powerful memory for figures. John Venn, the renowned mathematician, achieved marvelous in remembering. The most notable artists have given ample proof of their memory for different forms, and the instances are numerous where memory of the names of figures of different individuals has been equally remarkable. It is a matter of no small detail, the details of a landscape so perfectly in his mind that having only a bit of scenery he was able, months afterward, to fill in every minutest item necessary to faith- fully represent the scene. Michael Angelo also possessed a like retentive memory of form and detail.

Vidocq, the French detective, could recognize a face he had once seen, no matter how disguised the individual who possessed it might be.

Simonides, the Greek poet, was the original of the first system of mnemotechnics. But the methods used by the ancients were unac- ceptable because of the difficulty of the learned. No salt rising! Natural food supply company 26 Van Buren Street Room 222

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