

**Dr. Nichols' penny vegetarian cookery : the science and the art of selecting and preparing a pure, healthful, and sufficient diet illustrated by food diagrams and portraits of distinguished vegetarians / by T.L. Nichols.**

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*"Mens Sana in Corpore Sano." "Sanitas Sanitatum—omnia Sanitas."*

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DR. NICHOLS'  
PENNY  
VEGETARIAN COOKERY:

THE SCIENCE AND THE ART OF SELECTING AND PREPARING

A PURE, HEALTHFUL, AND SUFFICIENT DIET.

*Illustrated by Food Diagrams and  
PORTRAITS OF DISTINGUISHED VEGETARIANS.*

BY T. L. NICHOLS, M.D.,

*Late Editor of "The Herald of Health"; Author of "How to Live on Sixpence a Day," "How to Cook," "The Diet Cure," "Count Rumford," "Esoteric Anthropology," "Human Physiology the Basis of Sanitary and Social Science," "Forty Years of American Life," etc., etc.*

"Health and good estate of body are above all gold, and a strong body above infinite wealth."

"There is no riches above a sound body; and no joy above the joy of the heart."—  
ECCLIESIASTICUS xxx. 15, 16.

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1888.

## VEGETARIAN AUTHORITIES.

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"And God said, Behold I have given you every herb bearing seed which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed: TO YOU IT SHALL BE FOR MEAT."—GENESIS i. 29.

"Prove thy servants, I beseech thee, ten days; and let them give us *pulse* to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. At the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat."—DANIEL i. 12.

"The ancient Greeks," says Porphyry, "lived entirely on the fruits of the earth." "The ancient Syrians abstained from every species of animal food." "By the laws of Triptolemus, the Athenians were strictly commanded to abstain from all living creatures."

"The Greek historians relate that the first of men regaled on every mild and wholesome herb they could discover, and on such fruits as the trees spontaneously produced; differing according to the respective productions of various countries. The ancient Arcadians lived on acorns, the Argives on pears, the Athenians on figs."

"The Romans were so fully persuaded of the superior effects of a vegetable diet, that they publicly countenanced this mode of diet in their laws concerning food; among which were the *Lex Fausia* and the *Lex Licinia*, which, allowing but very little flesh, permitted, without limitation, all manner of things gathered from the earth, from shrubs, and from trees."

"It is best to accustom ourselves to eat no flesh at all," says Plutarch, "for the earth affords plenty enough of things, not only fit for nourishment, but for enjoyment and delight, some of which may be eaten without much preparation, and others may be made pleasant by adding divers other things to them."

"You ask me," continues Plutarch, "for what reason Pythagoras abstained from eating the flesh of brutes? For my part, I am astonished to think, on the contrary, what appetite first induced man to taste of a dead carcass."

Porphyry of Tyre, who lived about the middle of the third century, and was a favourite disciple of Plotinus, endeavours, in his celebrated book concerning *abstinence from animal food*, to revive the primeval simplicity of diet, and exclaims violently against the use of flesh meat.

Linnaeus, the great naturalist, speaking of fruits and succulent vegetables, says,—"This species of food is that which is most suitable to man, as is evinced by the structure of the mouth, of the stomach, and of the hands."

Baron Cuvier says,—"The natural food of man, judging from his structure, appears to consist of fruits, roots, and other succulent parts of vegetables."

Mr. Thomas Bell, Member of the Royal College of Surgeons in London, says,—"Every fact connected with human organisation goes to prove that man was originally formed a frugivorous (fruit-eating) animal. This opinion is derived from the formation of his teeth and digestive organs, as well as from the character of his skin and general structure of his limbs."

Professor Lawrence says,—"The teeth of men have not the slightest resemblance to those of carnivorous animals, except that their enamel is confined to the external surface: and whether we consider the teeth and jaws, or the immediate instruments of digestion, the human structure closely resembles that of the simiae or monkeys, all of which, in their natural state, are completely herbivorous, or rather frugivorous."

See also testimony of eminent men of all ages in Howard Williams' "*Catena*."

In our own day, Sir Henry Thompson, Dr. Richardson, Dr. Norman Kerr, Prof. Newman, Mr. Buckmaster, and many other distinguished physicians and men of science, have given their testimony to THE SUFFICIENCY AND HEALTHFULNESS OF A VEGETABLE DIET.



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## ILLUSTRIOUS VEGETARIANS.

HAVING taken a fancy to illustrate my PENNY COOKERY with some portraits of distinguished vegetarians, I may properly call them illustrious. In a larger work I might have begun with Buddha, Brahma, or Pythagoras: being scant of room I begin with my own teacher of the Vegetarian Doctrine, SYLVESTER GRAHAM, an American lecturer on Physiology and Health, the well-known author of the Science of Human Life, whom I heard in 1834, while attending a course of Medical Lectures at Dartmouth College.

Next I have placed the venerated President of the Vegetarian Society, FRANCIS W. NEWMAN, the brother of Cardinal Newman, Fellow of Worcester College, Oxford, Emeritus Prof. of Political Economy, London University, etc., etc., one of the cleverest and strongest writers on all right ways of living. Professor Newman was born in 1805, and became a vegetarian in 1868.

JOHN DAVIE, of Dunfermline, was born near Stirling, in 1800, became a total abstainer in 1830, and has been about 40 years a vegetarian, and

long the treasurer of the Vegetarian Society, and managing director of the Waverley Hydropathic Institution at Melrose. At eighty-three Mr. Davie enjoys vigorous health with the promise of many years of active life.

ISAAC PITMAN, of Bath, was born at Trowbridge, Wilts, 1815, and has been a zealous vegetarian for 40 years. He is widely known as the inventor of Phonography, and is thus doubly a distinguished benefactor.

WM. GIBSON WARD, of Perriston Towers, Ross, was born in 1819, and was a vegetarian for 30 years; but, engaged in many exciting social and political conflicts, died at the early age of 65. A series of letters in the *Times* was his best-known work for a simple and natural diet.

The inside being full, the last of the series takes an outside place, or driver's seat, on the cover. THOMAS LOW NICHOLS was born at Orford, New Hampshire, U.S.A., Dec. 13th, 1815, and adopted vegetarianism, as above stated, in 1834.



SYLVESTER GRAHAM, an American Lecturer on Physiology and Health.

# PENNY VEGETARIAN COOKERY.

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## SOME REASONS WHY.

THE reason why I write this PENNY VEGETARIAN COOKERY when there are already several good ones to be had, if one could find them, is that I think I may be able to make a better one by cutting what I like best from all of them, and adding a little of my own, thus developing cookery books by "natural selection and the survival of the fittest."

The reason why I write a *Penny Vegetarian Cookery* when I have already written and compiled "How to Cook," is that I hope a penny cookery will find a much larger circulation, and thereby do more good than one sold for 6d., and in cloth 1s., and also because *How to Cook*, though giving a great number of fruit and vegetable dishes, is not entirely vegetarian, since it contains quantities of fish and flesh cookery, omitting only, in deference to some millions of Jews and Mahomedans, the unclean cookery of pork.

The reason why I write a *Vegetarian Cookery* is that, having heard a course of lectures on "Diet in its relations to Health," by Sylvester Graham, in 1834, when, at the age of 19, I was attending my first course of medical lectures at Dartmouth College, N.H., U.S.A., I adopted the vegetarian diet with the daily bath, and other hygienic habits, to the great improvement of my health, and with the result that from that day to this I have never had one hour's serious illness, nor ever been hindered one day from my ordinary avocations. As a matter of taste the disuse of flesh meat has been no sacrifice, and I have found a diet of bread, fruit, and vegetables, with some use, for convenience, of milk and eggs, sufficient, satisfying, healthful, and delicious. This also has been the experience of millions; in fact, of four-fifths of the human race in all ages.

The reason why people should adopt a vegetarian diet is, that it is the best in every possible way. This is now admitted by the highest medical and scientific authorities. Mr. Howard Williams has just published a catena of writers who favour a pure diet, from Hesiod and Homer to our own times, with extracts, filling 300 octavo pages—a splendid body of testimony, which every doubter should read.

Vegetarianism is best for health, being pure and purifying. Fruits purify the blood. Flesh is always liable to be diseased, and at its best has a diseasing tendency. Cattle and pigs fattened for slaughter are liable to tubercle, scrofula, tape-worm, and other parasites, and the diseases of cattle, sheep, pigs, etc., are transmissible. A vegetable diet alleviates and often cures scrofulous, cancerous, and consumptive tendencies, as may be seen by a multitude of authorities in my book, "THE DIET CURE." And this liability of man to acquire the diseases of animals on which he feeds becomes a serious matter when the unnatural breeding and feeding of animals destined to be killed and eaten produce wide-spread epidemics. It is surely much safer to live

on such pure and healthy foods as fruit, grain, pulse and vegetables, than to run the risk of eating the bodies of diseased animals, when a vegetarian diet is found to be not only the most healthy, but abundantly sufficient for all the wants of man.

From the earliest times the labour of the world has been done by people living on the simplest vegetable food—on rice, maize, rye, wheat, barley, and oats; on bananas, supposed to be the food of primitive man, dates, figs, grapes, oranges, apples, pears, peaches, acorns, walnuts, chestnuts, cocoanuts, etc., etc. Our ancestors lived on acorns, barley, and various berries and fruits. Scotland and Ireland have raised millions of strong men and beautiful women on oatmeal and potatoes. Until recently the agricultural labourers of England seldom tasted flesh, beyond a bit of bacon on Sunday. The great populations of India and China are fed almost entirely upon a vegetable diet. So are the hard-working peasantry all over Europe, from Spain and Portugal to Russia and Turkey, where the strongest and hardiest men in the world may be seen living on brown bread and figs or grapes.

Of course a vegetarian diet is immensely more economical than one composed of fish, flesh, and fowl. A pound of maize costs a halfpenny, a pound of wheat a penny; and either contains more nutriment than three pounds of beef, which, as will be seen in our diagrams, is nearly three-fourths water. An acre of ground, planted with the banana, will feed twenty-five (Humboldt says thirty) men. An acre of good English land may produce sixty bushels of wheat, while it requires from six to ten acres to produce an equivalent quantity of beef or mutton. The oatmeal required to fatten a pig is worth more than six times as much as the pork it makes for food, while it is better in every way before being converted into pig. But for the economies of a vegetarian diet read "*HOW TO LIVE ON SIXPENCE A-DAY,*" or, what is better, try the experiment. Sixpence a day is a very liberal allowance. The food of the great mass of the English people for centuries has not averaged as much. It is quite possible for any healthy man or woman to live on 3d., 2d., or, at need, on a penny a-day. A penny will often buy a pound of wheat, two pounds of maize or Indian corn, two pounds of potatoes, a pound of Spanish onions, half a pound of dates; a quarter of a pound of raisins, etc. Any average person (I, for example) can live perfectly well on twelve ounces of food a-day, not including the water. Here it is then: Wheat, maize, oatmeal, rice, are almost perfect foods, containing the matter required to build up and restore every part of the body. Fruits, and so-called vegetables, which are substitutes for fruits, give a pleasant and healthful variety. While it is easy to live on an average cost of a penny a-day, no one's diet need cost over threepence.

The Peninsular and Oriental Steamship Company employs East Indian coolies to do the hardest work on their steamers, because they can stand the climate better than Englishmen, because they are stronger and healthier, and also because, being vegetarians, their food costs the Company only three-halfpence a-day.\*

If a vegetarian diet be cheaper, more healthful, better in every way, why not adopt it? Why not, at least, give it a fair trial? Why waste

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\* See a recent book on Ceylon, by a son of Edwin Arnold, author of "*The Light of Asia.*"

five pounds a head upon a fashionable dinner, as they do even in Manchester, their Bishop says, when every natural requirement can be supplied for a few pence? And why not put an end to the horrible cruelties in the carriage and slaughter of animals, and all the horrors attending the unhealthy and unbeautiful habit of eating the dead bodies of our fellow-creatures—one step removed from the cannibalism of savages? On one side the beauty of an Eden life cheering every sense; on the other the pig-stye, the butchery, and all the cruelties and horrors of a carnivorous diet.

### FOOD DIAGRAMS,

Showing at a glance the proportions of Flesh and tissue forming, or nitrogenous elements, albumen, fibrine, gluten, etc., Heat and Force producing, or carbonaceous elements, oil, sugar, starch, etc., and Water, in several common foods, according to the best chemical authorities.

| 1.— <i>Wheat.</i>    | 2.— <i>White Bread.</i> | 3.— <i>Oatmeal.</i> | 4.— <i>Rice.</i>           |
|----------------------|-------------------------|---------------------|----------------------------|
| Tissue Forming.      | Tissue Forming.         | Tissue Forming.     | Tissue Forming.            |
| Heat and Force.      | Heat and Force.         | Heat and Force.     | Heat and Force.            |
| Water.               | Water.                  | Water.              | Water.                     |
| 5.— <i>Potatoes.</i> | 6.— <i>Peas.</i>        | 7.— <i>Beans.</i>   | 8.— <i>Butcher's Meat.</i> |
| Tissue Forming.      | Tissue Forming.         | Tissue Forming.     | Tissue Forming.            |
| Heat and Force.      | Heat and Force.         | Heat and Force.     | Heat and Force.            |
| Water.               | Water.                  | Water.              | Water.                     |

The exact proportions of the several elements in various articles of food, including those illustrated in the above diagrams, are given in the following table:—

| Weight. | THE FOLLOWING ARTICLES OF DIET | CONTAIN       |        | AND SUPPLY TO THE BODY  |                           |        |
|---------|--------------------------------|---------------|--------|-------------------------|---------------------------|--------|
|         |                                | Solid Matter. | Water. | Flesh-giving Principle. | Heat-* forming Principle. | Ashes. |
| lb.     |                                | lb.           | lb.    | lb.                     | lb.                       | lb.    |
| 100     | Turnips .....                  | 8·9           | 91·1   | 1·2                     | 7·2                       | 0·6    |
| "       | Red Beetroot.....              | 16·5          | 83·5   | 1·5                     | 14·0                      | 1·0    |
| "       | Carrots .....                  | 17·0          | 83·0   | 1·3                     | 14·7                      | 1·0    |
| "       | Potatoes .....                 | 25·0          | 75·0   | 2·1                     | 22·2                      | 0·7    |
| "       | Butchers' Meat (Lean Beef) ... | 28·0          | 72·0   | 19·3                    | 9·0                       | 5·1    |
| "       | Do. do. (Fat Beef) ...         | 49·0          | 51·0   | 14·8                    | 74·5                      | 4·4    |
| "       | Bread .....                    | 63·0          | 37·0   | 8·1                     | 55·0                      | 2·3    |
| "       | Peas .....                     | 85·0          | 15·0   | 23·0                    | 62·7                      | 2·5    |
| "       | Haricot Beans .....            | 82·0          | 18·0   | 25·0                    | 51·0                      | 3·0    |
| "       | Lentils .....                  | 85·0          | 15·0   | 29·0                    | 52·0                      | 3·0    |
| "       | Barley-Meal .....              | 85·0          | 15·0   | 6·3                     | 80·3                      | 2·0    |
| "       | Wheat-Meal .....               | 85·0          | 15·0   | 10·8                    | 75·0                      | 2·0    |
| "       | Maize-Meal .....               | 86·0          | 14·0   | 11·1                    | 85·4                      | 1·7    |
| "       | Oat-Meal .....                 | 85·0          | 15·0   | 12·6                    | 77·8                      | 3·0    |
| "       | Sago .....                     | 82·0          | 18·0   | traces only             | 82·0                      | —      |
| "       | Rice.....                      | 87·0          | 13·0   | 6·3                     | 82·3                      | 0·5    |

\* Calculated as starch.

From these diagrams the reader can gather at a glance the relative value of several types of food, by observing the proportions of the matter which builds up the various organs of the body, and repairs their daily waste, that which keeps up animal heat, and gives force and activity, and the proportion of water, which, though a necessary element, can be got for considerably less than what is often paid for it in beef and mutton.

Diagram No. 1 shows the proportions of bone, brain, muscle, and other tissue-forming, and heat or force-forming matter in wheat, the king of grains. Rye, barley, and maize vary a little from wheat, the latter, especially, containing more oil. In wheat the proportions are almost precisely what the human system requires, and it is therefore called the staff of life. Whole meal, brown, or "Graham" Bread, as it is called in America, which was once made by all English bakers, is the best that can be made—easy of digestion, a preventive of, and cure for, constipation, and affording perfect nourishment to every organ of the body.

No. 2. The common white bread of the baker has lost a large portion of its tissue-forming elements in the bran, shorts, grits, etc., thrown out by the miller, so that it consists largely of starch, and causes feverishness and constipation.

No. 3 is Scotia's favourite food, with a good supply of brain and muscle, and great heat and force.

No. 4, the staple food of more than half the human race, requires to be eaten with dahl, peas, beans, lentils, milk, or eggs, to supply a larger proportion of tissue-forming elements. It is a pure food, and very easy of digestion.



No. 5. The Potato, though low in tissue-making material, contains considerable carbon, in the form of starch, and some excellent anti-scorbutic elements. Much of the water is thrown off in cooking, especially in baking.

Nos. 6 and 7. Peas and beans—haricot and other dry beans are similar to dahl and lentils, and very rich in both tissue-forming and force-forming elements, needing to be eaten with fruits, potatoes, and vegetables. Vegetarian neophytes are apt to eat too large a proportion of these very "hearty" foods, and so get too much nitrogenous material.

No. 8 gives, with approximate accuracy, the proportions of Beef and Mutton, which, as sold by the butcher, if free from bone, and of ordinary fatness, contains about 65 per cent. of water—a very dear food—liable to be diseased, and giving, in many cases, a tendency to inflammatory and congestive diseases.

These eight diagrams, each on card-board, about eighteen inches long and eight wide, with the compartments of flesh-making elements coloured dark red, the carbon appropriately black, and the water "beautifully blue," I have found very effective in illustrating my vegetarian lectures.

The chemical elements of food are the same as those which compose the body, the blood, and the milk—carbon, hydrogen, oxygen, nitrogen, with certain mineral elements, as calcium and sodium, and also phosphorus and sulphur.

Milk and eggs are chemically *perfect* foods—that is, they contain all the elements of animal bodies in the needed proportions, and grains, pulse, and fruits, are similarly constituted. Wheat and grapes, for example, are perfect foods.

#### USE OF FOOD.

We need food, at first, to build up our bodies to their normal size, and always to supply the matter consumed in making heat and force, and which is constantly passing off in the breath, in perspiration, and in other evacuations.

#### QUANTITY.

How much food do we need? Just enough to supply the needed force and heat, and to make up for the daily waste. Just so much, and not an ounce more. An ounce too much is a waste of matter, and also a waste of vital force in digesting it, in circulating it in the arteries and veins, and storing it up and carrying it about as superfluous obesity, which can always be cured by two economical medicines—abstinence and exercise.

Every person can, by an easy experiment, ascertain the exact quantity of food he ought to eat. Doing his ordinary work, or taking a convenient amount of exercise, a man should eat just enough to keep up his normal weight. Where there is no wasting disease, losing weight below a fair average shows deficiency of food. In one of my experiments, an account of which is given in an appendix to the latest editions of "*HOW TO LIVE ON SIXPENCE A-DAY*," I found that, engaged mostly in literary work, I kept my usual weight of 12 stone, and my usual ability to work from 5 a.m. till 3 p.m., on an average of about 12 ounces of food (water-free or dry weight), and at a cost of about 3d. a day,

which I could, with a little sacrifice in respect to fruit, have easily reduced to a penny a-day.

A West Indian planter—an Englishman in Jamaica, who owned 300 negroes, fed them for years on bananas—the produce of twelve acres, which is at the rate of twenty-five persons to the acre.

Even here, in the United Kingdom, when people have learned to live on a perfectly healthy and beautiful and delicious diet of grains, pulse, fruits, and (so-called) vegetables, this country of ours, fairly distributed as to occupation or ownership, and properly cultivated, with its waste matter restored to the land instead of defiling rivers and poisoning the sea, will be able, without any necessity of importing food, to feed ten times its present population in such health that the death-rate would never be above 10 per 1000, and people would commonly live from 100 to 130 years, while there would be no employment for doctors and no demand for drugs. These are *some* of the reasons why I have written this PENNY VEGETARIAN COOKERY. Another is to spread a wider knowledge of my various writings on Sanitary and Social Science, in which other reasons may be found, if any more are needed.

#### OF FRUIT.

As fruit, after milk, which is the first food of all animals of the class Mammalia, was the original, and is the most natural food of man, let us begin with fruit. All good ripe fruits are best eaten in their natural state. Fresh ripe grapes, strawberries, peaches, apricots, and mellow pears and apples cannot be improved by cookery. Unripe gooseberries and apples and the coarser kinds of pears may be stewed or baked, as in tarts, adding the sugar they have not yet made. As sugar preserves fruit, it also is apt to preserve it in the stomach, making it difficult of digestion—therefore put in no more than is needful. Some kind of fruit should form a portion of every meal—not at the end of a meat dinner, but rather at the beginning of every meal, especially at breakfast.

Hard and sour apples can be baked, boiled, steamed or cut in slices and fried in a little oil or butter. Dried apples, pears, raisins, and figs should be washed clean, then soaked for some hours, and then set on the range or in the oven to simmer until quite soft and tender. When other fruits are not to be had, we can generally find dried figs or dates, and always dried grapes, or raisins, which, stewed as above, and eaten as fruit, are most delicious, healthful, and nutritious. Figs and raisins are as hearty as bread—and like brown bread, wheaten groats, and “Food of Health,” are remedies for constipation far better than all drugs. Stewed raisins also are not dear. Good pudding raisins average 4d. a pound, which is about equal to the fresh grapes at 1d. A good dish of them may well adorn every table.

One of my favourite dishes at any meal is a bread and fruit pudding. Oil or butter a deep dish; cover bottom and sides with thin slices of bread, brown or white, then a layer of slices of apples or pears, or soaked raisins or figs, or all together, then a layer of bread, crumbs or slices, and so on until the dish is full, sprinkling each fruit layer with sugar, if the fruits are sour, and as needed. Then fill up with water, cover over with slices of bread, and bake two or three hours, the longer the better, in a slow oven. Eat hot or cold; and as it will keep good

a long time, the bigger it is the better. One can hardly have a better, a more substantial or more healthful dish. It can, of course, be eaten with a little milk, cream, or thin custard poured over it; but it really does not need them.

Tarts may be made deep or shallow, and with white crusts or brown. A little of Dr. Nichols' Bread-raiser and a few drops of oil or butter



Human skull and teeth, showing the highest type of the frugivorous, or fruit-eating animal.

make a better crust than one flaky with grease. A good tender pastry can be made as digestible as bread.

The value of fruits as food is shown in the table on page 7, but few people realize the fact that man is really a fruit-eating animal, as shown by his hands, his teeth, and his natural tastes and appetites. A nation in Africa lives entirely on dates three months of every year. A man "sitting under his own vine and fig-tree" can live perfectly well upon their products. Figs contain the same proportion of nutriment as bread, and far more than any kind of flesh meat. We know men who have lived a long time, doing hard work, entirely on fruit. A friend of ours made a pedestrian tour of six weeks, walking over a large part of England, eating nothing but apples. On the last day he walked thirty miles and was none the worse, but rather the better for his experiment. Many persons supposed to be affected with incurable diseases have got well on a diet of fruit, or, as in the grape cure, on bread and fruit.



Skull and teeth of a carnivorous, or flesh-eating animal.

Some people have a prejudice against cookery, and especially the cooking of fruit. We look upon it as using a little artificial, or rather stored up, sunshine to make it riper.

## BREAD AND PORRIDGE.

Bread is the "Staff of Life," because good bread contains all that is necessary for the nourishment of man. By good bread I mean that which contains all the elements of nutrition in the proportions required, which is pleasant to the taste, easy of digestion, and which favours the proper action of all the vital organs.

The best bread—one which affords perfect nourishment, and not only prevents but cures dyspepsia, constipation, and the many ailments they produce—is made of the *whole meal* of wheat, from which nothing is separated, of which no element is thrown away. The most primitive bread made of wheat crushed in a mortar or ground between two stones, mixed up with water and baked on a broad leaf before the fire, was the **sweetest and healthiest** bread ever made. All our inventions and

refinements have only brought us to the starchy, tasteless, constipating, often almy, or otherwise debased, unnatural, and unwholesome white bread of the bakers.

Decorticated bread, made of wheat with the outer skin rubbed off, may be best for a few persons with irritable bowels, but for most, and for all in the least liable to constipation, the *whole meal is best*.

The usual mode of making bread *light* is by fermentation, a process of decay. By it a portion of the starch is first converted into sugar, then into alcohol and carbonic acid, the globules of which make bread light, and then into acid, which makes it sour.

Unleavened bread is sweeter, and more nutritious than leavened. The sooner fermentation is checked by heat, the better the bread; but bakers want to make big loaves, and use alum to keep them from becoming sour.

Good, wholesome bread is made of rye, barley, and maize, or their inter-mixtures. Yankees revel in Boston Brown Bread, made of rye and Indian corn maize. Barley bread used to be common in Cumberland; oat cakes are still eaten in Scotland.

Clean nice bread is the *aerated*, mixed with water into which carbonic acid has been absorbed under pressure. Mix a basin of meal or flour quickly with a bottle of soda-water, and you have aerated bread.

Baking powder, thoroughly mixed with the meal, when the mass is wetted, generates carbonic acid. If it be made of pure bicarbonate of soda and tartaric acid in exactly neutralising proportions, it will make light and healthy bread.

Some prefer to produce the carbonic acid by mixing bicarbonate of soda with the meal, and then putting a neutralizing quantity of hydrochloric acid into the water used to make the dough. The resulting element in this case is common salt—*chloride of sodium*. With the baking powder it is tartrate of sodium.

“Dr. Nichols’ Bread-raiser” is simply a carefully-made baking powder combining the best materials in accurate proportions.

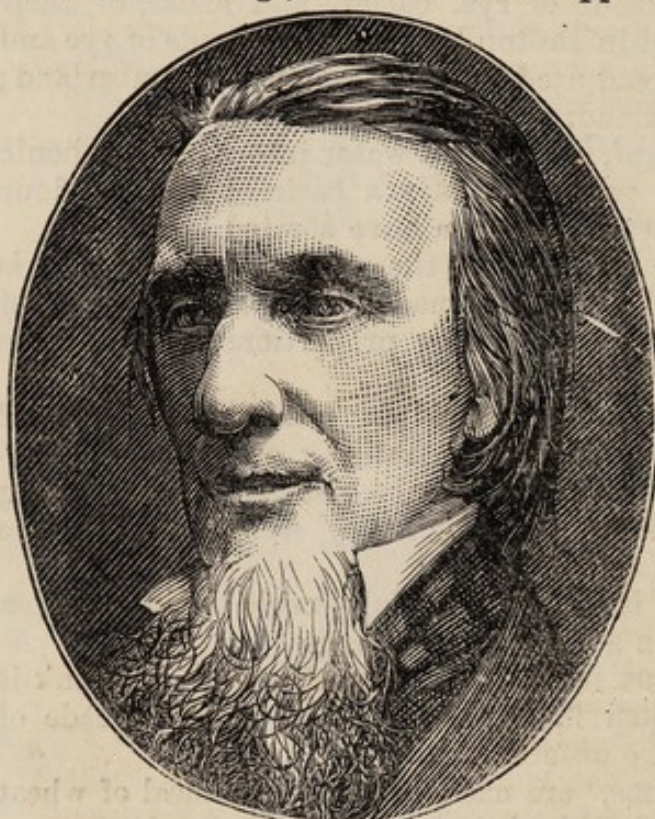
We find bread made without fermentation sweeter, and we think it more healthful, than that which is fermented. The biscuits made of Dr. Nichols’ Food of Health are unfermented.

Light thin cakes, called “gems,” are made of the whole meal of wheat in America by beating air into a thin batter of meal, as one beats eggs. The batter is then dropped upon hot irons and quickly baked. These cakes are crisp and delicious. Scotch griddle or girdle cakes made of oatmeal spread thin and baked over the fire are similar. American “Johnny cake” and “hoe cake” is made of Indian corn-maize meal, mixed with water, and spread about an inch thick on a shallow tin, or the broad negro hoe, and baked by being set before the fire, and eaten hot.

The best bread is made of good wheat freshly ground and quickly baked. Perhaps the very best is that made of fresh meal, not too fine, simply mixed with water and baked in the most primitive way, as it was before the tent of Abraham. To this day, the common bread of the East is made of the whole meal of wheat, ground by the women in a hand mill every morning, mixed with water and baked at the fire. This is the principal food of some of the hardest and strongest men in the world. Such bread, with a handful of dates or figs, or a bunch of grapes, makes a pure, delicious, and most healthful diet.

Porridge is a kind of bread, boiled instead of baked. Oatmeal porridge is the favourite breakfast of Scotland, and may be found over most of the north of England and Ireland. In America a similar dish, called "mush," is made of Indian corn meal or hominy, or coarsely ground wheat meal. The most perfect mush or porridge in the world, especially for dyspeptics, or persons disposed to constipation, is that made of the "Food of Health," which differs from all other cereal foods by its peculiar mode of preparation.

"Frumenty," a favourite food of our ancestors, which had the place of honour at Lord Mayor's feasts, was wheat boiled whole, and eaten with milk and honey. It takes time to boil soft, but when well done is delicious and most healthy. Wheat set in a jar in the oven to swell and soften is good eating, with a little sugar and cream, and stewed raisins, stewed figs, baked or stewed apples, etc.



PROFESSOR F. W. NEWMAN, President of the Vegetarian Society.

Rice is one of the purest, nicest, and the most easily digested of all the cereals. Boiled rice digests in one hour. Its deficiency in tissue-making elements, as shown in our diagrams, can be made up for by eating it with milk, eggs, cheese, peas, beans, or lentils, which latter have an overplus of nitrogen, and need diluting with rice, or potatoes.

There is one rule in cooking all ground cereals—oatmeal, wheatmeal, maize meal, etc. The meal must be gradually stirred into *boiling* water, which must be kept all the time boiling, so that each grain may encounter at once a heat of 212°. This heat instantly bursts the starch globules. When this is not done the porridge tastes raw and pasty.

If the oatmeal or other meal is very coarse it does not so much matter. Coarse oatmeal may even be soaked all night, and then put into the oven to cook.

How long? The "Food of Health" sprinkled from the left hand and stirred into boiling water—kept boiling—with the right is perfectly cooked in ten minutes. Oatmeal is better if cooked twenty minutes, maize meal and hominy require still longer cookery. Double saucepans are convenient in cooking many delicate dishes—those made with milk and eggs for example, because they are kept from burning. But they are not good for porridge, because the water in the inner compartment never boils—never has a heat of 212 degrees.

Here is a *secret*, however, worth more than a penny. Raise the boiling point of the water in the outer compartment, and you will make that in the inner one boil. How to do it: increase its specific gravity:

add *common salt*, a spoonful at a time to the outer water until the inner pan boils. Then add a little more to secure brisk boiling; and keep the outer salted water for future use, adding a little now and then to supply the waste by evaporation.

So much for soft bread known as porridge, and the more liquid kinds called gruels.

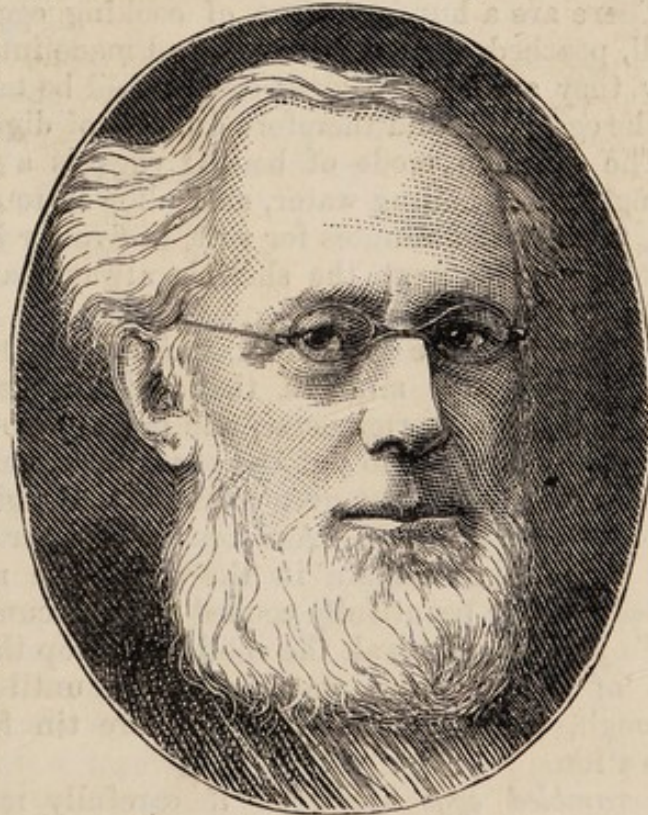
Some of my patients find soft food harder to digest than dry. They can eat toasted brown bread, or the Food of Health Biscuits, and digest them perfectly without heartburn, sour stomach or eructations; but find porridge more difficult. Why? For two reasons. They eat porridge faster, because they are not obliged to chew it, so that it has no beginning of digestion by being mixed with saliva in the mouth. Such patients should live on food that requires chewing, or eat porridge as they would bread. A good plan is to take a bit of bread with every spoonful of porridge, and so secure the first conditions of digestion—the use of the teeth, and perfect insalivation.

Now, thanks to Messrs. Franks & Co., Dr. Nichols' Food of Health Biscuits can be purchased everywhere, giving to dyspeptics, consumptives, and all invalids the best food in its best form.

### MILK.

Is it consistent for vegetarians to use milk as food?

Well, if the vegetarian is also a mammalian—a horse or ox, a camel or elephant—a monkey or man, we answer decidedly—YES; at least for a year or so. Milk is prepared from vegetables, grass, herbage or fruits, by the mother expressly to sustain and build up her young. It is quite consistent for any young vegetarian to live upon its mother's milk, when she does not poison it with flesh, or narcotics, beer, gin or tobacco. And the milk of the cow is made directly of the purest vegetable matter; its butter and cheese existing in the grass, grain, turnips and cabbages upon which she feeds. The milk of a naturally living and therefore healthy pure-blooded cow is better for a child than that of a bad feeding, bad drinking, and therefore unhealthy mother or nurse. Beef, bacon, beer, tobacco, tea, coffee, opium do not make good milk for babes, and such milk has a large portion of our enormous' infantile mortality to answer for.



ISAAC PITMAN, inventor of Phonography, for forty years a vegetarian.

The milk of healthy, vegetarian animals, is not a bad article of food

even for adults, and may conveniently enter into many processes of cookery—therefore vegetarians generally admit the use of milk.

#### EGGS.

Nearly the same may be said for eggs. The eggs of hens and turkeys are usually composed of matter derived from vegetables. The only part of an egg that can properly be called animal is a germ of a future animal, so small that it cannot be seen without a microscope. The entire white and yolk consist of food laid up for the nourishment of this germ, which we take for our own.

The constitution of the egg is almost precisely that of milk, with less water. Both have albumen and oil. The caseine of milk—the curd, which is pressed into cheese, has the same chemical constitution as the gluten of wheat. Caseine exists also in peas, of which a kind of cheese is made in China. Milk and eggs, mixed with rice, tapioca, sago, wheat-flour, make puddings, which are improved by the addition of raisins, figs cut in pieces, or slices of apples or pears.

A pudding, composed of four ounces of rice, first boiled in water, or soaked over night, and then simmered in a quart of milk, until soft; then stirring in two well-beaten eggs, a small cup of sugar, and two ounces of bits of butter, and baked in a slow oven, is almost perfect food. If well soaked, or even stewed raisins are added, or slices of apple, it will be still better.

#### OF COOKING EGGS.

There are a hundred ways of cooking eggs. They are boiled in the shell, poached, scrambled, fried, and made into omelets; but in whatever way they are cooked, great care should be taken not to make the white of the egg hard, and therefore difficult of digestion.

The common mode of boiling eggs is a very bad one. The egg is plunged into boiling water, and allowed to remain, the water still boiling, from three minutes for soft, to five for hard boiled. The result is, that the white, next the shell, is always hard, even when the yolk is quite soft.

If the eggs are placed in water at 180° Fahr., and kept at that temperature ten minutes, they will be tenderly and evenly cooked. This requires a thermometer, and is some trouble.

An easier way is to put the eggs into a saucepan of *cold* water, half a pint to each egg. Set over a fire hot enough to make the water boil in three or four minutes. As soon as the water boils, remove the saucepan, and let the eggs remain in the water one minute. They will then be delicately and beautifully cooked from circumference to centre.

*To poach eggs*, break the shell, and drop them carefully into a shallow pan of boiling water, watching them until they are well set and done through, but still tender. There are tin frames made to assist this operation.

*Scrambled eggs* are good if carefully managed, and not overdone. Break the eggs into a saucepan, in which a lump of butter is melted, or a little oil made warm. Add a little salt and pepper, and stir gently over a moderate fire until the whole is set, and is tenderly but sufficiently cooked. As there is no danger of overdoing this, it is one of the best ways of cooking eggs.

## OMELETS.

It is said that every Frenchman, and of course, every Frenchwoman, can make a good omelet. It is certain that not one English professed cook in a thousand ever makes a decent one. Most are flat, tough, leathery, indigestible abominations.

Put a frying-pan over a hot fire, with a lump of butter, or its equivalent of good olive or other vegetable oil. While it is coming to the cooking point, break your eggs—one to four or five, according to the quantity required, or the size of your pan—into a basin with a little seasoning: salt, pepper, sweet herbs, chopped parsley, mushroom powder, etc., as you like them. Some prefer them quite plain. Add a tablespoonful of milk for each egg; some think a little "corn flour" in the milk an improvement. Beat the eggs together gently—not too much. Pour into the hot pan and stir the egg about very gently until it sets evenly all over, raising the edges to keep it free, and to see when it is cooked to a light brown, when with a large knife, or slide, dexterously turn one half over upon the other, and slide the folded omelet upon the hot dish in readiness; put on the hot cover, and serve immediately.

Vegetarian cookery books have recipes for baked omelets; but a baked omelet is a misnomer. They are puddings, and too rich, and too much cookery to be easily digested. A genuine omelet, quickly and delicately done, is a very nice article, but it must be served at once, and quickly eaten.

Frying eggs is impossible without making a portion of the white too hard, tough, and leathery for any but the strongest stomach. Why spend time and space in teaching people to do what is not worth doing?—a question applicable to many things besides cookery.

## PULSE.

Peas, Beans, and Lentils are, as shown in our diagrams, exceedingly rich in nitrogenous, or flesh and tissue-forming material. It is from these that the vegetarian derives whatever may be lacking in rice, potatoes, and the cabbages and turnips on which he is popularly supposed to live.

The truth is that whole-meal wheat bread, oatmeal porridge, and many kinds of fruit, contain all the elements of nutrition in very nearly the proportions required. Still, we do well on the whole to eat green peas, green or "French" beans (in their pods), and to use a certain proportion of dry peas, haricot beans, or lentils. They form the richer part of soups; they enter into the composition of vegetable stews; and peas pudding, or baked beans, are a far "heartier" kind of food than any kind of flesh or fish, and make a meal for a ploughman or athlete, for useful labour, or that which is merely ornamental.

As soups, pulse should be modified by lighter articles, at least three parts in four of farinaceous, or vegetable elements—say, one part of dry, pure beans, or lentils, to three (still dry weight) of barley, rice, potatoes, turnips, onions, etc.

A much-advertised, and therefore high-priced, food is composed of one part lentils and three parts barley. Another advertised food is made



of bakers' bread, rusked and ground into powder. They are not bad foods, but the best is scarcely worth 2s. a pound. But much worse things than either, by loud obstreperous advertising, are shouted down the throats of an undiscerning public. What can you expect of people who habitually over-eat, and then take "anti-fat" to keep from bursting out of their bodices?—when just a little moderation, and proper choice of food, would keep them in their stays, and give them fashion-plate figures.

All the ripe varieties of pulse require much cooking. Peas may well be cooked into soup or pudding. Haricot beans should be soaked all night, and the water thrown away, because containing an acrid preserving matter in the outer shell. Then in fresh water they should be stewed or baked until quite tender. The American wood-choppers let them stay all night in the iron-pot in a fire-hole, with coals heaped on the cover, and so have a hot and hearty breakfast. They season with a lump of salt pork, or bacon. Vegetarians use instead a little nice oil or a lump of butter.

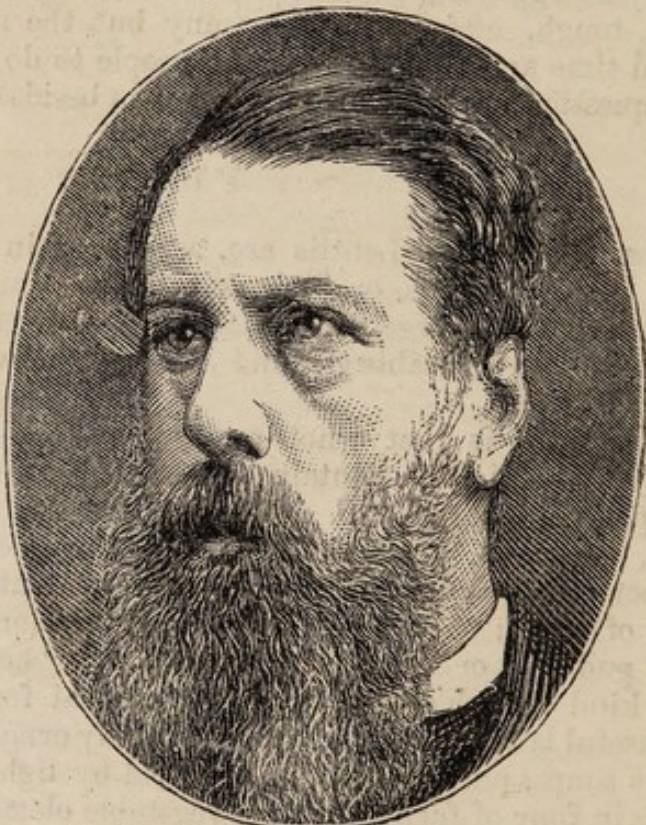
For soups, it is convenient to have pea, bean, or lentil flour. It saves time, and, if bought at the grocer's, it may probably be quite sufficiently adulterated with some cheap cereal.

We recommend all these very "hearty" and highly nitrogenous foods to be used in strict moderation.

#### "VEGETABLES."

All animals, including the human, live upon the products of the vegetable kingdom, though a few of them, the carnivorous and omnivorous, get this matter of nutrition at *second-hand*, which makes it much dearer.

For example, the noblest, strongest, most agile and most beautiful and useful animals in the world live directly upon the products of vegetation. The squirrel, hare, rabbit, gazelle, sheep, goat, deer, horned cattle, zebra, horse, dromedary, camel, giraffe, and hippopotamus and elephant are vegetarians. The agile monkey tribes, most nearly approaching man in their organisation, are vegetarians, living chiefly on fruit and nuts. The cat and dog tribes—the wolf, tiger, lion—all beasts of prey—get the elements of nutrition, as human flesh-eaters and cannibals do, at second-hand. It is a fashion or habit they have fallen into, like our fellow-subjects the native Fijians and New Zealanders, who habitually devoured not only prisoners



The late W. GIBSON WARD, for forty years a Vegetarian

taken in war, but at times their nearest relations; as in some parts of Africa, when an old man or woman got helpless and troublesome, they called upon their children and grandchildren to kill, roast, and eat them—whence, coming down from earlier times and customs, we may have derived the question whether certain deceased persons have “cut up well.”

Our ancestors were savages, and no doubt were cannibals. Traces of savagism remain in our butchering and flesh-eating habits, as well as in the plundering and murdering expeditions which give us wealth, empire, and glory—but we no longer devour, save in a metaphorical fashion, our nearest relations. “Dog does not eat dog” literally—though in most civilized countries the rich are said to live upon the poor, and hypocrites devour widows’ houses, and parents sacrifice their children to the exigencies of civilization.

The word vegetables, used in the greengrocer sense, with an application to cabbages, turnips, potatoes, etc., has been a thorn in the flesh of the vegetarians, who have vainly tried to find a better designation.

I consider it good enough, and am well satisfied with the name which belongs to one of the great kingdoms of nature, living, as I do, almost entirely upon the products of the vegetable kingdom, though availing myself to a small extent of the industrious gatherings of cows, fowls, and bees, which have the goodness to supply me with milk, butter, cheese, eggs, and honey—all real products of vegetation, and all to be had without the sacrifice of life.

Certainly there is a wide difference between getting a glass of milk from a friendly cow, an egg from a hen, or some honey from an overflowing hive, and killing, roasting, and eating fowls or cattle.

Vegetables, so called, though not generally rich in nutritive elements, yet contain certain necessary principles of diet. Potatoes are eminently anti-scorbutic. No ship’s crew ever got the scurvy if well provided with fresh or even dried potatoes, and other vegetables or fruits. Spinach and other greens and salads promote the action of the bowels. Leaves, as of the cabbage, lettuce, etc.; stalks, as of celery and rhubarb; tubers, as of the potato, sweet potato or yam; bulbs, as the onion and lily; roots, as of the beet, carrot, parsnip, and turnip; and the vegetable marrow, squash, and pumpkin may be considered as substitutes for fruits, and possess many of their virtues. The tomato,



JOHN DAVIE, late Treasurer of the Vegetarian Society, 83 years old, and forty years a Vegetarian.

one of the best of all, is truly a fruit, and one that has decidedly medicinal properties, so that for dyspeptic and liver complaints we may well have a tomato cure—and get well by living for a time on brown bread, or Food of Health Biscuits, say, and ripe raw tomatoes—a quite sufficient and very healthy diet.

Two nice and excellent vegetables, of the class greens, are seldom seen in shops or markets, but can be freely gathered by the roadside in country places. Spring nettles, gathered when tender, and lightly boiled, or rather steamed, in their own sufficient moisture, with a spoonful of water to begin, and served on toast, make, with a bit of butter and a squeeze of lemon or dash of vinegar, as nice and healthy a dish of greens as any epicure could desire.

So do dandelions before they blossom. Take a table-knife and cut off the root just below the leaves, so as to keep the mass of leaves together; pick over, wash, and boil or steam till they are tender, and eat as other greens. They are slightly bitter, and considered medicinal—as are all greens, vegetables, and fruits. In fact, people who live on good food, in proper quantities, and breathe pure air, avoid poisons, and have cleanly and healthy habits, generally never need nasty drugs, nor any medicines but those found in the fields, gardens, and orchards.

*N.B.*—Green peas, French beans, asparagus, and most vegetables are the better for the addition of sugar in cooking, which improves both their flavour and nutritive properties. A squeeze of lemon-juice or a few drops of vinegar may be added in the eating. This applies also to vegetable soups and stews.

## EATING :

### WHEN AND WHAT—HOW OFTEN AND HOW MUCH.

There is a rule of nature which says, *Eat when you are hungry—when you are thirsty, drink.*

But we must have some order in our lives, and especially in the family. If it be a necessity of order to have “a place for everything,” and to keep “everything in its place,” it is no less needful to have regular times for our meals.

Some people do well, better, they think, than in any other way, by taking only one meal a-day—at noon. A well-known American physician has followed this practice for twenty years, and believes he has thereby prolonged his life, which was threatened by dyspepsia and heart disease.

Many persons do well on two meals a-day—a light breakfast at 9 a.m. and a dinner at 4 p.m. This has been my own habit for years, and I find it entirely sufficient.

Waking well rested from a good night's sleep of six or seven hours, brain and muscle are at their best, and we have no need of food for some hours. The birds sing at least two hours after daylight, and then stop and get their breakfasts.

An infant may take its food every three hours; an adult should keep his meals at least six hours apart. The stomach requires three hours to digest a meal, and three more are needed for its assimilation, or conversion into blood and tissues. These processes should not be disturbed. We certainly should perfectly digest one meal and rest th

stomach before we take another. Dyspepsias are made by such disturbance—and cured by an orderly diet.

In the age of Elizabeth people, even of the highest rank, were early risers. They breakfasted at dawn. The Lord Chancellor opened his court at 6 a.m. The Houses of Parliament assembled at 9 a.m. The Queen, and of course the nobility following her example, dined at 11 a.m. They were early birds.

Now, although the Law Courts sit at 11 a.m., the House of Commons does not usually meet until 4 p.m. Members dine at 8, and little is done before 9, and the sessions commonly last into the small hours of the morning. "Society" lunches at 1 p.m., dines at 7 or 8, and gets to bed at about the time that the court of Elizabeth was getting up and wanting its breakfast. I cannot see that the new ways are in all respects better than the old; but let us consider as to what is sensible and natural.

Our working men begin their day at 6 a.m., and breakfast at 8. At noon they take an hour for dinner, and have "tea" at 6, and perhaps some supper at 9. The higher classes manage to have five meals a day; breakfast, lunch, tea, dinner, supper, and three of these are substantial meals. Of course there are plenty of doctors driving about in their broughams, and chemists and druggists at every corner. Englishmen carry their habits of eating and drinking to Egypt and India, and take the consequences accordingly. The best way is to have a breakfast of toasted brown bread, or porridge, wheat or oatmeal, milk, and fruit at 7 or 8 o'clock. A dinner of soups, vegetables, puddings, and fruits at 1 or 2 o'clock; a light refection of bread and fruit at 6 p.m., and no supper.

The last meal called "tea" should be a light one, and eaten some hours before bedtime to secure unbroken rest.

#### OF STIMULANTS.

It is better to refrain from all kinds of stimulants, even those considered most innocent. They all excite and thereby weaken the nervous system.

Tea, coffee, wine, beer, spirits, tobacco—have no value as nutriment. The sugar and milk taken with some of them is food, no doubt—but that can be taken as well without the narcotics. I can hardly expect adults to give up all their bad habits—but children who have theirs to form, should form only good ones, and should take no kind of stimulants.

As a rule, solid food is better than liquid. It gets masticated, and the digestive process begins in the mouth, when the food is mixing with the saliva. Taking a bit of bread with each spoonful of porridge or soup, therefore, assists digestion.

Brown bread or its equivalents—a cup of milk, hot or cold—or a thin oatmeal or Indian meal gruel and milk, and some fresh fruit—baked or stewed apples, or my favourite stewed raisins, make a good breakfast. A lightly cooked egg differs little from milk.

For early dinner, one of a dozen kinds of vegetable soup; some savoury dish containing peas, beans, lentils, macaroni, potatoes, or other vegetables, greens, pudding, and fruit.

If another meal is needed nothing is better than boiled rice, or a little fruit-pudding, or simple bread and fruit.

For the relations of food to health and the proper diet for dyspeptics and all sorts of invalids read "THE DIET CURE," which shows by the testimony of the most celebrated physicians that many terrible, and so-called incurable, diseases can be ameliorated, held in check, and often completely cured by a pure, natural, and temperate diet. As all cure must be by nutrition—the gradual re-formation of diseased organs—any one can see that the kind and quantity of food taken must be of the greatest importance. All the tissues and organs of the body are made of the elements contained in food, and they are not made of drugs, or "doctors' stuff."

The rule of quantity is to eat enough, and not to eat too much. The *quantum sufficit* every one can find by experiment. Eat slowly—masticate thoroughly—and if the food be simple and natural, you will feel when you have enough. Sugar, spices, and condiments tempt to over-eating, and do mischief in that way, even when not bad in themselves. "Hunger is the best sauce," because as the natural hunger is appeased and an unnatural hunger not created, we stop instinctively when we have got enough. People do not eat too much bread, or fruit, or drink too much water. Remember that an ounce too much of food is an ounce of mischief—a waste of food, and much more a waste of life.

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## PRACTICAL COOKERY.

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Most cookery books give too many recipes. You want a dozen or so of good dishes; why be obliged to select them from two or three hundred? I have already given instructions for making bread, porridge, and for preparing greens, fruit, etc. The following recipes will be found useful, and sufficient for all ordinary purposes.

### S O U P S.

A good stock for soups is made by boiling a pound of wheat bran in a gallon of water, or in that proportion. Stir the bran into cold water; let it come slowly to the boiling point, and then simmer for two hours. Strain through a linen cloth, and store for use. If a little salt and a few pepper-corns and cloves are added half-an-hour before straining, they will flavour the stock, and prevent fermentation.

The celebrated soups of Count Rumford were made of barley, peas, onions, turnips, carrots, potatoes, sugar, vinegar, and cuttings of stale bread, properly seasoned. They were rather thick and very nourishing, and so cheaply made that he was able to feed his Bavarian soldiers, and the beggars he converted into industrious workers, on five farthings a-day.\*

Sugar may enter into the composition of all vegetable soups, if its sweetness be balanced by an equivalent dash of vinegar. Lime, or lemon-juice, or sorrel may be better, but they may be too dear.

The basis of a rich flavour for soups and stews is made by frying

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\* See "Count Rumford: How he Banished Beggary from Bavaria." By Dr. Nichols.

chopped or cut onions, with a little oil or butter, and some sugar and vinegar. Stir until it is brown; then add to it the stock, or the water, and other ingredients.

Every cook should have a good hand-mill to grind wheat, barley, rice, etc., at need. A good coffee-mill will answer; but a larger one will save time. Hand-mills can be had from 6s. or 30s. to 50s. They soon pay their cost in freshly ground wheat, coarse or fine for bread or porridge.

Salt should be used, if at all, in careful moderation. Its excess is injurious. It causes or aggravates some diseases, and many believe they are "better without it." Peppers and spices may excite and irritate, but their chief danger is in the temptation they give to excess.

The flavour of stews and soups may be improved by a slight addition of the milder sauces—like the "Reading," or sweet herbs, celery, etc.—and almost every soup or stew is the better for a little vinegar.

Boiled rice, boiled macaroni, or vermicelli, or pearl barley, may be added to thin vegetable soups, with advantage.

Pea flour, or lentil flour, facilitates the making of soups; but it is to be feared that most of such flours are like most mustards, pretty heavily adulterated with cheap farinas, which are not, however, unhealthy. With a hand-mill you can make your own.

Celery—roots, stalks, leaves or seed—gives a nice flavour to soups. All the leaves may be saved to dry or bottle. Sweet herbs may be used with discretion. All delicate flavours should be added late in the cooking, or they will be dissipated.

When a soup is too thin it can be thickened by adding a little corn starch, or wheat flour, stirred into cold milk, and then to the boiling soup. Some prefer a beaten egg, stirred in just before serving.

In both soups and stews different vegetables require different periods for cooking. Carrots need two hours; celery an hour; turnips half an hour; shalots ten minutes; potatoes according to size.

Skim-milk and butter-milk, both rich in flesh-forming materials, may enter into the composition of vegetable soups with advantage. A little oil or a lump of butter also improves the flavour.

Cottonseed oil is now largely used in America instead of lard. Pure olive oil, such as is used for salads, may also be used in all kinds of cookery. There are also nut oils which answer the same purposes.

## POTATOES.

The potato is the best gift the new world gave to the old. Smokers think the best was tobacco, but that is their blunder. The Irish are sometimes blamed for living almost entirely on the potato, but they had some excuse. Nothing else would give them so large a crop, and that it is good food they have shown by producing the largest, strongest men and most beautiful women.

A baked potato closely resembles bread, and to simply bake them in their jackets is one of the best modes of cooking them.

If thoroughly washed with a good brush, the skins, and what lies just under, are the best part of them, being richest in the mineral salts which make them so good an anti-scorbutic, which salts may be wasted by careless peeling and too watery cooking.

Next best to baking, is to steam them in their jackets, or with them brushed or carefully scraped off. A proper steamer can be bought of any tinman; or he will make you a false bottom full of holes for your pot or saucepan. A few pebbles and a plate will answer the purpose, with a little water below it, to make the steam.

If boiled, it is well to turn off the water just before the potatoes are done, which is when you can put a fork through the largest, and let them bake a bit in the hot kettle for a finish.

A baked potato should be taken with a towel in both hands, as soon as done, and slightly broken. This prevents it from shrinking and becoming soggy. To bake or steam, the potatoes should be nearly of the same size. Cut in thin slices, potatoes, well cleaned, and fried in nice olive oil, are very good eating.

Steamed potatoes mashed, or, better, reduced to a pulp with two strong forks, with a little cream or milk and butter, salted to taste, make a good dish, which may be enriched or varied by the addition of boiled onions, turnips, carrots, or well-stewed peas, or beans, or lentils.

We know a musical composer and author whose favourite dish is a compound of potato, Spanish onion, and oatmeal. He considers it the richest and most satisfying or nutritious dish in the world; and as potatoes can often be bought for  $\frac{1}{2}$ d. a pound, the onions for a penny, and oatmeal for 2d., it is not dear living.

Across the channel they have *pommes (de terre) sautées*; (ask for "pom sotay.") Cold boiled or stewed potatoes are cut into pieces as big as a large filbert—or piece of chalk—and put into a saucepan with a little oil or butter, salt and chopped parsley—powdered sweet herbs will do. The pan is then shaken over the fire, until they are thoroughly hot and well seasoned. Germans cut up cold boiled potatoes, and dress them for a salad.

### SALADS AND SAUCES.

Salad dressing may come in here as well as anywhere. At the period of the French Revolution of '93, a noble *émigré* got a good living by going to great houses in London before dinner parties and dressing the salad.

In this way:—For a salad for four persons, put into a suitable dish a teaspoonful of salt, a tablespoonful of powdered white sugar, and a large teaspoonful of made mustard, the yolks of two hard-boiled eggs. Some prefer to have also one raw egg, a tablespoonful of olive oil, and a small boiled potato, a tablespoonful of chopped shallot or onion. Work them well together—then add a little vinegar—just enough to neutralise the sugar. Mix well with the salad, which may be of lettuce, or dandelion alone, or mixed with pepper grass, boiled beet root, etc., as sold by the greengrocers.

The salad is commonly eaten just before the "sweets," but vegetarians make it a central dish, and eat it at any time after the soup.

Cold potatoes may be chopped up with cold beetroot, carrots, turnips, or cabbage—or all together, and heated with a lump of butter or a little oil in a frying-pan or saucepan, with salt, pepper, a sprinkle of seasoned sweet herbs to taste, and served hot. This dish is excellent eating, and none the worse for a little mustard, and a few drops of lemon juice or vinegar.

A savoury sauce for many vegetable dishes may be made by putting into a jar or bottle, powdered sugar, oil, vinegar, salt, and mustard, and shake all together. Of the sauces sold at shops, mild ones, like the Reading, are to be preferred to the very hot ones like the Worcestershire. Hunger is the best sauce—but we see no harm in making food palatable by the moderate use of natural flavours.

## RECIPES FOR BREAD AND OTHER SIMPLE AND HEALTHY FARINACEOUS PREPARATIONS.

**Whole Wheat Meal Bread.**—Baking powder half an ounce; wheat meal two pounds; a little salt; cold water one pint.—Mix the powder well with the meal, then pour the water on gradually, stirring it quickly with a wooden spoon into a light dough of such consistency as will scarcely bear kneading, which it will not require. Put it into a tin, or make it into a round loaf, and bake it immediately. Some prefer to mix  $\frac{1}{2}$  ounce of bicarbonate of soda with the meal, and put the same bulk, or a neutralising quantity, of hydrochloric acid into the water. In this case no salt is needed. Good bread can be made by mixing meal with yeast, but care must be taken not to allow too much fermentation, or it becomes sour.

**Frumenty**, once a Lord Mayor's dish, and a staple food of our robust ancestors, is wheat or barley soaked over night, and boiled until it cracks open. Eat with honey, sugar and milk, or treacle.

**Durham Pudding.**—Soak 1 lb. of wheat in 2 quarts of water for twelve hours; then stew in a jar in the oven till tender; add  $\frac{1}{2}$  lb. raisins, or other fruit, and bake till done.

**Fritters**, or Fried Cakes, are made of wheat meal, buckwheat, maize meal, or best of all, of "Food of Health." Mix baking powder with the meal, wet with milk or water to a soft batter, and fry in oil or butter. Eat with golden or any fruit syrup.

**Oatmeal Porridge.**—Sprinkle and stir oatmeal into boiling water, keep briskly boiling, until of the consistence of cream, and boil twenty minutes. Eat with sugar and milk.

**Wheat Meal Porridge.**—Same as above; but care that the water boils is more necessary. Wheat cooks in ten minutes. Eat with milk and sugar, or golden or fruit syrup.

Wheat Meal, Wheaten Groats, or Dr. Nichols' Food of Health, prevent and cure constipation.

**Oatmeal Stewed.**—Put into a moderate oven, in a stone jar,  $\frac{1}{2}$  lb. of rough Scotch oatmeal with a quart of water. Take out and stir up at intervals. It requires to be in the oven for about one hour and a half; it is then delicious, and eats like cream. It will keep sweet and fresh three days.

**Oatmeal Pudding.**—Add a pint of round oatmeal to a quart of new milk warmed. Stir the oatmeal into the milk, and let them stand all night. Butter a basin, put in the oatmeal and milk, stirring in a spoonful of baking powder, then tie over a well-floured cloth, and boil fully two hours. If eaten as a pudding, serve with custard sauce, with black currant jam sauce, or with treacle sauce. If eaten as meat—and good "meat" it is—then use tomato sauce. Tinned tomatoes cost 7d. to 9d. a tin; a quarter of a tin, fried with butter, flour, salt, and water for ten minutes, will be enough for three or four adults, or half-a-dozen children, giving a meal of the most wholesome and nutritious character at the lowest possible cost.—*W. Gibson Ward.*

**Paste for Pies and Puddings.**—A pound of flour or wheat meal, 2 oz. butter, a tea-spoonful of baking powder, and 2 oz. powdered white sugar. Mix the baking powder well with the flour; rub in the butter; add  $\frac{3}{8}$  pint water; mix with a wooden spoon, but do not knead it; then take out of the bowl and roll, fold in three and roll again, and if not sufficiently smooth, roll a third time.—A



good *short crust* can be made with 6 oz. flour, 3 oz. ground rice, 1 oz. white sugar, and  $1\frac{1}{2}$  oz. butter. Rub together; mix with a little cold milk.—Some people prefer olive oil to butter for pastry. The best Lucca oil should be obtained; 2 oz. oil to 1 lb. flour. Stir the whole of the oil well into the flour, so that the oil is thoroughly distributed among the dry flour; then mix with water and roll out.

**Indian (Maize) Meal Porridge**, or, "Hasty Pudding," is one of the cheapest and best foods in the world. Make like oatmeal porridge, but needs a longer boiling. Eat with sugar and milk, or butter and treacle. Get sweet meal, or buy the maize and grind it in a hand-mill. It may be mixed with oatmeal, wheat meal, or flour of peas or haricots.

*N.B.*—All kinds of moist foods should be eaten slowly, and kept in the mouth for insalivation. No time is gained by hurried eating, but much lost, because it injures health and shortens life.

**How to boil Rice.**—Wash 1 lb. of rice, and throw it into a quart of boiling water; boil for ten minutes, or until each grain is rather soft, but separate; drain it in a colander, put it back in a pot which you have slightly greased with butter, let it swell slowly near the fire, or in the oven, until wanted. A little butter may be added; each grain will then swell up, and be well separated.

**Another Way.**—Measure one-third rice, two-thirds cold water; put in a basin or jar that will just hold it, and place in a saucepan with water (cold) reaching only half way up the inner vessel, that it may not boil in. Boil at least one hour, or till quite soft. If milk is added as the water evaporates, the flavour and richness are improved. Eaten with stewed raisins, figs, or other fruits, rice is a most digestible and healthful dish. Boiled rice digests in one hour.

## S O U P S .

**Barley Soup.**—1 lb. of barley steeped over night in water; add carrots and turnips cut into small pieces, onions and parsley, and a little olive oil or butter; boil together for three hours, and season to taste. Like all vegetable soups, this will be improved by sugar and vinegar, and bits of dry bread or crusts.

**Potato Soup.**—Quarter stone potatoes, boiled in their jackets, peel, and mash smooth; chopped onion with two quarts of boiling water, 4 oz. of pea flour, and a little olive oil or butter, sugar and vinegar, bits of bread, and seasoning of salt and pepper or sweet herbs. Lentil, pea, and bean soups, are better for barley.

**Lentil Soup.**—1 lb. Egyptian lentils, 1 lb. onions, 2 lbs. peeled potatoes,  $\frac{1}{2}$  oz. butter, 2 quarts of water. Pick and wash the lentils, and steep all night. Put on in fresh cold water with salt two-and-a-half hours before wanted; add the onions, peeled and sliced. An hour previous to serving, add the potatoes sliced, the butter, and season with pepper and salt, sugar and vinegar.

**Haricot Bean Soup.**—Two teacupfuls of beans,  $\frac{1}{2}$  lb. of onions, 1 lb. of potatoes, 1 lb. turnips,  $\frac{1}{2}$  oz. butter, 2 quarts water; pepper and salt to taste. Wash and steep the beans in cold water all night. In the morning drain, and put on in fresh cold water, with the onions sliced, the butter, and a little salt, three hours before wanted. An hour after, add the potatoes and turnips peeled and sliced. Boil the whole slowly, stirring occasionally. If required thicker, add  $\frac{1}{4}$  lb. of barley, meal, or oatmeal, mixed in a little cold water, twenty minutes before serving.

**Green Pea Soup.**—2 quarts green peas, 1 small onion, a sprig of parsley cut fine; 2 quarts hot water. Boil slowly half-an-hour. Add a pint of small new potatoes and a tablespoonful of sugar. Boil again till the potatoes are done—then add a pint of milk, boil a couple of minutes and serve, with toast separately.

**Vegetable Soup.**—The broths or foundations of vegetable soups may be prepared from—4 carrots, 2 turnips, 2 heads celery, 4 onions, a slice of toasted bread, 4 quarts water; or 1 turnip, 1 carrot, 1 head celery, 4 oz. onions, 3 oz. butter, 1 pint peas, crust of toasted bread, 4 quarts water; or 6 potatoes, 6 onions, 6 carrots, 4 turnips, 3 celery heads, 4 oz. butter, or brown toast, 4 quarts water. To make, put the prepared vegetables into the cold water, heat slowly and simmer, until they are reduced to a pulp, skimming well at first; then pass the whole through a colander, then a sieve. If a broth is wanted for clear soup, let it settle and turn off the liquid. The sediment will do for thick soup or stews; or, in *Soyer's* fashion, put butter and sugar in a stewpan, add the sliced vegetables, stew

them carefully till tender and browned, then add boiling water, bread, boiled peas, etc., simmer, skim, season, strain or decant, and serve. Rice, macaroni, vermicelli, etc., sago, or bread crumbs, or sippets, may be added to these vegetable broths, with sugar and vinegar, butter or oil, and any kind of seasoning.

**Soups for Invalids** may be prepared from bran water; what is called the stock of the soup should be made from bran; eight ounces of bran should be boiled in a quart of water, till it simmers down to a pint; it should then be carefully strained. It should be made fresh every day, and should be used as the stock for invalids' soup. Bran water allays irritability of the stomach and prevents vomiting; it is the best thing to be mixed in the milk for infants.—*The Vegetarian Almanac for 1882.*

### “VEGETABLES.”

**Turnips** should be boiled in plenty of water. To mash, put them in a saucepan over the fire, with a bit of butter, or sour milk, or cream, salt, pepper, and a pinch of sugar; mash until rather dry, and serve.

The tops and roots of **Young Beets**, when the crop is thinned out, make a sweet and excellent dish of greens, cooked and served like spinach. The tender leaves of the ruta-baga the same.

**Beets**, but little used in England as a vegetable, are very sweet and nutritious. They must be boiled with their skins on, and scraped afterwards. May be either plain or cut in slices, put in a pan with gravy, butter, or milk, and a little vinegar, salt, and pepper.

**Onions** may be boiled in water with a little salt till tender, and served with butter; baked whole in a covered dish with a little milk or gravy; cut in quarters, and stewed with milk, butter, salt, pepper, and a little flour. The large and mild Spanish onions can be tied in a cloth and boiled or steamed like a pudding. A crust of paste receives and retains the flavour. Or first boil, then bake in a paper.

**A Substitute for Potatoes.**—Steam or boil one pound of turnips; mash them well over the fire, sprinkling in about two ounces of oatmeal or peas-meal very slowly; put the mixture into a buttered dish, and brown it before the fire or in an oven. A little pepper, salt, and sugar should be added according to taste.

**Jerusalem Artichokes** can be boiled and eaten like potatoes. Clean, put into warm water, with a little salt, boil till tender, and serve; or mash as soon as done, with salt, pepper, and butter. They can be treated in every way like turnips, and are nice in soup.

**Potatoes, Onions, etc.**—Boil and mash the potatoes; boil the onions, and pass them through a sieve; mix the whole well in a stewpan, adding a little butter, and serve while hot.

**Irish Stew.**—Into one pint of water put twelve good-sized potatoes (cut in halves or quarters), six large English onions and one carrot chopped up, a little parsley, two ounces of butter, with pepper and salt. Let them boil till the vegetables are quite done, but not broken. May be done in an oven.

**Fried Cold Potatoes.**—Cut the potatoes in slices nearly half-inch thick, dredge slightly with flour and salt. Fry in a little butter until nicely browned.

**Potatoes and Milk.**—Slice or chop up cold potatoes. Put into a saucepan with a little butter, pepper, salt, and milk. Set over the fire, and boil a few minutes. If required rather dry, only use a very little milk. This forms a nice breakfast dish.

**Potato Salad.**—Cut cold boiled potatoes in thin slices; add a little raw parsley, chopped; pour some salad dressing over. Some cold boiled beet-root, sliced, and laid on the top, improves it.

**Mashed Potatoes and Onions.**—Wash and peel the potatoes, peel the onions, and set both on to boil in separate saucepans. The onions will take longer to boil than the potatoes. Strain and mash—first separately, then together—with a little warm milk, butter, pepper, and salt. Arrange on a dish, score with a fork, cover, and serve immediately; or put into the oven and brown lightly.

**Mashed Potatoes and Peas.**—Soak the peas overnight; boil until soft. Wash, peel the potatoes, and boil. Strain both, and mash together the same way as for potatoes and onions. A teacupful of peas will do for 1½ lbs. of potatoes.

**Potato Omelet.**—1 lb. peeled potatoes, 1 lb. bread crumbs, 1 egg,  $\frac{1}{2}$  oz. butter. Boil the potatoes, and when done and drained, mash fine with the butter. Add the bread crumbs, egg well beaten—season with pepper and salt. Put into a buttered dish, score the top, and bake in a brisk oven till nicely browned. Serve with butter sauce.

**Stewed Haricot Beans.**—Wash and soak the beans all night. In the morning pour off water and put fresh cold water, with a little salt, and simmer until tender (about five hours). Drain, and serve with parsley and butter.

**Herb Powder for Soups, Omelets, etc.**—Take 2 oz. each of parsley, winter savoury, sweet marjoram, and lemon thyme; 1 oz. each lemon-peel and sweet basil; 6 bay leaves, and  $\frac{1}{2}$  oz. celery seed. Remove the stalks; dry the leaves on white paper before a moderate fire. Pare the lemon-peel very thin; dry and pound in a mortar; also the celery seed; rub the herbs well, and pass the whole through a hair sieve. Keep in a bottle corked.

**Walnut Ketchup.**—The best is the vinegar from pickled walnuts; bottle it off, and improve the pickles with fresh vinegar.

**Macaroni.**—Put  $\frac{1}{2}$  lb. into 3 pints of boiling water; boil gently an hour; strain and serve with oil or butter, parsley, sweet herbs, or any sauce preferred. Macaroni boiled as above may be mixed with grated cheese, and made hot in the oven.

**Macaroni au Gratin.**—Put a pound of macaroni into plenty of boiling water, with an onion. Allow this to boil for about an hour, or till the macaroni is thoroughly tender. Drain the macaroni thoroughly; put it into a dish; add some butter or oil, and several tablespoonfuls of cream; mix grated cheese and some salt with it, and sprinkle some crumbs of stale bread, more grated cheese, and some pounded boiled chestnuts over it. Brown the dish before the fire. The chestnuts give a very nice flavour to it.—*J. Malcolm, in "Dietetic Reformer."*

Very nice, but toasted cheese is not good for dyspeptics.

**Macaroni with Tomato Sauce.**—Break the macaroni into pieces, put it into boiling water, and let it boil till swollen out, when it will be quite tender. An hour's fast boiling will probably be requisite. Have ready a sauce made of milk (a breakfastcupful), some butter, one large or two small onions cut into small shreds, and some tomatoes or tomato sauce. Mix all these together, and cook till the onion is quite dissolved. Then, having drained the macaroni thoroughly on a sieve, add it to the sauce in a stewpan, and warm the whole till thoroughly mixed. Add salt to the taste. By way of variety some grated Parmesan or other cheese may be added to the sauce.—*J. Malcolm, in "Dietetic Reformer."*

## PIES, PUDDINGS, ETC.

**Baked Rice Pudding.**—1 teacupful of rice,  $1\frac{1}{2}$  pints of milk, 3 tablespoonfuls of sugar,  $\frac{1}{2}$  an oz. of butter, 1 egg; flavour with nutmeg, cinnamon, or dried orange or lemon peel. Soak the rice in  $\frac{1}{2}$  a pint of milk for three hours. Put into a pie-dish with the sugar and butter; pour over it the remaining milk, flavour, and stir into the whole the egg well beaten. Bake three hours in a rather quick oven.

**Tapioca Pudding.**— $\frac{1}{2}$  lb. of tapioca, 1 quart of milk, 1 egg, 3 ozs. of sugar, and a little powdered cinnamon, lemon, or almond flavouring. Pick and wash the tapioca well. Then put on with the milk, and when boiling add the sugar, and boil slowly half an hour, stirring frequently. Set aside to cool, and then stir in the beaten egg and flavouring. Boil an hour longer, or turn into a buttered pie-dish and bake same time.

**Apple and Tapioca Pie.**—Line the edges of a pie-dish with paste, then put in a layer of peeled, cored, and sliced apples, with a little sugar and a few cloves, then a layer of tapioca, which has been steeped all night (drain off any water not absorbed), continue this process till the dish is full, cover in with paste, and bake in a rather quick oven.

**Semolina Pudding.**—2 oz. of semolina, 3 pints of milk, 1 egg, 4 ozs. sugar. Set nearly the whole of the milk on to boil, with the remainder mix the semolina and pour into the boiling milk, boil quarter of an hour, then add the sugar, set aside to cool, and then stir in the beaten egg, pour into a buttered pie-dish and bake twenty minutes. It may be flavoured with nutmeg or essence of lemon.

**Raisin Pudding.**—10 oz. meal or flour, 10 oz. ground rice or boiled; mix well, then rub in 3 oz. butter; add 1 lb. raisins stoned and halved, 3 oz. sugar, and a little nutmeg. Mix with  $\frac{1}{2}$  pint milk, and bake in a shallow tin one hour and a half.

**Rice Pudding.**—1 quart milk, 6 or 8 oz. rice, 1 oz. sugar, a salt-spoon cinnamon, or some grated nutmeg or lemon-peel. Bake three hours in a slow oven.

**Bird's Nest Pudding.**—Peel and core with an apple-scoop 6 well-flavoured apples, rather sharp, (or cut in halves to take the core out.) Put in a pie-dish, with a quart soft water, 2 oz. fine sago, 1 oz. sugar, a little grated lemon-peel:—place a dish over, and cook either in the oven, or on the cool end of the stove, about one hour.

**Custard.**—Set a pint of milk on the fire; when it boils, stir in barely 1 oz. corn-flour or rice-flour, mixed smooth with a little cold milk, 1 oz. of loaf sugar. Boil ten minutes, stirring all the time. Flavour with lemon rind rubbed on some of the sugar, or two bay leaves in the milk, taking them out when it boils; or add a few drops of essence when done. Keep it stirred till it is cooled a little; then add by degrees an egg well beaten, stirring it after.

**Blancmange.**—*Arrowroot or Cornflour.*—4 oz. arrowroot, a quart of new milk, and 1 oz. white sugar. Set  $1\frac{1}{2}$  pint milk on the fire, adding the sugar; when boiling, put in the arrowroot, previously mixed till perfectly smooth in  $\frac{1}{2}$  pint cold milk. Stir constantly till it has boiled three minutes; then add 10 drops almond-flavour, or rub some of the sugar on peel of lemon, and pour into a mould previously dipped in cold water.

**Brown Betty.**—Pare and slice eight large apples; arrange in deep basin or tart dish; first a layer of bread crumbs, then a layer of apples, over which strew brown sugar and bits of butter; then layer of crumbs, and so on until the dish is full. Pour over a small tea-cup of water; then cover the whole with a close layer of thin slices of buttered bread; press a dinner-plate firmly over, and bake slowly. May be served with or without cream and sugar.

**Apple Pie.**—Pare and core some good baking apples; cut each into four or eight pieces, according to size; put them in a bowl of water as they are cut; then take them out without draining, and lay them in a deep pie dish, as closely as possible with moist sugar; a little grated lemon peel or any other seasoning may be added, according to taste, but good apples do not require any; cover with puff paste; make a hole in the centre (which is required only for apple pies), and bake only in a moderately hot oven. Gooseberry, rhubarb, currant, or any other fruit pies may be made in the same way.

**Indian Apple Pudding.**—Scald  $\frac{1}{2}$  lb. Indian meal with  $\frac{1}{2}$  pint milk; when it has cooled, stir in a  $\frac{1}{4}$  lb. of flour, previously mixed with  $\frac{1}{4}$  pint cold milk, 3 oz. sugar and six apples, cut in small pieces. Bake in a shallow tin one hour and a half, in a quick oven. Other kinds of fresh fruit may be used. If a very juicy kind, use less milk to mix the batter.

**Sweet Sauce.**—*For Puddings or Tarts.*—A pint of milk; when almost boiling, stir in 1 oz. cornflour dissolved in a little cold milk. Keep stirring, and boil ten minutes; then add two or three lumps of sugar. This is the best substitute for cream with cooked fruit. If to be used with dried fruit pudding, two bay leaves boiled in the milk is an improvement; or some essence, but it is difficult to get good essences.

**Pudding Sauce.**—A dessert-spoonful of arrowroot or potato-flour; raspberry syrup or lemon-flavour; sugar, spice, and  $\frac{1}{2}$  pint water. Moisten the arrowroot in a little cold water; pour on the rest of the water, boiling; stir till clear; add the sugar and syrup, or flavour by rubbing a lump of sugar on the rind of a lemon. The juice also will improve it.

Vegetarians who like to imitate flesh foods make "Bread Steaks."—Soak slices of bread, or toast, on a flat dish, in a little milk or cream, till rather soft; season as liked; beat up an egg or two; dip in the slices, and fry in a little butter. Serve with brown gravy or any mild sauce.

Also they make baked savoury dishes—miscalled omelets—with bread crumbs, eggs, milk, and sweet herbs. "Tasty," no doubt, but perhaps not too easy of digestion.

They also have imitations of Christmas Plum Pudding and Mince Pies, leaving out the beef and suet, or lard and dripping.

**Vegetarian Christmas Plum Pudding.**— $1\frac{1}{2}$  lbs. of flour, 1 lb. *brown* bread crumbs, 1 lb. of raisins, 1 lb. of currants, 2 eggs, 12 ozs. brown sugar, 2 tablespoonfuls of treacle, 5 ozs. of butter, 1 oz. orange peel, 1 oz. lemon peel, 2 ozs. citron, grated rind of a lemon, salt-spoon of salt, and a little mace, nutmeg, and powdered cloves, and  $1\frac{1}{2}$  pints of milk. Stone the raisins, wash the currants, cut the peel in slices; rub the butter well into the flour; mix in the bread crumbs and other dry ingredients. Add the sugar and spice, and moisten the whole with the beaten eggs and milk. This quantity will make two rather large puddings, which should be put into well-buttered basins and boiled six hours. Serve with sweet sauce.

**Plum Pudding.**—Raisins (stoned), 1 lb.; currants (washed),  $\frac{1}{2}$  lb.; candied peel, 2 oz.; wheaten meal (or Doctor Nichols' "Food of Health") 3 lbs.; moist sugar,  $\frac{3}{4}$  lb.; baking powder, two teaspoonfuls; and a little grated ginger and nutmeg. Rub them well together; then, making a hole in the middle, pour in about three tablespoonfuls of best olive oil, add as much cold water as necessary; beat up with a wooden spoon. Put the pudding into a basin previously greased with olive oil; tie up securely in a cloth, and place it in a pot of boiling water, and keep boiling about ten hours.—*Mrs. Charlotte Sheldrick.*

**Baked Pudding.**—Cut a French roll into thin slices, lay in a pie-dish, sprinkle currants between each layer, and on the top (3 oz. will be enough for the whole). Beat up an egg, and mix with a pint of milk, 1 oz. sugar, and very little grated nutmeg or lemon peel. Pour this over the bread and let it soak an hour or more; put into a rather quick oven and bake one hour. Some people prefer Sultana raisins to currants. It may be made without the egg.

**Vegetarian Mince Pies.**—3 lbs. of peeled and cored apples, 1 lb. raisins, 1 lb. currants,  $\frac{1}{2}$  lb. of citron,  $\frac{1}{2}$  lb. of orange and lemon peel mixed,  $\frac{1}{2}$  lb. brown sugar, 1 lb. of treacle, 1 nutmeg grated, 1 teaspoonful of powdered cloves, 1 teaspoonful of powdered mace, 1 teaspoonful of ground cinnamon. Wash the currants, stone the raisins, cut the peel in slices. Mix these with the other ingredients and apples chopped fine. This quantity sufficient for seven or eight pies the size of a dinner plate. When baking into pies, allow one thoroughly beaten egg to each; also a teaspoonful of lemon juice and one of essence of lemon, and heat the whole for a few minutes over the fire. Butter a plate, cover over with paste, lay on the mince meat, cover in with paste, and bake in a brisk oven, till lightly browned. The spices may be omitted or varied according to taste. Nearly an ounce of butter may be added to each pie if liked.

**Apple Sauce.**—Peel, core, and slice thin half-dozen moderate-sized apples, put into a saucepan with very little water, and stew to a pulp. Sweeten to taste. Good boiling apples should be used.

**Fruit.**—To STEW.—Fruit should be cooked gently, in a jar in the oven, or in a bell-metal stew-pan, or an enamelled saucepan. For fruits without much juice (such as apples and green gooseberries) use very little water, say  $\frac{1}{2}$  pint to a quart of fruit. Put in the sugar when it is half done. They take from half an hour to an hour and a half, according to kind. For sour fruits  $\frac{1}{4}$  lb. sugar to a quart. Apples require a few cloves, or a little lemon peel also.

**Fruits, Dried.**—To STEW.—Dried apples, prunes, figs, dates, raisins, etc., should be put to soak in water to cover them over night, then stewed *gently* for some hours. Sweet and sour may be stewed together.

**Rhubarb and Figs.**—Four figs to six medium-sized sticks of rhubarb. Cut the rhubarb into pieces [about two inches long, without peeling, and the figs into small pieces, adding sugar and water according to taste. Stew in a rather slow oven, so as to retain the shape of the rhubarb. Rhubarb is good stewed with either lemons, oranges, raisins, or ginger.

**Tomatoes, Baked.**—Pour boiling water over the tomatoes to loosen the skins; peel; cut in thick slices, and place them in a well-buttered baking-dish, with a little salt and pepper, and butter in bits. Cover with bread-crumbs, in which mix grated cheese and powdered sweet herbs. Bake twenty or thirty minutes.—Or stew over the fire, stirring in the bread-crumbs and seasoning.

**Orange Marmalade.**—Proportions: 10 Seville oranges, 2 lemons, 3 pints of soft water to every lb. of fruit. 9 lbs. of loaf sugar to 10 lbs. of the mixture. First weigh the fruit, press out the juice, rejecting the pips. Shred the rinds very fine, and soak them in the water for 24 hours, now boil it till it is quite soft

and pulpy, say, two or three hours, then take it off to cool, and add the juice. To ascertain the proportion of sugar, it had better be measured with a jug that holds a certain weight. The whole must now be kept stirred and boiled for about half-an-hour. When put into jars, the fruit should be covered with oiled paper, and the jars carefully closed with pasted paper. Cost 2½d. per lb.—A. SLATTER. (We find good marmalade delicious and healthful.)

**Fruit Syrup.**—Take ¾ lb. of sugar to 1 lb. of fruit—currant, raspberry, strawberry, blackberry, mulberry, or elderberry. Pick the fruit and put it in a deep crock pan. Let the preserving sugar absorb as much cold water as it will, and put it into the pan with the fruit. Let it stand 12 hours, then put it in a stewpan, and let it simmer gently for ¾ of an hour, skimming the top as the scum rises; strain through a sieve, and bottle it up when cool enough. This will keep good for months, and is invaluable in winter for mush and puddings. The dry fruit can be eaten up with bread after it is strained.—“HYGEIA.”

**Indian Meal** mixed with well-beaten eggs makes good hot cakes for breakfast.

**Popovers.**—Beat three eggs very light; add three cups of milk; beat in three cups of flour or, better, Food of Health, or wheat meal, rapidly and smoothly; bake in cups, half filled, in a quick oven. Serve hot with fruit sauce.

**Gingerbread.**—Wheatmeal or flour three pounds; butter six ounces; brown sugar half pound; ground ginger two ounces; treacle one and a half pound; baking powder quarter of an ounce.—Rub the baking powder into the flour; add the sugar (rolled) and ginger; mix all into a paste with the treacle and butter (warm); and bake on warm buttered tins.

**Rice Fritters.**—With boiled rice mix a little flour and beaten egg; make into thin cakes and fry in oil or butter.

## BEVERAGES. “WHAT SHALL WE DRINK?”

Chemically and physiologically—that is, naturally—the only *real* drink is water. Pure water alone is the basis of the salivary, gastric, and pancreatic secretions which dissolve all food, and aid its conversion into blood, and thence into all the tissues of the body.

This needful water is found in milk, the juices of fruits, and more or less in all vegetables used for food, some of which contain 90 per cent. of pure water filtered by the spongioles which absorb it from the earth. What we add to water is food—sugar, milk, fruit juices, or more or less deleterious substances, cocoa, tea, coffee, and alcohol. Alcohol is a poison that demoralises and destroys great numbers: tea and coffee excite the nerves, and are often causes of disease.

Those who live upon a bland vegetable diet, taking very little salt, and eating freely of fruits, may have no need of more water than they contain. The proper indication that more is needed is thirst, and thirst is best allayed and the want of the system supplied by *pure soft water*—the only natural drink and the best of medicines.

When the water is hard or impure, the best resource is filtered rain water, or distilled water.

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THREE-FOURTHS of the human race eat little or no flesh meat. Even in Great Britain half the people seldom taste it except on Sundays. Millions in various parts of the world refrain from eating flesh from religious or sentimental scruples, or from a conviction that it is needless, or prejudicial to health. It is quite certain that it is not necessary to sustain the highest health, the greatest physical and intellectual vigour, or the greatest longevity.—*How to Cook.*

PROFESSOR JOHNSTONE, one of the latest and best authorities on food, in his “Chemistry of Common Life,” says the bran of wheat contains 18 per cent. of gluten; fine flour only 10 per cent. Figs, as they come in boxes, contain more nutriment than wheaten bread. The perfectly dry gooseberry is as nutritive as wheat flour. Dry cabbage leaf contains 35 per cent. of gluten, and is therefore one of the most nutritious of vegetable substances, but it needs to be eaten or mixed with potatoes, rice, or other fat or starchy kinds of food.

## INTRODUCTION TO DR. NICHOLS' WORKS.

First of all I advise every one into whose hand this small book may come, to read it from beginning to end, so as to get a good idea of the theory and practice of vegetarianism, and its relations to health, economy, and beauty of life.

I advise every person in feeble health, or suffering from any ailment, or who may from hereditary or other causes, be threatened with consumption, cancer, or any scrofulous disease, to give a fair trial to my system of prevention and cure. Read "*A Woman's Work in Water Cure*," by Mrs. Nichols—a book which has prolonged the lives of thousands, and saved thousands of women from indescribable sufferings; read my "*Diet Cure*," which is full of the highest testimony as to the efficacy of a pure diet in the prevention and cure of a great number of diseases; read "*How to Live on Sixpence a Day*," which has made a vast number of converts to the vegetarian system in all parts of the world—nearly a hundred thousand having been sold in England, and editions published in America and in Germany. There is also an American reprint of "*The Diet Cure*."

If you desire broader, deeper, more comprehensive and thorough instruction in the science of life, and the prevention and cure of disease, in all that relates to the highest physical and moral condition of men and women and their relations to each other—love, marriage, maternity—the reproductive system in male and female, and what is needed for the healthy life of the race, read my "*Esoteric Anthropology*" (Mysteries of Man)—a comprehensive and confidential treatise on the structure, functions, physical and social conditions, and most intimate relations of men and women—a compact book of 340 pages with 50 illustrations—the best book of general and sexual physiology in the world, in my humble opinion. If I did not think so, I would write a better, because what it is intended to teach needs to be known by every man and woman in the world. There is no merit and no safety in ignorance. Why should man or woman be at the mercy of possibly ignorant—possibly unscrupulous doctors, when they can know themselves, understand their liabilities, and save themselves from great dangers and intense suffering? This book has received the highest commendations from the press, and still more in hundreds of letters from men and women, because it teaches just what every man and woman ought to know about themselves, and also about each other. It has given knowledge, hope, and a new life to thousands, and has an unprecedented sale all over the world.

My "*Human Physiology the Basis of Sanitary and Social Science*" covers a broader ground. It is a handsome crown octavo volume of 496 pages, with seventy illustrations, and is divided into six parts—six almost distinct books of 80 pages each, yet intimately united, and covering almost the whole science of man. These parts are (a) "*Man in Civilization*"—a description of our actual social condition, with very striking statistics of poverty, disease, prostitution, crime—the great social evils of our actual condition; (b) "*Matter, Force, and Life*," the elements with which we have to deal; (c) "*The Human Body*," its anatomy and physiology; (d) "*The Laws of Generation*," a treatise on sexual physiology; (e) "*Health, Disease, and Cure*," a treatise on hygiene, pathology and medicine, or the best methods of prevention and

cure; (f) "*Morals and Society*," a treatise on social reformation and the means of realizing the highest earthly condition of humanity.

This book, from beginning to end, is in my opinion worthy of the attention of all thoughtful and progressive men and women, and it has received the highest commendations, both from the best reviews and journals and in private letters to the author.

There are also some other works upon my list of which I may say a word in explanation, if not in commendation. "*Social Life*" is a book intended specially for young men and women, as a guide to that training in character, morals, and behaviour which will make them the most desirable members of society. It contains such instruction and advice as a good and wise parent might wish to give to a son or daughter, by which they might make the best use of life for their own happiness and the happiness of all around them.

I wish to specially recommend one more book—a very little one—but written to meet a terrible, and I am sorry to say an almost universal need. It is called, *The Beacon Light: A Revelation of the Hidden Dangers in the Path of Life*, containing lessons in Human Physiology which fathers and mothers may give to their sons and daughters. It is really a careful treatise on Sexual Physiology for the young, teaching, I think, in the best way what every child should know, and warning every child of either sex against perhaps the greatest danger—that "Sin of ignorance" which is none the less fatal, and which is a cause of nervous exhaustion, serious disease, and early death to thousands of the best and brightest children in the world. I advise every parent to read the *Beacon Light*, as I advise him or her to read all these books, and then either to give the book to his child or in some way to give the needed instruction and warning against *this dreadful danger, which yawns like an unseen pitfall in the path of every child.*

My "*Forty Years of American Life*" gives a good idea of America, and its social and political life from 1820 to 1860—America before the war of Secession, and has been called by one of the best English authorities, "the best work on American politics and society ever written by an American." It is truthful as to its facts and descriptions of scenery and social life, and has been considered interesting and instructive. When I get time to complete and publish my "*Twenty Odd Years of English Life*," it will, I have no doubt, be far more interesting to English men and women, and, as being the fruit of a larger experience, it ought to have a much greater value. It is intended as a companion work to the "*Forty Years of American Life.*"

My latest, possibly my last work, just ready, is "*NICHOLS'S HEALTH MANUAL: A Memorial of the Life and Work of MRS. MARY S. G. NICHOLS, author of 'A Woman's Work in Water Cure,' who departed this life May 30, 1884.*" Planned, and in large part written by her, I have completed it at her request. It is a handsome volume of 400 pages, Demy Octavo, and it gives not only a very full record of her life and her work of teaching and healing, but special instructions for the prevention or cure of diseases, especially those of women and children. An excellent portrait of Mrs. Nichols will, to many, add to its value. I think it a very interesting, and also a very useful work. The Manual, which was originally published at half a guinea, can now be bought for five shillings. I must not also forget my book entitled, "*Marriage in all Ages and Nations, as it has been, is, and might be; its History, Physiology, Morals, and Laws.*"



I must not forget that since 1875 until recently I have edited and written the greater part of "THE HERALD OF HEALTH," monthly, price 2d. This is published by NICHOLS and Co., 23, Oxford Street, W., near Tottenham Court Road. Here is a grand depôt of sanitary literature and articles, including, of course, all my works and inventions. Here also is the Alpha Vegetarian Restaurant, the first established in London, which provides daily Vegetarian Dinners for three hundred guests, and if it had room could double or treble the number. This establishment was under the management of Mr. JAMES SALSURY, a thoroughgoing vegetarian and sanitary reformer, for many years, but is now carried on by Mr. CASTLE, of Liverpool.

T. L. NICHOLS, M.D.

32, Fopstone Road, Earl's Court, London, S.W.

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The following are specimens of notices, reviews, and private commendations, which would fill a volume:—

HOW TO LIVE ON SIXPENCE A DAY.—"Full of the most useful information—the production, evidently, of a learned, thoughtful, philanthropic man."—*Weekly Dispatch*.

"Sound and practicable—we confidently recommend it to all true philanthropists."—*Mechanics' Magazine*.

HUMAN PHYSIOLOGY.—"In this remarkable volume Dr. Nichols has condensed the studies of many years into a popular form. He writes simply, frankly, fully—he is never pedantic, or obscure, or dull. In the course of his five hundred pages there is not a line which is not only worth reading but remembering, for to a large majority of readers most of the facts and inferences will be wholly new

While profoundly thoughtful and philosophical, every page is so clearly written, every fact is so fully stated, every law is so perfectly explained, that every one will not only thoroughly understand but fully appreciate the work."—*Birmingham Morning Post*.

"The spirit of the work throughout is excellent."—*Public Opinion*.

**SOCIAL LIFE.**—"We have read this work with the greatest pleasure; and in closing it, we do not know which to admire most—its useful practical suggestions for reforming, educating, refining, and polishing our whole life and society, so as to bring out their highest use and beauty; or the full, clear, and incisive style in which it is written throughout. Dr. Nichols has written many useful works; but to prove he is a thoughtful, well-read, observant, clever, kindly gentleman, commend us to this modest treatise."—*Public Opinion*.

**FORTY YEARS OF AMERICAN LIFE.**—"Dr. Nichols has broken new ground—ground that has been little more than touched by any of his predecessors—and given us an exceedingly clear, pleasant, and varied series of sketches of American life and manners, surprisingly free from the customary defects of such works. No book we have ever read gave us anything so clear and vivid an idea of American life. As a description of American homes, and Americans at home, this book is the best we have seen."—*Saturday Review*.

"The descriptions of life in New England forty years ago, and in New York at the present day, are really admirable. His narrative has that greatest of charms, that he entirely sympathises in his heart even with the weaknesses which his intellect confesses. Indeed, the early chapters of the first volume, in which he describes the State of New Hampshire during his boyhood, are perfectly idyllic. In conclusion, we heartily recommend Dr. Nichols' book. It is thoroughly amusing, instructive where he relates his own experience, and everywhere racy of the soil of which it treats."—*Spectator*.

"An interesting book, written with extraordinary vivacity, and full of amusement and instruction."—*Literary World*.

**ESOTERIC ANTHROPOLOGY.**—"My judgment is, that this is not only the best book on the subject on which it treats, but the only true and satisfactory one ever written."—*Alonzo Lewis*.

"This book contains more that is weighty in fact and sound in philosophy—more that is useful in medical science and effective in medical art—more that is purificative and elevative of *man*, than any *one work*, in volumes few or many, that has ever graced the *Librarie Medicale* of civilisation."—*Dr. E. Dodge, Oswego, N.Y.*

**HOW TO COOK.**—"For moderate households or general use, we have met with no treatise on gastronomy that can compare for practical utility with 'How to Cook;' and we firmly believe, with the author, that 'one month's training in its principles and rules would make a good reliable cook of any intelligent servant.'"—*Sporting Gazette*.



## DR. NICHOLS' SANITARY INVENTIONS.

It is due to the publishers of this Vegetarian Cookery Book, Messrs. Franks and Co., who are the proprietors of my inventions, that I should say a few words of the latter, which will be found described in their advertisements. I found out long ago that it is not enough to give people good advice. It is necessary to provide them with what is necessary to follow it.

Wishing to bring a perfect food, nourishing, healthy, curative, within the reach of all, I invented "Dr. Nichols' Food of Health," which is, so far as I know, in its chemical composition and its peculiar mode of preparation, the best farinaceous food in the world—a preventive and cure for dyspepsia, constipation, and all diseases or diseased conditions of the organs of digestion, assimilation, secretion, and defecation.

In the form of DR. NICHOLS' FOOD OF HEALTH BISCUITS, packed in tins, this perfect food can now be kept in any climate, and had ready cooked at any moment, in any part of the world—making, with the addition of fruit, a delicious, healthy, and sufficient diet.

Dr. Nichols' Wheaten Groats have never failed to speedily cure the most inveterate cases of habitual constipation.

Cleanliness being a prime condition of health, I thought it a good thing to invent a perfect soap, cleanly in itself, free from the foulness of animal decay, and containing special antiseptic, disinfecting, and curative agents. Therefore I instituted a series of experiments, and invented Dr. Nichols' Sanitary Soap, which has been pronounced by all who have used it simply perfect as a toilet soap, making the hands and complexion exquisitely soft, white, and healthful, and possessing curative properties of the most extraordinary character—instantly allaying the smarting and pain of scalds and burns, for example, speedily curing wounds, bruises, sores, and inveterate skin diseases—so that it is not only the most delightful of soaps, but at the same time the most potent in its deep cleansing and healing powers. Send for a box by parcel-post and try them.

I believe my Sanitary Baking Powder is as good as can be made. Send for a box by parcel-post and try it.

Accounts of my Egg Preserver, Milk Solvent, and other matters of interest will be found in the advertisements and in the HERALD OF HEALTH, which should be read every month by every one who wishes to know how to make life worth living.

My invention of a PORTABLE FOUNTAIN BATH OR RISING DOUCHE has placed one of the most powerful remedies of hydropathy for constipation, piles, *prolapsus ani*, *prolapsus uteri*, and other diseases and weaknesses of the pelvic viscera and generative organs of both sexes, within the reach of all. It may be taken at the bed-side, and is a luxury for the healthy as well as a ready means of cure for the most distressing ailments.

One of the best of agencies for securing perfect cleanliness, and that thorough purification of the whole system which is an important condition of health, is the Turkish or hot-air bath. The desideratum was to have one in every house, and by the bedside of every invalid—so cheap, so portable, so easily arranged, that every one can enjoy its benefit and luxury. This is secured in Dr. Nichols' Portable Turco-Russian Bath.

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This most nutritious and palatable Food, prepared from the richest elements of the Vegetable Kingdom, in the exact proportions required to form pure blood, and therefore to nourish all the organs and tissues of the human body, is the original invention, and is prepared under the personal direction of T. L. NICHOLS, M.D. First prepared for his own patients at Malvern and over the United Kingdom, it produced such extraordinary results, and met with such universal favour, that it is now protected by Trade Mark registration, placed in the hands of Wholesale Agents, and distributed over the world.

The FOOD OF HEALTH is not only a preventive of Dyspepsia, Constipation, Biliousness, Piles, and all the irregularities and diseases of the nutritive system, but also a speedy and perfect remedy for them, and of remarkable efficacy in Scrofula, Rickets, Consumptive, Contagious, and Nervous diseases, and impoverishment of the blood. No one who makes one meal a day on THE FOOD OF HEALTH will ever require aperients. It affords perfect nutrition for bone, muscle, nerves, and brain, and, with other sanitary conditions, ensures a sound mind in a sound body. Delicious as salubrious, pleasant at first if prepared according to the directions, to every unperverted taste it never palls, but daily use makes it more agreeable. *Good for all*, it is specially useful for the nourishment of delicate children and invalids; and as good blood can alone make good milk, it is the best possible food for mothers and nurses, and through all the trials and perils of early life.

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It contains Deodorising, Antiseptic, and Disinfecting elements, which make it not only the most purifying of soaps, but one remarkable for its curative virtues. It neutralizes and destroys every kind of impurity and every taint of disease—fungoid, parasitic, or animalcular—in the skin, hair, or teeth. It has quickly removed eruptions of ten years' standing. It perfectly destroys the morbid matter of measles, scarlatina, and all contagious diseases. It cures chaps, chilblains, and excoriations.

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This highly nutritious food, a speedy and thorough remedy for Constipation and all its attendant maladies, is made from selected White Wheat, each kernel of which is flattened with a force which develops a peculiar mucilaginous sweetness, and renders it not only eminently healthful, but truly delicious, and in cases of habitual and obstinate Constipation, the best known remedy in dietetic medicine—gently and naturally stimulating the peristaltic and secretory action of the bowels, while it makes pure blood and perfectly nourishes every organ and tissue. This food is rich in all the elements of health, and is warranted superior to any, however widely puffed, at ten times its cost. One meal of two or three ounces of Wheaten Groats a day is a remedy for most cases of dyspeptic ailment, but in chronic constipation this food, with ripe or stewed fruit, should, for a time, form almost the entire diet.

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Differs from the ordinary Baking Powders in being composed of chemical elements of perfect purity combined in accurate proportions, and free from any deleterious ingredient, so as to evolve the greatest quantity of Pure Carbonic Acid Gas, which forms minute vesicles throughout the mass of dough or batter, rendering it light, digestible, and wholesome.

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Dr. NICHOLS has eaten eggs preserved for eighteen months by his method, and Messrs. Franks and Co. in a recent experiment, carefully following the directions on every package of Dr. NICHOLS' SANITARY EGG PRESERVER, found them sound and fresh at the end of twelve months. If the eggs to be preserved are in good condition, and the vessel in which they are placed well covered, so as to prevent circulation of air, there can be no deterioration, so that the abundant and cheap supply of eggs in spring may be kept for Christmas or throughout the year. Boxes containing materials for 250 eggs, 3s.; for 500, 5s.; for 1,000, 9s.

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