

AN EXPONENT OF THE SPIRITUAL PHILOSOPHY; ITS SCIENCE, AND ALLIED SUBJECTS.

Number 257

UNCOOKED FOODS.

A Menu for Eight Days, With Recipes for Preparing the Dishes by H. S. Robinson.

contentment in this fact over eat another piece of meat is more than I care to consider.

5. The greatest rheumatic producer in the world is flesh. I do not mean that vegetarianism will render us immune from rheumatism, for cattle sometimes have rheumatism; but I do say that flesh feeds rheumatism; and not only rheumatism, but also any other disease. You know that a popular remedy given for rheumatism is that there is too large a quantity of uric acid in the blood, and the common idea is that the kidneys are not doing their duty, and medicine are given to make them do their work. Now we are here to make provision for the conversion of about four grains of uric acid into urea a day and thus pass it out through the kidneys, and if more than that amount of acid

finds its way into the human system, there is a provision for its elimination. What is to be done? Well, we carry toward the extreme, to a desperate effort to eliminate it through the hands and feet, as evidenced in its way to the joints, tendons, muscles. Sometimes, in rheumatism, sometimes the kidneys have diseases, and ache, burn, and swell. It

the human system. Life is very precious, and we eat that which abounds in the forms of animal, unorganized, and on its way toward the elementary organs. It accumulates during the life of the animal, and is then more rapidly for the first few hours after its death. No body eats a pound of meat a day if they did they would take into their system ten times more than the average system is enabled to eliminate. If you eat one ounce of meat a day, you have imposed a natural extra fourth of a day's work. This consideration, alone is all the argument necessary for vegetarianism.

6. Now we come to a very strong objection to flesh eating. I do not believe people are assimilated by what they eat. If I did I should certainly favor putting some of our trust in a pig on a pork die till they became as good as the hog they eat, nor can persons all ways assimilate what they eat. But the meat people eat must mutually have a malignant effect upon the more sensitive of our people. We are all conversant with the fact that a psychometrist will take up a fragment of a rock, and if a murder had been committed near it locally where the rock is found will get from the vibrations around it a history of the tragedy. A piece of wood from the gallows where a man had been hung was once displayed at a camp-meeting where I was, and none of the mediums present could venture to retain their hands, but here is a hauler in a wagon trembling every limb and bleating pitifully as it somehow senses that it is to be slaughtered to satisfy the prying appetites of humanity is taken to the slaughterhouse, smothered in the blood of other victims and processed, and the knife is turned to its throat the next day, and up among the towns and every sensitive village and hamlet eating it, any one of us that we have as nervous stomachs in the country that would be proportioned to are in the city and cities. It is a wonder that the laws of our state have not been amended to prohibit the eating of any creature that has been killed in any way.

LUNCH.
Schmencase. Bread and Butter
Olives. Celery.

Honey.

DINNER.
Swedish Fruit Soup.
Nuts. Raisins.
Celery, Apple Salad.

8.

BREAKFAST.
Banana Nog. Bread and Butter.
Raw Oats with Cream.
Milk.

LUNCH.

Nut Sandwiches.
Cress with Oil and Vinegar.
Oranges and Bananas sliced with
Grated Cocoanut.

DINNER.

Milk Soup.
Sanatorium Baked Beans.
Celery Salad. Bread and Butter.
Shredded Pineapple.

RECIPES FOR THE RAW FOOD MENUS

1.
The egg is to be put in the juice of an orange without being beaten.

Whole Meal Salad: Soak over night a tablespoonful of split or green peas or until they are soft. Also the same amount of oatmeal. To them add half a cupful or so of raw cauliflower, cut fine an onion and a tomato. Put in half a cup or more of nuts broken up coarsely. Pour over all a dressing made of a tablespoon of oil, a tablespoon of sugar, a teaspoon of salt, a dash of tobacco and the juice of a lemon. Mix well and let stand several hours before using.

Hazlenut Soup: Chop half a cupful of hazlenuts, blanching them if desired, add an onion, a tomato, both chopped fine, a quart of milk, a teaspoon of salt and the same of butter. Make hot and add a well-beaten egg. Thicken with cracker crumbs.

Nut-lettuce-cream Sandwiches:
Chop lettuce up into fine shreds and add an equal quantity of chopped nuts, mix together with whipped cream. Spread between slices of whole wheat bread, piling it up almost an inch.

Apricot Puff: Soak half a pound of apricots until soft. Chop fine and add six bitter almonds, pounded fine, one cup of powdered sugar and the yolks of three eggs. Beat this very light, then add the whites, beaten stiff with a tablespoonful of sugar and one teaspoonful of almond flavoring.

2.
Cream cheese does not mean schmearcase or as it is variously called, cottage cheese or cream cheese. This means the Blue Label Cream Cheese that comes in little cakes, wrapped in tin foil for ten cents. It is very delicate and nourishing and may be eaten with a little mustard if liked.

Tomato and Nut Soup: Half a can of tomatoes, half a cup of chopped walnuts, a tablespoon of cracker crumbs, a teaspoonful of salt and sugar, one small onion chopped fine. Add a cupful of hot water and let stand for two or three hours. When needed make very hot, add a cupful of cream and an egg well beaten. Serve with croutons.

Apizezo Pudding: A cup of apizezo crumbled fine, half a cup of blanched and chopped almonds and the same of figs. In the dish from which it is to be served, put a layer of the apizezo moistened with grape juice, then a layer of the almonds mixed with sweetened whipped cream, then a layer of figs. Continue.

(Continued on Page 5.)



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W. H. BACH, Managing Editor.

VEGETARIANISM.

Its Effect on Inebriates.

Staff-Captain Hudson, the matron of the Inebriates' Home at S. Newington, was the second Salvation Army representative. Of her experience and work among those who had been drink-bound, she spoke as follows:

I have been asked to come here today to say a few words as a result of having adopted this special diet in our Home for Female Inebriates.

Speaking generally, the benefits are incalculable and cannot be done justice to in fifteen minutes.

About three years ago I was induced by Mrs. Booth to try this diet.

Let me say here that I had been working the Home for four years previous to this, with the usual mixed diet—joints, bacon, salt fish, pickles, pepper, mustard, oysters and vinegar, etc., and that I was very sceptical about this new idea.

Since that time one hundred and ten women of all shades of society have passed through the Home. Two-thirds of these have been (so far as the drink and the drug habit are concerned) the worst possible cases; the majority of ages being from 40 to 60, most of them habitual drunkards of 10, 15, and 25 years standing; some so bad that other Homes would not receive them!

There were those suffering from delirium tremens, there were morphia maniacs, having periods of fierce craving for the drug, at times amounting to madness.

Others were so unnerved, and such physical wrecks (not having eaten food of any description for weeks and even months,) that I felt doubtful as to what would happen as a consequence of giving them this diet. You will agree with me that I had a variety of material to work on. Now for results!

Both myself and workers were quickly convinced that we had taken a right step. We found that the strain and anxiety about our work (inmates) gave place to a much more restful and peaceful state of mind; also that we could think and sleep better. This was a great gain for us, especially for myself, since I was beginning to find the work very trying. Some of us had suffered from severe headaches for years, which gradually disappeared. This was splendid.

We also found less need for medicine, and that was a new idea for me, swearing by the doctors as I had done all my life, entirely due to my bringing up and my nursing work. So much for us.

But what was taking place with us, was rapidly developing in the inmates; only their sad condition made the change much more marked. Lazy, vicious, bloated, gluttonous, bad-tempered women, heavy with years of soaking; who had hitherto needed weeks, and even months or nursing and watching, to my astonishment and delight, under this new treatment, made rapid recovery, assuming a fairly normal condition in about ten days or a fortnight.

Mrs. W., who had been drinking hard for sixteen weeks—twenty-five years a drunkard—came to us on a Thursday, and was up and about on the next Monday.

Within four months we had practically abolished the meat diet! The people, as a whole, are much happier. We do not have violent outbreaks of temper as we used to, they are more contented, more easily pleased, more amenable to discipline. One serious difficulty with them has been their variable moods, in consequence of the terrible depression from which they suffer. We have now much less of this than ever before.

The general health of all is an increasing wonder to me. We have no sickness (as our medical men can testify,) and we have had only one serious case at Hillsboro' House in nearly four years, and that was an officer! We have never had a death in the home the whole seven years I have been in charge, and this does not mean that they were dispatched to the infirmary in order to avoid it!

Many of our people who have passed out are still Vegetarians, and trying to introduce the diet into their own homes; sending to me for recipes, cookery books, etc. Let me finish by giving you in a few words six little instances of this:

1.—Left us intending to indulge largely in pork chops and rump steaks, but found all appetite for such things gone. Wrote for cookery book.

2.—Very prejudiced, but, since leaving, has written for Vegetarian recipes, owning that 'our diet' was best, and that she was better when taking it.

3.—Would as soon take whiskey as meat.

4.—A sensual, gluttonous woman, lived on steak and half-cooked chops and whiskey, openly rebelled against Vegetarianism, now sees the value, and wishes for recipes that she may continue.

4.—A convinced Vegetarian—lady's maid to a lady-in-waiting abroad—sends to say that her ladyship would like to know something about the diet, would I send information?

6.—A lady, who since leaving us two years ago, has become a worker, is trying to induce all around her to adopt this diet. She is, herself, a marvel of success.—The Herald of Health, London, England.

Expression of a Veteran Spiritualist.

I do not know as I can write you a proper article for your Vegetarian Edition, but I am not an extremist, so I will try a hand in a moderate way.

An extreme person on the one hand would advocate that he would eat nothing but that food that was supplied by nature. Well, as all food and all vegetation is a product of the earth, I would advise him to go way back and partake of the earthy matter before it is converted into either vegetable, fruit or flesh. Let the extreme party try that for a steady diet—then let the fellow at the other extreme partake of the concentrated extract of real life of vegetable or animal, i.e. alcohol, and see which could stand the racket the longest.

In my moderate way I am willing to allow the animal to condense the grasses and vegetable matter into a good beefsteak and give it to me in that condition; and I am also willing to allow the pear tree the peach and the apple to condense my food and let the extremist eat earth or alcohol just as he chooses. You will find me fat and jolly while the other fellow will growl with the empty belly ache.

J. W. DENNIS.

Battleships or Merchant Ships.

We have given considerable attention to the question, How can our foreign trade be increased? It is quite clear that we have only a small fraction of merchant ships in comparison with those of some other nations which are our rivals, and it seems to us that what is wanted today, a hundred times more than an increase of battleships, is a vast increase of merchant ships, and to obtain them we should not have to wait for their building, but be permitted to buy them wherever they can be bought, and then place them under American registers and the American flag.

GEO. T. ANGELL.

Abstemiousness in diet may help one to keep the mind harmonious and clear; but fasting, without making an effort to transform habitual modes of discordant thinking, will be but little help in one's spiritual unfoldment.

DIETETIC ADVICE.

As Given by Mrs. Leigh Hunt Wallace,
 of London, England.

I know that dinner with you is a mid-day meal, and that you always commence it with soups. One of the leading fallacies of England is, that a flesh-meat stock is the necessary foundation for all soups. You have no difficulty in making a French cook understand how vegetarians get on for soups, because they very often compose theirs without flesh, unless it is for the table of those who expressly desire it. You are too good a cook for me to give you any special advice upon the preparation of soups, but I will give a few recipes at the end of this paper. I would say commence your dinner with soup as you have always been in a habit of doing, only now have a really good vegetable soup, which must be eaten slowly with biscuit or griddle bread, and never gobbled down so as to make the stomach full of liquid, before it commences the more important task of digesting solids. Accompanying the soup, have also on the table a good porridge, different from that which you had at breakfast, as vegetable soups are certainly not advisable for the young folks; and indeed if the things that follow are sufficiently nitrogenous, porridge (which is non-nitrogenous) is better for all of you.

When you have a good farinaceous soup, then the porridge is not so requisite. After the soup follows what is known to the Vegetarian as the savoury course; which, to be nutritious, should consist of a wise serving of pulse and vegetables. The pulse should be made into a savoury, to take the place of the flesh eater's joint accompanied with at least two fresh vegetables. Next should come the sweet course; and the substantial of this should consist of a good fruit pie, or little fruit pies, the crust being made out of the whole meal, and unraised by either yeast, ammonia, baking powder, or carbonate of soda; or a boiled fruit pudding may take the place of a pie. The admixture of a small quantity of well soaked tapioca with dry flour considerably assists in opening either boiled or steamed paste. The pie should always be accompanied with a farinaceous pudding to be eaten with it. On the table may of course be fresh and dried fruits, and nuts, and plenty of boiled and filtered water; or if you have not a filter, plain boiling is sufficient to render innocuous any ordinary germs, or decomposable matter. Of course if you care to take the

trouble to prepare some fresh fruit drinks, and decant them, your table has the appearance of being better appointed, and more fruit is taken; which is the great point in this age, when the natural faculty for enjoying fruit is comparatively speaking, destroyed.

New laid eggs stand very much in the position of milk, with regard to their being a passing necessity, i.e., under existing circumstances. Ducks not being clean feeders, their eggs should be excluded from your table, and turkeys' and hens' used in their stead. Pullets' eggs should always be chosen when obtainable. Some soft, easily appropriated farinaceous food should also invariably be present, I mean such things as wheaten or oat porridge, rice, sago, hominy, barley, etc. All these should be thoroughly cooked, and of such a consistency that if prepared over night and turned into a china mould, they will stand alone the next morning. They can be eaten warm or cold, according to the taste and the season of the year; some take them with stewed fruit, jam, honey, or plain boiled milk; others prefer them sliced and fried in oil or butter. Fresh or stewed fruit should be a sine qua non, at the breakfast as well as at every other meal. To commence each meal with fresh ripe fruit is an excellent manner of establishing the fruit eating habit. The juices of the stomach of one who has been for years a flesh eater are similar to those of a naturally carnivorous animal, and this condition has to be changed before fruit can be properly relished and easily assimilated. In time it will be found that the amount of fruit taken will be gradually increased and will form an appreciable portion of the meal. Then those who feel they require more than three meals daily should make that extra meal of fresh fruit only. Should they find the fruit "lie cold in the stomach" a home made wheaten biscuit should be slowly chewed with it. It is very important to take food on a clean

stomach, and very important that food taken on a clean stomach be absolutely pure, as blood poisoning from wrong food material is more likely to occur than at other times.

Diet and Cancer.

Of the 27,487 who died of cancer in England in 1901, probably the majority were operated upon by cutting out the diseased part. The expectations from radium and the x-ray will end in disappointment, because the sources and maintenance of cancer lie in the impurities of the blood, and can only be contended against by a process of purification. Cancer is not formed when the blood is pure, and will wither away when its impure sources are removed. Pure diet and not too much of it will cure cancer. This assertion is sustained by a case described by Mr. Sidney Beard, of Paignton, Devon, of a lady who "eighteen months ago was seen by two consulting surgeons, who declared that she was suffering from a typical undoubted cancer of the breast. An operation having been declined, the patient was induced to adopt an exceedingly limited and fruitarian diet. Gradually the activity of the growth ceased, absorption and the wasting of the tissues slowly occurred, and today its site is marked by a scar-like nodule of material presenting none of the signs of an active malignant growth." The surgeons are of the opinion that these results are due to dietetic treatment alone.—London News.

What He Threw.

Ma Twaddles—Tommy, what do you mean by coaxing this horrid dog home with you?

Tommy Twaddles—I didn't coax him, ma—honest, I didn't. I throwed things at him to make him quit follerin' me, but it didn't do no good.

Ma—What did you throw at him?

Tommy—Oh, bones an' things.—Cleveland Leader.

A SERIAL STORY.

Beginning with the issue of March 10th, we will begin the publication of a fine serial story, written by the late Samuel P. Putnam, entitled,

GOTTLIEB: HIS LIFE;

OR

LOVE TRIUMPHANT.

This is a most intensely interesting story, illustrating the power of love not only on earth, but the effects true love might even have in an orthodox heaven and hell.

Call the attention of your friends to this, and send in their subscriptions with your own. This story alone will be worth the price of a year's subscription.

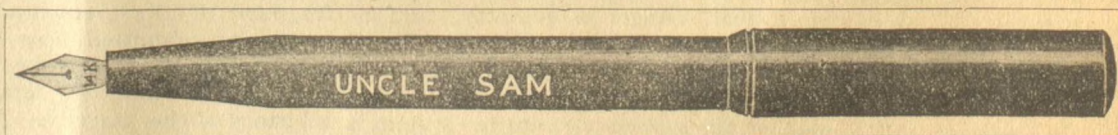
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Lily Dale, N. Y.

LILY DALE NEWS.

Warm weather, doors open, fires kept at the lowest possible point, snow all gone, large patches of open water in the lakes, robins and blue-birds in the woods, all go to make a winter that is a marvel for this country. No use of going to Florida or California, when we have such weather at home. Why, the orange trees are even beginning to bloom here.

With all this, Lily Dale items are exceedingly scarce. No one seems to be anxious to go away, and few come here, but the prospects now are that the summer season will open lively far earlier than heretofore.

Wm. Asncom and wife of Fredonia, visited Mr. and Mrs. Winchester.

Riley Johnson has returned from a visit to his brother at South Dayton.

Mrs. Pierce, who has been visiting Mrs. Nettie Bower, has returned home.

Our milkman, Benjamin Luce, has been quite sick for several days with symptoms of appendicitis. He is resting easier now and we hope for his immediate recovery. Dr. Hyde is in charge.

We understand that Mr. and Mrs. F. E. Evstaphie will be caretakers of the Leolyn for a time.

Mrs. E. P. Bach spent Sunday with her brother's family at Jamestown.

Miss Bertha Button, who has been employed at the Leolyn for several summers was a caller at THE SUNFLOWER office last week. She was visiting at Charlie Bard's.

Flossie Griswold is recovering from an attack of la grippe.

Mrs. Laura G. Fixen writes: Mr. and Mrs. Alfred Winchester have gone to Fredonia to meet Mrs. Winchester's daughter, who is returning from California.

Dr. George B. Warne will lecture at Lily Dale on Sunday, July 15th, subject, "Aspiration," July 17th, he will speak on "Telepathy," and the 19th, on "The victors vanquished." Dr. Warne's lectures are gems of thought, he is intensely earnest, an interesting speaker, skillful in appealing to the deepest feelings, a superb orator, he gradually lifts his audience into high planes and holds them there.

Saturday, July 21st, will be National Spiritualists Association Day, in charge of Dr. Warne and Mrs. Carrie E. S. Twing, both members of the National Board.

CONFERENCE.

There was a good sized audience at Mrs. Hyde's Sunday evening, subject, "The use and abuse of mediumship," was introduced by our President, C. D. Greenamyer, who entertains advanced views upon this line of thought, regarding it from a spiritual and not a commercial standpoint. Next Sunday evening, there will be a continuation of the same subject, at Miss Abbie Olmstead's.

About Meat.

A little Meat now and then is relished by the best of men. If man is an omnivorous animal, then a mixed diet is best for him—not too mixed, however. More than three or four kinds of food at one meal are not good.

Now for a roast from our vegetarian friends; but read what Dr. Edwards, F. R. S. London, has to say on this subject, in his book on "Foods." He writes:

"Seeing moreover that the source of flesh in animals which are used as food, is vegetables, it follows that vegetables should have the same elements as flesh; and it is a fact of great intent, that in vegetables we have food closely analogous to the flesh of animals. Thus in addition to water and salts, common to both, there is vegetable jelly, vegetable albumen, vegetable fibrin, and vegetable casein, all having a composition almost identical with animal albumen, gelatine, chondrin, and casein. Hence our appetites and the bountiful provision made for us, extend our choice to both the vegetable and animal kingdoms and it is possible to find vegetable foods upon which man could live as long as upon animal food alone. Bread is in vegetarian foods what flesh is in animal foods, and each within itself contains nearly all the elements required for nutrition."

Vegetarian Economics.

After all the learned scientists and verbose physiologists have finished trying to demonstrate that a man can not live without meat and have decided that the proof is complete, they will be confronted with a fact that they do not seem to have taken account of as yet. When this United States becomes as thickly populated as the countries of Europe how will it be possible to produce this flesh which is so necessary (?) for the nourishment of the human animal?

Suppose we get a population of several hundred to the square mile as they have in some of those older countries, how much space would there be left for the growing of beef, mutton and pork? It would simply be impossible to devote any such space to such purposes. It is not so hard to support a large population on the soil if that means that the food used is to be vegetable, but when it is necessary for that people to have sirloin and chops it becomes a problem of a different sort.

An acre of good fertile soil will produce from 1,200 to 2,400 pounds of wheat in a six months' summer season. The average actually raised is much less as the following table of production will show:

Wheat	900 lbs per acre
Corn	1,500 lbs per acre
Oats	1,800 lbs per acre
Legumes	1,200 lbs per acre
Peanuts	1,200 lbs per acre
Potatoes	10,000 lbs per acre
Strawberries	2,500 lbs per acre
Grapes	7,500 lbs per acre
Walnuts	15,000 lbs per acre
Apples	25,000 lbs per acre
Bananas	120,000 lbs per acre

But even this low average has far more food value than could be produced by feeding these things or any product of the soil to flesh-producing animals. It has been estimated that the food production of the soil is twenty times as great when devoted to the raising of grains, nuts, fruits and vegetables as when devoted to the raising of animal products. That being true, we must admit that the future of the carnivorous man is not very bright. He will be driven perforce to a vegetarian diet whether he will or not. Increasing population makes it a necessity that he should take up a non-flesh diet. Statistics show, in fact, that he is already doing so, for recent statements show that the per capita consumption of meat is rapidly decreasing.

In the face of such things the argument that meat is a necessity seems foolish and superficial. The actual disappearance of the use of meat is now taking place and it seems to be only a matter of time until the majority of the so-called civilized part of the human race will be living entirely without meat. —Vegetarian Magazine.

Vegetable or Animal Food.—Which.

I am surprised that anyone should think that the flesh of animals is cheaper and more easily digested than vegetable food.

I never need any physic if I have plenty of raw apples or similar fruit. I heard a laboring man say he could not afford meat more than three times a week; it was too expensive. I have heard other men say they could not buy beef at all; it was too expensive. If I wanted to live cheaply, I would adopt a vegetable diet exclusively. I have known wheat to sell at less than one cent a pound. There is certainly more nutriment in one pound of wheat than in a pound of beef. I find I can grind all the whole wheat I want, and do it well in a common coffee mill, then I know it is pure, and I eat it raw.

I can buy hulled, salted peanuts for ten cents a pound, retail. I would rather have a pound of peanuts than a pound of beef. A pound of sugar at five cents is worth more than a pound of meat. There is no better medicine than onions. Their odor is not so bad as that of tobacco. There is more nutriment in rice than in meat of any kind.

The strongest animals in the world; the horse and the elephant, eat no flesh. I think you will find it so with men, also, the healthiest, morally, intellectually, spiritually and physically.

O. L. HARVEY.

If we cannot tolerate the opinions of others we have no right to mention our own—we virtually have no right to our own.

ANOTHER VOLUME OF
BIG BIBLE STORIES.

BY W. H. BACH.

I have received a number of letters asking for Volume II of Big Bible Stories. It appears that those who have the first volume want more.

I have the matter nearly ready for another volume about the same size as Volume I, but thru the expense we have been to on account of sickness and the fact that a Monotype type-casting machine I bought failed to do the work causing a loss of between \$1000 and \$1200, I have not felt that I could take the financial responsibility of getting out the new volume and taking the chances on its sales to pay the bills.

Recently I have had a number of letters asking for the volume. I will make this proposition: I have the matter ready so I can get the book out within the next two months. It will cost nearly if not quite, \$300 to publish it, as the bill for the first volume was \$302.50. If enough people want this volume to subscribe for sufficient copies at 50 cents a copy, or five copies for \$2, postpaid, to pay the bill I will get it out.

From present indications it will make a volume of about 150 pages. Now if it is wanted send on your pledges. Do not send any money, but merely say how many copies you will take, and I will get the book out if I get a sufficient number of subscriptions to warrant me against financial loss.

The stories are as good as in Volume I. Some of the titles are as follows: "David and Goliath." "The Impossible Duties of the Priests," showing that each priest must have attended 79 funerals each day, made sacrifices for 827 births, or kill 827 lambs and 827 pigeons, and eat certain portions of them and carry the rest out of the camp. To do this alone, which was only a small part of the work they had to do, they would have had to kill, dress and complete the sacrifice of one animal every 27 seconds, besides carrying the offal outside the camp of about five miles diameter. The total number of sacrifices daily for each priest was not less than 765.

"Gideon's Army and the Fleece" comes in for a consideration, "The Fall of Man," and a number of others, while the book will be concluded by an article written by my father, E. Bach, now in the spirit life, in which he pictured Adam and Eve inviting their descendants to a Thanksgiving dinner, showing what would have been the condition had not death entered into the world, showing the millions of tons of turkeys, barrels of cranberry sauce, etc., that would be required for the feast, the whole compelling Eve to give up the plan.

I present the matter to those who want the book. If you want it send in your pledge to take a certain number. I will not attempt it unless 600 copies are ordered. Address, W. H. Bach, Lily Dale, N. Y.

Governor LaFollette a Vegetarian.

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THE CATTLE KING.

In the dreary west the winter comes,
With sleet and hail and chills,
The wild winds blow a gale of snow
Over the frozen hills.

The snow-flakes fall in a blinding
cloud,
Covering all the land;
Leaving no trace of grass or tree
On the face of the prairie grand.

The herds of cattle shiver and moan
In the bitter winter air,
And search in vain for a blade of
grass
On the wide plains frozen and
bare.

Their master looks out on the desolate
fields,
Unheeding their piteous cries,
Wraps closer around him his fur-
lined coat,
And away to the south he flies.

In the balmy bush of the tropic air,
Midst the orange tree's sweet
perfume,
To forget the pain on that western
plain,
The winter's cold and gloom.

In a white-walled southern city,
Where beauty and pleasure dwell,
He spends his gold with lavish hand
On many a dark-eyed belle.

A king, they call him, a cattle king,
This man with the diamonds
grand;
Cattle he owns by the thousands,
Away in the western land.

A king without throne or diadem,
With no royal blood in his veins,
His subjects only the dying herds,
His kingdom the frozen plains.

"A murderer?" No, his hands are
clean,
He has no murder done;
He only lets his subjects die
In the fields near the setting sun.

But there is another monarch
Whose kingdom the whole world
is,
And the cattle on a thousand hills
O'er all the earth are His.

When in the balance weighed,
God's cattle against his gold,
How will he stand, this self-made
king.

When all our acts are told?
How will he face the Master
Upon that last great day?
How make excuse for his base neg-
lect,
And the lives he has thrown away?

—Georgie Hay.

WHAT SHALL WE EAT.

The question of most importance
concerning diet, whether it be of a
vegetable or flesh nature, is, How
shall I eat?

While it is true that man is
affected mentally, morally and
physically by the kind of food taken,
much more affected by the
attitude of mind he is in during the
time of eating, and whether he is
eating in response to the demands
of hunger or to satisfy an abnormal
appetite.

It is quite essential in the begin-
ning that man fasts long enough to
find out his Real Need; the natural
cravings of his own system.

And, it is quite necessary that
he separate himself from the influence
of other minds sufficiently to dis-
tinguish himself from the needs and
demands of those about him.

And, it is very important that he
free himself from the many meth-
ods and ways and means employed
by others and which have a domi-
nant influence on the mind, in
order that he may really get
acquainted with himself, and thus
learn of his own need.

"Man, know thyself," was not
illy commented. No one can lay
down a rule of diet for another.
All food is good. Raw food and
cooked food, flesh, fruit and vege-
table food, all are essential to the
rounding out of man in his three-
fold nature. If he lives a true life
—by this I mean a life in conformity
with the indwelling spirit, rather
than an existence contrary to it; he
will always know just what kind of
food to select and how much is nec-
essary to maintain the body in

health and strength. He can only
know this as he seeks a union with
the inner life.

As he advances from the animal
man he leaves the fleshpots behind.
As he advances above the purely
intellectual life—the life of mere
ideas and opinions—he will discard
those highly seasoned foods whether
they be animal or vegetable, which
excite the mind and passions and all
productive of argumentation and
discussion, and he will take up those
milder grain and fruit foods which
nourish the mind and body without
clogging up its fine mechanism.

After man has become a master
of his condition he takes no thought
of his life, what he shall eat or what
he shall drink, for the life will
attract (without thought) just that
which is needful.

Man thinks too much. Spirit
knows, and it will appropriate from
the great store-house of God such
food as is necessary if man will but
remain passive.

Animals—considered beneath
man—do not have to learn what is
good for them.

Man, with all his so-called knowl-
edge, cannot convince swine that
beans are good eating or that soft
coal is an injury taken into the
system.

You cannot persuade a cat that
nice are harmful or that milk does
not act as an antidote for the vari-
ous poisons taken into the system.
The cat knows; and she knows just
what grass and herb is necessary
to adjust the disturbed condition of
the stomach.

Man may well ask why are ani-
mals endowed with a knowledge
superior to man? Because they
live in harmony with the law.

Some call this knowledge, instinct.
You may call it what you will, but
you cannot deny that it is an intel-
ligence sufficient to a good, healthy
life.

If you doubt this observe the life
of wild beasts whose beauty and
grace are equaled by this power of
endurance and longevity.

Men eat too much.

Observe the serpents which coil
themselves into great balls, twined
and intertwined one with another,
where they remain thru the winter
buried in the earth. Often wild
beasts fast for great lengths of time,
and many insects live thru the win-
ter in a torpid condition.

Fasting brings that rest which
enables all parts of the body to gain
freedom—to become normal—then
nature, unhampered, resumes her
natural functions, and draws to her-
self that which she needs. Even
so-called inanimate matter in the
form of machinery, performs better
work by "fasting"—by having
absolute rest.

If you have been eating much,
eat less, I say, and gradually you
will find your own.

The one addressing you recom-
mends Dr. Jackson's Granula. One
third of a teaspoon allowed to stand
25 minutes in a cup of milk, eaten
with a few dates or figs proves suf-
ficient food for one day. Taken at
noon, will enable those who have
reached spiritual understanding, to
accomplish a great amount of labor.
Too much cannot be said of this
wonderful wheat preparation. It
should be eaten slowly and quietly.

Later we may treat the other sub-
ject, How shall I eat? The aim of
The Circle of Light is to harmonize
man with the life of God—to help
him to become perfect even as his
Heavenly Father is perfect.

Peace and Blessings,

MOTHER VIRTUZIA.

LAUGH AND GROW HEALTHY.

It is good to laugh. There is
probably not the remotest corner or
little inlet of the minute blood ves-
sels of the body that does not feel
some wavelet from the great convul-
sion produced by hearty laughter
shaking the entire man. The blood
moves rapidly—probably its chemi-
cal, electric or vital condition is
distinctly modified; it conveys a dif-
ferent impression to all parts of the
body as it visits them on that pecu-
liar mystic journey when the man is
laughing. In time physicians may
prescribe to patients so many pearls
of laughter to be undergone each
day.—London Health.

HIS LAST DEER.

"I have slain my last deer," the
sportsman said,
And his eye was moist with a tear,
As he told in tones pathetic and low
The fate of that luckless deer.

And he went to the lakes on a hunt-
ing trip.

In the old woods of Maine;
His trophies were my trophies gained,
I was on my way home again.

With a careless shot I missed my
aim,
And wounded a beautiful doe.
Amidst the forest she fled away
And her pace was halting and slow.

Her strength she fell, and I hastened
on.

And I caught the hunter's wife
Telling me what I could not give,
The beautiful creature's life.

"I kneel by her side she said her
head
So confidently on my arm
And fixed her lustrous eyes on mine

With such a magic charm
That I shrink from the deed, for
those pleading looks
With that trustful earnest look
Which said to me 'you are my friend,'
Almost my courage shook.

"I have made my last trip with in-
tent to kill,
And God's creatures have taught
to fear
From me, who has promised and
mean to fulfil,
I declare I have shot my last
deer."

A. R. T.

A HEALTHY FAMILY.

CHARLES FARNER, Old Town, N. O.

I was born February 19th, 1817,
my wife was born March 17th, 1823.
We were married March 19th, 1840,
have lived in this vicinity ever since.
We have had eleven children, all
are living and enjoying the best of
health. Besides our own family we
raised six of other people's children.
They, too, are all living and have
good health. My oldest child is
still a young man of age.

When I was my longevity partly
to heredity as my grandmother
lived to be one hundred years old—
and my mother was over ninety
when she died.

Both my wife and myself have
good constitutions and have had
scarcely any sickness. I ascribe our
good health to our mode of living.
We have lived and raised our fam-
ily on what might be called a "hog
and hominy" diet. We eat pork
three times a day the year around,
scarcely ever buying any beef. It
was universally known that we
butchered more hogs than any other
family in this part of the country,
never sold any, but consumed it all.
We never had many nick-nacks, but
good, solid, plain eating is what we
enjoyed. I have never used tobacco
in any shape or form, or whiskey.

We adopted the "early to bed and
early to rise" maxim, finding life in
the early morning on the farm, a
very pleasant one. Obeying the
Scriptural injunction "owe no man
anything," we had good refreshing
sleep without the nightmare of debt
disturbing our dreams.

And this country life is con-
ducive to longevity, far more than
city life where all is hurry, worry
and work.

Death has never entered our fam-
ily circle but we are gradually be-
gining to feel its inroads and real-
izing that it can't stay away much
longer. Our only hope and prayer is
that we may continue to be an un-
broken family in the life to come.

In view of the above state-
ments, which we guarantee are true in
every particular, what becomes of the
claims of vegetarians, no breakfast
fast, frequent fastings, raw food,
and the like? How will such cults
explain the long life, good health
and iron constitutions of a large
family for three generations? Come
brethren, we might as well
eat the figs.—Medical Talk for
the Home.

What are vegetarians going to do
with this?

T. S. LAMBORN.

Just so soon and so far as we
pour into all our schools the songs,
poems and literature of mercy to-
wards these lower creature. Just So
Soon And So Far Shall We Reach
The Roots, Not Only Of Cruelty
But Of Crime." GEO. T. ANGELL.

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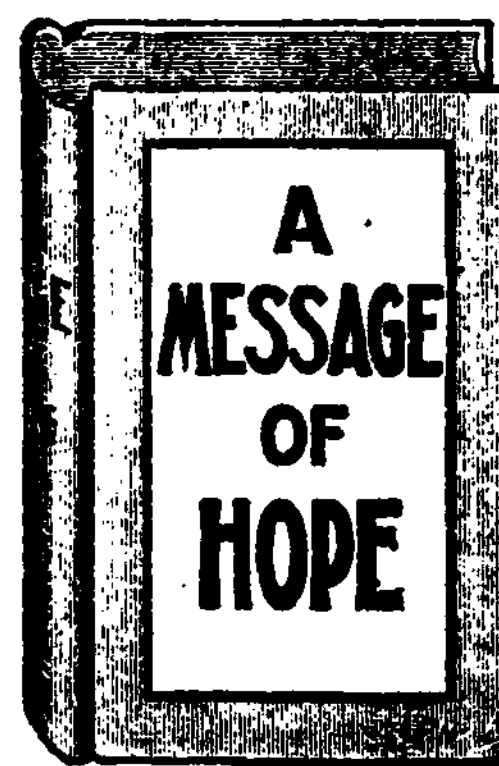
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RECIPES FOR VEG- ETARIAN DISHES.

RECEIPT FOR CANDIED ORANGE PEEL.

Soak the peelings in cold water for three days, changing the water each day. Cut in strips or pieces. Let it simmer three hours in boiling water, changing the water every hour. Drain and weight. Then make a thick syrup with as much sugar as peeling by weight. Cook slowly until all liquid disappears.

I keep it covered the first part of the time, and as it is nearly done, add lemon juice, about one good sized lemon to a pound. Use a saucepan with curved side and when nearly done, keep turning it all the time, letting the strips fall over each other into the liquid, until it all disappears and begins to glisten a little or become waxy. When done, spread on plates and next day or two separate the pieces and roll in powdered sugar.

CHEESE SOUFFLE.

Make a white sauce of a tablespoon of flour and one of butter and half a cup or so of milk. When it is a thick cream add a couple of tablespoonsful of grated cheese. If the cheese is fresh and soft it may be merely broken into small pieces and it will melt just the same. More or less may be used as desired. Salt freely. Beat up the yolks of two or three eggs and add to the white sauce, and then beat the whites as stiff as possible and whip in lightly. Put in a buttered baking dish and brown nicely in a hot oven. It must be eaten immediately.

NUT LOAF.

Into two cups of bread crumbs mix a teaspoonful of salt, a tablespoonful of melted butter, a cup and a half of milk, (or milk and water) and two well beaten eggs. To this add a quart of roasted peanuts, or a pound of any other kind of nuts, which will equal about a cup and a half when shelled, skinned and ground fine. Shape the mixture into a loaf by hand and bake in a one-loaf bread pan, well greased, for about forty-five minutes. Serve with catsup, tomato sauce or any desired meat sauce. A gravy made of white sauce flavored with chopped parsley is very nice. It is rather too dry without anything of the kind.

GRAPE JUICE.

Use dead-ripe, blue, grapes. Wash, pick from the stems, and measure. Crush well with a potato masher and add one quart of water for every three quarts of grapes. Put over the fire in an aluminum or granite kettle and let boil for about five minutes, or until the skins shrivel up. Drain the juice off thru a sieve lined with cheese cloth. Then put the remaining solid part to drain in a cheese cloth bag and squeeze gently until all the juice is out, being careful not to let any of the thick part thru. Measure juice carefully. Put over the fire in the same kettle and when it comes to a boil add three level granite kitchen spoons of granulated sugar for each quart of juice. (One measuring cup equals six spoonsful of sugar.) Let boil a minute to melt the sugar. Bottle boiling hot and have every utensil hot. If patent topped bottles are not used, cork immediately and dip in sealing wax or paraffine. Lay bottles on their sides and keep in a cool, dark place.

CHINESE BREAD.

Separate two eggs; add to the yolks one cup of sweet milk, one tablespoon of melted butter, one cupful of boiled rice, one cupful of cornmeal and a half a cupful of flour; mix and stir in the well-beaten whites of the egg. Pour into a shallow pan making the batter half an inch thick. Bake thirty minutes, cut in squares and serve.

EGG CUTLET.

Hard boil four eggs and chop fine. Cream two tablespoons of flour with one of butter; add a cup of milk and stir until it thickens; remove from the fire and add a tablespoon of minced parsley, half a teaspoon of onion juice, three-fourths of celery salt (or seed,) pepper and then the chopped eggs. Set away to cool, then shape into cutlets, roll in egg and cracker crumbs, and fry in deep fat. Drain and serve at once.

PLUM PUDDING.

Soak a pound of prunes over night

or longer, take out the stones, chop fine and stir in one-half cup of pulverized sugar. Beat the yolks of four eggs and put in a teaspoonful of vanilla and add to the prunes, also. This is extra nice if served with cream over it. Though called a pudding it is nourishing enough to form the chief dish of the meal.

CORN OYSTERS.

Eight ears of green-corn or a can of canned corn, three tablespoons of milk, one-half tablespoon of butter, one tablespoon of sugar, one teaspoon of salt, one-half teaspoon of baking powder, one egg well beaten, enough flour to make a batter. Cook on a well greased grid-dle, in tablespoonsful. Bake on both sides.

BEAN ROLL.

Soak Lima beans over night or all day and then boil until tender, press thru a sieve, add salt, pepper, and a tablespoonful of butter to each pint of pulp; stir in two eggs well beaten, and half a cup of bread crumbs. Form into a roll and bake for twenty minutes in a quick oven. Serve plain or with the following:—
TOMATO SAUCE.—Make a tomato sauce by straining the juice from stewed tomatoes, seasoning it with onion juice, a little sugar, and salt and pepper to taste, finally stirring into it a generous lump of butter rolled in flour to thicken. Cook for five minutes, stirring frequently.

SCHMEAR CASE DUMPLINGS.

Use one cupful of schmeare case or cottage cheese prepared as for the table, salt, stir in a beaten egg and a cupful of flour. Mix well and drop by spoonful into boiling water. Boil ten minutes. Try one and if too soft add more flour. Beat two large spoonsful of butter in a pan and add a cupful of bread crumbs. Turn the dumplings into the buttered crumbs. This is a German dish and is good and light if made right.

NUT TARTS.

Roll out on a marble slab half a pound of puff paste, and with a tart cutter stamp into any desired shape; then with a smaller round cutter cut half-way through the center of each, carefully removing the small pieces of paste. Arrange in shallow, greased baking pans and place directly on ice for one hour, when they should be placed immediately in a quick oven for about ten minutes. After removing, fill the depression with a meringue made from the whites of two eggs, whipped with two tablespoonsful of crushed maple sugar and one tablespoonful of finely chopped nuts, and return to the oven for a moment to brown.

DUTCH LETTUCE.

Brown two tablespoonsful of butter in a pan and add two tablespoonsful of vinegar. Beat the yolks of two eggs, add to them half a cup of sour cream and mix with the hot vinegar; stir briskly until thickened, then add pepper and salt. Put the lettuce in another saucepan and pour over it the sauce. Put on the fire and stir until the leaves are slightly wilted. Serve immediately. This is a good way to use the large, outside leaves of lettuce, when the crisp, inner leaves of several bunches have been used for salad.

SALT POTATOES.

Scrub clean, medium sized potatoes and drop them in boiling brine. Cover and cook until a straw will pierce them, drain and serve immediately. The outside will be covered with salt crystals and the inside will be white and mealy. A pressure at the ends of the potato will burst it open.

BAKED PEANUTS.

Shell and blanch one pint of raw peanuts; add two quarts of boiling water and bake four hours in a covered vessel; season with a small teaspoon of salt; add hot water as needed, and one teaspoonful of butter one-half hour before serving. Do not stir or mash them. They should retain their shape and be perfectly tender.

BUTTERMILK OMELET.

Four eggs beaten light, one cupful of buttermilk, one-half teaspoon of soda, a scant teaspoon of salt, a pinch of pepper, and three-fourths cup of finely rolled cracker crumbs. Put two tablespoonsful of butter in a frying pan and when it is hot pour in the omelet and fry to a delicate brown. Put in a hot oven for ten minutes and when firm fold and serve. Very tender and wholesome.

CORN PUFFS.

Take six ears of green corn, score down the center of each row of

grains and with a dull knife press out the pulp. There should be about one and one-half cups. In the winter get the canned "Cornlet." It is corn made very fine and ready to use. Add half a cupful of milk, the yolks of two eggs and half a teaspoonful of salt; then stir in a cup and one-half of flour thru which has been sifted one and one half teaspoonful of baking powder. Now fold in the stiffly beaten whites and bake in greased gem pans for twenty minutes.

TOMATO SOUP.

Boil slowly together for nearly an hour one-half can of tomatoes, a small onion, a stalk of fresh celery, cut fine, (or one-half teaspoonful of celery seed) a tablespoonful of minced parsley, and a quart of water. Put in a tablespoonful or two of sugar. Add two medium sized potatoes which have been peeled, chopped fine and partly boiled. When about half done add a teaspoonful of salt. When it is all done add a heaping teaspoonful of good butter and serve.

TOMATO PUREE.

Cook a can of tomatoes and rub them thru a sieve. Heat a quart of milk. Re-heat the tomatoes and add half a teaspoonful of soda dissolved in boiling water. Add to the milk and thicken with fine cracker crumbs. Season with a teaspoonful of salt and a pinch of red pepper. Just before serving add a heaping teaspoonful of butter.

LENTIL SOUP.

Soak one cup of lentils over night. The next day add to them one small onion chopped fine and a small stalk of celery cut fine (or one-half teaspoonful of celery seed) and boil all together slowly until the lentils are very soft. Rub them thru a sieve, add one-half teaspoonful of salt, and about a quart of milk or water. It may be made as thick or as thin as desired. Put back over the fire and when hot add half a teaspoonful of butter and serve.

Odor from Meat-Eaters.

Charles D. Kellogg, the naturalist, of Nature Studies magazine fame, created somewhat of a stir a year ago by declaring that to eat a "Bob White" or quail was cannibalism, as birds have souls, and their plaintive cries and songs are actually a language.

Sunday, at the Unity Club lecture, Mr. Kellogg declared that a carnivorous animal gives off an odor that warns the feathered denizens of the woods that an enemy is near. The same odor is given off by a person who eats meat, and birds are afraid of such persons. Birds will not fly from a vegetarian. Mr. Kellogg stated that he had never eaten meat in his life, and that he can pick up almost any bird; and that a "katy-did" will rest in his hand without flying away. He has a dog, which he brought up from a puppy, which never ate meat and which does not know what it means to harm any living thing. Mr. Kellogg also claims that meat eating affects the sense of smell in humans. His imitations of the songs and calls of birds were wonderful.—Cincinnati Enquirer.

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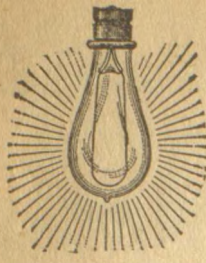
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Suggestions for the improvement of the paper are invited.

THE SUNFLOWER PUBL. CO., LILY DALE, N. Y.

So much good Vegetarian matter having been received, and desiring to devote as much space as possible to that, editorials, correspondence, and everything else has been laid over on account of it. They will appear next week. In the meantime, we invite your careful attention to this edition. It is certainly an important topic, no matter what your ideas may be on the subject. Will the world be forced to Vegetarianism? Perhaps.

RECIPES FOR VEGETARIAN DISHES.

Some Facts About Peanut Butter.

JESSE S. PETTIT FLINT.

Realizing that facts and figures are of much more value than belief and assertions, we have worked out the following for the readers of "THE SUNFLOWER." We purchased at the confectioners one pound of shelled peanuts, requesting accurate weight. We made these nuts into butter, and again visited the confectioner—the product was 2 1/2 oz. short of a pound. We purchased our shelled peanuts at wholesale prices, ten cents a pound, and when made up the cash outlay for the butter is a little less than twelve cents a pound—this does not include fire or labor, but fifteen cents a pound should include even that. The following simple recipe was used, one that we have followed for several years and always found satisfactory.

PEANUT BUTTER.

Put the shelled nuts in a pan and slowly roast in the oven till the raw taste is gone. Watch and turn the peanuts so that they cook evenly and do not burn. When done and cool, rub off the skins, grind through the nut mill, then lightly salt and grind again. Pack in glass jars and put in a cool, dark place, and this will keep sweet for some time. When wanted for use, take the desired quantity and add sufficient fine salad oil to make it spread well, or take water, beating and adding till the right consistency is reached. Made with water, it will hold but a few hours, made with oil, it will keep several days.

We prefer it made with water, and generally use equal measure of the ground nuts and water. Beat till like whipped cream. We do not think peanut butter is expected to take the place of dairy butter and oils.

The amount of protein contained prevents it from doing so. It is to the Vegetarian what flesh is to the meat eater, and the meat eater does not expect to go without his butter and cream, but if his meat is fat, he requires less of the dairy product. And so with peanut butter, it is like fat meat in its combination with other foods. Let us analyze a peanut sandwich. Nearly every housewife has made a plain bread and dairy sandwich. Make the peanut sandwich in the same way only use the peanut butter instead of the dairy product.

Now let us compare. The bread would be the same in either case.

The dairy butter furnishes fat, and according to O. Atwater, Ph. D., 82.4 parts in 100, but fat is all of value it does hold—hence the bread and butter sandwich is simply bread and fat. Peanut butter has 46.5 fat, 29.3 protein, 17.1 carbohydrates, 5.0 ash, and 2.1 water. We see the peanut sandwich is bread and butter with something besides

fat, that has more than meat value in protein, besides a generous allowance of ash, hence the peanut butter sandwich is bread and fat and nut meat.

There is peanut cream, delicious poured on nice toasted bread, nourishing, sustaining, and simply made. Put some peanut butter, made with water, in a granite pan and thin gradually with boiling water to the consistency of milk. Care must be taken to stir the butter as the hot water is put in. Let it cook for a few moments till it becomes thick as dairy cream. This scarcely opens the subject of peanuts in combination with other foods. As to lentils, our editor says that "not one store in fifty has them for sale." No doubt this is true—but we are not confined to the lentil, it is only one of the legumes, a family rich in protein. The lentil has a rich, meaty flavor that is generally much liked by the trial Vegetarian, especially as it can be made up to look and taste like the discarded flesh. It is a small brown bean, about the size of a dried, split pea, flat, and round in shape. They contain 26.0 protein, and 58.6 carbohydrates, and cost here from six to seven cents a pound. Are easily raised, like a bush bean. They certainly are a desirable addition to the Vegetarian dietary.

MACARONI AND PEANUTS.

Break some macaroni into inch pieces and boil rapidly in salted water. When done, drain and roll in ground peanuts, salt lightly and serve immediately.

PARSNIPS.

Try baking, boiled or steamed parsnips. Cut them lengthwise and remove the hard core. Place in strips on a buttered pan and thoroughly heat in the oven. Serve with peanut cream, or a nut gravy.

BEAN PATTIES.

One egg to one cup of bean pulp, salt to taste and thicken with granola or bread crumbs. Shape into patties, roll in egg and bread crumbs and bake. Serve with tomato sauce. (Lentil pulp, or split pea pulp, can be substituted for the bean pulp.)

BEAN SAUSAGE.

Take some plain baked dark beans, mash and season lightly with a dash of pepper, sage and summer savory. Prepare some boiled and mashed potatoes, season in the same way and mix beans and potatoes together in the proportion of one-third beans to two-thirds potatoes. Form in small pats, or press in a dish and cut out, as suits best. When desired for table, place the pats, or slices, in an oiled pan and bake till a golden tint comes on the surface. Place a little pat of butter on each piece after dishing up.

PRESSED BEANS.

This dish can be made of stewed beans, drained and mashed, or baked mashed beans. Use both white and dark beans, cook and season separately, then press in a mold so that in cutting out, the slices will be marbled. Season to taste, salt, celery salt, thyme, savory, sage, or any herb desired. To be used cold.

COOKING LENTILS.

Lentils should be carefully looked over to remove all foreign substances, washed and soaked over night. In the morning stew gently till tender, when they are then ready to season for use, or combine with other materials.

LENTIL HASH.

One cup stewed lentils.
One half cup boiled rice.
Two good sized baked potatoes.
One medium sized onion.
Salt.

Mince the onion fine and stew it for a few minutes in the lentil broth; then add rice and lentils. Peel the potatoes, slice, and put them in last with the salt. When ready to serve, stir in a generous amount of oil.

RICE AND LENTIL OMELET.

One cup boiled rice.
Half cup stewed lentils.
Two eggs.
Half cup milk.
Salt.

Beat the rice, lentils, eggs and salt together, slowly adding the milk and mixing carefully. Pour into a granite pie pan and bake in a moderate oven. (Split peas can be used instead of lentils, making a pea omelet. Or beans, making a Bean Omelet.)

LENTIL STEW.

Lentils can be added to vegetable stew, thereby supplying the necessary nitrogen. Lentils can be scalloped, made into pot-pies and baked pies—using stewed lentils and putting them in the place of the discarded flesh. But as lentils are much richer in nitrogen than flesh, do not use them too freely, and let the bulk be made up by extra vegetables.

LENTIL ROASTS.

Lentil Roasts can be simply and easily made, or become an elaborate, complex dish, according to the combination and variety of material used. A general rule or two is all that is necessary for success, providing the housewife uses judgment in her work. Stewed lentils, whole, crushed, or made into pulp, must, of course, be the point about which all centers, and the lentil broth, milk, or water, must be thickened with cracker or bread crumbs and bound together with an egg. Enough thickening and egg to hold the loaf in shape after it is baked is all that is necessary. The loaf must not be watery or too hard—and judgment and experience alone can guide the cook in this. Minced onion, parsley, a bit of mashed potatoes or rice, bean and pea pulp, any desired herb for flavoring—and all shaped into a baking pan, in layers, white and dark, or in one plain loaf, breaded if you like, or spread over with oil or butter when done and taken from the oven. These loafs are good hot or cold.

Lentils contain: Water, 10.7; Protein, 26.0; fat, 1.5; carbohydrates, 58.6; ash, 3.2. Compare this with round steak, medium fat: Refuse, 7.7; water, 60.7; protein, 18.1; fat, 12.6; ash, 9.

Now compare the cost, with lentils at six and seven cents a pound, and the flesh food at your market price.

Then take into consideration health and humane living—surely, the advantages are so in favor of a Vegetarian diet, we can no longer hesitate.

Split peas and dried beans are nearly as rich in protein as lentils.

Is a Vegetarian Diet Cheaper Than a Meat Diet?

Yes, and no, according to the choice of materials and the way of preparing them. Coarse meat and potatoes cost less than carefully selected and daintily prepared vegetables; but if you buy the cheap kind and cook them in a primitive way, they are less expensive than selected meats, requiring careful preparation.

II.

Is a vegetable diet more humanitarian than a meat diet?

Decidedly yes! We know that animals are our humble brothers, way down in the scale of evolution and if we despise cannibals for devouring their own kin we should remember that by eating the flesh of our inferior brothers, we too, are cannibals. Nor is this all. The cruelties inflicted upon those helpless creatures before their poor bodies are sacrificed to the Moloch of human sensuality, make it an irony to question the humanitarian standpoint of vegetarians.

III.

Are vegetables healthier than meat?

I have no doubt about much poisonous stuff entering the human system by the flesh of animals, sick or well. Those who oppose this theory, listen evidently more to the whisperings of their palates, than to those of sound reason and experience. I have seen astonishing change for the better in the physical condition of people who turned vegetarians. There may be exceptional cases, where nature clings to the accustomed diet for some time, but not forever. Of course, early youth is always the best time for salutary changes.

IV.

Are we intended for a meat or a vegetable diet?

There is much contention in this respect. Some people maintain that our present bodily structure shows that we have been originally intended for a mixed diet. They forget the axiom, that nature adapts itself to conditions. Observation has fully demonstrated the fact, that many creatures, apparently intended for a certain diet, adapted themselves to another by and by, through force of con-

ditions, their bodies submitting at the same time to the necessary structural changes. Organisms are very flexible and far from being cast iron.

V.

Does meat diet affect our nature?

It cannot help affecting our moral nature; for in order to satisfy our craving for meat, we must disregard the claims of other creatures in our sympathies and wink at the cruelties inflicted upon them. It makes us hard and selfish in consequence.

Look at the cannibal tribes and compare them to the gentle Hindus and other vegetarians. Meat-diet is brutalizing.

Look at the "civilized flesh"-eating natures, who breed warriors, hunters, pugilists, vivisectionists and other ists of accursed tendencies. Look and find out whether diet affects nature.

VI.

As to recipes for vegetarian dishes many have been published already, and a number are used in our kitchens besides the meat, and might be sufficient, were it not for the prejudice in favor of meat, as a sine qua non. (Indispensable things.) Our varieties of bread, biscuits, cakes, along with other dishes, where the nourishing substances of milk, eggs, butter, and flour play a principal part, form quite a basis for vegetarian diet, if not strictly so, at least so far as killing is avoided. Besides there is a large number of grains highly nutritious, to vary the program; not to speak of the many palatable, ready made grains that lately flood the market for vegetarians.

As for fresh vegetables, the makers of pure blood, they simply need cooking in salted water, until soft, adding a piece of fresh butter before serving. Any such vegetable, with good Irish potatoes and eggs in any form, and good bread, of course, makes a substantial hearty meal that may be wound up by dessert of ripe fruit. Any cook or housewife worthy the name can compose of the mentioned materials a suitable menu, without asking for recipes that are of no value to the one who lacks general experience, a sensitive palate or common sense.

Finally let me mention something that is little used or understood in this country. I mean mushrooms. In some European countries, people of moderate means almost live on them and seldom eat meat. The mushroom combines in its nature meat and vegetable ingredients and is highly flavored. With some botanical knowledge, there is little danger of picking poisonous ones. Their smell is the best guide. It should not be pungent, but like something taken fresh from the cellar. High color is suspicious. The U. S. Agricultural Department might render a great service to the people at large by propagating knowledge in this direction.

As for preparation—here is a simple recipe: Melt in a pan a

piece of butter, proportionate to the amount of mushrooms, after being washed and cut into slices, add to the butter and stir a few minutes, until heated thru. Dust a little flour into them, some salt and pepper, then add by and by several spoonfuls of boiling water. Stir and cook slowly until gravy is just right, not too thick. Serve with mealy Irish potatoes.

A few words more, with kind permission. All Teutonic tribes, especially the Dutch and the Anglo-saxons, eat too much; people of the Latin tribes call them "gluttons." Their adherence to meat may cause the degeneration of those originally strong and noble tribes. See the endurance of the frugal Japanese, of the Italians and others. In the streets of Constantinople there are hundreds of men who carry heavy loads on their backs from morning till night. Watching them eating in the street corners, I found them subsisting on bread and fruit.

Finally, the best argument in favor of vegetarianism is the fact, that our biggest and strongest animals, those living longest, are the ones who live on vegetable matter.

H. SCHILFFORTH-STRAUB.

Already society numbers many converts to the new creed (vegetarianism,) who have not only grown younger and fairer and stronger, but, low be it spoken—whose tempers have distinctly improved and whose society is much more agreeable since macaroni and muscats have been their portion and their pleasures of the table have been entirely confined to the kindly fruits of the earth.—The World, London, England.



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129 South 11th Street, Lincoln, Nebraska.

VEGETARIANISM.

(Continued from Page 1.)

7. It is well known that the killing of animals blunts all the higher senses and finer feelings. Butchers are from the nature of their business coarse people. A lawyer in defence of a murder trial can object a butcher off the jury merely because he is a butcher. If butchering makes a man less sympathetic, and unfits him for dispassionate weighing of evidence in cases where the life of a prisoner is at stake, should we indulge a habit that makes such a business necessary? It may have been a coincidence that two sausage-makers in Chicago boiled their wives to pieces, but as each individual's character is shaped somewhat by his occupation, we should expect to find a greater percentage of murderers among animal slayers than any other class. In this estimate, to be fair, we should include wanton murderers of innocent animals and birds.

8. But the worst effect is that which it has upon the mothers of our country. A majority of the mothers of this country are the cooks in their respective families, and are required to cut up the meat in sections convenient for cooking, to dress and sometimes even kill fowls. Even though these mothers are not in process of maternity they may be throwing this condition on the next conception. The results may be a murderer is brought into the world.

At the age of 14 years Jessie Pomeroy murdered several of his playmates in the South Boston bottoms, cutting them to pieces and mutilating them in numerous ways. It was eventually discovered that he was the murderer, and he was sentenced at that young age to hang. The interest I took in the matter of a commutation of his sentence resulted in an acquaintance with his mother, who was highly esteemed and a well respected lady of that city. But how came this boy, this son of kindhearted parents to be a wanton murderer. He was made so by the conditions surrounding his mother previous to his birth. Mr. Pomeroy, the father of the boy, was a grocer in that part of Boston, where he lived, and as is customary in that city among grocers, sold meat. Occasionally when out of his store making deliveries of goods, Mrs. Pomeroy would be required to attend on customers, and one of her duties would be to cut off steaks for those requiring them. Under these conditions the boy was born, and that psychological mark for which all meat-eating customers of Mr. Pomeroy were innocently responsible, was placed upon him, and the State of Massachusetts is now punishing him for what the gastronomic habits of the people have made him.

Even our darling daughters are required to cut up meat, and often even sent to the butcher shop, where they see the butcher take from the hooks a part of an animal and cut from it the meat required. It may be many years after when in the most fatal time possible the whole matter may be spread out and possibly exaggerated in a dream. The fatal work is done, the expected child has been marked for a murderer. I am led to this from the fact that I used to kill or assist in killing animals for family use. For years afterward and until I reformed my diet, I occasionally had dreams of killing a mutton or a beef, which in my dreams as I was dressing it became metamorphosed into a human which I was dressing with the purpose of eating it. Having had such dreams myself, I assume that others are likely to have the same kind, and among these may be some mothers whose dreams may be opportune for very bad results.

These are some of my strong objections to a flesh diet. I have other arguments, but in the light of what has been presented I deem them unnecessary. Of all the people in the world I believe Spiritualists should be the first in dietetic reform.

Hunting.

So long as it is necessary to kill animals for food it is necessary to have butchers; but it is not necessary, while there are so many more harmless amusements, that leading men of the country should become butchers for the fun of killing.

VEGETARIANISM CURED HIM.

Bad Effects of "Squealer."

I herewith send in my testimony in favor of Vegetarianism, and how I became a Vegetarian.

It was in the month of April, 1893, when I had a very severe attack of cramp-colic. While I was subject to this malady, the attack on this occasion was the most severe I had ever experienced. It was on Monday night and after trying all the different home remedies without any relief, an M. D. was sent for, and it was not until he had administered two doses of opiates that relief came to me.

This M. D. could not tell me the cause of my affliction, but on the following Thursday night my regular night to sit for development, I asked my guides if they could tell me the cause of me having cramp-colic, and if they could give me a remedy that would cure me of it, as I had previous to this received prescriptions from spirit Dr. Gray, and do now receive them. On this occasion a little Indian girl by the name of Wild Flower came to me, and gave me a very simple but very wise prescription. She told me if I would quit eating "squealer", I would have no more cramp-colic. Well, I took the advice, and followed it for three months, and suffered no attack of the malady during these three months. But on one memorable Sunday in August, the same year, I went out calling on some friends and took dinner with them, and together with some other things I partook of some "squealer" but dear readers of THE SUNFLOWER, I was sorry for it. Not long after my indulgence of "squealer", I felt the effects of my former malady creeping upon me, and I soon started on my journey home but how I got home I scarcely knew. Somehow I managed to get there. But Oh! the terrible pains I suffered, and as on the former occasion, after all home remedies had been exhausted, one of the regulars was sent for and after a somewhat hasty examination by the M. D. he pronounced it a case of appendicitis and told me that I would have to have an operation performed or I could not live long. "Well, whether I lived long or short I am still here. I told the doctor that I would never pass out under the doctor's knife for anything like that, for I well knew the cause of my suffering. And as my spirit guide Emma, who gave me such wise counsel, said then, "He that knoweth the master's will and doeth it not shall be beaten with many stripes," so of course I had to take my share of the stripes for eating "squealer" when I knew that it would hurt me.

That was a lesson for me, and for nine years after this, I ate no kind of dead carcasses, and dear readers of THE SUNFLOWER, I was benefited physically, mentally and spiritually. Physically I had more endurance. I then could work from morning till night without craving for something to eat, like I did formerly, from one meal to another. My mental organs became stronger, my spiritual nature became more unfolded, in fact I was changed thru and thru.

Up to this time I had been sickly, dyspeptic, etc., had become a slave to drug medicines such as quinine pills and other quackery. Since then I have abolished the entire use of drug medicines, all the remedies I have used since have been given me by spirit Dr. R. E. Gray who passed out from Dayton, Ohio.

Perhaps some of the readers of THE SUNFLOWER knew of Dr. Gray while here in earth life, if so, I would be glad to have them make it known thru the valuable columns of THE SUNFLOWER. I receive these prescriptions from spirit Dr. Gray, thru my mediumship, sometimes thru impression then again thru writing—that is, thru the independent use of my hand. Mostly, I receive thru impression.

But I am drifting away from my subject. When we eat the carcass of dead animals, we do not eat a natural diet, in fact animal flesh is not a diet but more of a stimulant. Hence the craving for more of it, in three or four hours after eating. It is something like all other stimulants; when the effect dies away there is a craving for more, so let us leave the flesh-pots of Egypt behind and live upon nature's resources, such as cereals in their various forms, vegetables, fruits and all kinds of nuts, for nuts will supply all the necessary

THE SUNFLOWER.

fats needed to supply the heat for the human body.

Why then should we be murderers, or at least be guilty in a measure for the shedding of blood of our animals, whom we have in many instances reared as pets. How can we be so cruel and take the lives of these innocent creatures, merely to satisfy our own selfish appetites? Let us then abandon these cannibalistic customs and become more humane, loving and kind to our fellow-creatures, and instead of taking their lives let us protect them.

Hoping to see all the best minds represented in the special edition of March the 3rd, I am yours for Vegetarianism.

R. T. HENDRICKS.
1600 Spring Garden St., Greensboro, N. C.

WOOD PIE A FUTURE DISH.

Great interest has been aroused in London, England by the report that John Maginn, once an inmate of the Mile End Workhouse, has found common deal wood to be "a valuable food and medicine, if cut small and eaten."

"Considering that some of our chief tonic medicines are derived from wood," said Dr. Forbes Winslow, "there is no reason why wood should not be used for food."

"I can quite understand the rationality, of this. It is worth investigating. Everything that crops up in medicine, every new treatment of disease, is looked upon with suspicion. It wants people with common sense and the courage of their convictions to establish something new."

"It is like the case of the man who ate the first oyster. He was regarded with suspicion—and so was the oyster."

"Is it possible to use wood as a food? Certainly it is. My mind is very open, and I believe that everything that is brought forward is worthy of investigation."

"Monkeys eat wood in the forests, and you can often see dogs gnawing it."

"Animals eat wood. The stomach of an animal is very similar to that of a human being, and if wood satisfies them, why should it not satisfy us?"

"I see no reason why thin wood, chopped fine, should not be useful to us," Dr. Winslow concluded. "It is good for the animal world in the forests, it is good for us."

The further development of wood as a satisfying food may lead to the formation of a new sect of wood-eaters or deal-devourers, and wood, served in various enticing forms, may soon figure on the menus of our restaurants.

An Opinion From England.

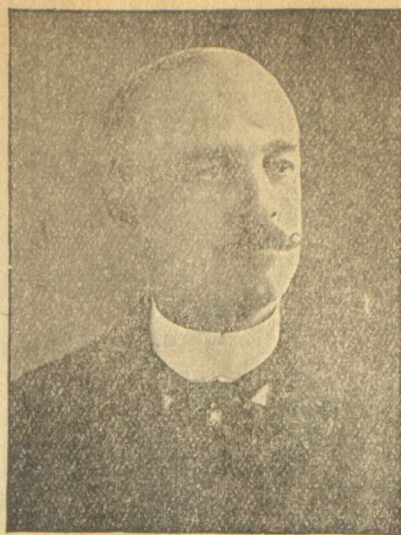
My attention has been called to the topic of vegetarianism which I see you have been giving space in your bright paper, THE SUNFLOWER. The costliness of vegetarianism appears to be the great stumbling-block. Now my experience of eleven years' vegetarianism is that you can make it as expensive and as inexpensive as you can make all other diet. One starts, fearful of a breakdown through insufficient nourishment, but a complete and sustaining diet may be obtained from pure (without yeast or baking-powder) whole meal bread and fruit, with one egg daily or a little pulse (lentils or haricots) and this last may be made very palatable if boiled with some chopped onion and a long pepper, and a piece of butter be added when cooked.

FLORENCE HIGGS.
Sub. Editor, Herald of Health, London, England.

Is a Vegetarian and Works Hard.

I have been much interested in the vegetarian articles and would much desire to see you start a Vegetarian Department. I have been a vegetarian for the last seven years, and have been making all kinds of food experiments lately in order that I might be able to demonstrate to the world that the vegetarian diet is delicious and satisfying at a small expense. I shall not eat any cooked foods during this year to prove that I can keep well fed without them. I am working hard as a trucker in a Mail-Order house and have been doing even harder work than that and had more endurance than my meat-eating neighbor.

GEORGE DREWS.



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Healer
AND
GIFTED PSYCHIC.

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This M. D. could not tell me the cause of my affliction, but on the following Thursday night my regular night to sit for development, I asked my guides if they could tell me the cause of me having cramp-colic, and if they could give me a remedy that would cure me of it, as I had previous to this received prescriptions from spirit Dr. Gray, and do now receive them. On this occasion a little Indian girl by the name of Wild Flower came to me, and gave me a very simple but very wise prescription. She told me if I would quit eating "squealer", I would have no more cramp-colic. Well, I took the advice, and followed it for three months, and suffered no attack of the malady during these three months. But on one memorable Sunday in August, the same year, I went out calling on some friends and took dinner with them, and together with some other things I partook of some "squealer" but dear readers of THE SUNFLOWER, I was sorry for it. Not long after my indulgence of "squealer", I felt the effects of my former malady creeping upon me, and I soon started on my journey home but how I got home I scarcely knew. Somehow I managed to get there. But Oh! the terrible pains I suffered, and as on the former occasion, after all home remedies had been exhausted, one of the regulars was sent for and after a somewhat hasty examination by the M. D. he pronounced it a case of appendicitis and told me that I would have to have an operation performed or I could not live long. "Well, whether I lived long or short I am still here. I told the doctor that I would never pass out under the doctor's knife for anything like that, for I well knew the cause of my suffering. And as my spirit guide Emma, who gave me such wise counsel, said then, "He that knoweth the master's will and doeth it not shall be beaten with many stripes," so of course I had to take my share of the stripes for eating "squealer" when I knew that it would hurt me.

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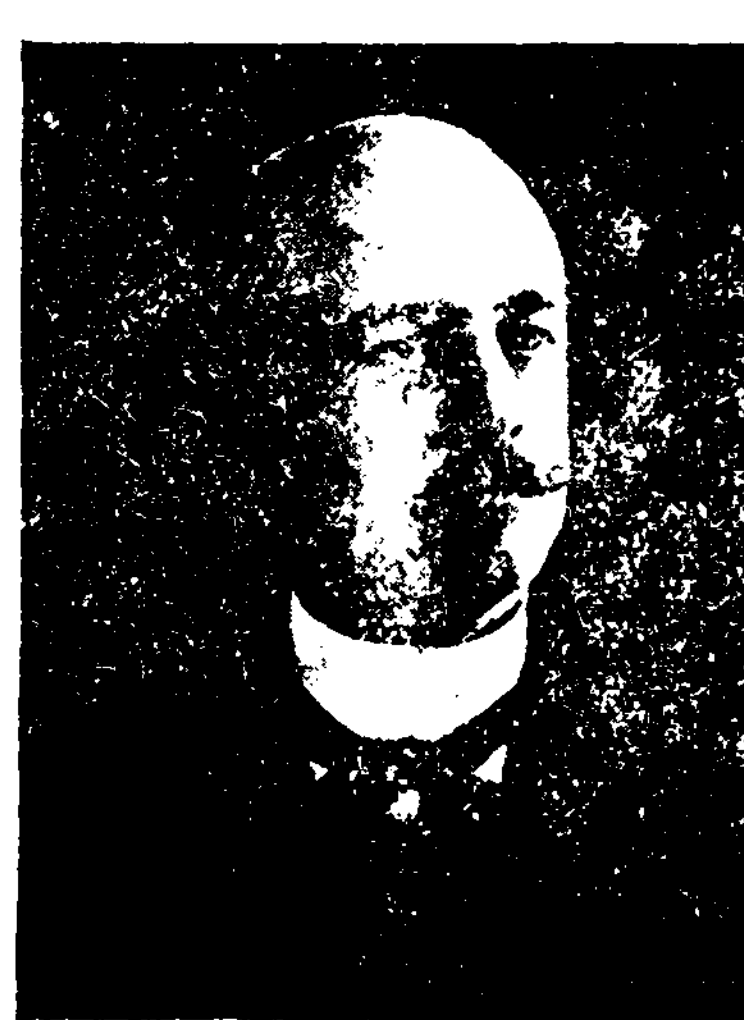
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GEORGE DREWS.



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