

MOCK MEATS FOR VEGETARIANS

By René Bache

IT is fortunate that eggs and milk are vegetables from the viewpoint of the vegetarians, else there is no telling how they would manage to supply their tables with non-animal food. These and nuts of various kinds, with the addition of bread crumbs and hominy grits, seem to furnish the important materials for counterfeiting the viands that to the non-consumer of flesh are forbidden.

Consider the mock turkey, for example. Its essential constituents are nuts ground fine, boiled rice, raw eggs, and grated onion, with salt and pepper. The mixture is formed into the shape of the body of a turkey, and the legs and wings (of the same substance) are stuck on in the proper places, additional verisimilitude being contributed by the introduction of sticks of dry macaroni to take the place of the leg bones. Bake this and serve it with cranberry sauce.

"Roast goose" is prepared by exactly the same receipt; but in this case the person who eats the "bird" is deceived by an accompaniment of gooseberry jam. The same remark applies to mock duck, which may be distinguished from goose by the fact that finely-chopped celery is an additional ingredient, and apple sauce goes with it.

Ingenuity in Making Fish

THE ingenuity of these poultry dishes fades into insignificance, however, when compared to that exhibited in the construction of vegetarian fish. It does not matter much whether the fish be shad, bluefish, or what you will, the receipt is always the same. A mixture of hominy grits, fine-ground peanuts, hard-boiled eggs, a raw egg or two, grated onion, butter, chopped parsley, and salt and pepper furnishes the material. A piece of paper the shape of a fish is carefully buttered, and the proposed finny delicacy is molded upon it.

But this is only the beginning. One must form the gills and mouth of the proposed fish with the whites of hard-boiled eggs. Two filberts serve for the eyes, or at a pinch a couple of peanut kernels will do. The fins should be imitated with blanched almonds. Add a piece of plaited paper for the tail, contribute a final dusting with celery salt, bake, and garnish with lemon and parsley. To lay out the vegetarian fish on a plank, with a neat distribution of mashed potatoes about it, renders it more appetizing, if possible.

The vegetarian in these days is at no loss for seafood. He makes it to suit himself. Oysters are convenient at any season, whether the month has an R in it or not, the materials being boiled rice, raw eggs, flour, parsnips, salsify, and of course nuts. The chief usefulness of raw eggs in many of the non-meat preparations is to give proper consistency to the mixtures.

Thus, for example, mock beefsteak is a synthetic product composed of peanuts, raw eggs, stale bread crumbs, sage, and celery seed. It is to be served with brown sauce made from "vegetable stock." Of course, this means soup stock, which, in the vegetarian kitchen, is made

out of quite a lot of different vegetables, such as turnips, carrots, celery, onions, green peppers, and canned tomatoes, with an apple thrown in, the requisite color being given by adding a little burnt sugar. There should also be some peanut oil in it.

A Dream of Sausage

ALL of these receipts may be accepted as first class, inasmuch as they are printed in the newest published cookbook from the pen of the most famous living woman authority on cookery. Even the vegetarian sausages she describes must be a dream, composed as they are of peanut "meats," raw eggs, cooked farina, and a little sage, with a dash of pepper. Bake in round cakes.

Again, in the way of pig products, there is ham, the mixture for which comprises kidney beans, English walnuts, pecan nuts, almonds, black walnuts, and a can of pimientos, with the requisite salt and pepper. When this has been made up in the shape of a ham, dusted with bread crumbs, and baked in a pan on a piece of greased paper, it would deceive almost anybody. Preferably, it should be served in slices, lest somebody notice the absence of the bone, and thus discover the vegetarian fraud.

Peanuts, after all, are the mainstay of the true vegetable feeder. They will always take the place of other kinds of nuts, if the latter cannot be obtained, or of, almost anything else, indeed. They are the chief item in the preparation of "veal roast," together with a due proportion of beans or peas, a modicum of milk, and some toasted bread crumbs. The mixture has about the consistency of mush, and may easily be formed into the proper shape for baking. If any of it escapes the eager appetites of the intended consumers, it is converted into veal hash for next day, with the addition of an equal quantity of cold boiled potatoes. Bake like any other hash.

Vegetable meat pie is, as one might expect, a very simple dish, its constituents being the customary peanuts, potatoes, lima beans, a couple of hard-boiled eggs, chopped parsley, and onion. But, if one would have such a luxury as chicken pie, the cook must add to these ingredients mushrooms, corn, flour, and milk.

Develops the Artistic

IT should be noticed that cookery of this kind has a tendency to develop not only the culinary, but also the artistic impulse. The vegetarian housewife must learn to construct dishes that are imitative and even deceptive in form, as well as agreeable to the taste. No small amount of sculptural skill, as one might say, is required to build a satisfactory shad out of hominy grits, peanuts, and hard-boiled eggs. Mutton chops may be adequately composed of bread crumbs, raw eggs, and almonds; but, in order that they shall deceive those who partake of them, they must be painstakingly modeled, and the "bones" of macaroni must be introduced at exactly the proper angle.

Power of Mind Over Body

Continued from page 4

the bedclothes and handed it silently to the doctor.

"Heavens!" cried the latter, as he glanced at it. "This was meant for another man! My assistant misplaced the letter."

The young man at once sat up in bed and made a rapid recovery.

And what of the patient for whom the direful prognosis was intended? Delighted with the report that a sojourn in the hills would set him right, he started at once, and five years later was alive and in fair health.

Proverb: "For as he thinketh in his heart, so is he."

In this illustration can be seen the effect of good or bad news upon one's health. Many delicate and extremely nervous persons have, by some bad news or shock, contracted serious diseases, from the effects of which they have never entirely recovered. Physicians could relate numerous instances of people having been afflicted with nervous disorders from having received messages relating to the deaths of relatives or friends, and other forms of shock.

Prostrated by Joy

GREAT joy has also prostrated people. Dr. J. Crichton Brown, in "The Medical Mirror," reports the case of a young man of strong nervous temperament, and shows how powerfully intense joy excites the brain, and how the brain reacts upon the body. This man, on hearing by telegram that a fortune had been bequeathed to him, first became pale, then exhilarated, although flushed and very restless. He then took a walk with a friend to compose himself; but returned with a staggering gait, talking, laughing, and singing boisterously. It was positively ascertained that he had not touched a drop of spirituous liquor, though everyone thought he was intoxicated. Vomiting, after a time, came on, and he then slept deeply for sometime. On awakening he was well except that he suffered from headache, nausea, and prostration.

Violent fits of anger have caused apoplexy and death. A day or night of intense fear, worry, or agony has caused the hair to become gray. Every emotion, such as worry, discon-

tent, envy, jealousy, fear, or anger, has its effect on the nervous organism and acts deleteriously like a poison or a bodily disease. Charles Darwin, in his book on "The Expression of the Emotion in Man and Animals," in speaking of the loss of color in the hair through fear, says:

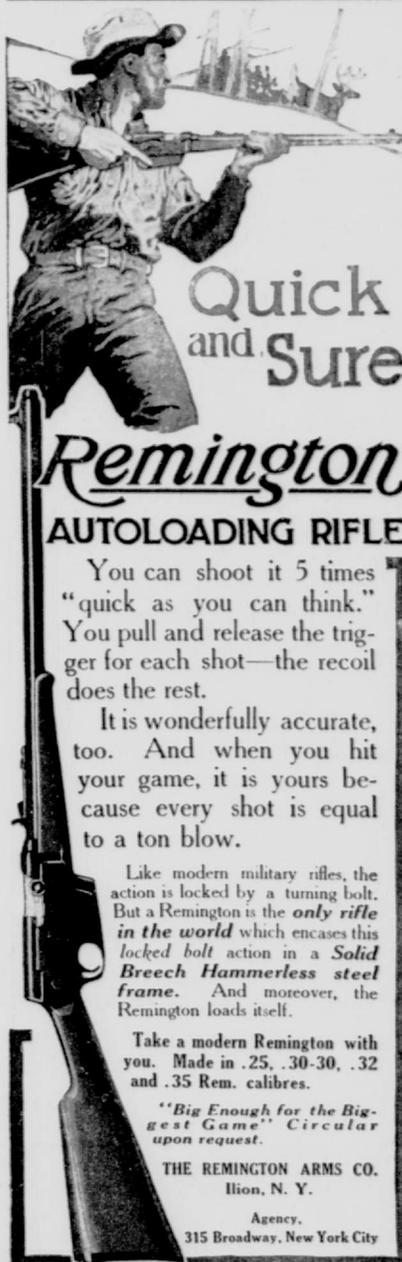
"An authentic instance has been recorded in the case of a man about to be executed in India, in which the change of color was so rapid that it was perceptible to the eye." In treating the subject of rage, he says that "the heart action is much accelerated and often much disturbed. The face reddens or it becomes purple from the impeded return of the blood, or may turn deadly pale. The respiration is labored, the chest heaves, and the dilated nostrils quiver. The whole body often trembles. The voice is affected. The teeth are clenched or ground together, and the muscular system is commonly stimulated to violent, almost frantic action." If one display of passion will do all this, what will the effect of continual outbursts be upon one's system?

Power of Association and Habit

THE power of association and habit is admitted by everyone. Emotions, actions, sensations, and states of feeling, occurring together or in close succession, tend to grow together or cohere in such a way that, when any one of them is afterward presented to the mind, the others occur simultaneously. Professor Huxley says, "It may be laid down as a rule that, if any two mental states be called up together, or in succession, with due frequency and vividness, the subsequent production of the one of them will suffice to call up the other, and that whether we desire it or not."

If fear and hatred have an injurious effect upon one's system, bravery and love must of necessity bring about a reverse condition. Therefore, what a man's physical condition shall be rests largely with himself. If his will is weak, the muscles and nerves will likewise be weak.

If one cultivates and exerts his will power, he can eventually eliminate to a great extent the tendency to become provoked or angry at things that displease. A strong, vigorous will



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