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LACTO- VEGETARIANISM

OR THE
MEATLESS DIET

THE PRINCIPLES AND PRACTICE OF
LACTO-VEGETARIANISM

BASED ON THE LATEST SCIENTIFIC
DISCOVERIES

WITH

ORIGINAL RECIPES



PUBLISHED BY

THE ORDER OF THE STAR IN THE EAST

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LACTO-VEGETARIANISM

OR

THE MEATLESS DIET

The practice of lacto-vegetarianism, which has been the common custom in the East for untold generations, has now passed the stage of ridicule, even in the West. It is no longer looked on as a fad, but as something to be considered carefully, and even adopted in special cases. Doctors are every day ordering a meatless diet for their patients, and the latest conclusions of the dietitic chemist are entirely in its favour. This is what McCollum, the eminent American biological chemist, says in his latest work, "The Newer Knowledge of Nutrition": "It is, therefore, possible to devise a diet, which is derived wholly from vegetable material, which will produce normal growth and the optimum physical well-being." But further, on the question of a meatless diet—that is, one composed of vegetable foods, supplemented with milk and eggs, he says: "Lacto-vegetarianism, when properly planned, is the most highly satisfactory plan which can be adopted in the nutrition of man." Very emphatic words for a man of science.

There are many reasons why lacto-vegetarianism should be generally adopted in this country. Only a few can be given here, and even those but briefly. In hot climates the natural food of man has always been lacto-vegetarian; it is only in cold climates that it has sometimes included animal flesh. This is the case in England, and we have simply followed the old custom blindly, without considering the new conditions under which we are living here in Australia. Yet in our hot weather, meat actually begins to decay as soon as the life has gone out of it; so that the housewife can never be sure it is good when received,

or that it will keep for an hour after. The result is the large number of cases of summer diarrhoea, which are really ptomaine poisoning in a mild form, besides the ever-increasing number of real ptomaine cases. Vegetable foods, on the contrary, will keep indefinitely till cooked, and from one to three days after, and even then they are not really dangerous, if by mistake they should be eaten after fermentation has set in. As for the real ptomaine poisoning, it is quite unknown among vegetarians.

Next comes the question of uric acid. Now uric acid is being continually formed in all animal and human bodies. Therefore all meat contains a certain amount ready formed, which has to be eliminated by the human body which consumes it, as well as that which is being produced all the time in its own tissues. This is why meat is always forbidden by doctors in cases of gout and rheumatism. Vegetable foods and also milk and eggs, on the contrary, contain no uric acid, nor any substance from which it can be readily formed, as seems to be supposed by some people in the case of beans.

On the question of economy: with meat at 4d. to 5d. per pound, and lentils and beans (the common meat substitutes) at 7d. to 8d. per pound, the two diets come about equal; that is, allowing for a fair proportion of nuts. For lentils and beans contain as much protein as the meat, and a large amount of carbohydrates as well.

And then there is the question of compassion, which should surely have some weight in a civilized Christian community. When we think of all the fright and pain of the poor creatures slaughtered to please our taste, of all the horrors of stock trains and cattle ships, and of the degradation of human beings inseparable from the slaughter-house, surely we will go to some trouble to find a substitute for the dead and more or less decayed bodies of our sentient fellow-creatures.

A last reason, the one which has caused this sudden change of front on the part of orthodox science, is the discovery of vitamins, and of the fact that they exist in greater abundance and variety in green leaves and seeds than in meat.

There is one more thing to be dealt with before leaving this section, namely, changing over. It is not wise to change too suddenly. At least three months should be allowed for the body to gradually adapt itself to the new food and to get used to the absence of the unnatural stimulus, which is one of the most characteristic properties of meat. Hot condiments should be gradually dropped also, as they create an unnatural appetite, irritate the digestive organs, and prevent the appreciation of the delicate flavours of vegetable food.

VITAMINES.

The question of vitamins, though of only recent origin, has already become the most vital factor in food science. Without sufficient of all of them no one can be healthy, and children will not grow to their normal stature. There are only two, which are generally acknowledged, though more are still in dispute between the different investigators. The first, vitamin A, is found in milk and its products, egg yolk, the fresh leaves of plants, the germ of cereal grains, and in soya beans.

If there is a deficiency of this vitamin in the diet children will not grow to their full stature, and if the deficiency be great it will result in a serious disease of the eyes, known as xerophthalmia, which eventually ends in blindness. The disease can be cured at any stage simply by adding a small amount of butter-fat or green leaves to the diet. The second, vitamin B, is found in the outer husk, or bran, and the germ of seeds, in tubers, in fleshy roots, in the leaves of plants, and in milk and eggs; but not in white flour, polished rice, macaroni, sugar, sago, tapioca, or fats and oils. The want of this vitamin

causes the disease called beri-beri or polyneuritis. It was this disease which in the Russo-Japanese war carried off more Japanese soldiers than all the fighting. It was caused by living on polished rice instead of the natural grain. It is also probably the cause of most of the nervous troubles which are peculiar to modern Western life, due to the consumption of white instead of whole-meal bread. There is a third variety, over which there is still some dispute, called vitamine C. This is contained only in fresh leaves, fresh fruits (especially oranges and lemons), and fresh milk, if the cows are fed on fresh green feed. The want of this vitamine causes scurvy. All of these will stand a moderate amount of cooking, but are destroyed by elaborate processes of manufacture. It thus appears that from the vitamine standpoint milk, green leaves, and whole-wheat preparations are the most essential constituents of the diet.

PROTEIN.

Next in importance comes the problem of how to get sufficient protein in a vegetable diet. Lean meat consists almost wholly of protein, a thing which cannot be said of any vegetable food. So in changing to a meatless diet it is essential to make doubly sure of getting a sufficient supply of this constituent. The foods richest in protein are the legumes (peas, beans, and lentils), nuts (except cocoanuts and chestnuts), eggs, cheese, and, in a less degree, milk, cereals, and the leafy vegetables, while potatoes, root vegetables, sugar, sago, tapioca, cornflour, and fruits contain practically none.

It will be seen then that it is necessary to take a considerably larger amount of the first class than the meat it replaces, a moderate amount of the second class, and almost none of the third, except fruit, to make a properly balanced diet. The estimated amount of protein required per day by a man doing a moderate amount of exercise is 4 oz. This would

be provided by 2 eggs, 8 oz. of cooked legumes, 2 oz. of nuts, half a pint of milk, and 1 lb. of bread, porridge, cake, green vegetables, etc. This is an average, individual requirements varying slightly. Women under normal conditions require less total food than men; but pregnant and nursing mothers need about the same amount, only with a larger proportion of protein. On the other hand, men doing hard manual labour should have more total food, but only a little more protein, while those following sedentary occupations need less total food, but about the same amount of protein. The reason for this is that protein is essentially the nerve food, maintaining nervous energy as contrasted with the mere muscular strength, which is given by the starches and sugars. It is the want of an adequate amount of protein which is responsible for that feeling of languor and want of energy which afflicts so many vegetarians. It is the cause also of the obesity from which so many women suffer, even those who are not strict vegetarians. Few women care much for meat, and to make up for it eat more bread and butter, cake, rice pudding, etc. But to get enough protein from these foods it is necessary to consume an altogether excessive amount of starch, which being converted in the body into fat, is stored up as a reserve against the time of famine, which never comes. Then to overcome the continual feeling of languor, various stimulants, such as tea, coffee, cocoa, and cane sugar, in the form of sweets, are indulged in, the latter eventually finding its way, like the starch, into the storehouse of adipose tissue, which every year accumulates and becomes a greater and greater encumbrance. Special care must be taken then to get a sufficient amount of protein, and it may be safely said that without going altogether to extremes it is practically impossible to get too large a supply in a lacto-vegetarian diet. Nuts should be substituted for beans as the purse will allow, because their protein is of a finer quality and more easily digested.

FIBRE AND SALTS.

These also are important food constituents. The first prevents constipation, and keeps the whole digestive tract free and healthy, and the second builds up and nourishes the bones and teeth, being especially necessary for growing children. Even milk and eggs are deficient in these, and they must be supplied by the outer-coating of cereals, as in whole-meal bread and oatmeal porridge; by fresh and cooked fruits with their skins, and by green vegetables. The liquid from cooking the last should be saved and used in soups, as it contains most of the salts.

MANUFACTURED FOODS.

These should be avoided as much as possible. No one but the maker knows of what they are composed, what processes they have gone through, or what injurious substances may have been added. They are all expensive compared with natural foods; and last, and most important of all, the vitamins which they should contain are mostly destroyed in the process of manufacture. Their convenience is a great temptation, and no one can blame the tired housewife for trying to escape the monotonous round of household work. However, there is no way but to bear with it till the women revolt and organize community kitchens.

And now, having dealt with some of the principles of modern dietetics, let us examine a few special foods.

BREAD.

The controversy between white and whole-meal bread is a very old one, the first scoring on the grounds of appearance and ease of manufacture, and the second on food value and general health-giving properties. But it can now be safely said that the discovery of vitamins has put white bread right out

of court, from a utilitarian point of view, at least, and it will probably not be very long before it is wholly a thing of the past.

It has long been known that animals do not thrive if fed on white flour, and recent experiments have shown that pigeons and various other animals die quicker when fed wholly on white flour or white bread than if fasting. Here are some of the many advantages of whole-meal bread. First, it contains valuable salts, including phosphates, necessary for nourishing the bones and teeth; second, it retains the vitamins A and B of the wheat grain; third, it contains a ferment, which helps to digest the starch; fourth, it includes the indigestible fibre of the grain, which prevents constipation; fifth, it contains a small but important amount of fat derived from the germ; and sixth, it cannot be made into such a tight dough, and therefore is more easily digested; and so on. But it is necessary in these days to see that what you are buying is real whole-meal bread, and not the so-called "brown bread," which is often only white dough mixed with a little bran and pollard and coloured with caramel. Real whole-meal is made by grinding the whole grain to a uniformly fine powder. It will not keep for more than six weeks after grinding, because in that time the oil from the germ begins to go rancid. It is difficult to make a good yeast bread from this flour, and so the best arrangement is to make our own bread by the recipe given below. If that is not practicable, then we must be satisfied with the best brown bread procurable, supplemented frequently with whole-meal scones.

Rice and barley, too, are much better in their natural state than in the "pearled" condition in which we use them. In the pearling process all the "bran," as well as the germ, is rubbed off, and with them the vitamins, salts, and fibre. It was by an extract of these rejected rice-pearlings that the Japanese soldiers were cured of beri beri in the Russo-Japanese war. They are difficult to procure at

present, but would soon be plentiful if there was sufficient demand from the public.

MILK.

According to the latest investigations, milk is the most valuable of all our foods. McCollum even ascribes the dominance of Western people to its abundant use. It contains all three vitamins, is easily digested, and all its constituents—protein, fat, sugar, and salts—are of the highest quality of their kind. Its chief drawbacks are that it will not keep, and that it is such a good carrier of disease. Special precautions must therefore be taken to overcome these defects. The usual way is by heating. Now, besides the food constituents, ordinary milk contains the following living organisms: disease germs, lactic acid germs (which cause souring), and putrefactive germs (which bring about putrefaction). Of these, the lactic acid germ is actually beneficial, for it begins to multiply at once, living on the sugar and converting it into lactic acid, which forms an antiseptic solution in which no other germs can grow. Now when milk is heated the disease germs are first killed at 140 degrees F., then the lactic acid germs at 180 degrees F., and finally the putrefactive germs on boiling. But besides that, vitamin C is destroyed, and some of the albumen coagulated at boiling point. If then the boiling is carried above 180 degrees F. the milk will not sour, but will putrify, and any more disease germs which may gain entrance will multiply at an enormous rate, 1 germ becoming 15,000,000,000 in 12 hours. To overcome these disabilities we should never, in the first place, buy "heated milk," and if heated in the home above 170 degrees F. it should be used up soon afterwards. If the source of the supply can be depended upon, it is best to use it raw, but if not then it should first be heated to about 150 degrees F. This is accomplished by putting the milk into a jug or other earthenware vessel, covering it, and standing it in a saucepan of cold water, with the

water just on a level with the milk. It should then be heated till the water just boils, and the milk taken out at once.

The ideal way of handling milk is, of course, for it to be cooled as soon as it is milked, and kept at a low temperature (below 50 degrees F.) until delivered. At this temperature it will keep unchanged for many days. But that does not seem at all likely to happen until we have a State or municipal milk service. Cheese is almost as good a food as milk for those who can digest it. Mild cheese is the best, and in any case care should be taken to thoroughly masticate it.

SUGARS.

Cane sugar, as we have it in sweets, etc., is not a natural food, and is difficult of digestion. As it occurs in nature in the sugar-cane, maple, apricots, etc., it is well diluted and combined with other substances, which make it much more easily digested. Therefore it should be taken sparingly, and well diluted by drinking plenty of water immediately. The supposed craving of children for sweets can easily be satisfied with fresh fruit and dried dates and figs. These contain fruit sugars, which have exactly the same effect in nutrition and are much more easily digested and assimilated. Fruits are invaluable also for their blood purifying properties, and for the salts they contain.

SOYA BEANS.

These beans deserve much more attention than they have hitherto received. They contain a large amount of fat, and their albumen is of a much higher quality than that of ordinary beans, as good, according to some authorities, as the casein of milk. In China and Japan they are a staple food, being made into innumerable dishes, including soya bean milk and cheese. Their one drawback is that they are rather difficult to cook soft, being of the nature of nuts. But

full directions for doing this will be found under Recipes.

There are just two bad combinations which should be avoided as far as possible. They are milk and fruit and milk and vegetables. These should, therefore, not be eaten at the same meal. A very good arrangement is milk for breakfast, vegetables for dinner, and fruit for tea, or fruit for lunch if dinner is taken at night; while beans, nuts, cereals, eggs, etc., can be eaten at any of these meals.

Finally, if we wish to be perfectly healthy we must add to a pure, well-balanced diet, fresh air and exercise. This is the golden tripod of health: good food, regular exercise, and pure air; or, in other words, perfect nutrition, regular activity, and thorough purification.

RECIPES

As was said above, the two chief points to be considered in dietetic reform are: first, to get sufficient protein, and, second, to get enough vitamins. To avoid useless repetition, therefore, we have here confined ourselves chiefly to recipes for meat substitutes, and for whole-meal preparations. The former provide the protein, and the latter the vitamin called Water Soluble. B. The other vitamins, as already stated, are contained in milk, eggs, green vegetables, and fruit, but good recipes for such of these as require cooking can be found in any good cookery book ad lib.

PREPARED LEGUMES.

Prepared Lima Beans.

Lima beans, 1 lb. Wash well and throw into 3 pints of boiling water. Boil half-an-hour, and pour off water to get rid of strong flavour. Then add 3 pints hot water, and boil gently for 2½ to 3 hours without stirring.

Prepared Haricot Beans.

Proceed as for Lima beans, but boil 3 to 3½ hours after pouring off the first water.

Prepared Wonder Beans.

Wonder beans, 1 lb. Wash well and put into 3 pints boiling water. Boil gently for 3½ to 4 hours without stirring.

Prepared Soya Beans.

Soya beans, 1 lb. Add sufficient boiling water to cover, and soak 12 hours. Pour off and wash once with cold water. Throw into 2½ pints of boiling water and boil gently 5 hours without stirring, or boil 3 hours and then bake in oven in large flat dish for 1 hour.

Prepared Blue Boiling Peas.

Blue boiling peas, 1 lb. Soak half hour in cold water, pour off, and throw into 3 pints boiling water. Boil gently for 3 to 4 hours without stirring.

Prepared Split Peas.

Split peas, 1 lb. Wash well and throw into 3 pints boiling water. Boil gently 2 to 2½ hours, stirring occasionally.

Prepared Brown Lentils.

Brown lentils, 1 lb. Wash well, put into 2½ pints cold water, and boil gently for 3 hours without stirring.

Prepared Egyptian Lentils.

Egyptian lentils, 1 lb. Wash well and put into 2 pints cold water. Boil gently 1 hour, stirring occasionally.

If it is necessary to add more water to these prepared foods while cooking it should always be boiling.

All these prepared foods should be quite soft when finished, but still whole, excepting the Egyptian

lentils and split peas. If there is much liquid left, it should be poured off and used for soups. The beans or lentils can then be made tasty by adding butter, milk, and salt, and eaten with vegetables or bread and butter; or they can be fried in butter for a breakfast dish. They are also used largely in the preparation of more complicated dishes.

SOUPS.

Wonder Bean and Spinach Soup.

Prepared wonder beans, 1 cup; spinach, a few leaves.

Boil the spinach in water quarter of an hour, then add the beans previously mashed, and boil three-quarters of an hour more. Add butter or oil and salt to taste.

Lentil Vegetable Soup.

Prepared brown lentils, 1 cup. Mash thoroughly (best done by passing through mincer), add 4 cups of water, and boil gently for half an hour; add vegetables (cut up fine), and boil 1 hour; add a little butter or oil and salt to taste. Any soup vegetable may be used, say, 2 carrots, 1 parsnip, and 1 turnip for the above quantity. It can be made more tasty by first frying the vegetables in butter.

Red Lentil and Rice Soup.

Prepared red lentils, 1 cup; rice, one-quarter cup; tomatoes skinned and cut up small, half pound. Wash rice and put into 4 cups of boiling water; boil half an hour, add lentils and tomatoes, and boil gently 1 hour; add butter or oil and salt to taste.

Parsley or marmite may be used instead of tomatoes.

Lima Macaroni Soup.

Prepared Lima beans, 1 cup; macaroni, half cup. Put macaroni into 4 cups of boiling water, boil gently 1 hour. Then add beans, previously mashed, and

parsley to flavour, and boil gently 1½ hours; add butter or oil and salt to taste.

ROASTS.

Lima Bean Roast.

Prepared Lima beans, well mashed, 2 cups; zwieback crumbs, half cup; butter, 2 teaspoonfuls; onion or tomato to flavour and salt to taste. Mix well, adding a little water or milk if too dry; press into piedish and bake in moderate oven for 20 minutes. Serve with white sauce.

Brown Lentil Roast.

Prepare in the same way and with same quantities as Lima Bean Roast, using parsley and thyme for flavour. Serve with brown sauce.

Haricot and Nut Roast.

Prepared haricot beans, mashed, 2 cups; zwieback crumbs, half cup; butter, 1 teaspoonful; fresh nuts, ground, 2 tablespoonfuls. Mix well and bake in moderate oven 20 minutes. Serve with white sauce.

Wonder Bean Roast.

Prepared wonder beans, 2 cups; macaroni, boiled soft, 2 tablespoonfuls; butter, 2 teaspoonfuls; salt to taste, and parsley to flavour, if desired. Prepare as Lima Bean Roast, and serve with brown sauce.

Nut Meat.

Prepared split peas, 1 cup; whole-meal flour, 1 cup; ground almond kernels, 1 cup; butter, 2 oz.; water, 2½ cups; parsley and thyme to flavour and salt to taste. Mix all together and bake in two piedishes in a moderate oven for 2 hours, or steam in a basin covered with grease-proof paper and cloth for 3 hours.

This preparation is identical in food value with the tinned products known by this and similar names, and has the advantage of being fresh and more

economical. It can be varied in numerous ways by using different nuts, different prepared legumes, and adding different flavourings. Even mashed vegetables can be added.

RISSOLES.

Lima Bean Rissoles.

Prepared Lima beans, mashed, $1\frac{1}{2}$ cups; zwieback crumbs, half cup, or sufficient to mould; butter, 1 teaspoonful; onion or tomato to flavour and salt to taste. Mix well, mould into cakes, and fry in butter or cottonseed oil. Serve hot or cold for lunch or picnics.

Brown Lentil Rissoles.

Prepare as Lima Bean Rissoles, flavour with parsley or thyme, or add cold left-over vegetables.

Red Lentil and Rice Rissoles.

Prepared red lentils, 1 cup; boiled rice, half cup; ground nuts, 1 tablespoonful; zwieback crumbs, quarter cup or sufficient to mould, and salt to taste. Mix, mould, and fry.

Split Pea Rissoles.

Prepared split peas, 2 cups; 1 egg; ground nuts, half cup; zwieback crumbs, 1 cup; parsley and thyme to flavour, salt to taste. Mix, mould, and fry.

Soya Bean Rissoles.

Prepared soya beans, minced, 2 cups; whole-meal flour, 1 tablespoonful; tomato, or parsley and thyme, to flavour, salt to taste. Mix, mould, and fry.

SAUCES.

Brown Flour Sauce.

Melt 1 tablespoonful butter in frying pan and sprinkle in slowly 1 tablespoonful of whole-meal flour, previously browned in the oven. When smooth, add boiling water gradually to the right consistence and salt to taste.

Lentil Brown Sauce.

Prepared brown lentils, mashed, half cup; liquid from prepared lentils, 1 cup. Boil 15 minutes, strain off the skins, and add flour to thicken and butter and salt to taste.

Wonder Bean Brown Sauce.

Liquid from prepared wonder beans, $1\frac{1}{2}$ cups. Bring to boil, add whole-meal flour to thicken and butter and salt to taste.

Whole-meal White Sauce.

Whole-meal, 2 tablespoonfuls; milk, 2 cups. Sprinkle the whole-meal into the boiling milk and continue boiling for 10 minutes. Add parsley for roasts and rissoles, or sugar for puddings.

PUDDINGS.

Whole-meal Plum Pudding.

Zwieback crumbs, $2\frac{1}{2}$ cups; whole-meal flour, 2 tablespoonfuls; butter, 3 oz.; dates, washed and stoned, 1 cup; sugar, $1\frac{1}{2}$ cups. Mix stiff with milk, and steam in a basin covered with grease-proof paper and cloth for 2 hours. Serve with sweet whole-meal white sauce.

Crumb Custard.

Zwieback crumbs, $1\frac{1}{2}$ cups; milk, 5 cups; sugar, 2 tablespoonfuls; 3 eggs. Put the zwieback crumbs in a piedish, pour on 3 cups of the milk, and leave to soak for a few minutes. Beat up the eggs, add the rest of the milk, and pour carefully on the top. Stand the dish in a pan of water and bake in a moderate oven.

Granola Sultana Pudding.

Granola, 1 small cup; boiling water, 2 cups; sugar, 2 tablespoonfuls; sultanas, half cup; milk, 4 cups; 3 eggs. Pour the boiling water on granola, mix and

allow to soak. Beat up the eggs in the milk, and mix with granola and other ingredients. Bake in a pan of water.

BREAKFAST DISHES.

Frumenty.

Best soft wheat, 1 cup. Soak over night, pour off the water, and throw into 4 cups of boiling water. Simmer six hours. Warm up next morning, and serve with milk and sugar.

Oatmeal Porridge.

Oatmeal, 1 cup. Mix to a paste with cold water, and add 3 to 4 cups of boiling water. Simmer 2 to 3 hours, add salt to taste, and warm up next morning with a little milk.

Wheat Porridge.

Coarse whole-meal flour, 1 cup. Sprinkle into 3 to 4 cups of boiling water, and simmer 2 to 3 hours. Warm up next morning with a little milk.

Granola Porridge.

Granola, 2 cups. Add boiling water till quite thin and allow to soak a few minutes. Serve with sugar and milk.

BREAD, BISCUITS, CAKE, Etc.

Whole-meal Bread.

Whole-meal flour, 4 cups; baking soda, 1 teaspoonful; cream of tartar, 2 teaspoonfuls; salt to taste. Mix soda and cream of tartar with flour thoroughly. Add sufficient water, all at once, to make the mixture a little softer than for scones. Bake in a pie-dish in a moderate oven for 2 to 2½ hours.

Scones.

Whole-meal flour, 4 cups; butter, 2 oz.; soda, 1 teaspoonful; cream of tartar, 2 teaspoonfuls. Mix

rising with flour, rub in butter, and add milk. Roll out and bake in a quick oven to a light golden brown.

Cocoanut Biscuits.

Whole-meal flour, 4 cups; butter, 4 oz.; sugar, 2 cups; dessicated cocoanut, 1 cup; milk, about a cup; soda, 1 teaspoonful; cream of tartar, 2 teaspoonfuls. Mix the rising with the flour, rub in the butter, and then add the other ingredients. Mix stiff with milk, roll out, cut into shapes, and bake in a moderate oven.

Date Cakes.

Butter, 7 oz.; sugar, 2 cups; 4 eggs; whole-meal flour, 4 cups; soda, 1 teaspoonful; cream of tartar, 2 teaspoonfuls; milk, about 2 cups. Mix the flour with the rising, beat up butter and sugar to a cream, and add the beaten eggs. Then sprinkle in flour, and add milk, alternately, till of the right consistency. Drop in patty tins, and insert a washed and stoned date in the centre of each. Bake in a quick oven.

Sultana Cake.

Butter, 6 oz.; sugar, 1½ cups; 3 eggs; ground almonds, 1 cup; flour, 3 cups; soda, 1 teaspoonful; cream of tartar, 2 teaspoonfuls; milk, about 1½ cups; sultanas, 1 cup. Soak the sultanas in boiling water 10 minutes, then rinse in cold. Mix flour with rising. Beat up the butter and sugar and add beaten eggs. Then mix in almonds, and add flour and milk, alternately, until of the right consistence. Add sultanas last, and bake in a cake dish in a moderate oven for 1½ to 2 hours.

SANDWICH PASTES.

Cheese and Egg Paste.

Dry cheese, minced, 3 oz.; 1 egg. Beat up egg, mix in cheese, and heat gently till of the consistency of thick cream.

Lima Paste.

Prepared Lima beans, skinned and mashed, half a cup; butter, 1 dessertspoonful; salt to taste. Mix well. It can be flavoured with any of the following: Tomato, onion, sage, thyme, parsley, or marmite.

Haricot Paste.

Prepared in the same way as Lima Paste.

Date Paste.

Wash the dates quickly with boiling water, stone and mash. Use alone or mixed with half the quantity of nut paste.

Nut Paste.

Shell nuts and grind fine through a nut mincer without blanching. Spread thick on bread and butter.

SWEETS.

Fruit Caramels.

Sugar, 1 lb.; glucose, 1 lb.; water, quarter pint; dessicated cocoanut, 1 lb.; minced figs or dates, 1 lb. Heat sugar, glucose and water till dissolved, and boil till it solidifies, when dropped into cold water. Take off fire, add cocoanut and figs or dates, and pour out on a buttered dish. When sufficiently cooled, mark in squares with a knife. When cold break and wrap in grease-proof paper.

Almond Rock.

Sugar, 2 lbs.; glucose, 1 lb.; water, quarter pint; almond kernels, blanched and halved, $\frac{1}{2}$ to 1 lb. Heat the sugar, glucose and water till dissolved, and boil until it just begins to turn yellow. Then take off the fire, add the almonds, and pour out on a buttered dish.

These are quite good foods so long as they are eaten sparingly.

Glucose is an artificial fruit sugar manufactured from starch, and is sold in the form of a very thick colourless syrup.

MISCELLANEOUS.

Zwieback.

This is prepared by drying scraps of whole-meal bread in the oven till crisp right through. For roasts it is simply passed through a mincer. It is more easily digested than bread.

Measuring.

To make a pint measure, tare the vessel on the scales and weigh into it $1\frac{1}{4}$ lbs. of water. Then mark or note the height. For half a pint weigh in 10 oz. of water.

MENUS

From what has been said above it should not be difficult to arrange menus giving the correct balance of food constituents, proper combinations, and plenty of variety. The following are merely suggested as a basis to work upon.

First Day.

Breakfast: Frumenty, poached eggs, milk.

Dinner: Lentil and rice soup, wonder bean roast with vegetables, plum pudding.

Tea (or lunch): Nuts, cake, bread and butter, jam, fruit.

Second Day.

Breakfast: Granola, soya bean rissoles, milk.

Dinner: Lima macaroni soup, haricot nut roast with vegetables, crumb custard.

Tea: Split pea rissoles, cake, toast and butter, fruit.

Third Day.

Breakfast: Oatmeal porridge, fried Lima beans, milk.

Dinner: Wonder bean and spinach soup, brown lentil roast with vegetables, granola sultana pudding.

Tea: Nut meat, cake, zwieback and butter, fruit.

In conclusion we would like to say that these recipes are the result of some twelve years of study and experiment, and have all been thoroughly tested. At the same time, there is no reason why they should be conformed to rigidly. In point of fact, they can all be varied in many ways to suit either the fancies of the cook or the individual tastes of the consumers. The relative food values, however, should always be maintained, especial care being taken not to diminish the proportion of protein.