

## *Vegetarian Domestic Science*

*The Rosicrucian Teachings advocate a simple, pure, and harmless life. We hold that a plain vegetarian diet is most conducive to health and purity; also that alcoholic drinks, tobacco, and stimulants are injurious to health and spirituality. As Christians we believe it to be our duty to avoid sacrificing the lives of animals and birds for food, also, as far as possible, to refrain from using their skins and feathers for clothing. We hold vivisection to be diabolical and inhuman.*

*We believe in the healing power of prayer and concentration, but we also believe in the use of material means to supplement the higher forces.*

**C**OMPLEXITY in meal preparation not only leads to extravagance and to overeating with its attending ills, but serious bodily chemical warfare must inevitably follow a too great variety of foods consumed at the same meal. Two or three foods well selected for their balanced nutrient properties and rationally combined would invariably be perfectly sufficient. A breakfast or brunch consisting of one or two kinds of fruit is quite satisfying during spring and summer weather. As the protein (tissue-building) constituent and the fat content of fruits are low, they may be supplemented by tarts or unroasted nut butters, cottage cheese, avocado, olives, or raw milk—just one of these.

Foods of high starchy content are best not combined with high protein foods. It is strongly recommended that only one protein or one starchy food accompany a meal and that the balance comprise such salads and steamed vegetables as are available in season. For example, a salad dish followed by some steamed green leafy or other nonstarchy vegetables will combine harmoniously with baked pota-

toes, or in place of the latter, a few slices of whole wheat bread or any other hygienic carbohydrate (starch), like whole wheat spaghetti or corn on the cob—just one of these.

Where raw and cooked vegetables appear at the same meal, it is desirable to eat the raw salad first to offset any tendency to consume too little of the raw food and too much of the cooked foods. Never mix food in the raw state with the same or similar food in the cooked state, as for example grated raw carrots followed by steamed carrots and peas; there is danger of gas.

Eat without drinking. This will insure thorough mastication and insalivation. Do not take very hot or very cold foods or drinks at the same meal. Ice water and hot soups have ruined many stomachs. If a liquid such as water or a table beverage is craved, it should be taken at least half an hour after the meal.

*Cooking must be done judiciously.* Vegetables are, as a rule, so irrationally prepared that they are of little food value. The average houseperson boils vegetables in too much water and then drains them, not realizing that the larger part of the proteins, vitamins, and organic salts are dissolved in the water. The loss of soluble nutrients is about five to ten percent protein, thirty to fifty per cent carbohydrates, and about fifty per cent of organic salts. Thus the cellulose (fibre or roughage) is retained and little else that is of genuine merit for healthy nutrition. Then in order to replenish the loss of essential constituents, condiments and spices are added to contribute palatability to vegetables which have been rendered tasteless and valueless.

Vegetables should consequently be steamed, baked, or stewed for about fifteen to twenty minutes in their own juices by means of airtight waterless nonaluminum cookers. Of all methods of cooking,

steaming is preferable. The addition of water as used in ordinary cooking toughens the fibers of the vegetables and washes out nearly all of the life-sustaining ingredients. By steaming in little or no water for a short time—just long enough to soften the cellulose—the organic salts, vitamins, and the delicious natural flavors are nearly all retained in the food. There must be no parboiling, followed by the draining off of the best portion and the subsequent consumption of the residue—absurd practices which regrettably are still the vogue in our homes today.

Heat, especially if prolonged, not only destroys much of the natural essence, but considerably diminishes the nutritive value of vegetables. For the longer vegetables are subjected to heat, the more their subtle organic combinations are disorganized. Vegetables are thus softened to a degree that encourages hasty swallowing and overeating. With thorough mastication, a much smaller amount is needed than when food is bolted or washed down with some beverage.

Wholesome soup stocks can be made from leafy vegetables, especially the outer leaves of cabbage, lettuce, and kale, the tops of celery, green onions, beets, and other roots, spinach, chard, and tough parts of asparagus and cauliflower which are usually thrown away. The vegetables are best chopped into small pieces by means of a food chopper and then steamed with the addition of a little water in a steam cooker for about twenty minutes or longer to soften the cellulose. Then the vegetables should be pressed through a potato ricer to extract the juice and to remove the tougher parts of the cellulose. To enrich this vegetable soup with protein, add about one pint of evaporated milk or its equivalent in soy bean milk or thick nut milk (two ounces of unroasted nut butter to fourteen ounces of water). This is a sustaining easily digestible dish for growing children, adults, convalescents, and the aged.

Legumes, if properly prepared and used judiciously in the right combination and quantity, afford a pleasant change in the vegetarian dietary. They comprise the different varieties of beans, peas, and lentils. All legumes in their dry state require prolonged, slow cooking to render them thoroughly digestible and to bring out their rich flavors. Legumes should be steeped overnight in distilled or soft water; additional water may be added before cooking in order to cover them well. Steam cookers

or double boilers are very suitable for preparing legumes; two or three hours will generally be necessary before the legumes are done. A fireless cooker may be used to advantage for this purpose. Legumes may be ground to increase their digestibility and to reduce the time of cooking. The addition of a little lemon juice, some vegetables, and savory herbs will also promote their digestion. No starchy food should accompany this meal. Outdoor workers can digest legumes better than can sedentary workers; the latter group should eat them not more often than once or twice a week. Children will enjoy them if served in the form of puree, which can be readily accomplished by pressing the boiled legumes through a sieve.

Cereals should preferably be eaten dry, in order to insure perfect insalivation and mastication. Mushes should never be mixed with sugar and milk, as this mixture will usually cause fermentation. Honey is preferable as a sweetening agent. Highly acid fruits eaten with cereals will retard the digestion of starches. Cereals, even in their whole grain natural state, are deficient in lime, soda, and chlorine, and therefore they do not supply enough of the elements for building sound and healthy teeth and bones. Wherever cereals (I have reference to the whole grain varieties) are used as staple foods, they should always be supplemented by a liberal amount of green-leafy vegetables to supply the necessary alkaline elements, especially sodium, calcium, and iron. Whole brown rice, unpeeled and unpolished, is the least objectionable and the least acid-forming of all whole grains. Avoid the demineralized and devitalized breakfast foods, robbed of their rugged strength by mechanical modern milling processes.

Fruits require the least preparation of all foods. They may be eaten just as they come to us from Nature. The removal of the skins of many fruits is unnecessary so long as they have been thoroughly cleansed and are organic. Unsulphured sun-dried fruits are superior to bread and cereals, because their carbohydrates for the elaboration of bodily heat and energy are alkaline reacting. Dried fruits are best, soaked till soft from twelve to twenty-four hours, the water well covering the fruit. Cooking or stewing is unnecessary. Tart prunes are enhanced in palatability if a spoonful of honey or raw sugar, two slices of lemon and a dash of raisins are added to the water in which the fruit is soaked. The juice should be taken

together with the fruit. The juice and fruit may be slightly heated just before serving, but never boiled.

Natural uncooked foods, comprising two or three raw vegetables, attractively prepared as a wholesome salad, contain more vitamins and mineral salts than do cooked foods, as well as encourage thorough mastication. The dressing should consist of lemon juice, olive oil, or any other high grade vegetable oil, with the possible addition of grated nuts, unroasted and unsalted nut butter or cottage cheese, if the meal is a protein one. Wholesome mayonnaise or salad dressings may also be applied. The avocado provides a twenty per cent fat content in a very palatable and digestible form, superior to butter fat. It is an excellent addition to combination raw vegetable salads. So too are sun-dried olives, whose fat content is fifty per cent, rivaling some nuts in nutritive value: Only in the fully ripened sun-dried olives are all of the nutritive principles of the olive preserved, and although they still retain some of the bitter taste, which is very pronounced in the matured olives on the tree, they are undoubtedly more wholesome than are pickled olives.

The nutritive and therapeutic value of salads is often ruined by the addition of unwholesome preservatives and condiments. All condiments have an irritating effect on the mucous membrane of the stomach and retard proper digestion and assimilation. Pure apple vinegar of the highest quality is not particularly harmful in small quantities, but the great majority of vinegars, condiments, and relishes embody deleterious chemicals which exert a pernicious influence both on the food with which they are mixed and on the digestive organs. Many vinegars are the product of acetic acid fermentation of alcohol, and destroy the red blood corpuscles. However, hygienic salad dressings, skillfully united with wholesome ingredients, can be blended in such a manner as will simulate adroitly that irresistibly zippy tang craved.

In the place of vinegar, pepper, mustard, salt, white sugar, etc., either one or several of the following ingredients may be added in small quantities for flavoring and garnishing: lemon juice, honey, raw sugar, grated horse-radish, garlic, minced onions, finely chopped leaves of mustard, sorrel, dandelion, or watercress. Combination salads should be made at least an hour before they are served to, permit the harmonious blending of the different ingredients and

flavorings. The conspicuously inviting ways in which salads can be served tempt the most fastidious taste.

—Lillian R. Carque

## SEEDS AND GRAINS

Seeds and grains are important foods, particularly for the vegetarian. Most seeds contain large amounts of phosphorous, particularly important in the development and maintenance of healthy brain tissue, bones, and teeth, and of magnesium, essential to the health of blood, kidneys, and hair. In addition, seeds which have been allowed to sprout are good sources of vitamins A, B, C, E, K, and F.

Sunflower seeds are prime sources of protein, unsaturated fatty acids, healthful carbohydrates, and almost all vitamins, minerals, and enzymes. When blended, they make a good substitute for cow's milk. They promote internal and external revitalization, thus helping promote abundant health.

Alfalfa seeds are a rich source of protein, vitamins, and minerals, particularly iron. Alfalfa sprouts are rich in vitamins A, B, C, D, E, F, K, and U. Chlorophyll content in six-day sprouted alfalfa destroys putrefactive bacteria in the digestive tract; this, in turn, permits an increase of the beneficial lactic-forming bacteria in the digestive tract.

Buckwheat is a good source of rutin, which helps maintain healthy blood. It builds up capillaries, is a good blood cleanser, and has been found helpful in cases of high blood pressure. When green, it has a high amount of lecithin.

Millet, an alkaline food, is a good source of protein (which is found primarily in acid foods). It is also well supplied with calcium and carbohydrates.

Wheat germ is a highly nutritious cereal food, containing protein, B-complex vitamins, calcium, iron, potassium, and a rich supply of Vitamin E.

Sesame seeds provide an exceptional source of calcium, B-complex vitamins, unsaturated fatty acids, and amino acids.

Flax seeds are generally used for their oil. They are also good sources of vitamin F and unsaturated fatty acids.

Fenugreek seeds contain large amounts of lecithin and other nutrients, and are about 30 percent protein.

Pumpkin seeds contain large quantities of unsaturated fatty acids and various other nutrients, and are said to build strength and vigor in advanced years. □