

The

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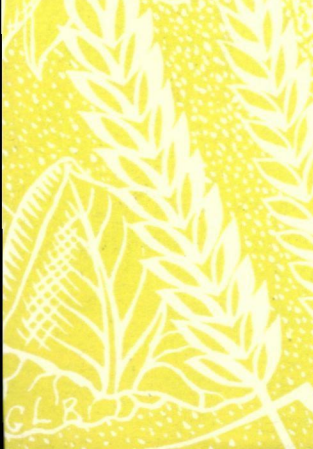
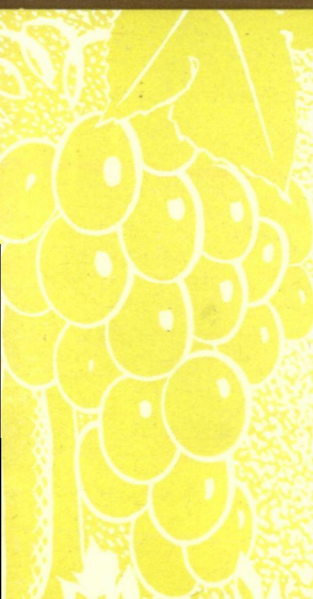
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Published by The Vegan Society



THE VEGAN SOCIETY

Founded November, 1944

ADVOCATES that man's food should be derived from fruits, nuts, vegetables and grains, and ENCOURAGES the use of alternatives to all products of animal origin.

Minimum subscription, 7s. 6d. per annum, which includes "The Vegan." Life Membership, £7 7s. 0d.

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THE VEGAN—JOURNAL OF THE VEGAN SOCIETY

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(Please communicate with your nearest Group Secretary).

26th Jan: 1952, Athletic Club,
London Vegan Group Social
6.30 p.m.

THE VEGAN

Journal of The Vegan Society

Vol. VII.

AUTUMN, 1951

No. 2

“THE WAY OF KINDNESS”

An adaptation from the writings of Henry Van Dyke, a favourite passage of our late President.

“THERE is a Way of Life that is called the Way of Kindness, and the beginning of it lies at a man's own door, but the ends of it reach to the uttermost parts of the earth. There, the little child walks with the strong man, and the cripple walks with him who is full of health. There the wise walk with the simple and the great with the humble and poor. There the dark man walks with the white, and the stranger is strange no longer, and the foe is become a friend.

All men may walk in the Way of Kindness if they are willing; if they are willing they must forget what they have done for other people and remember only what other people have done for them. They must ignore what the world owes them and think only what they owe the world. They must put their rights in the background, and their duties in the middle distance, and their chances to do a little more than their duty in the foreground. They must see that their fellow-men are just as real as they are, and they must try to look behind the faces of others to see their hearts. They must realise that the only good reason for their existence is not what they are going to get out of life, but what they are going to give to life. They must close the book of complaints against the universe and look around for a place where they can sow a few seeds of happiness.

They must be willing to stoop down and consider the needs and desires of little children; they must remember the weakness and loneliness of people who are growing old; they must stop asking how much their friends love them, but ask themselves whether they love others enough.

They must understand the things that other people have to bear on their hearts; they must try to understand what those who live in the same house with them really want, without waiting for others to tell them; they must trim their lamps so that more light is given

and less smoke, and carry the lamps in front of them so that their shadows will fall behind them; they must make a grave for their ugly thoughts and a garden for their kindly feelings; a garden with the gate open. When men are willing to do these things every day and every morrow they will walk in the way that is kindness and come to the place called Peace."

Frank Mayo strove to walk in this Way of Kindness. He made many deep and abiding friendships, and through his thoughtfulness for others gave great happiness to all with whom he came into contact. When asked to write some special words for the Vegan Calendar he wrote:

"Humanitarianism like patriotism is not enough. The way of charity is broad and long, but within its avenue of trees one hears the dim echoes of the true men and women who have faithfully trod its roughened surface. A time will come when these echoes swell into a mighty song of gladness as man, having realised the power of Love and beneficence of compassion, lives with his brethren, the lesser creatures, in the way of kindness which is charity, that blessed gift and bond of all virtues."—F.K.M.

THE VEGAN

The 1951 Spring *Vegan* was much appreciated by all, and we looked forward to regular good reading in our own journal. It is therefore with great regret that we have to announce the resignation of Mrs. Sheila Johnstone from her office of Editor. Bruce Johnstone, now entering his second year, has been very poorly all through the summer and although so much better now he needs his mother's constant care.

This 1951 Autumn issue of *The Vegan* comes to you with sincere apologies for the delay. We appreciate your patience and understanding, helpful thoughts and correspondence.

We hope to announce the appointment of a very able writer as our Editor in the near future and trust that from now onwards *The Vegan* will appear regularly.

A.G.M.

The A.G.M. of the Vegan Society will be held at Friends' House on Saturday, November 10th, at 2.30 p.m. Tea will be served at 5 p.m., and a Social Evening which will follow at 6.30 p.m. will include a first-class musical programme. This occasion provides an excellent opportunity for meeting others interested in the cause.

The notice of these meetings is very short this year, through an unavoidable delay in producing this issue of *The Vegan*. A separate notice has, however, been sent to all members, including details of the agenda.

APPRECIATIONS

Since the issue of the spring *Vegan*, the Society has to report the passing of two foremost supporters, its President, Mr. Frank K. Mayo, and Council Member, Mrs. Amy Little. The attached appreciations offered by close friends are endorsed by all who came in contact with them, and the sentiments expressed will be shared by all vegans.

FRANK K. MAYO

He was a man of ideals and vision, possessing the practical ability to carry out his aims in life. He excelled as a family man—being an ideal husband and a kindly father guiding his children with a gentle understanding, yet an underlying firmness.

His whole life was spent in working for various aspects of vegetarianism. As a Health Food Store proprietor in the early years and later as a manufacturer of Health Foods he continued the work of James Henry Cook, founder of Pitman Health Foods Ltd., with its modern garden factory.

As Secretary of a local vegetarian society, as a member of the Committee of Vegetarian Interests, and as a foundation member of the Vegan Society he worked hard through the years. Latterly he became President of the Vegan Society: accepting office when the future was fraught with difficulties, and through the power of his personality strengthening its work. His guidance will be sadly missed.

As a friend one grieves for his early passing, with a deep sense of personal loss. It occurs to me that one might consciously devote both time and energy, in the future, to his memory and the fulfilment of his ideals.

His intention had been to grow such natural food as fruits and nuts, in a peaceful Gloucestershire valley. Kathleen, his courageous wife, is arranging to continue this work and to open her bereft home as a sanctuary of friendship. Let us offer all possible encouragement and support to this work and so build a living memorial to Frank
Kenneth Mayo.
F.K.H.

“His was a rare spirit, lovable and kind. I heard him speak only once—when he was President of our lay preachers; it was really memorable, the revelation of a sensitive and deeply religious, reverent soul.”—G.S.

“I had a great regard for Frank and so had a crowd of his friends, and I have heard all sorts of people expressing their great surprise and genuine sorrow at the sad news.”—W.A.P.

"Frank was a man of high ideals, a man who disliked only the evil things in this life; he was an example to us all both as a husband and a sportsman—above all, as a true Christian."—C. & P.

"He has been beloved and respected by all, and especially by his vegan friends, who will miss greatly his inspiring leadership."—A.R.

"We have, too, to go on with the work he believed in and for which he gave so much splendid service."—L. & C.C.

"We were very fond of Frank; he was always so kind."—V.

"The meetings have always been most smoothly run, due in no small measure to the chairmanship of Frank Mayo. His company was always pleasant, interesting and amusing at times. He was helpful, friendly and a staunch supporter in any branch of the vegan cause. We can perhaps remember him best as a personal friend, as he was to a great many of us."—D.B.

"He was one of the kindest men I have ever known."—W.C.

"We regarded him as one of the finest men we have in the vegetarian movement."—O. & B.J.

"It is difficult to express adequately one's feelings concerning Mr. Frank K. Mayo, who passed suddenly from our midst on April 14th, 1951. Always ready to help where help was needed, he gained the friendship and confidence of so many who were privileged to know him.

The characteristic that struck me most about Frank, I think, was his dual power of being able to ascend the heights of great spiritual thought and understanding, and at the same time to remain intensely practical. I shall never forget the way he guided us through the last Vegan Annual General Meeting. He was obviously bringing, by degrees, the right atmosphere to bear on the Meeting and on those present. He never failed to create an harmonious atmosphere.

I feel that the greatest tribute the Vegan Society can pay Frank is to go forward in full vigour to promulgate the ideals of veganism."—M.D.

AMY LITTLE

Amy Little passed over on Friday, August 17th. She had put up a brave fight against overwhelming odds. She did not allow her physical condition to interfere with that which she had made her life work, namely, the treating and practice of the Vegan Way. Earlier in her life (she was but 42 years of age) she made nursing her vocation. Qualifying as an S.R.N. and S.C.M. she worked for some time as Sister in a T.B. institution. The hard life and conditions told on her never robust constitution and eventually she herself contracted that condition which she had sought to ameliorate in others.

Amy's active brain and broad outlook soon opened her eyes to the danger to which orthodox living is prone. She investigated food reform, and finally became a vegan, following truly and well the simple life, and all the time studied the conditions which she now firmly believed to be right.

In June, 1940, she married Mr. Walter Little, and for years they have been in the forefront of the promoters of vegan living. Very many will have pleasant memories of the famous Vegetarian Guest House, "Uplands," Winscombe, Somerset, run so efficiently by Amy and Walter and of the very generous board.

Produce from sixteen acres of fertile and sunny upland was a speciality. It can be said that to the Littles the happiness and well-being of their guests came before any personal gain.

Later, and until Amy's decease, she and her husband ran an all-vegan Guest House in North Devon. Here, as ever, they gave ungrudgingly of their best.

As a very active member of the Vegan Committee on which she served for four years, she will long be remembered. As Health Adviser she worked hard and long, answering the many letters which arrived, and the click of her typewriter after a hard day's work testified to her zeal in this respect.

It became obvious to many that although she made satisfactory headway in building up her constitution she was unable to take the real physical and mental rest so essential to her progress. Her tremendous vitality and zeal for her calling literally devoured her frail body and eventually she passed over in the midst of her work and life. She helped many to a cleaner and better way of living.

Hosts of friends at home and abroad will feel a blank at the departure of her brave spirit, but none more than the Vegan Society, for which she strove faithfully and well for so long.

POT-POURRI

By FAY K. HENDERSON

Brown Loaves

In the country village where we live it is difficult to get whole-wheat bread. Most of the local bakers add treacle or malt to their brown bread thus producing a sweetish loaf. In the baker's van which comes to the village twice a week are stacked dozens of white loaves and just a mere half-dozen of the brown ones. On one occasion I noticed a small brown loaf tucked away on the top shelf and it was obvious from the colour that it had no added treacle. On enquiry I was informed, "Oh—that is special plain brown bread for the diabetics"!

A Vegan in New Zealand

Mrs. M. V. Hering, one of the Founder and Life Members of the Vegan Society, is at present on a motor-cycle tour of New Zealand. She has already toured most of the Northern Island and is proceeding to Wellington and the South Island.

"I'm having a most interesting trip, having done over 3,000 miles on the motor-bike. I find that this is very unusual and noteworthy, and I had an interview published in a local newspaper with a first-class photograph. I'm very firm always and say that vegetarian diet must be mentioned or else no story.

"The country is lovely in parts, but it saddens me greatly. The whole economy of it is based on animal slaughter—cold, calculating and absolutely ruthless exploitation. I've been staying on a farm and trying to hold my tongue so that I really could see what went on. The colossal slaughter is appalling. At one freezing works near here they deal with some 14,000 sheep and lambs daily in the season.

"I have been lucky in meeting a vet., a Red Indian Doctor of Veterinary Medicine from Toronto. The New Zealand Government brought him over here some seven years ago, but he resigned when they wanted him to alter his report on Dairy Farms. He is a vegetarian and, I hope, soon a vegan. In a few weeks' time I am going to stay with them and go round some of his cases with him. I have been writing an article about these things, but perhaps it will not be acceptable to the local vegetarian magazine, so I must send it to *The Vegan*.

"A vegan is a rare bird, but I do my best. I would like some more literature for distribution. I am very glad I brought what I did. I have been asked about a boy of 2½ years who will not thrive. His people are half converted and I have promised to get them pictures and information about vegan children. I can't be too glad that I am very fit and a good advertisement for our way of life."

Mrs. Hering started motor-cycling at the age of 17 and has possessed many machines. By this means she has toured such countries as U.S.A., Canada and South Africa.

SUBSCRIPTION RENEWAL

In order to simplify the records, all subscriptions are now due on January 1st. (A prompt response is urgently requested.)

Health Advice Service

THAT APPLE A DAY

By LESLIE CAMERON-JAMES, D.O., Ps.D.

YES—eat fresh fruit if you want to keep well! Vitamin C (ascorbic acid) is found in almost all fruit and vegetables and it will help to cleanse the blood, keep the teeth sound, benefit the gums, mucous membranes and regulate energy and heat to the system.

Incidentally, a lack of this vitamin in your diet will lead to a general below-par state, while a complete deficiency may bring on definite skin disease.

A recent publication of the Ministry of Food ("Manual of Nutrition") gives the following useful table indicating the amounts per ounce of vitamin C found in a number of common foodstuffs: "Blackcurrants, 57; Brussels sprouts, 28; cauliflower, 20; cabbage, 20; watercress, 17; oranges, 16; grapefruit, 14; lemon, 12; potato, from 1 to 8."

Rose hips are an important source containing as much as 100 mg. of vitamin C per ounce. The extract is usually made into syrup.

In apples the greatest amount of the vitamin occurs in the skin and the least towards the centre. In oranges and lemons it is the peel that contains most vitamin C. With potatoes the greatest amount is in the centre.

A considerable loss of vitamin occurs in cooking, that is why a large proportion of meals should be unfired and raw. All fruit and vegetables should be kept as far as possible from contact with the air, and bottled fruit stored in a cupboard away from light. Wrapping the jars in brown paper can be resorted to.

It must be stressed that natural food with its full complement of all the vitamins is a nutritional necessity for young and old. Particularly does this apply to vegans and those whose diet is necessarily restricted from the taking of animal and dairy products.

Questions likely to be of general interest on health matters will be answered in these columns as space permits. Kindly send all letters direct to Dr. Leslie Cameron-James, D.O., Ps.D., Heathstock, Stockland, Honiton, Devon.

I have a very irritating skin trouble which is affecting my health. It starts with a roughness of the skin and a number of tiny eruptions then form which get very inflamed, irritate terribly and finally skin slightly and the hands are very sore. It covers both my hands and there is a pricking sensation in my arms. I have had it twice before, about 1939 and again in 1941-42, and both these times I had it on hands, arms and on my body. I have been told it was caused by

nervous exhaustion. I suffer badly from constipation and have been so all my life and take herbs for this.

I have plenty of fruit and salads and about a pint of milk a day, although not strictly a vegetarian. I have a good ointment which allays the irritation. I was given bromide, which I do not now take as I think it is not good for me. I have become a member of the Vegan Society.

You may not have realised the importance of the skin as an organ of excretion. When we perspire a considerable amount of impurities and waste products are removed from the system. In your disorder, which is aggravated by chronic constipation, this means of elimination has been retarded. The connection between this and the skin complaint is apparent and a state of auto-intoxication (self-poisoning of the blood) ensues. To be effective, treatment must deal with the causative factors of disease and not with the symptoms alone, and in order to bring about a lasting cure it will be essential to correct the internal bowel torpidity.

The remedies taken apparently give only temporary relief. Your diet should include plenty of fresh fruit and raw vegetable salads. Take wholemeal bread. You should not have white bread, pastries and products made from white flour, white sugar, jam, marmalade and golden syrup, and no condiments, salt and vinegar. No fried food must be taken. Replace tea and coffee with herb tea (lime flowers, chamomile, etc.) or dandelion coffee. I think a change to a vegan dietary would be advantageous. Osteopathic manipulation to tone up the rectal muscles and remove tension would be beneficial.

Meanwhile, when washing use only a reliable herbal soap. Make the most of the summer by getting out into the open air and take a short sun-bathe daily whenever this is possible. The irradiation of vitamin D from sunlight is particularly valuable.

I have been a vegetarian now for over a year and have had many struggles. However, I feel that the vegan way of life is the best and that many of our struggles should be more easily directed into more natural and useful channels. I would be grateful to have a short, suitable answer to the usual remark made by the average meat-eater in contact with vegetarianism or veganism that Jesus ate meat and fish and drank wine. Is there any vegan objection to wine occasionally? Are homœopathy and biochemistry incompatible with veganism?

Regarding your reply to the carnivorous friend, why not quote, "Thou shalt not kill!" The commandment condemns the taking of life, both human and animal, and were this to be implemented in the Christian world, then surely we should have a pacifist, genuinely humanitarian and vegan society. There can be no objection to vegans taking wine, though from a health angle—not too

much. Homœopathy is not entirely incompatible with veganism until drugs containing animal sera are used. There can be no objection to biochemistry.

Will you please advise me what are the chemicals used in tinned fruit and vegetables, etc., and whether these are dangerous ?

Manufacturers are permitted to add a small amount of benzoic acid as a preservative in tinned fruit, etc. With dried fruits, sulphur dioxide is often used. Salt is a common preservative for vegetables. Opinions vary considerably as to whether the small amounts of permitted chemicals are harmful to health.

Can you inform me, please, of the value of Maté tea ?

Ilex paraguensis, commonly called Maté or Paraguay tea, is the everyday drink of some millions of people in South America, where it replaces ordinary tea. While a refreshing drink, it can be considered as a stimulant, its toxic qualities being due to caffeine.

CHRISTMAS

WHAT is Christmas to you ?
 Is it eating and drinking ?
 Is it bestowing and receiving cards and presents ?
 Is it securing a turkey for your Christmas dinner ?
 Is it procuring a little more meat
 And a little more animal fat ?
 Is this the way you keep Christmas ?
 Behold the dumb victims of your orgies
 Suspended naked in your shops, horribly mutilated !
 Whilst you sing your sweet carols to Jesus
 They cry to God for mercy ;
 Will He never hear them ?
 Will He never, never hear them ?

Yes ! He hears them at this very moment,
 And He is preparing their salvation ;
 He is preparing it through all people
 Who seek to understand His holy Laws ;
 And one day true songs of joy shall arise
 In which all creatures shall join,
 For living sacrifices will no longer be offered
 To celebrate the Christmas Festival,
 But with surprise and joy
 The children of men will discover
 Contentment in a bloodless feast,
 Until at last they shall know Peace,
 Nourishing within themselves Eternal Love.

MARION REID.

VEGAN RECIPES

By VICTOR WHELAN

(The following recipes have been submitted by one of our junior members. Victor is 11½ and is fast becoming famous for his tasty vegan fare.—M.S.)

Lentil Rissoles

½-lb. lentils.	2-ozs. breadcrumbs.
1 tablespoonful Vitasoy.	1-oz. Nutter.
Seasoning.	

Method.—Cook lentils in water, stirring all the time. Fry finely chopped onion in Nutter till golden brown. Add this to cooked lentils and mix in the breadcrumbs, Vitasoy and seasoning. The mixture should be stiff. Roll on to floured board, cut into small pieces and shape into rissoles. Fry quickly both sides in shallow fat.

Wholesome Vegetable Soup

Place in casserole 1-oz. pearl barley, 1 large onion, ½-lb. carrots with ¾-pint water or stock and knob nut butter. Put into oven (Regulo 3) and cook till tender. Add thickening as follows: Mix together 2-ozs. wholemeal flour, 1 level tablespoonful curry powder, 1 level tablespoonful Vitasoy, and fry in ½ to 1-oz. Nutter. Add slowly ¼-pint water and bring to the boil. Mix in casserole when vegetables are cooked, adding ½ teaspoonful Yeastrel (and seasoning to taste if desired) before serving.

Apple Jelly

To 1 pint of stewed apples add 2-ozs. brown sugar, 1 teaspoonful lemon juice, 1 dessertspoonful Ribena. Take 3 tablespoonfuls juice while hot and dissolve into it 1 level teaspoonful Aga-Aga. Add remaining fruit and juice into Aga-Aga mixture and pour into mould to set.

Rich Wholemeal Cake

½-lb. flour.	1 dessertspoonful treacle.
¼-lb. grated Suenut.	1 teaspoonful baking powder.
¼-lb. sugar (brown).	¼-lb. sultanas.
¼-lb. dates.	2 teaspoonfuls mixed spice.
¼-lb. currants.	½ level teaspoonful Aga-Aga.

Method.—Sift flour into basin with spice; rub in fat, stir in baking powder and also prepared fruit; add slightly warmed treacle. Mix all ingredients with Aga-Aga which has been dissolved in 6 tablespoonfuls hot water. Put into a lined cake tin and bake for three hours in oven (Regulo 1).

HORTI-VEGAN NOTES

By ALEC MARTIN

AT the Brains Trust preceding the Annual General Meeting of the London Vegan Group in March a question was asked as to whether it would be possible to have large-scale agriculture without animal exploitation, and whether there was any data to be had of large-scale experiments. The questioner stressed the importance of this point as being vital to the whole vegan movement, with special interest for those living in towns and cities, with small or no gardens, who have to rely upon market-garden and farm produce for their meals.

If any such agriculture is practised, we shall welcome details: no evidence has yet been given that it has been done; but the first response to the question was that—having in mind the results with quite large gardens—it should be possible, but that the distribution of population over the countryside in small cottage units, groups of these combining to produce main cereal crops, would be the ideal and more desirable.

This, it must be admitted, is not a good answer: for, many vegans live in cities and towns, and with the amenities towns supply, it would seem doubtful if but a very few would be prepared to migrate to the country and to produce their own food, even if such a move were easier to achieve than it is to-day.

It is a vital question: for, if the vegan really wishes to end animal exploitation it is unfortunate if he has to rely upon food which comes via the shops from market-gardens and farms which base their cultivation upon the co-operation or exploitation of animals, mostly by way of pigs and bacon, and of cows, stock for beef and milk. Is it possible to supply the scattered town-dwelling vegans with produce grown by methods which exclude this exploitation of animals? The answer is that it could be possible but that the cost to the consumer would be extremely high and the project a very uneconomic one. Let us examine this conclusion in some detail.

The produce, to be of real value, must be fresh: this would mean distribution by post or rail once or twice a week: a costly procedure; labour, cartons, postages, etc. All produce so distributed would be a loss to the cultivated area and a return to that soil must be made in some way or other. Cartons could be returned with contributions for the compost heaps: not a very feasible proposition and, again, very costly. To compensate the loss of organic material, land could be left fallow to rejuvenate, that would mean an enormous acreage: or collections of material from surrounding wild country, from woods, roadside trimmings, or even trips to the seaside to tidy up the beaches by a harvest of useful

seaweeds : such schemes would furnish lots of material for composting and would maintain fertility. The tidying up of the countryside would be welcome ; but it would require an enormous amount of time and labour and the cost is beyond computation. When seen in this light it would appear that it is highly improbable that the vegan living in city or town will be able to obtain produce that is not connected very directly with animal exploitation until there are sufficiently large numbers of vegans to create the demand and so to be supplied through the usual channels : even so, costs will be much higher for many reasons. Bread and flour cannot be left out of the picture, for although you may be getting a stone-ground, whole-wheat, organically compost-grown product : pigs, poultry, sheep and dairy herds are the basis of its production.

Much more could be written of thoughts and discussions around this question, the essentials have been given and it must be admitted it is a gloomy picture with no satisfactory answer for the vegan without a garden. Maybe, a wider approach to the problem, with discussions and exchange of views amongst our scattered membership, can find a solution ; there are many who would welcome any contribution to resolve, what is to them, a really serious concern.

It will be as well to remember that, as far as we know, we are not a society of millionaires : costs loom large at every aspect. With unlimited resources there would be no material problem, but, even so, there would remain an economic and moral one. It is a problem similar in many aspects to that of finding a substitute for leather for our shoes : when there is sufficient demand for these good things, that demand will be met ; that day will surely come, but that thought is no great help in the perplexities of the present. We must face it as it is. Can we find a solution, as we are—now?

(Kindly address all horticultural questions and ideas to Mr. Alec Martin,

██████████, ██████████, Bishop's Stortford, Herts.)

ODE OF LAMENT

God gave the pig
 A mighty snout
 With which to dig
 And root about.
 And claws like iron
 He gave the mole
 With which to burrow
 And dig his hole.
 But God forgot
 In the human riggin'
 To provide a tool
 For fox-hole diggin'.

—RANDOLPH JECH.

A CHRISTMAS DINNER

By MABEL SIMMONS

SAVOY SOUP.

BRAZIL NUT OR CASHEW NUT ROLL.

PARSLEY STUFFING.

CHESTNUT BALLS.

CAULIFLOWERS. BRAISED CARROTS.

STEAMED POTATOES.

CHRISTMAS PUDDING. MINCE PIES.

COFFEE.

Savoy Soup

1 small savoy.	1 onion.
1 oz. margarine.	1 bay leaf.
1 large potato.	2 pints stock seasoning.

Make stock of outside leaves of savoy as well as peelings of all vegetables used for dinner. Shred savoy, cut onion finely, braise both in saucepan with margarine. Add stock, bay leaf, potato cut in slices, boil until cooked. Press through sieve, re-boil, add seasoning, garnish with grated carrot.

Brazil Nut or Cashew Nut Stuffed Roll

$\frac{3}{4}$ lb. milled nuts.	$\frac{1}{2}$ lb. wholemeal breadcrumbs.
2 oz. margarine.	1 large onion ($\frac{1}{4}$ lb.).
Seasoning.	$\frac{1}{2}$ teaspoon sage (powdered).
Wholemeal sauce.	

Mix nuts, breadcrumbs and seasoning together. Cut onion finely, fry golden brown. Mix in powdered sage. Place onion on top of mixture, pour over about 6 tablespoons wholemeal sauce, make into pliable dough. Flour board, roll out mixture oblong, spread parsley stuffing on, roll up, cover with greased paper, bake in hot oven $\frac{1}{2}$ hour.

Wholemeal Sauce

1 oz. wholemeal flour.	$\frac{1}{2}$ pint good stock.
1 oz. margarine.	Seasoning.

Melt margarine, mix in flour, gradually stir in stock and seasoning, bring to the boil, simmer 5 minutes.

Parsley Stuffing

$\frac{1}{2}$ lb. wholemeal breadcrumbs.	2 tablespoons chopped parsley.
1 oz. margarine (grated).	$\frac{1}{2}$ lemon rind.
1 teaspoon thyme.	Seasoning.

Mix all dry ingredients together, bind with a little wholemeal sauce.

Chestnut Balls

1 lb. Chestnuts.	$\frac{1}{4}$ lb. wholemeal breadcrumbs.
1 oz. margarine.	Seasoning.
Wholemeal sauce.	

Put chestnuts into boiling water, remove skins, boil until cooked, mash or press through sieve, add breadcrumbs, seasoning, margarine grated, bind with wholemeal sauce. Form into small balls, roll in breadcrumbs, bake in hot oven until golden brown (about 15 minutes).

Cauliflower

Separate and wash each section of cauliflower. Drop into as little boiling water as possible, adding a lump of margarine, and seasoning.

Boil quickly with lid on for about 15 minutes.

Braised Carrots

1 lb. carrots.	1 teacup stock.
1 oz. margarine.	Seasoning.

Scrape carrots, cut into rings, melt margarine, drop in carrots and stir until all are glazed. Add stock and seasoning, cook quickly 15 to 20 minutes. Sprinkle chopped parsley over when finished.

Steamed Potatoes

Take 2 lbs. potatoes. Scrub well and steam in jackets.

Christmas Pudding

$\frac{1}{2}$ lb. currants.	$\frac{1}{2}$ lb. brown sugar.
$\frac{1}{2}$ lb. sultanas.	$\frac{1}{2}$ lb. chopped nuts, almonds or cashews.
$\frac{1}{2}$ lb. raisins.	1 teacup orange juice.
$\frac{1}{2}$ lb. dates.	$\frac{1}{2}$ lb. fresh wholemeal breadcrumbs.
$\frac{1}{2}$ lb. mixed peel.	2 oz. wholemeal flour.
$\frac{1}{2}$ lb. suenut.	1 carrot (grated).

Clean fruit and mix all dry ingredients together. Grate in carrot, suenut, and nutmeg. Lastly, stir in orange juice. Let mixture stand overnight. Put into greased basin, cover with grease-proof paper and cloth. Steam 8 hours and turn out of basin when cooked.

Cashew Nut Cream

$\frac{1}{2}$ lb. cashew nut butter.	6 or 7 tablespoons very hot water.
Rind of $\frac{1}{2}$ lemon.	Teaspoon sugar.

Beat well and when cold it is ready for use.

Mince Pies

2 oz. currants.	2 oz. sultanas.
2 oz. raisins.	2 oz. peel.
2 oz. chopped dates.	2 oz. chopped nuts.
2 oz. suenut.	$\frac{1}{2}$ lb. brown sugar.
$\frac{1}{2}$ lb. apples.	Half a nutmeg.
Rind and juice of $\frac{1}{2}$ lemon.	

Clean fruit, chop finely, add grated apple, lemon rind, suenut, nutmeg. Mix all well together with fork, lastly adding lemon juice.

Pastry for Mince Pies

$\frac{1}{4}$ lb. wholemeal flour.
 $\frac{1}{4}$ lb. nutter.

Water.

Rub nutter into flour, mix with water into soft dough. Roll out thinly, line patty tins, place mincemeat in, cover with pastry, prick top, bake in hot oven, 15 to 20 minutes.

THE ANIMALS' FAIR

THIS event will take place at the Royal Horticultural Hall, Vincent Square, S.W.1, on Friday and Saturday, December 7th and 8th, from noon until 9 p.m. on the Friday and from noon until 8 p.m. on the Saturday.

The Vegan Society has decided to organise a stall this year, which will be the fourth occasion on which the Society has taken part in this annual function. Those who have been to the Animals' Fair in previous years know what a valuable source of publicity the event offers.

On other occasions many have played their part in helping to make the Vegan Stall a worthy object of the Society it has represented. If you have the vegan cause at heart, may we count on *your* help towards making our stall even more successful than our last one two years ago, when we raised £22 for the Society's funds after all expenses were paid.

We have found in the past that by far the most useful articles sent for the stall have been vegan food products—home-made cakes and savouries or proprietary articles indicating the type of foods available for vegans (none of which, however, must contain milk, cheese, eggs, honey or any animal product whatever).

Let us demonstrate the practical side of veganism by showing the public that we have a wide range of foods from which to choose.

Will you help the Society, please, by sending a contribution, however small—either in kind or cash—to arrive in good time for the Fair. Please send gifts to: Mrs. Muriel Drake, [REDACTED] Road, Bromley, Kent.

DRIED HERBS

By EDGAR B. HEWLETT

VEGANS no doubt realise the value in the kitchen of a store of dried herbs. They are always to hand for flavouring winter salads, soups, savouries and vegetable stock, and retain much of the goodness of the fresh plant. The garden provides double quantity for little:

trouble and for no extra cost. The commoner plants which dry well and are grown in the average plot are parsley, mint, sage, thyme, marjoram and celery (tops). There are several varieties of thyme and mint.

After gathering, which should be done on a fine day, there is no need to wash the herbs unless soil-splashed by recent rain. Hang them in bunches, tied by string or raffia, until they are superficially dry. Then cut out *all* hard stalks, and put the leafy herbs into clean, dry, wholemeal flour bags or (less good) paper bags and hang in a warm, dry place until completely dry. In suitable weather herbs may be sun-dried by spreading on paper and turning from time to time, when they will soon be ready for use. Varieties may be kept separate or mixed, but they should be stored in close-fitting jars or tins and they should be labelled. Thus one has, at any time, much of the season's produce, free from preservative, to help out in the non-productive times. Much good produce may thus be saved from waste in the average household. What could be a nicer greeting to send to vegan friends than a tin of dried herbs?

MOO !

Summer is over, the old cow said,
 And they'll shut me up in a draughty shed
 To milk me by lamplight in the cold,
 But I won't give much for I am old.
 It's long ago that I came here,
 Gay and slim as a woodland deer ;
 It's long ago that I heard the roar
 Of Smith's white bull by the sycamore.
 And now there are bones where my flesh should be ;
 My backbone sags like an old roof tree,
 And an apple snatched in a moment's frolic
 Is just so many days of colic.
 I'm neither a Jersey nor Holstein now,
 But only a faded sort of cow.
 My calves are veal and I had as lief
 That I could lay me down as beef ;
 Somehow, they always kill by halves—
 Why not take me when they take my calves ?
 Birch turns yellow and sunset red,
 I've seen all this before, she said,
 I'm tired of the field and tired of the shed,
 There's no more grass, there's no more clover ;
 Summer is over, summer is over.

—ROBERT HILLYER.

THE PURPOSE OF THE LOCAL BRANCHES

By MURIEL DRAKE

AT its Annual General Meeting, held on March 10th at the Attic Club, the London Vegan Group ceased to exist as a separate body, and began life afresh as the London Branch of the Vegan Society.

Probably not many are aware that the London Vegan Group had a constitution before the Vegan Society, and there has been a growing feeling by the London Committee for some time that the Group should not have rules of its own when the Vegan Society was on firm foundations. It was felt, however, that nothing should be done until the rules of the Society had been revised in accordance with its expansion and consolidation. At the Special General Meeting last November at Friends' House a whole afternoon was devoted to this purpose, the revised rules being enclosed with the last issue of *The Vegan*.

The way was then clear for the London Vegan Group to discontinue existing as a separate group and to re-emerge as a Branch of the Vegan Society (under the new Rule 17).

Surely the purpose of the local Branches is to do what the parent Society cannot—to stimulate interest in various districts, and to arouse the enthusiasm of people new to veganism by arranging talks, discussions, socials and outings which will enable those who are the least bit interested to learn something of the practicability of the idealistic vegan way of life. If they are at all keen, they will then see that it is not just another fad, but a mode of living that will emancipate not only the creatures themselves from a vast amount of unnecessary suffering; but also men and women from dependence on the exploitation of these creatures.

The state of world affairs looks somewhat bewildering at the moment, but as people awaken to the idea of alleviating as much suffering as possible and not concentrating so much on their own comforts, the chaos that is rampant everywhere to-day will gradually be changed to a state of harmony. It is up to the local Branches of the Vegan Society to play their part in hastening this heaven upon earth!

LONDON BRANCH REPORT

On Sunday, May 27th, about twenty members visited the Granose Food Factory at Garston, Watford. The party was conducted through the works and saw most of the processes involved in the manufacture of the Company's various products, and on leaving the factory each member received a sample packet of "Sunnybisk" breakfast cereal. The interesting visit was concluded by a most nourishing and delightful lunch in the works' canteen.

Many members expressed a wish that they could enjoy such choice of vegan dishes in their own particular places of work. A warm vote of thanks was sent to Messrs. Granose Foods for their courtesy and trouble which they had obviously taken over the arrangements of the visit.

After lunch, most of the group took a bus to Croxley Green and then walked across country to the delightful home of Marian and John Reid at Loudwater, Rickmansworth. Once again and probably for the last time, London vegans were royally entertained by Marian and John Reid who said that they would soon be moving from the district. London vegans will be the poorer for our friends' departure, but no doubt other vegans somewhere will be the richer. All members joined in wishing Marian and John Reid, good luck in their new venture.

It is hoped to arrange further meetings and gatherings during the coming winter season, and members are asked to send any suggestions for such meetings to the Secretary.

MIDLAND VEGAN BRANCH NEWS

On June 10th a visit was made to Edstone Hall. The party had lunch and then looked over this fine establishment. We made our way through the woods and along the canal as far as Preston Bagot to visit Miss Tyler.

Here we were shown many unusual samples of loom weaving and some pictures and pottery work by the local school children. Miss Tyler kindly provided a most excellent tea before we returned home.

On June 26th, Dr. Leslie Cameron-James gave a very interesting lecture on the vegan viewpoint at Winter's Cafe, Birmingham. This was followed by an interesting discussion.

All vegans residing in the Midland area are invited to write to the Branch Secretary (see inside cover), particularly if interested in rambling.

NORTH DEVON NEWS

On Wednesday, March 14th, the North Devon Vegetarian and Vegan Society, affiliated to the Vegan Society, held two sessions of talks and demonstrations in the Kingsley Hall, Westward Ho. A slogan, "Why worry about meat?" had previously been exhibited at various points, this being an occasion to attract the man in the street.

The hundred per cent wholemeal compost loaf was demonstrated, exhibited and tasted by the audience. Salads and cooked dishes were arranged for sale and inspection. It was not solely a vegan display, but vegan literature was on sale, nine copies of Margaret B. Rawls' "Vegetarian Recipes without Dairy Produce" being sold. The Honorary Secretary is a member of the Vegan Society.

MISCELLANEOUS ADVERTISEMENTS

(Two lines 5/-: extra lines 2/- each; 20% allowed on four consecutive issues.)

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LESLIE CAMERON-JAMES, N.D., M.G.N.O., D.O., Nature-cure Practitioner. Consultations by appointment. Country patients visited. Comprehensive postal service. Heathstock, Stockland, Honiton, Devon.

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REQUIRED.—Companion Help, Vegetarian or Vegan, non smoker. Domesticated and able to read aloud. Outside help given for cleaning. Please state salary required. One lady living in Kingston, Sy.

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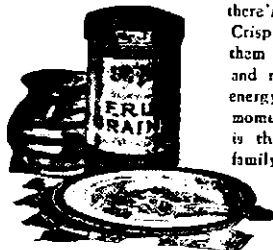
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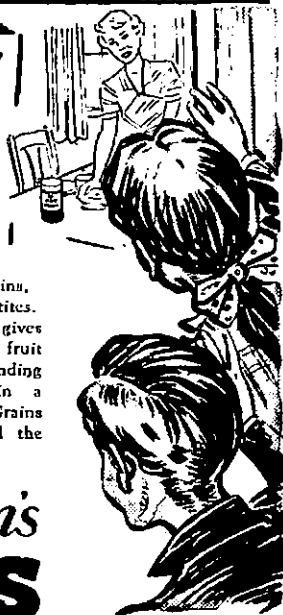
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THE PRODIGAL

He wept to find himself obliged
With swine, the husks to eat ;
My shame is deeper far—I chose
Not husks, but swine for meat.

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