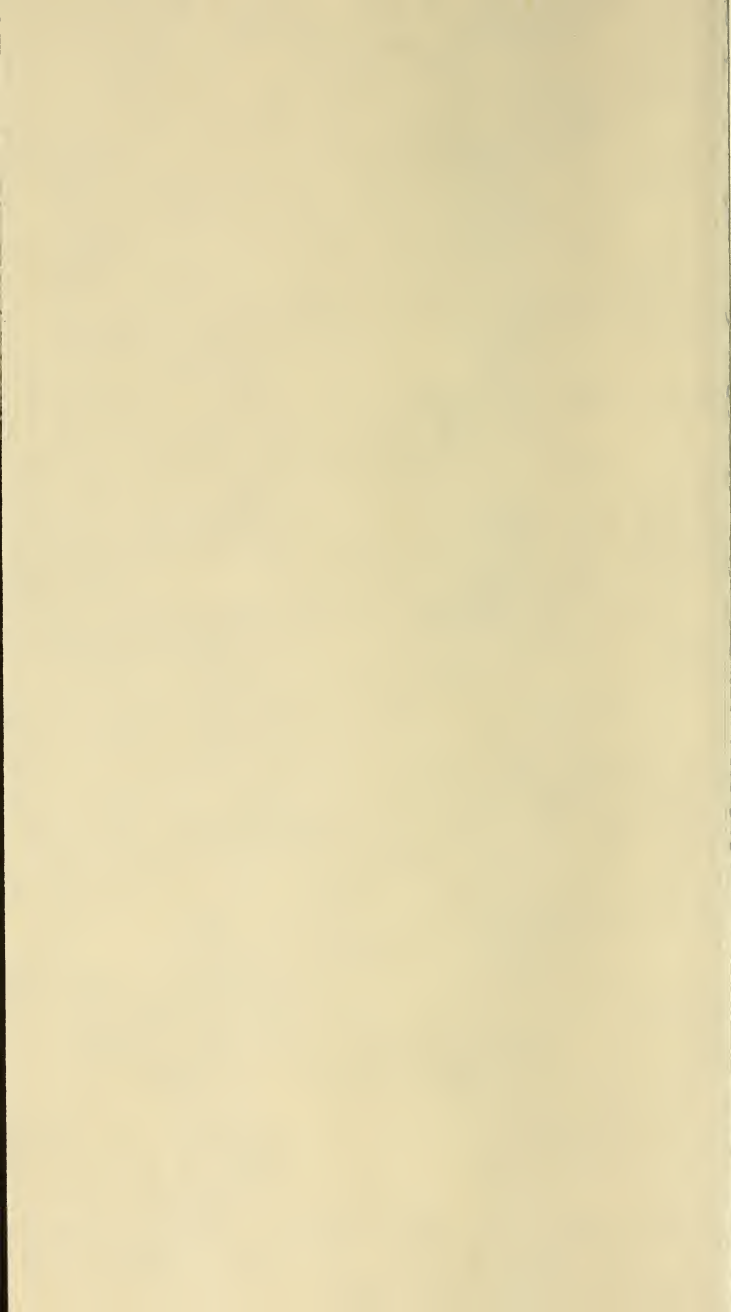


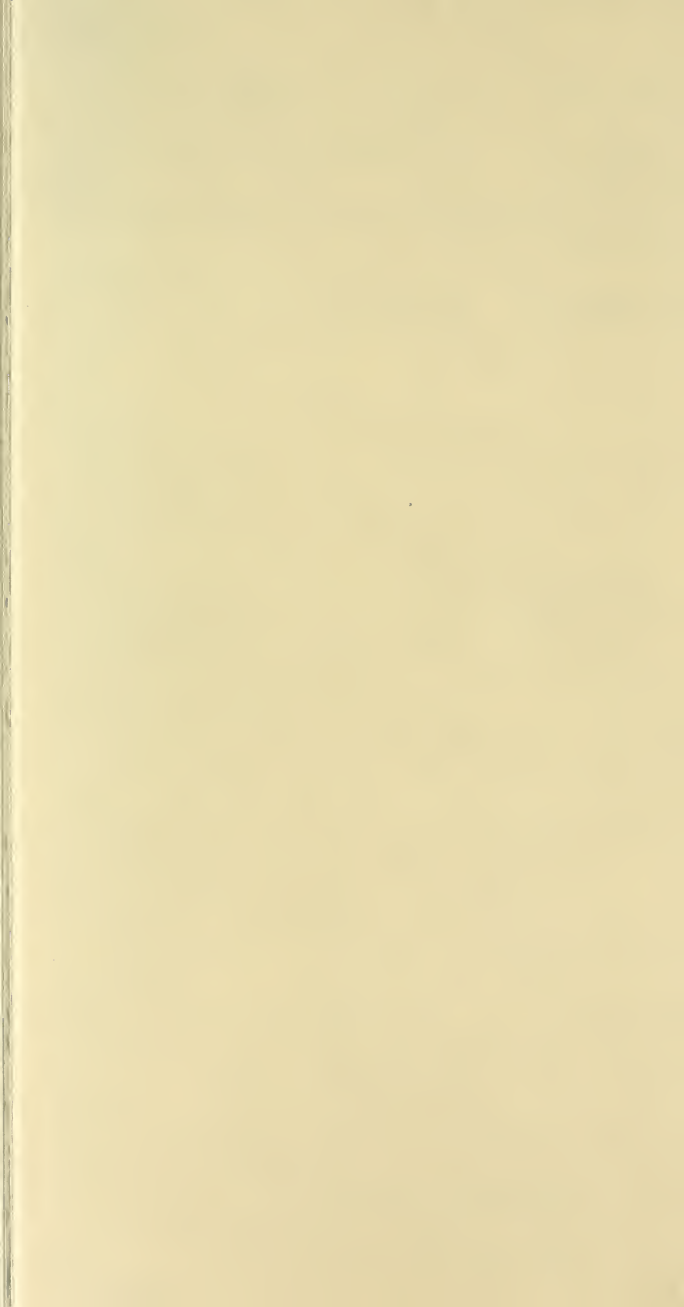
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Salads

Their Uses as
Food & Medicine

With 50 Useful Salad Recipes

By ALBERT BROADBENT

F.S.S., F.R.H.S.

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SALADS

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WITH 50 USEFUL
SALAD RECIPES

158

851

BY

ALBERT BROADBENT

F.S.S., F.R.H.S.



MANCHESTER :
ALBERT BROADBENT

PHILADELPHIA :
THE BROADBENT PRESS, FRANKFORD

1909

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TO
Mrs. Hodgkinson

In appreciation of her generous efforts to make
:: known food reform principles this book is ::

Dedicated

BY THE AUTHOR

Gift -
J. W. Koch
Feb. 26 '17

SALADS

THEIR USES AS FOOD AND MEDICINE.

WITH 50 USEFUL SALAD RECIPES.

Bread, wine and wholesome sallets you may buy ;
What nature adds besides is luxury."

Horace, trans. by John Evelyn.

"Lord, I confess, too, when I dine,
The pulse is Thine,
And all those other bits that be
Thus placed by Thee—
The wurts, the purslane, and the mess
Of water-cress."

Herrick.



HIS booklet is published with the object of spreading a knowledge of the beneficent properties of salad foods and common garden vegetables. When an authority of such standing as Professor Gautier, of the Academy of Medicine, Paris, tells us that "Vegetables are less and less used, and children are becoming nervous and subject to eczema . . . and that to imagine that much protein makes up for lack of vegetable food is a fatal and dangerous error," it is time for us to wake up and strive to remedy the evils that exist. We are so woefully ignorant about food matters that our housewives and homekeepers allow a most precious part of food to be wasted by wrong and unwise cooking. Surely a vigorous appeal to the mothers of the country to help in such a reform will not be made in vain.

The author hopes that this modest publication may stimulate an interest in the growing of vegetables in every home garden. Great Britain lags far behind other European nations in the matter of supply of green and root vegetables, and although she has a

climate superior to any other for the production of the finest vegetables, she is content to purchase annually vast quantities from her European neighbours, which she could grow with ease upon her own soil, and thus use the surplus labour that is waiting to be employed. Although such vegetables as potatoes, cabbage, and curly greens are grown in Ireland and Scotland, a variety of salad foods is most difficult to obtain. In Scotland, celery, water-cress, Brussels sprouts and many other salad foods are not always available, and often very costly. Fruit is easily obtained and cheap, but it is far less useful than vegetables for keeping the blood pure and free from poisons. The purple complexion of some Scotch people is doubtless due to an insufficient supply of green vegetables. In Ireland, at least that part of the country where buttermilk and potatoes (not peeled, but boiled in their skins) are still the staple foods, beautiful complexions are quite common.

A LESSON FROM NATURE.

When shall we learn to follow nature in this matter? In the garden and the field we can gather produce that is infinitely more suitable for the health of our bodies than the fruit we import from other countries, and which is far less valuable for winter use in a climate such as ours. With a little forethought, our farms and gardens will supply us with foods the whole year round, and no elaborate or costly methods are necessary to preserve them for our use.

For many years the author has endeavoured in his writings in the press and upon the platform, to arouse the attention of the public in these matters, and he is thankful that the pioneer work he has done now begins to bear fruit. When he first began to appeal for the need of reform in the use and preparation of garden vegetables, he could only support his claims by the

beneficent results he had seen follow the adoption of his suggestions, but to-day he is able to see his conclusions supported by the maturest science of France, America and Germany.

THE FIRST SALAD.

A salad, it is needless to say, is an ancient form of food, for the first herb found edible by man was the first salad. It is only through the predominance of cookery that we have lost acquaintance with many varieties of uncooked herbaceous foods which are both wholesome and agreeable. What we call salad-dressing—the application of oil and vinegar, which completes and energizes the meal of herbs—is also no novelty.

Salads are regarded too much as extras in England, and, eaten at the close of a full meal, receive but little attention. Labouring men often eat salad without knowing it. Bread and onions form the dinner of many an agricultural labourer, and the Yorkshire ploughman's salad is made of young onions and lettuce, a teaspoonful of treacle to two tablespoonfuls of vinegar, and a seasoning of pepper. In salad bowls we often see the herbs served wet, but in salad-eating countries they are kept dry. English visitors to France often wonder at seeing a woman whirling a wire basket full of green stuff in the air. The materials for her salad have been washed, and she is drying them by centrifugal motion. In France the ingredients for salads are selected and when dried are placed in a bowl in whole pieces, whilst in our own country they are usually shredded or minced. The English method makes the daintier and more appetizing salad, in the writer's judgment. The combinations of herbs for salad are innumerable, and the dressing appears to be uniform—oil and vinegar, or cream and vinegar. The Spaniards say that for a perfect salad a miser should administer the vinegar, a spendthrift the oil, and a madman should mix it.

THE GOOD OLD TIMES.

Time was when in England much suffering prevailed for want of sufficient garden vegetables. Our Anglo-Saxon forefathers ate much flesh food ; they lived almost wholly on beef and beer. The Maids of Honour to Queen Elizabeth, and even the Queen herself, breakfasted on beefsteaks and beer. During Elizabeth's reign, however, a change took place, which dispensed with the necessity of living about half the year on salt meat, through the introduction of salads and other garden vegetables. Mr. Gibson Ward, F.R.Hist.S., in *The Cause and Spread of Leprosy*, says :—

The simple fact of the introduction of the growth of green vegetables into these islands was sufficient to do for the people what all the art of the doctors could not do—improve their health and remove pestilence from amongst them. It was not until the end of the reign of Henry the Eighth that any salads, carrots, turnips, and other edible roots were produced in England. The wealthy had imported vegetables before that time from Holland and Flanders, and Queen Catherine, when she wished for a salad, was obliged to send for it by special messenger to the Continent.

The farmers had no roots or clover, and could not fodder their cattle through the winter, so that the greater number had to be sold for what they would bring, to be pickled and hung up just like bacon is to-day. The English at this period lived for the greater part of the year on salted flesh, with scarcely any vegetables. Their blood was deprived of the necessary alkali, the vehicle for conveying oxygen to purify it, and to burn up the carbonaceous materials of the food ; and it was deprived likewise of the substance that excludes from the venous blood the excess of phosphates and lime, soda, and the like ; so that nearly every power given to the blood by nature to keep man healthy was destroyed.

When garden stuff won a place in the diet of the people, its use became general, and in time the old English salads were introduced. In 1680 John Evelyn published his *Acetaria, a Book about Sallets.* Here, in the quaint style of the time, the author speaks of the "Glorious Author of nature who has given to plants such astonishing properties : such fiery heat in some to warm and cherish ; such coolness in others to temper and refresh ; such quickening acids to compel the appetite ; such vigour to renew and support the natural strength ; such ravishing flavour and perfumes to recreate and delight us." It is most interesting to observe how the latest food research is demonstrating the wisdom displayed by John Evelyn. We have scientific evidence now to show that dietaries from which green stuffs are excluded are detrimental to health. Physiological science is demonstrating that these food stuffs assist in digestion and promote metabolism.

POISON ANTIDOTES.

The late Dr. Lahmann has given the name of "food salts" to the mineral substance in vegetables. They supply the body among other things with potash, lime, and soda, which assist in the breakdown and elimination of poisonous substances produced by the wear and tear of the body.

Dr. Lahmann states that "Blood which contains too little soda cannot regulate the gas exchange of the blood and the tissues ; an excessive accumulation of carbonic acid takes place in the body, the oxidation—that is, the manufacture of carbonic acid—being comparatively unhindered, whilst the excretion of carbonic acid is rendered difficult." The vegetables which contain the most soda are spinach, summer endive, radishes, carrots, dandelion, leek ; among fruits, the apple and strawberry. Ordinary food is deficient in lime. It is Dr.

Lahmann's opinion that rickets, stunted, irregular teeth, and the tendency to disease of the bones generally, may be traced to an insufficient supply of lime salts in the food. Salad foods are rich in lime as well as soda. For example, the onion has twenty-two per cent., cabbage and lettuce fourteen, radish fourteen, celery thirteen, turnips and carrots eleven, eggs ten, and cereals two to three : flesh two, poultry three per cent. of lime in the total analysis of the ash.

ANÆMIA CURABLE BY DIET.

ANÆMIA.—Green vegetables are also rich in iron of a soluble quality, which is invaluable in all cases of anæmia. In one hundred parts of the mineral substance of vegetables the leek contains eight parts of iron, cabbage and lettuce five, nettles four, spinach three, radishes and onions two, while celery, cucumber, summer endive, potato, wheat, oats, rice and walnuts have each one per cent. The Pitman Health Food Stores, Aston Brook Street, Birmingham, supplies these vegetable food salts in jars ready for use.

The use of wholemeal bread, made from finely ground wheat, daily, with six to eight ounces of the vegetables named, eaten raw or steamed, will supply the body with all the iron it requires.

The writer has no hesitation in recommending these foods in the treatment and cure of anæmia.

It has long been recognised that anæmia is caused by absence of iron from the blood, and this has led physicians to prescribe mineral iron, provided by the chemist, for this ailment. But Professor Bunge, the eminent physician and chemist, in his work on "Physiological Chemistry," demonstrates that iron is practically useless as a medicine, and says: "So far it has not been proved that any part of the inorganic preparations of iron given in the small quantity which is necessary in

order to avoid digestive disturbances (1·5 to 3 grains) is absorbed either in man or in smaller animals. If large quantities of iron be given, or if the administration of small doses be continued over a long period, part of the iron passes the intestinal wall, but it cannot be ascertained whether this iron is assimilated.

“ Even if the assimilation of inorganic preparations of iron be granted, it is indisputable that the iron which exists in normal food, in the form of organic compounds, is far more readily and more completely absorbed. Hence there is in no case any reason to prescribe preparations of iron for the production of hæmoglobin in people who take their regular food with a good appetite.”

Professor Bunge has shown that wholewheat and bran are rich in iron, and has demonstrated that it is assimilated by the digestive apparatus and converted into hæmoglobin. The Wallace Biscuits and Foods are pure and made from wholewheat finely ground. Grape-Nuts is also an entire grain food containing the mineral salts. It is pure and wholesome.

SALAD ESSENTIAL.

It will thus be seen that salads and garden stuff are a most essential part of the daily food. No day should go by without their being supplied at one or more meals—either steamed and served with the mid-day meal, or as a salad for the evening meal. Salad, if well chewed, does not cause flatulence. That distressing ailment is, however, often caused by fruit. Fruit and salad should not be eaten at the same meal by those who suffer from impaired digestion. Green stuffs boiled in the orthodox wasteful way do cause flatulence, but not when they are steamed. Uncooked greens digest in half the time required for the digestion of greens boiled in plenty of water, and thus robbed of their precious medicinal properties. Those who

suffer from tendency to gout and rheumatism, skin troubles, and from cold, will find relief by using these valuable foods more freely. They are vastly superior to fruit for purifying the blood and refreshing the complexion.

It is not overstating the case to assert that the neglect manifested in this country in the provision of salads and other vegetables, and the wasteful methods employed in cooking them, are responsible for many of the diseases from which we suffer. Happily, physiological science is coming to the rescue of the race, and demonstrating how imperative is the human need for a proper supply of mineral constituents of food.

AN AUTHORITATIVE OPINION.

An eminent authority, a physiologist of such distinction as Professor Armand Gautier, Member of the Academy of Medicine, Paris, in a valuable book lately published, *L'alimentation et les Regimes*, states that, "As animal substances furnish through the chemical changes an excess of acids, it is necessary that they should be counterbalanced by the bases of vegetables. We do not yet understand the amazing process by which plants seize and transform the potash and other salts from the soil into organic salts and acids. The function in the body of the alkaline salts is to assist in the elimination of poisons with which they unite. Salts of lime and magnesia are as necessary as alkalines, and are best supplied in the organic form as found in plants. Iron is supplied by vegetables, and phosphorus is abundant in grains and eggs. . . . In towns the people spend too much on meat and alcohol, and vice grows by leaps and bounds. Vegetables are less and less used, and children are becoming nervous and subject to eczema. To imagine that much protein makes up for lack of vegetable food is a fatal and dangerous error."

EXPERIMENTAL RESEARCH.

The Hospital of August 20, 1898, reported the results of some experiments carried on by Dr. Luff, M.D., B.Sc., etc., the object of which was to ascertain the relative influences exerted by the mineral constituents of various vegetables on the solubility of sodium biurate at the temperature of the human body, and on that of the deposits which it forms; also to ascertain the influence, if any, exerted by these constituents in retarding the conversion of the sodium quadriurate contained in the fluids of the body in gout into the biurate. The vegetables employed were spinach, Brussels sprouts, potato, asparagus, savoy cabbage, French beans, lettuce, beet-root, winter cabbage, celery, turnip tops, turnip, carrot, cauliflower, seakale and green peas. It was demonstrated that the presence of even a minute quantity of the mineral constituents of all these vegetables—except peas—increased the solubility of sodium biurate.

The whole of the experiments carried on by Dr. Luff are described at length in the *Goulstonian Lectures* for 1898. The solvent power of spinach, for instance, was found to be high, and the most exact imitation attainable of the ash of spinach was then prepared in the laboratory, and was found to exert a retarding influence on the solubility of the sodium biurate, while the natural product greatly promoted this solubility. Dr. Luff concluded that “in the natural ash (of the vegetable) there is some combination of the mineral constituents which cannot be artificially imitated and on which the solvent effect depends.” This authority gives the first place to spinach, as an article of food, where the tendency to gout has to be combated. Brussels sprouts and French beans come next on the list, and are followed by cabbage, turnip tops, turnips and celery. Drugs as remedies are apparently useless.

Dr. Walker Hall, author of *Purin Bodies in Food Stuffs*, states that "substances that solute uric acid in the test tube are of little or no use in increasing the output of uric acid in the body. When drugs do increase or diminish the uric acid excretion, they act by directly affecting the cellular processes of the body and not by dissolving out the uric acid deposits." This is a most important conclusion, and seeing that it is based upon strong evidence, it is likely to have a considerable influence in the treatment of uric acid disease.

The writer heard Dr. Nyssens, of Belgium, in a lecture at a congress of scientists in Paris, tell of his success in treating such diseases as anæmia, diabetes and Bright's disease, after all other means of cure had failed, by freely administering green food in the form of salads and steamed vegetables.

If, as we have seen, the mineral constituents in vegetables are so valuable, surely the greatest care should be taken that none be wasted. There is undoubtedly great waste of these precious food salts in the ordinary methods of cookery employed by the British housewife. It would seem—from a reference to the recipes of most cookery books, that the greatest possible trouble is taken to get rid of them rather than to ensure their preservation.

WASTEFUL COOKERY.

I once listened to a teacher of scientific (?) cookery instructing a class of mothers and housekeepers in the art of making onion sauce. They were told to "boil onions for a time in plenty of water, and then pour the water away; return the onions to the saucepan and boil in fresh water until tender, and again pour the water away. Then make a thickening in the ordinary way, and serve." This teacher said, finally, that "if onion sauce were made in that way it would never make the breath smell."

Equally wasteful methods are described in most cookery books. It is certain that if any housewife would take the trouble to preserve the water in which vegetables have been boiled and place it in a vessel in the oven until the water has evaporated, she would be shocked to find how much precious food she wastes by the common method of boiling her green and root vegetables.

If about 12 ounces of cabbage is boiled in the ordinary way and the water retained and evaporated, the solid part that remains will be found to weigh half-an-ounce. If the same quantity of cabbage is steamed another day and the water used for steaming also evaporated, the solids remaining will amount to a grain or two, and only cover the bottom of a teacup. The men in the home should refuse to eat the washed-out greens so often served with their food. It is far better to eat greens in the form of salad than to put into the stomach a mass of valueless rubbish such as boiled greens.

The common objection to steaming vegetables is that they become blanched and lose their colour, and that steaming is cumbrous and troublesome. It is such paltry excuses as these that are offered when we appeal for reform in cooking, but no true "housewife" will be swayed by such considerations.

THE COMPLEXION AND OBESITY.

Ladies should know that these mineral constituents freshen the complexion and prevent obesity. The most suitable diet in cases where there is a tendency to make flesh is one in which green vegetables have a prominent place. The following is an example of such a dietary:—
First meal, salad with nut cream, quite crisp wholemeal toast, buttered cold, freshly infused *weak* tea.
Second meal, three ounces of almonds grated, or roasted to a pale brown, eight ounces of fresh fruit, a small

piece of wholemeal bread. Third meal, six ounces steamed vegetable with a sauce, and one ounce grated cheese, wholemeal bread toasted and buttered, a cupful milk and water. Three teaspoonfuls "Roborat" Wheat Extract may be added to the food. This diet will cause the body to use up its store of adipose tissue, and will abundantly sustain the bodily strength.

PHYSICAL DECAY POSTPONED.

The refusal of our women to reform in this matter is detrimental to all who are in their care, and in the case of elderly people, if properly prepared vegetables are absent from their daily food, the joints and muscles become stiff owing to the accumulation of poisons produced in the body and introduced by certain foods. The solvent power of the alkaline salts of green vegetables stays the advent of old age.

We cannot do better than quote from the late well-known Dr. Hunter, of Smedley's Hydro, in a lecture on Saline Starvation in 1882. He said:—"There are many forms of degeneration; one form seems to be due to saline starvation. Physiologists have talked too much of the nitrogen and carbon of food from which few can escape if they can get food at all. But of the other half-dozen elements, all equally essential to life, and some more essential to health, we have heard but little since Liebig died. And yet these are the very elements which many who try to be well fed are starved in. Some are exceedingly soluble and are easily lost by careless or foolish cookery; others reside near the skin or husk which a false taste excludes from our tables.

ANIMAL INSTINCT.

It is an old and cruel experiment, that of the old French academicians, who fed dogs on washed flesh meat until they died of starvation. The poor animals soon became aware that it was not food, and refused

to eat it. Were our instincts as natural, no charming of the eyes or tickling of the palate by our cook would persuade us to swallow these washed foods that deceive us into weakness. When vegetables are soaked in cold water to keep them fresh, when they are blanched in hot water to please our eyes, or when they are boiled and their essence drained off so that we may eat the depleted residue, those soluble salts are almost entirely extracted. Bread was at one time the 'staff of life,' but it could scarcely have been white bread. Of it one pound contains about seven grains of potash, or nearly twenty grains less than a pound of brown bread.

"Potatoes, if peeled, steeped, and boiled in plenty of water contain only about twenty grains in the pound, as against thirty-seven if boiled in their skins. Cabbages and all leafy vegetables lose much more, as the water goes through every portion of their structure.

"No wonder if this generation finds itself degenerating. Like a ship built of rotten timber, it goes very well in good weather and with a light load; but when one can neither bear an average load, nor undergo unusual fatigue, let him cross-question his cook."

In the face of such evidence surely every sensible person will give the most earnest consideration to this matter of the wise use of green and root vegetables, and the preservation of their invaluable food salts by sane method of cookery.

VEGETABLES EASILY DIGESTED.

Before salads can be popular two common objections to their regular use should be overcome. The chief is that they are indigestible, and cause flatulence; but this is not true. The trouble is caused by the way they are eaten. Salad needs thorough mastication, and if it is not eaten carefully it will cause disturbance. This applies equally to other foods. Those not accustomed to salad or steamed vegetables will experience

flatulence for a time, but it will be in the intestines, and not in the stomach. It is an evidence that the food salts are combining with undesirable substances, and producing gases. These will pass away in a few days, and so long as salads are well chewed no discomfort will be experienced. It is a fact that ordinary boiled cabbage requires 5 hours for digestion, whereas only $2\frac{1}{2}$ hours would be required for its digestion if it were eaten raw.

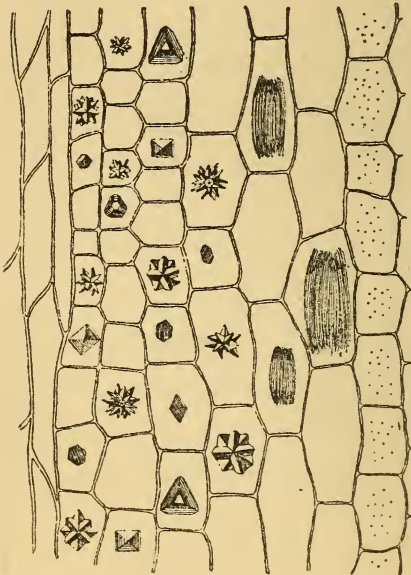


Diagram showing varieties of mineral crystals formed in the cells of vegetables. When the common and wasteful method of *boiling* vegetables is used, these crystals — and similar substances not built into crystal form—are dissolved, and the greater part passes away in the water.

This diagram has been specially prepared for the author by Mr. Abraham Flatters, F.R.M.S., of Messrs. Flatters and Garnett, Microscopists, Manchester.

A GOOD SOAP.

I would like to draw the attention of my readers to McClinton's soap, made by D. Brown and Son, of Donaghmore. This soap is not made with the strong soda commonly used in making soap, but with the ash of certain sea plants. After repeated suggestions and pressure on my part the firm have produced a beautiful

soap made from *purely* vegetable oils. It has a delightful creamy feel on the skin. McClinton's soap prevents chapped hands and roughness. It is to be hoped that Messrs. Brown's enterprise will be compensated by a good demand. Many of the soaps advertised as made "from pure vegetable oils" contain a large proportion of tallow.



SALAD MATERIALS.

First as to materials, or "furniture," to use John Evelyn's quaint phrase. Happily there is no time of the year when the "furniture" for salads is not available. Even without that grown out of season, a liberal variety remains. It should also be remembered that the forced on vegetables are far less wholesome at all times than those which mature at their natural season.

A salad is a particular composition of certain crude and fresh herbs, eaten with some acetous juice, oil, and salt. It may be made of materials ready at hand requiring neither fire nor attendance. The frugal French and Italians gather almost anything green and tender, including tops of nettles, so that any field or hedgerow affords a salad.

Even a small well managed garden could be made to supply the following herbs and vegetables :—

October, November, December. — Celery, cresses, radishes, tomatoes, lettuce, endive, Brussels sprouts, cabbage, chicory, beets, onions, and scorzonera.

January, February, March.—Endive, succory, sweet fennel, celery, onions, rampions, radishes, turnips (young), mustard and cress, scurvy grass, tomatoes, sorrel, scorzonera, and beets.

April, May, June.—Sweet chevril, chives, lettuce, burnet, rocket, tarragon, balm, dandelion, mint, sampier,

shallots, purslane, chicory, tomatoes, radishes, sage tops, parsley, trip madame, and pea pods (young).

July, August, September.—Same as April, May, and June, with the addition of nasturtium leaves and flowers. Turnips, carrots, potatoes, parsnips, and cauliflower can be had the whole year round, and when steamed they are delicious in salads.

ARTICHOKE.—When peeled and sliced this root makes a welcome addition to salad “furniture.” It is crisp and a little hard to masticate for those whose teeth are not so good, in which case it may be steamed. Artichokes will grow on any rough piece of ground. *Cookery* : Pare and clean the artichokes, and cook in steamer. Arrange in a dish and pour a sauce over (see page 32). Or, after steaming, put in an earthenware pot with a little butter, also place a little in the centre of each artichoke. Sprinkle well with grated cheese. Cover the vessel, and cook about 15 minutes.

ASPARAGUS.—The tender shoots are very useful for salad, and when more mature can be used when steamed. The early kinds cannot be recommended as their growth is stimulated by animal urine, which no doubt, imparts to them some uric acid derivative. If this vegetable were cultivated without animal manures there is no doubt that anyone could use it with advantage. Asparagus should be steamed, not boiled. It may be served plain or with any kind of sauce.

BALM is commonly found in English gardens, the leaves and tops being used in salads. John Evelyn, an old writer, says, “it is cordial, exhilarating, sovereign for the brain, strengthening the memory and powerfully chasing away melancholy.” The fresh sprigs put into wine or other drinks during the heat of summer impart a marvellous quickness. This noble plant yields an incomparable wine, made as is that of cowslip

flowers. In Gerard's time the juice was used to glue together green wounds. Pliny and Dioscorides speak of it being applied to close up wounds without any peril of inflammation.

BEEF, of which there are red and white kinds, the rib of the white beet when steamed is much liked. The red beet is the kind most commonly used ; after steaming it is cut into slices and added to salads, or eaten with a little vinegar. Tie the young leaves of white beetroot, and cook in their own juice like spinach. Mid ribs of leaves, wash and remove them, and steam until tender. Serve with grated cheese. Wash beetroot carefully without cutting or scraping it. Young ones are tender after an hour's boiling, old ones after four. In winter put the root in cold water overnight to make it tender. After boiling, drop into cold water a few minutes, when the skin will come off if it is rubbed with a cloth.

BURNET is an old-fashioned English herb, called by the French and Italians, *Pimpinella*. In Italy it is so highly prized that it has passed into a proverb :—

“L' Insalata non è buon, ne bella

Ove non e la Pimpinella.”

“That salad is neither good nor fair,
If Pimpinella be not there.”

Burnet has a flavour quite its own, rather like that of cucumber. It is quite easily grown.

CABBAGE, Brussels Sprouts, Broccoli or Cauliflower are obtainable the whole year round. They should be steamed, and served plain or with one of the sauces at pages 32 and 33.

Finely-shredded white and red cabbage is most useful for salads.

CELERY is a very useful plant for winter salads ; alone, without admixture of other materials the blanched part is delicious. The outer pieces should be steamed. The

root when washed and browned in the oven makes a good substitute for coffee. It is widely known that celery contains an antidote for rheumatism.

Corn Salad or lamb's lettuce is common in the South of France where it is called *mâche* and grows wild. That cultivated in England is not so nice of flavour, but it can be grown easily. It is known to botanists as *Valerionella Olitoria*.

The CHIVE is the smallest, though one of the finest flavoured of salad plants. It is a hardy perennial, and said to be a native of Britain. The bulbs are very small, and the leaves are long, slender and pointed. Chives are very hardy, and require no attention during their growth, except to keep them free from weeds. When the leaves are gathered for use, if they are cut close, others will shoot up in succession. A bed will last three or four years ; after which time it must be renewed. Chives should be grown in every garden.

CHICORY, or Christmas salad can be grown easily for winter salad, either from seeds or well grown roots. Both the leaves and roots (the latter steamed) may be used for salad. Chicory root when roasted and ground is used in many countries as a substitute for coffee. Ordinary coffee is much adulterated with chicory.

CUCUMBER is procurable during six months of the year ; it has been extensively used from the earliest times. Many foolish ideas are in circulation as to the unwholesomeness of this vegetable. It is commonly reported that cucumbers are very indigestible, but the fault lies in the improper way they are eaten. If well masticated they will be digested with ease. Cucumbers are usually eaten with vinegar, but they are delicious when steamed and served with a sauce or grated cheese.

DANDELION.—The tender leaves of this plant are much used in France in salads. The plant possesses

distinct tonic properties. The leaves are sometimes soaked in water to reduce the bitterness. Dandelion roots when roasted make an excellent substitute for coffee. If placed in a gentle heat in the greenhouse in winter a delicious salad may be provided.

ENDIVE is grown in considerable quantity in China and Japan. It is easily grown in Britain, and by judicious culture and successive sowing, may be obtained during autumn, winter and spring, when few vegetables are furnished for the table. The leaves are bitter when exposed to the air, but not when they are tied together, by earthing up the plants, or by covering them with pots.

FENNEL is a very ancient plant, and if not a native, is at least naturalised in Britain.

HORSE RADISH is procurable all the winter, and useful either grated or in shavings tempered with vinegar and a little sugar.

LETTUCE.—John Evelyn says that “it breeds the most laudable blood.” Augustus attributed his recovery from a dangerous sickness to the use of this vegetable, and erected a statue to it.

The Emperor Tacitus used to say of lettuce “Somnum se mercuri illa sumptus effusione.”

Galen tells of using it in his youth and also in age to his great advantage.

Lettuce is delicious when steamed. The whole plant should be thoroughly washed. Place in a baking pan with about an inch of water, cover with a lid, and cook until tender. Serve with a gravy made with butter, pepper and salt, thickened with a beaten egg.

MUSTARD AND CRESS.—These pungent salads are easily grown, a constant supply being obtainable by sowing a portion of seed every week, and with moderate artificial heat throughout the winter. The forced kind sold as mustard in Covent Garden is grown from rape

seed. If the seeds of mustard are strewn on wet flannel, or on cork floating on water, they put forth tender leaves, and thus in a few days a salad is produced at the winter fire-side. Mustard and cress possesses good tonic and stimulant qualities.

NASTURTIUM.—The leaves and flowers are used in many countries as salad, the green pods are collected and pickled. They are valuable for cleansing and purifying the blood. The flowers are very useful for decorating salads, and a very good effect can be made with steamed carrot, beetroot, minced spinach or other vegetable.

ONIONS were deified in Egypt. Herodotus states that whilst they were building the Pyramids there was spent upon this root ninety tons of gold among the workmen. The Israelites were so fond of onions as to be willing to go back to slavery for love of them.

The large round white onions are best ; shallots and scallions are called "*appetites*" by the French.

ROSEMARY.—The leaves are no use for salads, but the flowers, which are a little bitter, are always welcome in vinegar.

RADISHES are an invaluable part of salad "furniture." The young seedling leaves and roots can be raised throughout the year, if desired.

Pliny celebrated the radish above all roots, and in the Delphic temple was to be seen a radish of solid gold. It is said that Moschius wrote a whole volume in its praise. Radishes are rich in soda, and are beneficial in most cases of dyspepsia. When the teeth are so poor that this vegetable cannot be thoroughly masticated, it may be steamed with tops and served with butter and seasoning.

RAMPION.—The tender roots are eaten in the spring, like radishes.

SCORZONERA is a succulent root that was formerly much more used than now ; it was supposed to possess an antidote to the poison of snakes. It is indigenous to Spain, and when properly prepared makes a very pleasant addition to the list of culinary vegetables. Scorzonera is a hardy perennial ; the root is thin and spindle-shaped, covered with a dark brown skin, but white within and containing a milky juice. The roots, like those of parsnips, remain uninjured in the ground throughout the winter. The whole plant is somewhat bitter. To overcome this quality the roots are scraped and steeped in water previous to being used.

SAGE.—John Evelyn says “ it is a plant endowed with so many and wonderful properties, that the assiduous use of it is said to render man immortal. The tender tops of the young leaves and the flowers may be used in salads, but should not dominate.”

SKIRRETT is a root that was formerly much more prized than it is at present. It is indigenous to China, possibly its peculiar sweetness has caused it to go out of use. From eight ounces of Skirrett one and a half ounces of sugar have been extracted.

SALSIFY OR VEGETABLE OYSTER.—Scrape the roots and place in water, to which a little lemon juice has been added, cook them whole in water with a little salt and lemon juice, stand aside to cool, then cut into slices with a silver knife and fry brown in butter to a golden colour ; or steam the roots in the ordinary way when they may be sliced and added to salads.

SAMPIER grows on the cliffs on the south coast, but is cultivated by the French. It is aromatic, and sharpens appetite ; by some it is preferred to more pungent herbs.

SORREL, of which there are various kinds, including the wood sorrel, with dainty and tender leaves. The plant grows freely in fields and meadows throughout

the British Isles ; it is similar to garden rhubarb, in food and medicinal properties. In France, sorrel is highly prized and much used as a salad.

SPINACH is not used in a salad, but cooked to a pulp in its own juices. It possesses laxative properties.

SCURVY GRASS.—The cultivated kind, and especially that grown near the sea is sharp, biting and hot of nature, like the Nasturtium. Use a few tender leaves only in salad.

TANSY.—Grown in English gardens, used for correcting female irregularities. Owing to its dominant relish Tansy should be mixed sparingly in salads.

TARRAGON is hot and spicy, and the tops and young shoots should be used. John Evelyn says that “’tis highly friendly to the head, heart and liver.” This plant is used for making Tarragon Vinegar.

TRICK MADAME OR STONE CROP.—The tops and cemata, when young and tender are dressed like Purslane, as an ingredient for salad.

TURNIP.—The fully grown kinds, after being steamed are delicious additions to salad, or if grown under glass until they are as large as radishes they can be used uncooked. When steamed in this way, unpeeled, they have a very fine flavour.

TULIPS, ASPHODELS OR DAFFODIL, were used as salad in Hesiod’s days. Coriander and Rue were frequently used in Pliny’s time, and eaten by the old painters in the hope of preventing blindness.

VINE.—The tendrils and young shoots have an agreeable soft acid flavour, and are pleasant mingled in salads.

VEGETABLE MARROW when steamed can be added to salads.

WATER CRESS is invaluable. The writer has found it of great service in purifying the blood. It possesses considerable medicinal qualities, and contains iodine, iron, and potash. It is immensely useful in removing scurvy, skin troubles and rheumatic symptoms. When the teeth are so poor that water cress cannot be eaten with comfort, it may be steamed and eaten with a little butter and seasoning.



SALAD MAKING.

In the ingredients of a salad every plant should bear its part, without being overpowered by some herb of a stronger taste. To quote John Evelyn,—“they should fall into their places like the notes in music, in which there should be nothing harsh or grating.”

Preparatory to dressing, the ingredient, should be freed from all worm eaten, flimsy, cankered, dry, spotted or otherwise defected leaves. They may then be washed, stood a few minutes in salt and water, left to drain a little in a colander, and lastly laid in a clean coarse napkin and swung gently to and fro. They are then ready for arranging in the salad bowl, to be served with one of the dressings on page 30. Salads should be made about half an hour before they are required, or they spoil.

Oil as an ingredient for salad dressing is generally disliked by the British ; it would be tolerated more if the oil and vinegar were well shaken together into an emulsion. Cream, and the yolk of an egg are both excellent substitutes for oil.

VINEGAR.—Much is said by hygienists of the fearful harm caused by the use of vinegar, but there is no proof that it is hurtful if used in moderation. I have known it to be distinctly beneficial in nausea and

bilious sickness. Lemon juice which is often recommended in place of vinegar, in these cases would have increased the nausea and sickness. The best vinegar for salads is that called "white wine," but pure malt vinegar is also good.

There should be discreet mixture of oil, vinegar, and salt. It is not necessary to use pepper in salads as the needful pungency is supplied by mustard and cress, radishes, onions, and water cress. The German housewife forms saffron with honey into balls, which when dried she reduces to powder and sprinkles it over salad.

To reduce the biting quality of capsicum it should be modified in this manner: Take one ounce Cayenne pepper, add a pound of wheat flour, knead into a dough with a little milk, shape into finger rolls, bake until hard and brown, not scorched, then grate or pound in a mortar, and keep for use as required.

ONION juice is nice for adding to salads. When required a little onion should be grated and the juice pressed out with a knife.



SALADS.

Hard-boiled eggs and tomatoes may be added to the following salads at pleasure.

APPLE SALAD.—Pare and cut into small pieces several solid tart apples; mix with them an equal quantity of celery. Cut into pieces of similar size. Thoroughly mix and dress in a salad bowl.

ARTICHOKE SALAD.—Steam some small artichokes and leave them to cool. When cool, drop into the middle of each one drop of onion juice; cut into suitable pieces and place on lettuce leaves in a salad bowl. Pour salad dressing over them.

BEETROOT SALAD.—Slice one or two cold boiled beetroots into a salad bowl. Pour salad dressing over them.

BROCCOLI SALAD.—Steam a head of broccoli and set aside to cool. Add a little steamed carrot, and serve with dressing.

CARROT SALAD.—Clean a few carrots, slice and steam until tender. Then place in a salad bowl, with vinegar, chopped onion and celery and two bay leaves.

CAULIFLOWER SALAD.—Boil or steam a cauliflower, and put it into cold water. When cold, break it into pieces and dry on a napkin. Add two shalots, and parsley finely chopped. Place in a salad bowl and pour dressing over.

CELERY SALAD.—Cut the tender parts of two heads of celery into small pieces. Rub the salad bowl with shalot; put in the celery, garnish with hard-boiled eggs, and serve with a dressing.

CABBAGE SALAD.—Shred finely the tender part of a white cabbage, place in a salad bowl with sliced tomato and hard-boiled egg. Serve with a dressing. ✓

CUCUMBER AND TOMATO SALAD.—Peel and slice a cucumber and two tomatoes. Place in a bowl in alternate layers, and serve with a dressing.

ENDIVE SALAD.—Wash the inside leaves of two heads of endive, dry them and place in a salad bowl with finely chopped shalot. Pour dressing over.

ITALIAN SALAD.—After cooking one carrot and one turnip in soup, slice them. When cold, mix with two boiled potatoes and one beetroot, also sliced. Add a very little onion, and pour dressing over.

LETTUCE SALAD.—Prepare the tender leaves of a lettuce and stand them in cold water. Dry them and place in a salad bowl. Pour over salad dressing containing olive oil.

LETTUCE SALAD No. 2.—To the above ingredients add half a teaspoonful each of tarragon, chevril, parsley and chives. Toss a little, and serve with a dressing.

ONION SALAD.—Peel and slice two large Spanish onions and a portion of cucumber. Place in iced water fifteen minutes; drain and dry them on a cloth. Arrange in alternate layers in a bowl, and pour dressing over.

TOMATO SALAD.—Scald tomatoes in boiling water for a minute, cool, peel, and cut them into thin slices, and put them into a bowl with a few lettuce leaves, and pour dressing over.

TURNIP SALAD.—Steam a few young turnips without peeling them, add a bunch of chopped watercress and a finely-shredded onion. Serve with dressing.

WATERCRESS SALAD.—Wash three or four bunches of watercress and drain. Slice four cold boiled potatoes. Mix and place in a bowl. Pour dressing over.

LIMA OR BUTTER-BEAN SALAD.—Place a small cupful of beans previously cooked, with two potatoes and a portion of beet sliced and arranged according to taste, in a salad bowl. Serve with a little dressing.

NASTURTIUM SALAD.—Shred a lettuce finely; mingle with it a quantity of nasturtium leaves and two hard-boiled eggs. Place in a salad bowl and dot with nasturtium flowers. Serve with dressing.

POTATO SALAD.—Cut four cold steamed potatoes into slices. Shred finely the tender part of celery. Chop very finely four sprigs of parsley and a shallot. Mix and place in a salad bowl. Garnish with hard-boiled eggs and serve with dressing.

POTATO SALAD No. 2.—To the above ingredients and one or two hard-boiled eggs, a little chopped chevril or chives.

WINTER SALADS.

BY DR. BONUS.

No. 1.—Cut celery finely or lengthwise into shavings, add some carefully picked watercress, failing this corn cress or small cress, all to be cross-cut and forked into a tangle of green and silver. Dress sparingly with powdered loaf sugar.

No 2.—Shave finely the white heart of a savoy cabbage and toss up with window-grown rape, mustard or small cress, and dress with oil, lemon juice and sugar; lemon rind having first been grated over. Fragrant and delicious.

No 3.—Slice finely either salsify, carrot, parsnip, scorzonera, or a mixture of any of them, par-boiled and cooled. Dress with the broth of their boiling and lemon juice. Sprinkle with capers and olives, the latter being stoned. Garnish with tufts of parsley.

No. 4.—Bake a beet carefully. When cool, peel and slice it finely, also the third part of a raw white onion. Grate over these lemon rind, and add its juice beaten with oil. A finely-shredded raw Jerusalem artichoke will add a fine nutty flavour to this excellent salad.

HOT WINTER SALAD.—Take the heart of a savoy cabbage, slice very finely. Place in a covered pan with butter and a little Chili or white wine vinegar; toss carefully till well heated through, but not long enough to blunt its crispness. Then place it in a bowl, pour the liquid over, add a dressing of sugar, grated lemon peel, and vinegar.



SALAD DRESSINGS.

Lemon juice may be used in place of vinegar in Nos. 1 and 2 if preferred.

No. 1.—A mixture of half a teacupful each of cream and vinegar, the yolks of two eggs boiled hard and powdered down, with a teaspoonful of mustard, one small teaspoonful of salt, half teaspoonful pepper. Mix and beat well together, and pour over salad.

No. 2.—One teaspoonful each of dry mustard and celery salt, three teaspoonfuls of sugar, butter the size of a walnut, two-thirds of a teaspoonful of vinegar, yolks of two eggs beaten. Mix all together, put in a saucepan, heat until it thickens, stirring continually. Bottle when cold. Keep some time.

No. 3: A SIMPLE DRESSING.—Grate two hard-boiled eggs, add a dessert spoonful of fresh olive oil, stirring rapidly meanwhile. Add a little salt and one heaping teaspoonful of sugar. Lastly, add one teaspoonful of lemon juice diluted with two of water.

No 4.—Three tablespoonfuls of lemon juice, two of sugar, half-a-cup of whipped cream, thoroughly beaten.

No. 5.—The juice of a lemon, a breakfast cupful of milk with the cream on, half a teaspoonful of mustard previously mixed, one hard-boiled egg chopped fine, pepper and salt to taste. Mix thoroughly, and pour over salad, which should stand half-an-hour, and be turned at intervals before serving.

No. 6.—A breakfast cupful cream, a breakfast cupful of vinegar, the yolks of three eggs, and a little oil if liked, one dessert spoonful of salt, one dessert spoonful dry mustard, two dessert spoonfuls of castor sugar. Beat eggs with a wooden spoon, add other ingredients gradually. This dressing will keep a year if kept corked and in a cool place.

JOHN EVELYN'S "SALAD DRESSING."—Good olive oil, three parts sharpest vinegar, lemon or orange juice one part, in which steep some slices of horse radish with a little salt, add as much mustard as will lie upon a half-crown piece, beat and mingle all these thoroughly together, then add the yolks of two fresh eggs (hard-boiled), well mashed.



THE COOKING OF VEGETABLES.

The common practice of boiling vegetables in one and two waters so generally followed in Britain, America and Canada is very wasteful.

Surely no housewife or homekeeper who has the welfare of her home and people at heart would permit such methods to be used if she realised what a serious loss to health is thereby incurred.

The only methods that can be recommended for cooking green and root vegetables are : by the use of a steamer ; by placing them in the bottom of a saucepan with very little water at the bottom, so that by the time they are cooked there is little or no water left ; by the French plan of making a thick stew or *puree* of the vegetables, and serving them in their own juice, to which a savoury sauce is added, and sometimes grated cheese, is a good one. Oil is commonly used in vegetable cookery in France ; it is pressed from nuts grown in the home garden.

There are several steamers on the market, but it is not necessary to go to much expense in the matter of utensils, as a steamer to fit an ordinary saucepan can be obtained from any ironmonger. An inexpensive 2 or 3-decker steamer can be had from the Pitman Health Food Stores, Birmingham. This firm has recently introduced a very useful series of vegetable salts in powder form ; they are likely to be very useful and

I heartily recommend them (see advt.) It is not necessary to use separate steamers, as all roots and green vegetables will cook in ordinary saucepans with about half an inch of water, this added water, and that inside the vegetables is sufficient to cook, for instance, potatoes in 20 minutes. The lid should be kept on the saucepan all the time, and the tighter it fits the better. After cooking them in this way the vegetables may be served with a sauce or quite plain, or baked as in the recipe on page 35.

Children who will not eat green vegetables can be induced to eat them prepared as a roast or made into a soup. Vegetable soups can be made very easily (see page 35).

It is thought that steaming requires much longer time than boiling, whereas carrots, turnips and most vegetables are cooked in much less time than when boiled.



VEGETABLE SAUCES.

Note.—A green vegetable, steamed, and served with cheese sauce and potatoes, followed by a milk pudding, is a nutritious meal. The cheese supplies the needful protein or albumen which green vegetables lack. In place of cheese, Roborat, *i.e.*, pure wheat albumen may be used.

BROWN SAUCE.—Melt an ounce of butter in a saucepan, stir in a teaspoonful of flour until the mixture browns, add seasoning and boiling water to thickness desired, boil five minutes, and it is ready.

WHITE SAUCE is made the same way, only the flour is simply blended with the butter, and *boiled, not browned*. Add minced parsley to make parsley sauce.

CREAMED SAUCE.—Grate one small carrot, cut up finely one small onion, cook ten minutes in a saucepan, with an ounce of butter. Take off fire, and mix in a dessert spoonful of flour, and a little finely-chopped parsley if desired. Add seasoning, boil 10 or 15 minutes, and serve. A delicious sauce.

CHEESE SAUCE.—One and a half or two ounces cheese, half an ounce butter, a teacupful milk, a teaspoonful of salt, a little mustard and pepper, a saltspoonful of bicarbonate of potash. Melt butter and blend in the flour and seasoning, add cold milk gradually, and stir until it boils; then add the cheese, and, just before serving, the potash. The latter can be omitted if desired.

GRATIN SAUCE.—Take half ounce Brown and Polson's "Patent" Corn Flour, one ounce butter, half pint milk, two tablespoonfuls grated Parmesan Cheese, or, failing that, ordinary cheese, half teaspoonful salt, quarter small teaspoonful pepper and a few grains cayenne pepper. Melt the butter in a saucepan. Add the Corn Flour, and stir till smooth, but do not let it get brown. Add the milk, and stir the mixture till it boils. Cook gently for five minutes. Add seasoning as noted, then the grated cheese, stirring well all the while. To make a richer sauce, incorporate one yolk of egg. Add this after the sauce is well boiled. Do not allow the sauce to boil again else it will curdle. Use as above described.

WHITE SAUCE.—Take half ounce Brown and Polson's "Patent" Corn Flour, one ounce butter, half pint milk, half teaspoonful salt, quarter small teaspoonful white pepper, half small teaspoonful nutmeg. Melt the butter in a saucepan, stir in the corn flour till smooth, add the milk, and stir the mixture over the fire till it boils. Cook for five minutes. Add seasoning as noted. To make a richer sauce, add two tablespoonfuls of thick cream, and re-heat without letting the sauce boil again. Pour the sauce over the vegetables, and serve hot.

COOKING SPICE.—Half an ounce of cloves, two ounces of nutmeg, half an ounce sweet basil, half an ounce of white pepper, two ounces cinnamon, one quarter ounce dried bay leaves, half an ounce thyme. Pound well together, pass through a sieve, put into a bottle, seal carefully to preserve the perfume. Add to sauces, etc., as desired.

COOKING BOUQUET.—One bay leaf, one sprig of thyme, two cloves, one stalk of celery ; place round these six sprigs of parsley, fold and tie them so that the cloves, etc., cannot fall out. When celery is out of season another vegetable may be used.

CREAMED CAULIFLOWER (BAKED).—After steaming, dredge with flour, fry in two ounces of butter until nicely browned, and put into a buttered dish. Pour over a “cheese sauce,” cover with bread crumbs and bake.

CREAMED CARROTS.—Slice the carrots, and, after steaming, cut to small pieces, dredge well with flour, fry in about one or two ounces of butter, add seasoning and boiling water to secure thickness desired. Boil up, and serve.

CREAMED CELERY.—Cut stalks of celery into small pieces, cook them until tender in as much water as covers them. Add “white sauce” hot, and serve.

CREAMED CUCUMBER.—Peel and cut into pieces about an inch long, steam ; when done, dredge well with flour, and fry in butter until browned. Add boiling water to thickness required, boil a little, and serve.

CREAMED BUTTER BEANS, ALSO GREEN PEAS.—Steam until tender, and serve with a sauce.

BRUSSELS SPROUTS can be prepared and served in these ways.

VEGETABLE SOUPS.

BLOOMFIELD SOUP.—This is a most delicious soup, and was given to me by Eveline, Countess of Portsmouth, at whose table I first tasted it. *Method:* Take two young cabbages or savoys, steam until tender, about 30 minutes, pass through a sieve. Return the sieved portion to the saucepan, and add a quart of milk, thicken if desired with corn flour. A few minutes before serving, a little boiling cream is an improvement.

With this method every variety of vegetable can be made into soup in less than 45 minutes.

BAKED OR ROASTED VEGETABLES.—Take two medium-sized potatoes, one onion, a little herb, spinach, cabbage, or any other vegetable; steam all together. When cooked chop them, and add a teacupful of cream or milk. Stir well and leave them to cool. Then add the yolks and whites of two eggs, beaten separately, also four ounces of grated cheese. Put into a buttered dish, cover with a thick layer of breadcrumbs, and bake until brown.

Potatoes, celery, cabbage, cauliflower, or any other vegetable may be cooked in this way.

WALLACE BISCUITS AND COFFEE.—The author has every confidence in recommending these articles, they are absolutely pure and wholesome.

For further particulars of the advantages of vegetable food, readers are referred to a companion booklet to this: "FRUITS, NUTS AND VEGETABLES: THEIR USES AS FOOD AND MEDICINE."

The Author can thoroughly recommend the "Pitman Vegetable Slicer" for preparing vegetables for salads or for purées. It is sold by the Pitman Health Food Stores, Aston Brook Street, Birmingham, and the price is 10/6.

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In Bags, carriage paid
2/- and 3/9



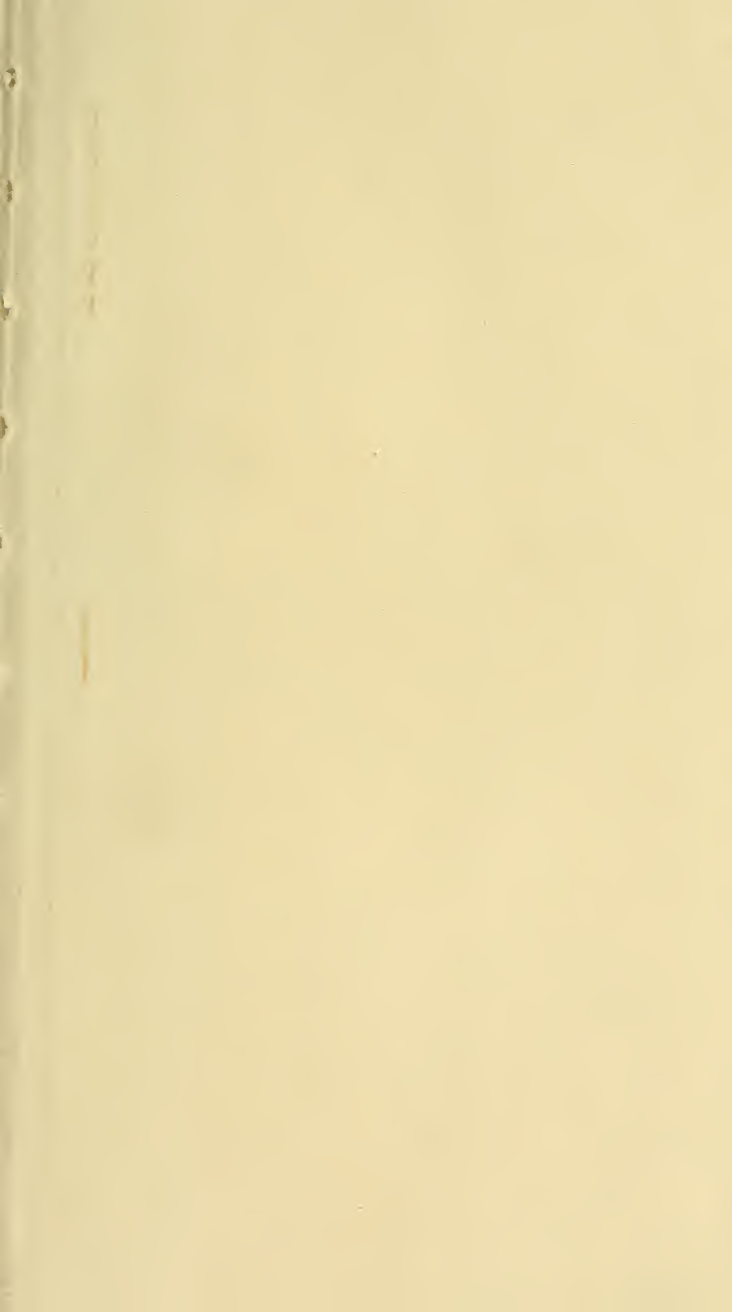
SUPPLIED BY

THE HEALTH FOOD STORES,
257, Deansgate, Manchester

Write for particulars

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Wheatose







HECKMAN
BINDERY INC.

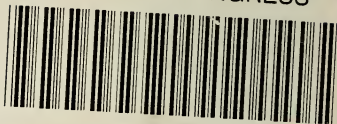


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