

SCIENCE OF FOOD AND COOKERY

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Science of food and cookery by H. S. Anderson

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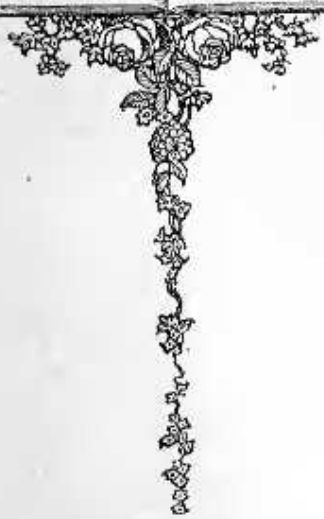
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H. S. ANDERSON

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From painting by A. Hagborg

OCTOBER POTATOES

Science of
Food & Cookery

BY
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DIETITIAN

Loma Linda Sanitarium
California



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PUBLISHERS' PREFACE

In presenting "Science of Food and Cookery" to the public, we do not add another cookbook to the many now in the hands of the perplexed housewives of America. This is the fifth and enlarged edition of a little work which has already made its way; and for this edition, hundreds of orders are already filed.

There is a demand for the book from those who know the first editions. There is a moral demand for the information it contains, in these days of world food scarcity and the need of wise food conservation, when the best food for the least money is called for.

The recipes are not prepared by a tyro, nor gathered from miscellaneous collections, nor compounded merely to please the taste.

The author has had a score of years of experience in every stage of cooking science and practical work, from mere helper to the chef. He has served for years under German and Swiss and Spanish and English and French chefs. For a year, he was second cook in the Calumet Club of Chicago, where he served European royalty; and for nearly the same length of time, in the California Club of Los Angeles; and he has also served in like capacity in many leading hotels in various cities.

For the last twelve years, Mr. Anderson has given himself to the better side of the question,—healthful, palatable, scientific, economical cookery.

These recipes are all tested and tried, and retested and retried in connection with experienced chemical, medical, practical collaborators, in the Medical Missionary College and Sanitarium of Loma Linda, California, in which Mr. Anderson is food expert.

The present edition, having been got out in the blazing light of twentieth century discoveries, and giving special attention to the solving of the ever present problem of high cost of living, should occupy a unique place among books of its kind, being not merely a vegetarian cookbook, but a treatise on foods and nutrition as well; and as such we send it forth on its mission of health.



PREFACE TO FIFTH EDITION

So many newly discovered facts have been added to our knowledge of foods and nutrition since the beginning of the great war, that it has seemed best, in order to bring the subject matter up to date and to produce a volume that will prove to be of greater benefit to the general public, to make some rather extensive alterations in and additions to "Food and Cookery."

That the object of the book may be more fully set forth, the following from the preface of the preceding edition is embodied in this:

"The book is not a treatise on vegetarianism, although it advocates the total disuse of the flesh of animals as food, and a more extensive use of grains, fruits, nuts, and other products of the vegetable kingdom, thus propagating a principle that tends essentially to true civilization, to universal humaneness, and to health and happiness generally.

"The history of vegetarianism is as old as human history itself; and probably in every age, there have been some who have practiced it either as a religious duty, or under the belief that they would thereby conserve the life forces, and be the better fitted for the pursuit of peace and happiness. Again, there are those who adopt a vegetarian course of diet in the belief that many diseases, such as gout, and gastrointestinal disorders, would largely disappear if the vegetarian diet were strictly adhered to. Another motive for adopting vegetarianism is undoubtedly economy. To a great extent, the human race is virtually vegetarian from necessity. Nor do we find that feebleness, either of mind or of body, necessarily ensues. Rather, experience shows the opposite to be the case.

"It has been the purpose of this book to make the instruction and recipes so practical that the many who are desirous of reforming their diet may do so intelligently. To such, it is well to say that changes in the habits of a lifetime should be gradual and progressive, as the functions of the body do not readily adjust themselves to changes that are too radical. When flesh foods are left off, digestive juices of a different character are required; but it is a matter of only a short time until the system adjusts itself to the change.

"It is certainly true that as one perseveres in a non-flesh diet for a length of time, the relish for spices and condiments diminishes; and as these really serve to blunt the sensitiveness of the palate, there gradually comes into evidence, when they are discarded, a keener discernment of the rarer and more delicate natural flavors, which are quite inappreciable to the taste accustomed to highly seasoned foods. One mistake to be avoided, however, is the opposite extreme. Food should never be served savorless and insipid. As one has expressed it, 'When the goodman comes in expecting the usual roast mutton or kidney stew, do not set before him a dish of mushy barley or sodden beans.' There is at command a variety of vegetarian dishes, practically unlimited, and savory enough to tempt the most fastidious.

"The most common error of those who have eschewed flesh products is that, having developed the taste for natural foods, they are inclined to overeat. Many labor under the delusion that because they have discontinued the use of the more harmful articles of diet, they are licensed to eat all their appetite calls for. Soon they observe symptoms of intestinal indigestion, and attribute it to their having adopted the diet reform. The secret of success in avoiding this error is thorough mastication, and the eating of only a few kinds of food at one meal. The benefit derived from food does not depend so much on the quantity eaten as on its thorough digestion and assimilation. Therefore if the time in which to eat is limited, the amount eaten should be proportionately limited."

The various biological studies carried on in both this and other lands during the past few years, have emphasized the extreme value and potency of fresh foods and of ground whole meal cereals and flours, and have demonstrated clearly the deficiency of the modern so-called refined flours and foods. In the light of these experimental discoveries, many of our common diseases are now attributed to the lack of minerals and vitamins, which have been largely eliminated from our foods, leaving them without a due share of those vital qualities which build up the body's resistance to disease. The vitamin theory, therefore, is discussed at length in the body of the text, being traced from its early inception, dating many years back, to its modern exemplification as verified in standard dietetics.

Besides the incorporation of many new recipes in this edition, it has been thought best to expand the chapter "Cookery for the Sick" to include some instruction concerning diet in particular diseases. For this new matter, we are indebted to Dr. Lavina Herzer, teacher of nutrition and cooking in the College of Medical Evangelists, Loma Linda, California. The author also acknowledges his indebtedness to Mrs. Harriet E. Buchheim for her assistance in getting the matter into satisfactory form, and to Mrs. J. J. Weir, associate teacher, for her contribution of recipes.

To know that the information contained herein will be the means of helping some others to the "more excellent way" will be reward sufficient for the author.

H. S. ANDERSON

NOTE

A number of books that are to be recommended for further study are the following:

- "*Chemistry of Food and Nutrition*," by Sherman.
- "*Newer Knowledge of Nutrition*," by McCollum.
- "*Science of Eating*," by McCann.
- "*How to Live*," by Fisher and Fisk.
- "*Ministry of Healing*," by E. G. White.