

THE
VEGAN

Vol. 23 No. 1

Spring, 1976

OPEN DOOR

TO A BRIGHTER FUTURE FOR ALL LIFE

Report on the BBC2 programme presented by the Vegan Society

THE PROGRAMME : THE RESPONSE : FOLLOW UP



Untapped Resources

Jack Sanderson

Vegetable Oil in the United Kingdom Diet

Dr. B.J.F. Hudson

Bearoak Gardens

Geoffrey Molineux

Veganism can be cheaper too

Harold & Jenny Bland

Footwear News

Eva Batt

Recipes - Reports - Reviews

VEGAN SOCIETY

FOUNDED 1944—REGISTERED CHARITY

VEGANISM is a way of living on the products of the plant kingdom to the exclusion of flesh, fish, fowl, eggs, animal milk and its derivatives and honey. It encourages the study and use of alternatives for all commodities normally derived wholly or partly from animals.

The objects of The Vegan Society are to further knowledge of, and interest in, sound nutrition and in the vegan method of agriculture and food production as a means of increasing the potential of the earth to the physical, moral and economic advantage of mankind.

President: Dr. Frey Ellis.

Deputy President: Mr. J. Sanderson.

Vice-Presidents: Mrs. E. Batt, Mrs. S. Coles, Mr. J. Dinshah, Dr. C. Nimmo, Miss W. Simmons, Miss M. Simmons, Mrs. E. Shrigley.

Council: Mrs. E. Batt, Mr. K. Bryan, Mrs. S. Coles, Dr. F. Ellis, Mrs. K. Jannaway, Mr. J. Sanderson, Mrs. G. Smith, Mr. W. Wright.

Treasurer: Mrs. G. Smith, but all subscriptions, donations, etc., should be sent to the Secretary, 47 Highlands Road, Leatherhead, Surrey.

Hon. Secretary: Mrs. K. Jannaway, address as above.

Librarian: Mr. W. Wright, Hatton House, Church Lane, Cheshunt, Herts.

Subscriptions: £1.25 yearly. Additional members at same address not requiring an extra Journal, pensioners and juniors, 63p.

THE VEGAN

Quarterly Journal £1 per annum. FREE TO MEMBERS. Single copies 25p, post free. From the Secretary, address as above.

Editors: Mr. J. Sanderson and Mrs. K. Jannaway. Scientific Adviser: Dr. F. Ellis.

Advertising Manager: Mrs. D. Hanson, [REDACTED] Colchester.

The Editorial Board does not necessarily agree with opinions expressed by contributors to this magazine, or endorse advertisements.

Published: March 21st, June 21st, September 21st, December 21st.
Copy dates: 1st of preceding months.

UNTAPPED RESOURCES

Jack Sanderson

There is an inner centre in us all
Where Truth abides in fullness. (Browning).

There is a view of the universe that is cold and impersonal, hard and cruel. It is mostly lifeless and mechanistic, wholly indifferent to individual man who is minute, alone, a chance accident, a brain in a body for a brief span. Why not each for himself? Why not the pursuit of egoistic desires, even though it leads to the extinction of the whale and the herring, the using up of non-renewable fuels and material resources, the pollution of the air, the rivers and the earth, the creation of deserts and dark satanic mills, and enormous cruelty to man and creature?

Side by side with this fatalistic, despairing, barren, hopelessly materialistic outlook on life, there is welling up a new picture, a new vision of life, a vision of wholeness at all levels. Words like environment, ecology and symbiosis appear and take root in human consciousness. In each situation, whether geographical historical or sociological, each individual is part of a living group, part of a living whole - an organism in which he can play a vital role. As the cells of our heart play a vital role in our body, so we each play a role in the life of the earth. We may regard the earth as a living being of which we are a part. It is, in turn, a vital organ of the solar system which itself is a living part of a greater system - at each stage, there is a wholeness that is part of a greater wholeness.

"To live is more than to be acted upon by the circumstances of life".

Archbishop Anthony Bloom.

Our living is not for our own sake. Each human being is unique in a unique situation. He can do unique things and effect and change conditions around him. The resources of the universe are his if he listens and responds and channels the creative energies.

It is as though at each moment the universe is expecting something from us and waiting for us to carry it out. Ages of evolution have produced man with his developed intellect and his ego, and this process has now reached a watershed. As a group of mountains will give rise to a number of springs and rivers, each flowing at a different speed in a different direction yet all reaching the sea, so a deeper knowledge is emerging into our consciousness expressed in a variety of new impulses, groups and societies. Man is now coming of age. We are learning that "truth is in ourselves - it takes no rise from outer things." As we acknowledge consciously our stewardship for the earth and all its life, we recognise human beings as the brain cells of the earth. We are to be still and silence the intellect so that we may intuit the needs of living conscious Mother Earth and then we are to use our intellect to satisfy those needs. We are to receive inner guidance and take the initiative. Whilst animals obey their instincts, and rocks and plants can only obey the Divine Will, man - that wonderful Divine experiment - is free to destroy his planet or to turn it into the new Jerusalem. Within the nick of time and long after the eleventh hour, he is beginning to realise, as did Rudolph Steiner, that nature is a spiritual reality and that within each living being is the divine consciousness.) As man learns to bear responsibility for the earth, he will more and more become confronted with crises and situations with no precedence which will call forth inner, untapped

resources and be the occasion for potential growth. He will more and more ask himself "Will my words or thoughts or action best serve the whole, i. e. every unit of life and consciousness that may be affected?" As he does so, he will not see himself as a cold, intellectual observer of a hostile universe but as a conscious co-worker with God. The future depends on us. How we imagine it, is how we are going to make it.

On 31st January and 7th February, the 'Open Door' programme on BBC2 gave a glimpse of that future as seen through the eyes of the Vegan Society. Millions saw it - it was a historical deed - and nearly 10,000 people have been moved to write or 'phone in to the Secretary. Each is a seed in the womb of the future. For many who wrote in, and for thousands more, the Vegan Society with its wealth of experience and factual knowledge, is an untapped resource. We and those who made contact are deeply grateful to the BBC for this unique opportunity to present our case. Our message is being echoed regularly in the media, despite the comforting noises that appear from time to time to excuse western eating habits. Dr. E. Ojala, Assistant Director General of the Food & Agricultural organisation of the United Nations, said on 15th March, 1976, "The major nations are dicing with death over food supply. The world has been living from hand to mouth since the failure of the Russian harvest in 1972, with the edge of disaster near." Yet the FAO itself is encouraging a mistaken policy in the Sahel zone around the southern edge of the Sahara. By encouraging highly profitable meat production to preserve large towns like Accra and Lagos, the Sahel area is becoming overgrazed and destroyed as a food producing area. Similar destructive developments are taking place on a large scale in Botswana and other areas. As more and more people turn their thoughts boomwards towards a bleak future of everdwindling stocks of energy fuels and non-renewable resources, let us give thanks for those who are facing the future with positive thought and action.

Just as the simple experiments of the nineteenth century have led to the vast use of electro-magnetic, hydro-electric and electro-chemical energy of today with their allied uses in radio, TV. and computers, so the much more massive and sophisticated experiments of today will lead to new forms of energy and new plants tomorrow. In ten years, plant genetics is expected to provide cereals to grow in most conditions whilst fruit and especially nut trees will be introduced to ever increasing areas. That great earth server, Richard St. Barbe-Baker, has shown us the vital part that trees can play in almost any part of our life - food, clothing, homes, recreation, clean air, adequate water - and indicated how they should be included in all our future plans. The O'Brien family and others have shown us how to regenerate the soil.

Findhorn, an international community some miles east of Inverness, is a centre of demonstration. Here lovely flower gardens and productive vegetable gardens have been built up on very poor land by co-operating with and receiving guidance from nature. Plant experts have agreed that "some other factors" are involved in producing such wonderful results from such bad conditions.

The same creative energies are waiting for each one of us to use, each in his own unique way. The 'Open Door' revealed to us this greatest untapped resource of all.

VEGETABLE OIL IN THE UNITED KINGDOM DIET.

Dr. B. J. F. Hudson, MA, DPhil, FRIC, of the University of Reading has given us permission to reproduce the text of his talk to a recent meeting of the Research Section of The Vegetarian Society.

Edible oil or fat is an integral component of all human diets. It represents a concentrated form of energy, is a carrier of essential fat soluble nutrients, and contributes to the enjoyment of food by providing attractive flavours and textures. Furthermore, as has been established comparatively recently, some kinds of oil, the so-called essential fatty acids, are important nutrients in their own right. Edible oils and fats - or, to be more scientific, lipids - occur in food in two forms: - firstly, by far the larger in terms of quantity, the storage or depot lipids which are the reserve energy supplies for the plant (in the form of seeds) or for animals (in the form of fatty tissue); - secondly, smaller quantitatively but of more qualitative significance, the structural or complex lipids which are the key components of all cell membranes and which play a vital role in the regulation of all biochemical processes from photosynthesis to digestion.

My brief is to discuss the specific role of vegetable lipids in our diet. A useful way of surveying the position is to look at trends in lipid consumption as a function of time. From Table 1 we can see how our diet has changed in this respect during the past 70 years. Lipid consumption has progressively increased, mainly at the expense of carbohydrate, and as a result of the dramatic and rather sudden importation on a large scale of oils and fats of vegetable and marine origin. Though the proportion derived from vegetable sources has remained constant the relative amount of vegetable structural lipids has fallen. This is because of the steady reduction in our diet of cereals, vegetables and fruit in an unprocessed state. At the same time, our consumption of animal fats together with marine oils, including their hydrogenated forms, has increased progressively.

What is the nature of our vegetable oil or fat intake? This is subject to considerable fluctuation. Table 2, showing the variation, over a considerable period, of margarine compositions, provides an indication of the capricious nature of the changes. Clearly, world supply and demand, expressed in relative price changes account for this situation. No two brands of margarine today will have the same composition, and to-day's composition of Brand X will differ, almost certainly, from that of 1974 or 1976. Further, virtually all the oils and fats used in the manufacture of margarine, cooking fats, and frying and salad oils, will have been refined and a considerable proportion hydrogenated. There is no evidence, however, that these processes are nutritionally undesirable; except through the destruction of essential fatty acids.

We can summarise the overall trend throughout the present century by noting the increased absolute consumption of oils and fats, the progressive increase relative to carbohydrate and the increase in animal/marine products relative to vegetable products. The last feature also implies an increase in dietary cholesterol, a decrease in phytosterols and both absolute and relative falls in dietary structural lipids. Can we relate these changes in any way to aspects of health and disease.

Many scientists have demonstrated a statistical correlation between dietary features and disease patterns. For example, if we consider the No.1 killer of the present day, ischaemic heart disease, we can note a dramatic and most disturbing rise in incidence throughout the present century. It is tempting to relate this to some dietary feature of which we disapprove, e.g. the sharp rise throughout the same period in the consumption of refined sugar. However, we must not confuse correlation with causation. We must establish some rationals which provide a convincing cause/effect relationship. This can be done, to the satisfaction of most scientists in the linking of increased ischaemic heart disease with changes in our dietary lipid pattern of the kind we have already observed.

Such considerations prompted us to investigate some relative aspects of vegetable dietary lipids, with the valuable help of the Vegetarian Society, which has generously provided us with appropriate funds. We chose as our topic some new aspects of vegetable structural lipids bearing in mind those of our most basic foods which are comparatively rich in these components - viz: cereals, potatoes and green vegetables.

A chance observation in an earlier investigation led us to conclude that data commonly quoted for vegetable lipid contents in "non-fatty" vegetables were probably underestimates. In other words, we derive more of our lipids from these sources than we originally believed. Thus, we have found that wheat flour, potatoes and cabbage all contain at least twice as much lipid as was formerly accepted. Furthermore, these complex structural lipids all embody a wide range of chemical species, some of which are still unidentified. It seems likely that at least some of the species involved may be nutritionally important.

Table 1.

	DIETARY LIPIDS (U.K.g. per day per capita)				
	1900	1909-	1924-	1936-	1968-72
Cereals & Vegetables	8	13	9	9	
Margarine	—	6	6	6	5
Compound Fat	—	6	13	18	12
Other Oils/Fats	—	6	7	5	7
Animal Products	52	78	81	96	17
Total	60	88	100	125	99
% Vegetable (Est)	13	14	16	14	14
% Structural Vegetable (Est)	8	7	6	5	4

Table 2.

	OILS & FATS USED IN THE PRODUCTION OF MARGARINE (U.K. — THOUSAND TONS)			
	1938	1949	1960	1971
Groundnut	32	94	22	8
Soyabean	—	—	24	60
Cottonseed	16	8	11	1
Coconut	35	82	19	2
Palm Kernel	8	52	8	2
Lard	9	—	32	16
Whale/Fish	67	50	97	128
Sunflower	—	7	—	4
Rapeseed	—	—	—	4
Others	4	14	21	15
Total	177	355	301	292

First printed in the "Vegetarian"

January, 1976

Continued in the next issue.

BEAROAK GARDENS

Geoffrey Molineaux.

These gardens were started with several ideas in mind but first and foremost was the wish to show people just how many of their everyday needs can be supplied by trees and plants and that not everything comes from a factory or supermarket.

An old meadow of about two acres, with a disused mill pond at one end, was chosen as a site for the garden and work started with mowing the rough grass in August, 1974. The area was divided up into small separate gardens each one devoted to a certain class of plant. If you imagine that you are a visitor walking round the gardens, you come to them as follows: -

Firstly, the Basket Makers' Garden, with about 18 different varieties of willow all producing long, thin rods or withies, from 2' to 6' of growth in one year, and many different coloured barks - dark brown, green, yellow, purple and red. There is also a clump of bamboos as, although willow is used for basket making in this country, in many parts of the world split bamboo is much more popular.

Next you come to the Weavers' Garden with the various fibre producing plants that can be grown in this country - annual flax, perennial flax and New Zealand flax, which is not really a flax at all but has leaves up to 6' long, and, lastly, to most people's surprise, the common stinging nettle.

Third on the list is the Dyers' Garden containing a large variety of plants which will yield dye from their roots, leaves, flowers, seeds or berries. We have been experimenting with these but find that some which are said to produce good colours on wool are no good with vegetable fibres. Our favourites so far are onion skins and sunflower petals for yellow and blackberries and elderberries for purple. Also included are woad, weld, tansy, fennel, black currant and nettles.

Then there is a large Vegetable Garden growing every kind of vegetable that we can find with as many different varieties of each as possible. For example, last summer there were nine types of runner bean with scarlet, pink, white and purple flowers; 15 varieties of pea from 1' to 6' high, including one with purple pods; 10 sorts of cucumber from stumpy gherkins to 3' long; "Kyots"; 10 kinds of lettuce, plus carrots, beetroot, onions, etc., etc. This year, we plan to have an Ornamental Vegetable Border just to show what can be done, as so many people think vegetables are something to be hidden away at the bottom of the garden.

The trees in the Fruit and Nut Garden are still very small but at least show the large variety that can be grown in this country. This garden also includes black, red and white currants, gooseberries, strawberries, blackberries, loganberries and grapes, as well as mulberry and a blueberry.

Crossing the little stream that runs into the old mill pond, you come to the Herb Garden and Granny's Herb Garden. The Herb Garden contains plants used for flavouring salads and cooking, for making herb teas and for their scents: the thymes, sages, mints, lavenders and many others. Several of these appear again in Granny's Garden which has plants for medicinal use, pot pourri and

for their pest repelling properties, plants which supplied our ancestors with the things people now buy at the chemists.

Two other gardens are included, although not strictly useful. These are a Butterfly Garden and a Scented Garden, as we feel that a garden without butterflies and the sweet scents of flowers would be sadly lacking. The Butterfly Garden has a large collection of different varieties of the buddleia, or Butterfly bush, plus other nectar producing flowers and caterpillar food plants, one of the best being the stinging nettle. In the Scented Garden, the emphasis is on perfume regardless of size or colour and you will find here the old fashioned roses, the small flowered old fashioned sweet peas, wallflowers, pinks, mignonette, violets and lily of the valley.

Plans for the future include a Coppice Croft Corner with bamboo for stakes, birch for brooms and hazel and sweet chestnut for poles; and a type of Patio Garden on a large area of concrete which was once the base of a silage pit. We want to try and show what can be grown even if you only have a concrete yard or balcony - possibilities include strawberries, herbs, tomatoes and cucumbers in a variety of tubs, pots or boxes.

Everything in the garden is grown veganically with as much compost as possible and the only brought in manure is liquid seaweed which is used as a foliar spray but should only be necessary for a year or two. All the work is done by hand except for cutting the grass and this is only necessary because the garden is laid out for display involving large areas of lawn.

The gardens are closed during the winter months and for a lot of the time the ground is too wet for much work to be done, but planning for the next season goes ahead, plus continuous research into new ideas and new uses for plants, to try and work out a way of life in which mankind can co-operate with the plant kingdom to make this world a better and happier place for all living things.

(Geoff Molineux and his family, members of the Vegan Society for many years, welcome visitors and are always ready to explain their ideas. Bearoak Gardens, Michaelstow, St. Trudy, Cornwall.)



LIVE EXPORT.

This shameful trade in live animals goes on in spite of increasing evidence that, contrary to Government assurances, regulations, designed to bring partial relief of the suffering involved, are being constantly broken. Efforts to get the ban re-introduced are being made by many determined workers. Please help them in every way you can, especially by writing yet again to your M. P. In the present crisis they will more than ever vote conscious.

IMPORTANT NOTICES

HOME FOR ELDERLY VEGANS.

Money comes in to the Fund for Elderly Vegans slowly but steadily, so Serena Coles, on behalf of the Society, is examining energetically into possibilities for opening a Home. Would any active, elderly vegans interested in living in such a home please communicate with her at [REDACTED] Purley, Surrey. 01 660 7518.

FINANCING THE SOCIETY'S WORK.

The Council wishes to thank all members who have sent in their subscriptions promptly and to express appreciation of the fact that so many have sent extra above the minimum which now does little more than cover the cost of producing the Journal. It is determined to avoid raising the basic subscription for as long as possible depending instead on the generosity of those members who can afford to send more. Members of the Council have always given freely of their time, skill, labour and money and now our Secretary, as a gesture at this time of expanding need has offered to give up her remuneration. She will continue to work full time in an honorary capacity. The Council much appreciates her generous service and that of others at Leatherhead and elsewhere who work for little or no financial reward and thus make it possible to deal with the extra volume of work resultant from the amazing impact made by the "Open Door" programme.

RULES AND MEMBERSHIP.

Copies of the new 'Rules' leaflets are now ready. Will members requiring a copy please send a stamp (not a SAE) to the Secretary. Save for the insertion of the word "honey" at the end of line 2 of the definition of veganism, they are the same as those sent out to members under the title "Proposed Revision" with the Autumn Journals. It will be remembered that the November, 1974, AGM agreed to let the taking of honey be a matter for personal decision and not be a bar to full membership but, at the November, 1975, AGM, it had to be announced that the Charity Commissioner had informed the Council that no alteration in the defined objectives of a Registered Charity was permissible. It is hoped that members will not allow the issue to prevent them from taking a full part in the Society's work at this important stage in its development.

MEETINGS.

April 15th Thursday, 5.00 pm to April 21st Tuesday morning 6 Dashwood Terrace, Banbury, Oxon - Easter Holiday preceded by FAST from 10.00 pm Friday to 8.00 am Sunday. Cost £1.30 per day, £1 of Saturday's payment to Vegfam and War-on-Want. Please write at once to Chris. Phillips if you wish to join and send £2 deposit (please say whether you can provide sleeping bags).

May 23rd Sunday at 2.30 pm at [REDACTED], Purley. Serena Coles invites members and Journal subscribers and their friends to a gathering in her home and garden. Tea provided so R. S. V. P. if possible.

July 11th Sunday from 12.30 am at 47 Highlands Rd., Leatherhead, Surrey.

Jack and Kathleen Jannaway invite members and Journal subscribers and their friends to picnic in their garden. Please bring your own food. Drinks provided. This gathering is instead of a public Garden Party this year. Further details Summer issue.

September 11th & 12th, AGM in Birmingham. Details Summer Journal.

The Council has undertaken to participate in EXHIBITIONS at Camberley, Surrey, on June 12th, at Leamington, Sept. 5th and Wadhurst, Sussex, Sept. 25th. Offers of help welcomed by the Secretary.

Slimming Contest

The British Council for Rehabilitation of the Disabled, Tavistock House, Tavistock Sq., London WC 1, is organising a National SPONSORED SLIMMING CONTEST. Contestants undertake to follow a given diet either general, vegetarian or VEGAN for 4 weeks beginning any date in May. Medically approved diet sheets have been donated by Slimming Magazine Slimming Club and will be sent on application to 'Rehab National Slim' at the above address. ('Phone 01 387 9026 or 01 387 0036) together with full details of the scheme. Sponsors will undertake to donate so much money for each pound the contestant loses.

PLEASE SUPPORT or PERSUADE OVER-WEIGHT FRIENDS TO DO SO.
HELP A WORTHWHILE CAUSE AND GET USEFUL PUBLICITY FOR VEGANISM.

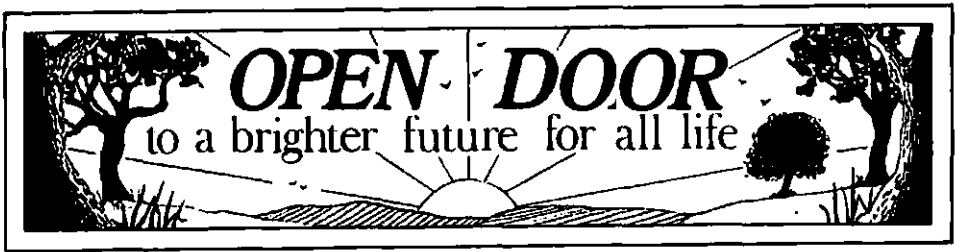


THE VEGAN CAFE.

Being vegans and enthusiastic about cooking, baking and communicating with people, a vegan cafe seemed to us to be a good way to show that veganism had something to offer the world.

Now our dream has come true and, not only do we enjoy working there very much ourselves, but many visitors tell us how happy they are with the food and the atmosphere of the cafe and often they show a real interest in what veganism is about. We have booklets and leaflets on veganism in the cafe for those who are interested.

We decided to keep our ingredients in the food as natural and unrefined as possible. Most of the vegetables are organic and we don't use sugar, tinned foods or black tea or coffee. We serve soups, hot meals, salads, herbal teas, grain coffee, fresh bread and rolls and home-made cakes and biscuits. The prices are kept as low as possible - a main dish (grains, beans, mixed vegetables and sauce) is, for example, 30p, and a hot sweet, 10p. The cafe's opening hours are currently 5 pm - 9 pm, Monday to Saturday. We also plan a small whole food shop. Our address is 87 HIGHGATE RD., LONDON NW5 (01 267 6223)



"We'd like you to put on the first of the 1976 series of "Open Door" programmes, on January 31st." Thus, over the 'phone on December 18th, 1975, came the momentous invitation to the Secretary of the Vegan Society from Paul Bonner of the B. B. C. 's Community Programme Unit. Application to be included among the minority groups who would be given the opportunity to present their case to the public had been made by the Vegan Council as long ago as January, 1973 - and forgotten. Six weeks, minus the Christmas holidays, to prepare such a programme from scratch - was it possible? With scarcely a second's hesitation, the Secretary accepted, sure that the Council would agree that here was the opportunity for which it had been waiting ever since the generous donation of 1973 had provided some financial support for a wide ranging educational project. The free television programme, plus an invitation to send for further information, could bring understanding to thousands of people, both to those already searching for it and to those who might otherwise have taken years to reach awareness.

At a hurriedly called Council Meeting in Christmas week, the main guide lines of the programme were laid down and the list of people to be approached to take part drawn up. It was decided that -

The programme should be a positive and challenging presentation of a movement that would open the door to a brighter future for all life.

Members would be presented as ordinary, healthy people acting under deep concern to free animals from cruelty, people from hunger and from addiction to debasing habits, and the earth from dangerous exploitation.

It would be assumed that most people were unaware of the cruelty that was inseparable from the dairy industry and that, once enlightened, they would seek more information about the alternative way of life that vegans, through thirty years, had shown to be practicable, healthy and satisfying.

The connection between veganism and the right use of the world's resources would be emphasised at a time when there was growing awareness of the difficulties of providing enough for an ever increasing number of people.

During the weeks that followed, Jack Sanderson and Kathleen Jannaway, on whom the chief responsibility for implementing the Council's decision fell, spent many days working with the BBC producer, Roger Brunskill, and his assistant, Jane Disbrey. Roger worked them almost as hard as he worked himself! The interest, concern and courtesy shown by all involved was most heartening and enlightening. It really is true that the organisation has an "Open

Door" to the public and is free to direct the programme in its own way using the facilities of the BBC. Both Roger and Jane seemed to live on the job and his ever-watchful eye and non-interfering advice, and her quiet efficiency guided them through an assortment of TV pitfalls.

A camera team was provided for just one day's outside filming and, since a visit to Kingston Hospital, where so much clinical investigation into the health of vegans had been made by Dr. Frey Ellis and his colleagues, was felt to be essential, it was decided to save travel time by having the rest of the shots at the Secretary's home in nearby Leatherhead. Accordingly, on January 2nd., the Bray family, the Blands, Erica Cook and her children together with Jack Sanderson, the producer and camera team, gathered there, and as many local vegans as could be rounded up. Work was non-stop until 2 p. m. and then again at the hospital until 6 p. m.

There followed hours of editing and cutting at the studio to leave a precious ten minutes for "live" contributions, which had to be cut to three, from Eva Batt, Harry Bonnie and William Wright. Jack and Kathleen had spent nearly a whole day searching for passages from the BBC library documentaries to illustrate points to be made but there proved time only for the stark reminder of the many who die while the rich over-feed on grain-fed livestock, and for the moving episode of the new-born calf being taken from its mother and sent to the slaughter house.

THE PROGRAMME.

The programme opened with Erica Cook, a young vegan from New Zealand, having dinner with her two children. Erica explained that, although the dinner looked very ordinary, in fact it wasn't because neither the 'meat'dish, nor the pudding, nor the 'cream', nor any of the vegetables or fruit dishes, had anything of animal origin in them.

The scene switched to the Studio and Erica saying - "The Vegan Society was formed in 1944 by a group of vegetarians who realised that more cruelty was involved in milk than meat production. The realisation shocked them into pioneering a way of life that is of utmost importance in feeding the hungry millions today and our children tomorrow.

Milk production is cruel because calves are taken from their mothers soon after birth and sent to the slaughter house or veal calf units - so that humans can have their milk. Cows often cry for their babies for days. After repeated pregnancies, worn out cows are butchered as soon as their milk yield drops.

The number of animals deliberately bred by man now outnumber him. They eat five to ten times as much plant food and yield comparatively little in the form of meat and dairy produce.

If we are going to feed people, we have got to stop this second population explosion

But can we keep healthy without any animal products? - bear and bring up children healthily and happily? - grow crops properly? - and have nice things to eat?"

Jack Sanderson, deputy president of the Society and new Secretary of the Vegetarian Society's Research Section, was then shown seeking the answers to Erica's questions.

Dr. Frey Ellis, president of the Vegan Society and consultant haematologist, was interviewed in his laboratory at Kingston Hospital, Surrey. He said - "During the past fifteen years, we have investigated hundreds of vegans. We've done clinical examinations on them, x-rays, electrocardiograms, weight dietary surveys; we've investigated pregnancy in women and looked at infants from the age of one year to 20 years vegans tend to be lighter than meat eaters and they also have lower blood cholesterol. Their physical efficiency is normal. The vegan diet is quite adequate provided it is fortified with vitamin B12. Vegans are normal, healthy, happy people whom you could not distinguish from omnivores except that they are slimmer and perhaps smile more."

Tom Sanders, research nutritionist at Kingston Hospital, (not a vegan), said that he believed the vegan diet was adequate provided a mixed diet of cereals, nuts, pulses, fruit and vegetables was supplemented with B12. In the main, most nutritionists agreed with this. The trouble was most work in nutrition had been done with animals and more was known about laboratory rats than humans. Various risk factors had been looked at and it had been found that vegans were probably less prone to get heart disease and cancer of the colon.

Asked about the necessity of animal fats for brain development, Tom Sanders replied that such a theory had been put forward based on experiments with cats but that investigations had now shown that vegans could synthesise the necessary fats from plant fats. This was supported by the normal development and educational attainments of life-vegans.

He considered that veganism was important with regard to developing countries suffering from over population and food shortage. The grain situation was critical. Feeding grain to animals which are very inefficient convertors of food - it takes ten pounds of grain to make one pound of meat - was the same as snatching grain from the people's mouths.

Serena Coles, early member and vice president of the Vegan Society and medical social worker, also interviewed at Kingston Hospital, explained how she became first vegetarian and then vegan during the difficult days of the war when nothing was known about B12 and other things. Her own health improved which, she felt, made her able to conceive. She brought up her son, born in 1945, as a vegan (see Society's booklet "Vegan Mothers and Children").

The Bray Family - Joan, Philip, Tristan and Lysanne, were shown talking and playing together and looking very healthy and happy. They described how they came to turn vegan because they realised the cruelty involved in the production of animal foods. They were bringing up their children as vegans because "we feel it is the best food for us and for them, too. There is nothing puritanical about it. We enjoy the vegetables, fruits, pulses and all the things we eat. We feel really fit and we have a clear conscience about our food."

Vegan parents are often accused of imposing their beliefs on their children. Philip answered this - "Obviously, we'd like the children to grow up in our philosophy but, as they come into contact with general society, pressure will be put on them to give consideration to a meat diet but, the point is, they'll be able to choose for themselves and we'll at least have given them the experience of living without any animal products whatsoever."

Joan spoke of the health of her children - "The health clinic, where I take the children, are very happy with their progress, they're normal, healthy children. I started them off as breast fed babies. I feel breast milk is best for humans, cow's milk is best for calves and it all went well for us. They take all the food that we have, all the vegetables, fruits, nuts, nut meat, pulses, anything - very happily and, as you can see, they're growing and developing well. They will have to learn to cope socially but we feel the chance to live without causing cruelty for food will be welcomed by them!"

The Bland Family - Jenny, Harold and baby Rosemary - were shown under the hazels in the garden. They told of the healthy diet they had been following for ten years and which they found helped them to enjoy all kinds of outdoor activities - cycling, camping, canoeing, walking, as well as carrying on their working lives. Harold explained with the help of charts that the vegan diet is very economical in terms of land usage: wheat yielding ten times as much protein per acre as beef and three times as much milk (allowing for the biological factor). He maintained that Britain could become self sufficient in food and that, over 40% of the world's grain harvest was being wasted by being fed to animals. Jenny maintained that they found the diet very interesting as well as cheaper and easier to prepare (see the article "Vegan Food Can be Cheaper too.")

Opponents of veganism often claim that animals must be kept for their manure if good crops are to be grown and the soil kept healthy. Kathleen Jannaway, Secretary of the Vegan Society, claimed that animal manure was only plant material passed through animals. Excellent crops were grown in hundreds of gardens with vegetable compost which would be no more difficult to make on a farm scale than silage and hay. She showed how she made compost. "90% of the agricultural land of England," she said "went to support animals. If England turned vegan, wide areas could be freed for wild life, forests and recreation."

Jack Sanderson, standing in a tree belt bordering a field, emphasised the importance of trees and said that the Sahara and many other deserts had been produced by chopping the trees down, overgrazing with herds of cattle and exhausting the soil. By reversing the process, and using trees properly, almost any kind of soil could be used to grow good crops. Posters with the title "A Vegan Culture is a Tree Culture" were shown depicting the services of trees in providing many things necessary for man and in helping to control drought and flood as well as helping the fertility of the earth and the purity of the air.

Back in the Studio, Erica introduced: - Bill Wright, naturopath, osteopath and acupuncturist, who told of how his own health had improved since he became vegan and whose experience with other people,

helping them to wean themselves off drugs by means of whole, fresh, plant foods. had convinced him that there was no better way to lasting good health - and Harry Bonnie, former boxer, athlete and entertainer, who claimed that after 14 years of veganism, he felt better and more relaxed than ever before. He had stopped drinking milk when he learned of the cruelty inflicted on cows and their young.

Erica mentioned that other vegan athletes all agreed that milk was a baby food - not fit for strong men.

Eva Batt then told her story of how she came to veganism when she, an unsuspecting townswoman, was on holiday in the country—

On a railway platform, there was an awful noise coming from some cows at one end and some very young calves at the other. I asked what was the matter and a porter told me! "The cows are bellowing for their calves and the calves are crying for their mothers." "But why don't you put them together?" "Because m'am, the cows are going to market and the calves to the butcher."

"To the butcher - why?" "Look, m'am, you can't have milk unless the cows keep having calves and you can only keep a few calves to rear as cows - the rest go for veal and ham pies - or beef."

I was shaken. I had not realised that milk was responsible for cruelty and slaughter. I had thought of cows as contentedly grazing in green pastures and the kind farmer relieving them of their milk when they got uncomfortable.

I turned to the cows and one looked me straight in the eye. I shall never forget that look. I decided then and there that I would never drink milk again - and I haven't. I spent a terrible time wondering how I was going to manage. I felt sure I would die. You can imagine my relief when I found there were other people who felt like me and were living happy, healthy lives as vegans. And here I am having enjoyed 20 years of better health than I ever had before."

The lesson of her story was driven home by a sequence from a BBC documentary on farming. It showed a cow licking her new born calf that was then taken from her and sent for slaughter whilst she moored helplessly at the gate watching its departure.

Then Nicola and Yolande Cook and Dennis Harvey told of how they preferred vegan food because it did not involve cruelty, and Erica introduced viewers to a large table set with all the delicious foods that vegans enjoy.

Jack Sanderson closed the programme with "Why not join us in the green revolution - the bloodless revolution", and the well earned credits to the BBC team were shown against a background of members of the Society.

THE RESPONSE.

The programme had scarcely finished at 11.25 pm before the 'phone at 47 Highlands Rd. started to ring and it went on until 1.15 am and intermittently during the next three weeks until over 300 calls had been received.

Monday morning brought a message from the local Postmaster - the mail would be brought by van later as it was too heavy for the postman and would we mind not filling the postboxes with replies; another van would call for them! We had hoped for hundreds, perhaps even a thousand letters but not the nearly 9,000 that came (plus 900 second responses with orders for booklets and "What's Cooking?") Dealing with them seemed an impossible task but with marvellous help from many people, we have managed it. Special mention must be made of Mr. Keith who produced over 20,000 duplicated sheets on an old manual duplicator entirely voluntarily. While most letters were simple expressions of appreciation (only eight were critical!) and requests for more information, many had pertinent questions, useful ideas, outpourings of deep concern and some had news of immediate action taken after the pattern of Eva Batt. They came from all sorts and conditions of men and women; from teachers, farm labourers, clergymen, lecturers, "working class mums", doctors, nurses, schoolboys, schoolgirls and very many unspecified. It was the revelation of the cruelty plus the assurance that it was not necessary, and the example of ordinary people, who had successfully changed their lives, that called forth the response.

A surprising number had been put on a non-animal product diet by their doctors. They were vegan in practice though they had never heard the word. They wanted ideas to relieve a monotonous diet: our recipe books met the need.

Many were concerned as to how their children would fare. We recommended our "Vegan Mothers and Children" and told them of the recent "Research into the Nutritional Status of Vegan Children". We have not room to print this but will loan copies to members in return for S. A. E.

Others were impressed by the healthy appearance of the vegans on the programme and the statements by the doctor, nutritionist and naturopath. They hoped the Society could lead them to better health.

One described himself as "a victim of good living while in the United States army" who had been medically retired after a coronary because "much to my surprise, I learned that I had been given all the wrong food".

About 100 inquirers had specific disorders (e.g. obesity, diabetes, multiple sclerosis, rheumatoid arthritis, heart complaints) and wanted specific advice. It must be emphasised that such advice can only be given by professionals after personal examinations. Generalised statements about the relevance of veganism to these disorders are being prepared. They will be sent in return for a 10p. stamp (not SAE) and will be suitable for discussing with orthodox doctors.

Those who want such advice from other than orthodox doctors, should write to the Nature Cure Clinic, 15 Oldbury Place, London W 1. Patients are seen by qualified doctors (one is a vegan) and charged according to their means.

A change to whole fresh foods, such as most vegans use, can only lead to an improvement in general health and thus alleviate suffering. Moreover, the positive attitude to life that comes from serving a worth while cause, as far as one is able, also brings improved health.

BE A JOURNAL SUBSCRIBER IF NOT A MEMBER. £1 yearly

Extracts from Some of the Letters Received

Some of the most moving letters received were those that spoke of personal experience of cruelty in the dairy industry.

"I am a farm worker and have seen most aspects of British farming. I have worked principally with cattle because the animals fascinate me. I will go so far as to say "I love cattle". I think they appreciate my affection for them. The way a cow cries out for its calf when they are forcibly parted is heart breaking. She often cries literally for days on end. Cows sincerely do love their babies, perhaps even more than some human mothers."

"My job was to milk the cows. One day, a young calf was born and sent to the slaughter and it upset me so, I left."

"We have lived for the past two years on a dairy farm and this has certainly opened our eyes about the treatment of animals. We see the tiniest little calves fed from automatic feeders while their mothers are in the milking sheds. The bull is chained up all the time and never gets out in the fields."

"I have lived near dairy farms and been utterly saddened by the cries of the poor cows when their babies have been taken away - and seeing them going round and round the field looking for them."

"I work on a farm as a herdsman and for me to take a calf away from the cow is very degrading."

Some spoke of the waste involved in animal products.

"As you said on your T. V. programme, the wastage of grain, root crops and generally good productive farm land is really appalling. The farm I work on consists of 600 acres of potentially very fertile warp land. It carries 250-300 beef cattle on approximately 125 acres of the 600. Most of the 125 acres is grassland, part is barley and root crops, all for cattle fodder. Just think how many humans could be fed off 125 acres. With good farming practice, this land would produce 430 tons of wheat or 2,000 tons of potatoes. By growing the right crops, soil structure can be maintained and improved without livestock."

"Here in rural Herefordshire, home of the beef animal, I am particularly conscious of the excessive breeding of farm animals. Every farm has its sheep and cattle, and, yearly, hedges and woodlands are being lost to provide yet more room for animal rearing. Most of the grain grown goes to feed beef and lamb."

Other writers expressed thanks for the enlightenment the programme had brought.

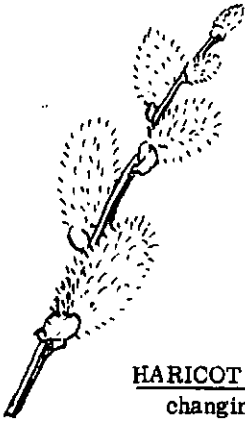
"Thank God I saw your programme because I am a great lover of animals and haven't eaten meat for years, but I didn't realise about milk....."

"I am saddened to think of the suffering I have contributed to in my 42 meat eating and milk drinking years."

"I, too, never knew that calves were slaughtered so that I could have milk."

Continued on page 18.

Springtime Menu



SAVOURY RICE. Simmer 8 oz. rice, preferably brown, until tender and nearly dry (approx. $1\frac{1}{2}$ pts. water - 45 mins.) Fry 8 oz. onions in 2 oz. oil and stir into rice with a good dstspf. Barmene. 2 tblsp. raisins may be added.

SAUTE ROOT VEGETABLES. Cut mixed root vegetables (carrots, swede, parsnip, turnip) small and cook in heavy lidded saucepan over medium heat with enough oil to coat and prevent sticking. Shake frequently and serve immediately. Cooking time 10-15 minutes.

HARICOT BEANS. Soak 8oz. beans for at least 12 hours, changing water frequently. Simmer until really soft.

GREENS. Slice greens - preferably dark - thinly and drop into pan of about 1 inch depth of rapidly boiling water, putting stalks and toughest parts in first. Keep lid on, simmer until tender - about 5 mins. Do not over cook. Keep any remaining water for soup stock.

FRUIT SALAD. Slice grapefruit and banana, pear or apple into small pieces and mix with chopped dates.

CASHEW NUT CREAM - made by whisking grated cashew nuts with water and a little oil.

EASTER BISCUITS

Mix 4 ozs wholemeal SR flour, 4 ozs rolled oats, 3 ozs currants, 1 oz spice & salt to taste. Stir in 3 ozs oil mixed with about 4 ozs water to make a stiff, spreadable mixture. Water needed varies according to flours; the less water, the crisper but more likely to crumble. Spread into oiled baking tray and cook for 40 mins at 300° . Cut into squares while warm.





LEEK SOUP. Stew outer part of 1 lb leeks until tender, liquidise or sieve with 4 oz cooked potatoes. Add vegetable stock or water to desired thickness. Stir in a little oil and Barmene to taste just before serving.

LENTIL PATE. Simmer 8oz. red lentils in pint of water until soft, about 20 mins., stir in 2 oz. wholemeal bread crumbs and chopped fresh mint or dried herbs, salt or yeast extract and oil (dstsp.) to taste. Leave to set and serve cold with salad. (N. B. Green lentils need pre-soaking and longer cooking.)

SPRING SALAD. Slice very finely the leek hearts, mixed greens, (preferably darker) new growth of sprouting brocoli, sprouts or sprout tops, spring greens, sorrel, landcress, chickweed, dandelion, celeriac, comfrey. (See "Saladings" by Mabel Cluer, Publications page.) Mix with finely grated carrot, chopped cooking apple and sultanas (preferably soaked). Serve with homemade salad dressing made by whipping oil with equal amount of lemon juice.

WHOLEMEAL BREAD. (See Vegan recipe books)

APPLE CRUNCH. Place 1 lb. sliced apples and 3 oz. raisins in layers in a pie dish. Top with 4 oz. porridge oats (or other flaked cereals) that have been stirred up in 2 oz. oil. Cook for 30 mins. at 300 F.

PLAMIL CUSTARD. Mix heaped tblsp. custard powder with 2 tblsp. Plamil. Pour on $\frac{1}{2}$ pint of boiling water, stir to make thick custard. Beat in cold Plamil and sugar to taste. Should not be necessary to return to pan to thicken. If Plamil is cold from the fridge, warm before stirring in powder by standing in bowl of hot water.



N. B. Quantities needed vary greatly. The main dishes give 4-6 good portions. 'Left-overs' make good sandwich fillings.

In planning the menus, attention has been given to balanced protein and to vitamins and minerals, especially Vitamin C and iron which people seem to need especially in the Spring.

Sorrel (a perennial), land cress and leeks are easily grown in small gardens and are an especially good standby in early Spring. There is still time to sow some for next Spring.

Barmene, a yeast extract like Marmite, is produced by Mapletons and can be bought at Health Stores. It is included frequently in vegan recipes because a teaspoonful daily will meet recommended B12 intake.

"I suppose common sense should have told us that to produce milk the animal must be pregnant at frequent times but, until seeing the terrible situation as it is, we didn't realise we were supporting animal cruelty by using cheese and milk. We felt terribly sick and had to write to you for help."

"One likes, of course, one's chocolate and ice cream but to pander to these likes at the cost of such suffering on the part of harmless creatures seems a mean thing to do."

"One day, the majority will take your attitude and this will be another great step towards a better world."

"Like the majority of people, I knew these things have to happen if we eat animal products but we choose to ignore them for our own peace of mind."

"Your programme coincides with a deep desire on my part to end all this killing, both animals and men, both physical and spiritual."

And there were "Evas", too, among our viewers.

"Never again will I eat or drink animal produce of any kind. Please send me details before we starve."

"My son of 13 years of age has, since that moment of seeing your programme, refused to eat almost everything that once constituted his main diet. Please help or I am going to have a sick child on my hands."

"After watching your programme, my husband has also decided to eat no more meat."

"The cow and the calf was enough for me. My husband couldn't understand why there was no extra pinta next morning. He thought the wind had blown his request away!"

"Since seeing your programme, we've managed the transition to a largely vegan diet."

There were compliments not just about the programme but about the sort of people vegans seemed to be. One was so reassured that he joined the Society at once.

His letter expressed very aptly the ideas that the Council had decided to try to propagate through the programme - "My interest in veganism started in two ways: first - a realisation that we cannot go on exploiting our planet the way we do, and second but equally important - a realisation that one debases oneself to a point of insensitivity by exploiting animals. Later, I became aware that, although I felt much healthier as a lacto-vegetarian than as an omnivore, something was still missing, namely a clearer conscience and optimum health. Therefore, about a year ago, I became a vegan since which time I have felt so much healthier and much more at peace with the world."

If each viewer who responded can nurture and spread the ideas to the best of his unique abilities and opportunities, then the Vegan Society's 'Open Door' programme could mark a milestone, not just in the growth of a small Society, but the prevention of suffering of helpless creatures and the making of a happier world for all.



PROBLEMS



What can we eat - drink - instead? What about the children? - and our social life? Where can I buy all the special foods? Isn't the diet expensive? Isn't it fattening? How about pets?

Many of the letters received asked for help with problems that loom large for people first confronted with the challenge to live the vegan way. Answers to some are given in our "Introduction to Practical Veganism", "Pioneers" and "Vegan Mothers and Children" (see Publications page). Others are printed below and we plan to have a "Problem" page in future Journals so please send contributions.

WHAT CAN I HAVE INSTEAD OF MILK?

This is the problem that seems to loom largest for most people. There are now four brands of plant milk obtainable in this country all made largely from soya beans - Plamil, Granogen, the new Itona product and Velactin. The first three are obtainable at Health Stores of which there are now over 600 in the United Kingdom but unevenly distributed and far away from some of our inquirers. Velactin can be obtained through Boots, demand being made usually for babies who cannot take animal milk. It is in powdered form and keeps well. They are all expensive as compared with cow's milk because the latter is heavily subsidised. It's worth writing to your M. P. and to Shirley Williams objecting to having to pay in your taxes for a product of which you disapprove while getting no help with an alternative. Plantmilks are much cheaper in terms of basic resources.

The company Plantmilk Ltd. was formed by vegans, to help vegans and is still run by vegans, and it produces vegan products only (see article in "What's Cooking?") Its product Plamil is well formulated to meet human nutritional requirements and is free of the hazards being more and more associated with cow's milk (see our leaflet). It is low in carbohydrates, is a good source of Vitamins B12 and D and calcium, has no cholesterol and no 'chemical' additives. It deserves your support to help maintain it as a vegan venture and it needs your support in these difficult days of constantly rising costs. Write to Arthur Ling, Plamil House, Bowles Well Gardens, Folkestone, Kent, about investing in the company. It's difficult these days to find 'clean' investment opportunities!

Granogen is becoming increasingly difficult to get. When, recently, we inquired the reason, we were told that it was produced in America and -

"soya products are badly needed in America for meat extenders and as animal feed." This and other factors made the price of soya products high and improvement in supplies could not be promised.

People will want to try the new Itona Bean milk. It is liquid like Plamil and some will find it more palatable. It costs much the same. It has no B12.

Finely grated nuts, or even heat treated soya flour, whipped up with water can take the place of milk and cream but they lack B12 and other supplements. Home-made cashew nut cream is delicious with fruit for a treat.

People who expect soya milk to taste like cow's milk are bound to be disappointed. Some like Plamil immediately, some find it distasteful, most could learn to like it with persistence. Palatability is mainly a matter of habit. Think of the struggle many had to give up sugar in tea and now they find even a trace spoils it!

Milk is not a necessary food at all past weaning age and it should be taken by babies direct from mothers of the same species. Adult dentition and digestive systems need solid food complete with roughage for their healthy functioning. People with disorders of the stomach and intestinal tract are now being given high fibre diets where once they were put on milk; and our over-refined, sloppy modern food is being blamed for much ill health.

Plant milks save the lives of babies with galactosaemia, they are valuable when breast milk is insufficient (it seldom need be!) and useful at weaning time. They are a pleasant and useful food for many adults but milks are not necessary - only habit and advertising make them seem so. If you can't get Plamil, learn to do without milk and milk products - you will be glad when you have managed it!

TEA AND COFFEE.

Many vegans use Plamil - (a larger proportion of Plamil will prevent curdling effect) in tea and coffee. Others find lemon tea or black tea and coffee pleasant (and socially acceptable!) Others learn to cut down on 'ordinary' tea and use herb teas, grain and dandelion coffees and fruit juices, or even cheap healthy, refreshing water! Have you tried hot blackcurrant on a cold night?

WHERE CAN I GET THE SPECIAL FOODS?

Many inquirers seem to think that veganism is only possible for those who live near Health Stores. Certainly many Health Store products are enjoyed by vegans. They are pleasant and convenient and are much appreciated by those vegans who like to open a tin or packet rather than depend on basics but they are not essential. In addition to Plamil; Soyolk, Barmene and the new T. V. P. meat substitutes are most useful.

'Soyolk' (and 'Hi-Soy') are heat treated forms of soya flour which are very useful for making vegan "cheese" and adding to soups and other dishes. Soya beans are a very good source of protein and other nutrients but they take hours of cooking. Insufficiently cooked soya beans and non-heat treated soya flour can cause violent indigestion so care is needed, especially with babies or those with weak digestions. Non-heat treated soya is cheaper and can be bought from whole-food and bulk suppliers and some Health Stores. It is all right for soups and other cooked dishes. It is possible that stirring non-heat treated soya flour into boiling margarine to make the vegan "cheese" would make it safe for most people. It seems all right for us and we would be glad if other people would experiment carefully and let us know how it affects them.

Barmene is a yeast extract, like Marmite, but is the only one that has an appreciable quantity of B12. You need a teaspoonful a day to get the recommended amount so, by using it to flavour vegan "cheese" and in soups, savouries and sandwiches, you can depend on it as your source of this essential vitamin. Other yeast extracts or other flavourings can be used instead. Marmite has an

insignificant amount of B12 in it. The manufacturers, Bovril Ltd., Southbury Rd. Enfield, Middlesex, might increase the amount if enough people wrote to them. Marmite is vegan though members might have reservations about supporting a firm so associated with meat products. I know of no food-producing firm save Plantmilk Ltd. that is completely vegan.

Failing Barmene and Plamil, B12 tablets can be bought at the chemist. Cytacyn by Glaxo is the commonest vegan one, some brands are not vegan. The B12 used in vegan pills is synthesised by a bacteria growing on a vegetable base.

T. V. P. The new textured vegetable protein foods are most useful to those changing from meat eating. Also, there are many tinned and packeted savouries based on nuts, whole cereals and beans to supply the main protein dish e.g. Savoree by Plantmilk Ltd. Consult the Vegetarian Handbook for lists of vegan brands. Besides lists of foods and other products both vegan and lacto-vegetarian, the book gives much useful information on: - societies, restaurants, hotels, curative establishments, Health Food Stores, organic growers, both at home and abroad. Price 89p. from us. We usually give up-to-date information in our Journals Omitted this time because of extra "Footwear" news.

CoffeeMate and Compliment are not vegan - they have vegetable fats but other animal products in them. We've complained in vain about the misleading labels.

Outline is vegan. The lactose in it is of vegetable origin. It can be bought in super markets. Tomor, the other vegan margarine, can be bought from Jewish shops as well as Health Stores. Van den Berghs make both so write to them at Burgess Hill, W. Sussex, if you have difficulty in finding a supplier.

However, it must be emphasised that if you take tablets for B12, you do not need 'special' foods from special shops so being miles away from a Health Food shop need not prevent you from walking the vegan way!

ISN'T THE DIET EXPENSIVE?

The opposite can be true. It all depends on how far you are willing to live on basics, how far you can grow your own food in gardens or on allotments, and on the availability of bulk supplies. (See next article)

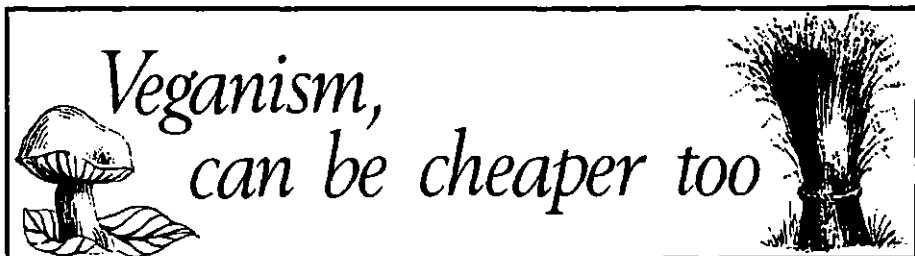
Bulk buying can cut costs a lot and we hope members will try to form bulk buying groups. We are collecting names and addresses of suppliers and will try to help you if you send a S. A. E. but we cannot guarantee that there will be a reliable supplier in your area yet.

ISN'T THE DIET FATTENING?

Most vegans are thinner than average so the vegan diet certainly need not be fattening. If you put on weight easily, we hope you'll enter the slimming contest (see page 8) We hope to produce our own leaflet soon.

FEEDING PETS.

Surprisingly, dogs often take readily to a vegan diet. There are Cruft champions vegan since birth. Cats are more difficult. We plan a leaflet on the subject. Give us a month or two.



Due to the high relative yields per acre of plant foods as compared with animal products, the vegan diet should be an economical one. We have been vegans for about ten years and we have learned to take advantage of this fact. We (two adults and a one-year-old) feed very well on less than £5 a week at this time of year. It is less at other times when vegetable prices are lower and the garden (200 sq. yds.) contributes more.

Here are some details of how we manage: -

Bulk buying reduces costs. Much of vegan food stores extremely well. You waste less packaging and save shopping time. We share bulk orders with a few friends (not vegans) and store in the loft and a bedroom. There may be a bulk supplier in your district or you may be able to get your local shops to order for you. With our type of food, a deep freeze or even a fridge are luxuries we find no need for.

Storable Foods. We usually have a selection from the following. The variety is wide and it is quite cheap considering the quantities needed.

Grains: Wheat, barley, rye, groats*, oatflakes, millet, rice; wheat flour, bulgar buckwheat, popcorn. * Groats are oatgrains roasted during husk removal.

Pulses: Tick, haricot, butter, crab eye and soya beans; soya flour. Split peas, chick peas, whole and split lentils, mung and aduki beans (for sprouting but sold for cooking).

Dried Fruit: Apple rings, dates, sultanas, raisins, bananas, figs, prunes, apricots, pears.

Nuts: Hazels, sunflower seeds, peanuts, walnuts, almonds, brazils.

Flavourings: Barmene, dried soups, curry powder, mixed herbs, celery seed, rosemary, basil, mint, dill, paprika, anise, carraway.

Preserving. It is usually possible to scrounge windfall or "non-keeping" apples, especially cookers. Better cookers keep in an unheated bedroom until May. Those with minor damage we core, peel and slice into rings. These can be dried to the consistency of leather(!) in a low "ajar" oven, airing cupboard, electric airer or over the back of a 'fridge, etc. Bananas, grapes, pears and plums can be treated similarly and will keep indefinitely.

Apples with more damage are mixed with sweeter ones and put in an electric juicer. The juice is brought to the boil and bottled in hot Kilner jars. This will keep indefinitely and is so tasty. It may be diluted before drinking.

We also bottle fruit (without sugar) when available. (Can you make jam without sugar, or dry vegetables?)

Food Preparation is simple and quick. It has to be with Jenny working part time, looking after the baby, doing the housework, garden, etc. Sometimes new recipes were not successful first time but a little experimenting put it right. You soon build up experience and rarely use recipes.

The oven is used once a week to bake bread and cake, roast some peanuts, sunflower seeds, etc. The bread keeps well for a week. Cooking for the evening meal takes about half an hour.

Rice, barley and groats are conveniently cooked by bringing to the boil and leaving to cool. Rye and wheat are best soaked overnight first.

The Vegan "Cheese" recipe in "First Hand: First Rate" can be varied by adding oil to make it spreadable. Different herbs and more or less Barmene also make variation. Peanut spread can be made by milling home roasted or bought peanuts and adding oil. Raw peanuts can be included, also herbs, soya, yeast powder, etc. for a change. The milling is done dry, using a liquidiser or coffee mill. You could try a mincer or rolling pin and paper. Similar nut spreads can be made using roasted sunflower kernels, hazel or raw cashew nuts. Most can be extended by adding oat flakes.

Mung and aduki beans, lucerne, grains, etc. can be sprouted in vented jars or plastic bags kept in the dark in a warm place. They should be soaked overnight first and rinsed twice a day (or more if very warm) to keep fresh - muslin over the jar neck helps. The sprouts are ready in 24 hrs. to a week, depending on temperature and type. They may be lightly cooked in stews or are very useful in salads, particularly this time of year.

Baby Food. Rosemary is a year old and has just started to eat more solids. We do not buy special foods for her and she eats much the same as we do, mashed if necessary. Until recently, she had mostly breast milk (on demand), fruit and a little bread. She now has only a little milk early morning and bed time but eats frequently during the day. She has muesli made with oatflakes and a little milled nuts or soya flour (heat treated type) and water, wholemeal bread with soya cheese or nut spread, cake and fruit, especially apples. As yet, she eats only small amounts of vegetables. She drinks a lot of water. Her own preferences have controlled her diet and the result suitably impresses the Welfare Clinic.

Typical Day's Menu. Breakfast: Muesli made with oatflakes, raisins, a few roasted or raw nuts or sunflower seeds, and water. This is a surprisingly tasty and creamy mixture and can be given a more chewy texture by using "jumbo" oats (large and coarse). Banana and apple.

Lunch: Homemade wholemeal bread with spreads (e.g. peanut spread, Barmene, soya cheese, sunflower spread). Raw carrot, celery. Fruit cake, apples (cookers - mellow now).

Dinner: Half grapefruit. Vegetable slaw with beans, carrots, leeks, sprouts etc., flavoured with Barmene. Rye grains (soaked and boiled). Grated carrot and apple salad with a little chopped raw leek, raisins and dressed with oil. Bread and spreads. Apple.

Drinks: Coffee, China tea, unsweetened cocoa (all black and very weak), grain coffee, water or apple juice.

Comments Cake and 'cheese' recipes etc. from "First Hand: First Rate"

We use no sugar not even to feed the yeast for bread. We find no need for plant milks although they were a useful reassurance as a standby for breast milk.

We use very few convenience foods and are trying to concentrate more on home or local grown foods. We avoid tinned foods. Our dustbin requires emptying about twice a year - we have compost bins and save paper. Again bulk buying helps.

You can see from the list of food and the cookery books that the variety possible in a vegan diet is simply enormous. Far from making a sacrifice on becoming vegans, we found that our food became even more pleasurable and we are still finding new variations now. We would love to learn from other people's experience.

Harold and Jenny Bland. March 1976.

PROBLEMS (Continued)

NUT GRINDERS and other APPLIANCES.

Nuts, of course, can be eaten whole, but ground they are more completely digested and they can be made into pleasant savouries and nut butters, creams and milks. Moulinex make hand-mills and electric (coffee) grinders that are obtainable in most hardware shops. Electric liquidisers will grind nuts, make breadcrumbs, as well as turning parts of vegetables and fruits often wasted, into soups and drinks. Sieves and pestles and mortars can be used by those without electric power.

FLATULENCE

Many people claim that 'beans give them 'wind'. We have inquired into this and were told that this should be a passing reaction - the body should adapt to deal with the chemical involved, much of which will soak out in water and can be thrown away - that beans should be very well cooked and eaten slowly, and well mixed with other foods. Common herbs, spices and vegetables, such as sage, onion, ginger, allspice, mace, pepper, aniseed, yarrow - are on the list of flatulence remedies. Try taking beans cooked with these according to recipes in our books.

PLEASE PUT ME IN TOUCH WITH OTHER VEGANS.

We try to do this so please write in. What we want is "live" people, in every area, willing to get local groups going. With all our new contacts from 'Open Door', this should be much more possible in the future and we hope to see new groups spring into life all through the country. Bulk buying can give them a practical base and we can supply literature and speakers. The BBC is going to give us a copy of the film and we hope to show it round the country. Concord Film Library has asked for another copy for their loaning service. We plan to sort all the 9,000+ letters received geographically so that we can inform senders of local activities. The 'Open Door' programme has opened up opportunities. We must all unite in developing them.

Kathleen Jannaway



Footwear News

by Eva Batt



Some years ago, although there were quite a few non-leather shoes for ladies in the shops, we were having difficulty in finding suitable vegan footwear for the men in the family. Now, 'the boot is on the other foot' as it were, for ladies' walking shoes in a good quality material like Porvair or Clarino are not so plentiful as they were but the men have a good choice.

JOHN WHITE Footwear for Men. We are pleased to be able to assure readers that this Company's NEW TOWN range of genuine Porvair (poromeric) shoes is still available. Made in sizes and $\frac{1}{2}$ sizes 6 - 11. Ask to see 5910p, 5912p, 5914p or 5916p in black; 5911p or 5917p in burgundy; or 5913p or 5915p in brown. All at £5.79.

BATA SHOES for Men & Boys. In the MARBOT range, the ESSEX and CONSUL models are being continued ("Vegan", Autumn '74). Also, a new PVC lightweight shoe has been added to the range of vegan shoes. In Men's sizes 6-11, Boys 10-5. Lace-up or slip-on nos. 821-4072, 831-4871, 3/421-4072, 3/431-6871.

Foam or fleecy lined DERRIBOOTS are all vegan and come in four styles and sizes for all the family. From Children's 11's to Men's 11's. Women's sizes 3-8. Vegan Shoes from CO-OP stores - for Men: ESCORT style nos. R11001 to R11006 and all styles in the DESIGN STUDIO range; Boys: ESCORT and MAVERICK styles; Ladies: SELENA styles - and for Girls: SELENA and SELENA TEENS - all models. All the above have uppers of SYNLON (a poromeric material). Pram shoes (sizes 1-6) all in the SKIPALONG range have simulated leather uppers.

DUNLOP CHALLENGER industrial boots - made to withstand all weathers and conditions, from mud, snow and oil to acid and general chemicals. These boots have non-slip soles, sponge insoles and extra flexible lightweight uppers.

NORVIC for Ladies. With the helpful co-operation of the manufacturer, we are able once again to list details of NORVIC footwear which would be acceptable to vegans. In the TOPFLITE range: SEDGLEY ladies ankle strap shoe with high heel in a choice of colours. Sizes 3-8. C fitting. CLARINO uppers. Nos. 3532G-3532P according to colour. Reminder: CLARINO is the brand name for a quality poromeric material.

All in the BIJOU range: MARINA, MELANIE, BELINDA, AVERIL, CAMILLA. These have $1\frac{1}{2}$ or $1\frac{3}{4}$ " heels and uppers of NORESSA in various colours and are lined with foam nylon for foot health and comfort. Sizes 2-8 C fitting. Nos. 3110F - 3118G. (My choice would be BELINDA, a smart T bar shoe with brogue type trim - a little more than the others in the group at £7.50).

In the CELEBRITY range: MARINA and AQUILA - high heeled sandals with CLARINO uppers in a choice of several colours. Sizes 3-8 D fitting. Nos. 1082F-1084W.

WINSTANLEY 'T' bar shoe in CLARINO with foam nylon lining. 2½" heel. Sizes 2-8 D fitting. Nos. 1094G - 1049P.

BOWSDALE - court style in 2-tone CLARINO. Foam nylon lining. 2" heel. Sizes 2-8 D fitting. Nos. 1106F-1106P.

WESTBURY. Open toe, sling back, court shoe. In CLARINO with foam nylon lining. 3" heel. Sizes 2-8 E fitting. Nos. 1124K-1124S according to colour.

CRAWFORD. A court shoe in CLARINO with foam nylon lining. 2" heel. Sizes 2-8 E fitting. Nos. 1134G-1134P. Also CLAREMONT similar to CRAWFORD - nos. 1138F-1138X. There are 3 other styles in the Celebrity range which are also made with leather uppers, so check the style number carefully when buying a pair of either of the following: -

STANFIELD Court shoe in CLARINO. 2" heel, sizes 2-8 D fitting. Foam nylon lining. Nos. 1104F-1104K only.

BOSWELL Court style with attractive toe trim. In beige CLARINO grain. Foam nylon lining. Sizes 2-8. 1¾" heel D fitting no. 11089 only (other nos. will have uppers of kid). INGHAM Similar to BOSWELL with 2" heel. Nos. 1112F-1112K only.

Ready for Spring and Summer - DUNLOP "LOVERS" - those comfortable, light-weight PVC shoes are now made in children's sizes also. All have either straps or laces, in sizes ranging from Infants' 4's to Juveniles' 12's. In dark red, tan or brown. Ask to see KABARA, KABUL, KAJAN, KALSO, KALIMA or KASSA. In the Women's sizes of "LOVERS", the range now includes a choice of 3 heel heights and 7 colours. The models currently available are LEDBURY, SIKKIM, SAUSA, SONG (very low heels), SYDNEY, SARAKI, SEBINA, SECLIN (approx. 1" heel) and SAMARA, SONORA, SABAK, SURA and SULITA with a little more heel. All come in sizes 3-8.

CLARKS of Street for Ladies. Some of the CLARKS shoes are made with simulated leathers. The ones to ask for are those with uppers of SUPPLON, TORLON or WEATHERSKIN. Better still the poromeric material TORMERIC.

For new readers - POROMERICS.

Shoes with one of the poromeric upper materials, such as Clarino, Synlon, Tormeric, Aztran, Kanebo Belesa, Xylee, Kaylin, hi-Telac, Tricor or the British made Porvair, are particularly recommended as these materials have the porous qualities of animal skin - often described as 'breathing', it is really the ability to absorb and distribute moisture laterally through the shoe, and to de-sorb efficiently. The evaporation of moisture vapour can take place up to three times more quickly through a good poromeric material than through leather, ensuring foot health and comfort. Since more than 30% of the body's perspiration takes place via the feet, this is very important.

In the Consumer Council tests on footwear, "Which?" reported that shoes with poromeric uppers were as good as any leather ones and sometimes better. Their researchers also found a higher proportion of splits in the uppers of leather shoes and, with regard to soles, the real leather ones wore least well in every case.

Send SAE for our Footwear leaflet.

SPECIAL FOOTWEAR OFFER TO READERS!

NOW... A marvellous way to help yourself AND your Society. Get your attractive, waterproof, comfortable, vegan footwear direct. These shoes are not in the shops but you can order by post, with confidence from 'Evita', 123 Baker St., Enfield, Middx. EN1 3HA, any of the following: -

1. A tie shoe for men with poromeric uppers in black or brown. Classic style. Sizes and $\frac{1}{2}$ sizes 6 - 11. £4.75 post free.
2. (Also for men). Casual shoe in black or teak. Sizes and $\frac{1}{2}$ sizes 6 - 11. £4.45 post free.
3. Ladies' Casual tie shoe with low heel, broad fitting and foam lined for extra comfort, in blue or tan Rub-Off. Sizes 3 - 8. £3.25 post free.

Send SAE for illustrated leaflets and order form.

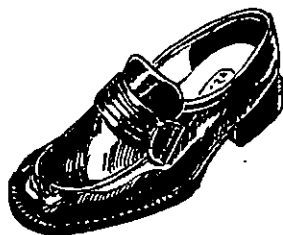
But how will this help the Society? 'Evita' will donate 50p from each pair sold, to the Home for Elderly Vegans Fund. So get busy and make this fund raising venture a great success!



Nos. 118 & 119
Ladies blue & tan Rub Off



Nos. 003 & 004
Tie shoes in black or brown.



Nos. 208 & 209
Casual in Black or Teak.

Book Review

FOREST FARMING by J. Sholto Douglas & Robert A.de J. Hart, Watkins, London.

This is a most important and timely book, written in a most readable and lively style and packed with useful information. It will disappoint vegan members in that it recommends tree products for use as fodder in 'livestock' rearing as well as for feeding humans but the whole portent of the book underlines our claim that "a vegan culture is a tree culture". £3.85

On trees as much as any other single factor depends the successful accomplishment of the supremely important task of our generation - the evolution of a life style that is obtainable by all the world's people and sustainable within the natural cycles of the planet. Trees can supply most economically in terms of both land and labour the food and many other essentials that man needs and, at the same time, help to preserve the ecological balance that present violent methods in both agriculture and industry are destroying. The book will help all to answer authoritatively the question "What about the land not suitable for plant crops?" and also help those who have any land to use it more productively.

K. J.

HELP BY BECOMING A JOURNAL SUBSCRIBER. £1.00 yearly.

Party

AT THE ENFIELD BOUTIQUE

You are cordially invited to a PARTY and MINI FASHION SHOW of BEAUTY WITHOUT CRUELTY simulated furs and pure, animal-free cosmetics on Wednesday, 28th April, at 123 Baker St., Enfield, Middx. EN1 3HA

2 pm Reception. At 2.30 pm, the FASHION SHOW will be opened by

Princess Alexander Galitzine.

Followed at 4 pm by light refreshment and an opportunity to try on coats, cosmetics and footwear. Everything will be on sale so bring your largest purse and enjoy this opportunity to support the work of this Charitable Trust and your own Society in this pleasant way.

Tickets £1 from the Boutique.

Postal applications for tickets must be in by April 14th. Should seating be over-subscribed, your money will be refunded, unless you suggest otherwise, and you will receive prior notice of any future 'happening' at Enfield.

IN STOCK at the ENFIELD BOUTIQUE AND BEAUTY BAR: All Beauty Without Cruelty and other humanely produced Toiletries, Soaps and Cosmetics; books and leaflets; 'Plus Chammy'; vegan artists' and paint Brushes; Tea-towels, dusters, household Soap; Plamil and Plamil Chocolate, etc.

The BOUTIQUE is 6 mins. walk from Enfield Town Stn. W8 'bus passes the door. It is OPEN Monday, Tuesday, Friday and Saturday - 9.15 am - 5 pm. (or at other times by appointment. Ring 01 363 2982)

If you CANNOT CALL, send large SAE for Brochure and Price List as a MAIL ORDER SERVICE has been introduced.



HEAVY HORSE PRESERVATION SOCIETY.

Since the onset of farm mechanisation, 99.9% of our farm horses have been slaughtered and, their employment being considered uneconomic, the slaughter still continues.

The Heavy Horse Preservation Society begs for donations for a rescue fund to buy and care for a few of the survivors. Gifts of jewellery, old coins, used stamps or anything else for sale in the Society's shop are also most welcome.

So far, the Society has bought eighteen horses. This is the final hour of need for animals that have served us all so faithfully and so well. Help is now urgently needed and deeply appreciated. R. G. Hooper, Treasurer, Heavy Horse Preservation Society, Old Rectory, Whitechurch, Salop.



Now - you need never run out of Vegetables

GLANVEG

A new range of fine quality dehydrated vegetables that are easy to store, easy to carry, and have an exceptionally long life, and so save wastage.

MIXED VEGETABLES

GARDEN PEAS • SLICED ONIONS

SLICED GREEN BEANS • APPLE FLAKE

Each vegetable is dried by a special process to preserve its flavour and quality, and is easily re-constituted by the simple addition of water.

No need for a refrigerator or

deep-freeze. Simply store in a cupboard and use as required - in or out of season. Ideal for campers and caravanners.

In sealed packs - from Health Food Stores.



Distributed by
MODERN HEALTH PRODUCTS LTD.
for Metabasic Products Ltd., Davis Road, Chessington, Surrey

PUBLICATIONS by the Vegan Society

HELP TO SPREAD VEGANISM by buying them for YOURSELF and
YOUR FRIENDS.

INTRODUCTION TO PRACTICAL VEGANISM 25p.

What's Cooking? 3rd Enlarged edition £2.20 - selling faster than ever!
Extra page of kitchen hints & 2 pages of shopping advice.

The unique cookery book by Eva Batt. Over 270 vegan recipes and valuable information and advice. Written with such vitality and clarity, humour and commonsense that it is a delight to read and own.

First Hand: First Rate 40p.

A recipe booklet especially written for those seeking to live as far as possible on food they can grow themselves.

Vegan Mothers and Children
35p.

Accounts by 10 vegan mothers on bringing up children the vegan way.

Pioneers of the New Age
30p.

Accounts by 12 vegans of long-standing on how they fared through the years.



In Lighter Vein 59p.

A collection of verses by Eva Batt. Humorous but pervaded with compassion for living things. Attractively illustrated by Jill Bennett.

Saladings 61p.

Attractive booklet on choosing and using the fresh foods around us. Written and illustrated by Mabel Cluer.

QUARTERLY JOURNALS 25p. Membership £1.25 (special rates for young & retired)
Also, pack of leaflets on many aspects of the vegan case 10p.

BUY AS MANY AS YOU CAN AND HELP THE FUNDS. All prices include p & p.

Fill in this coupon and send with cheque/P.O. to 47 Highlands Rd. Leatherhead, Surrey
I enclose p for

.....
Name.....Address.....

ACCOMMODATION.

CLIFTONVILLE, MARGATE, Kent. Holiday flatlets to let very near sea. Send SAE for details to [redacted] or 'phone (0843) 20535 Linda Emptage.

~~DEVON - Ilfracombe - Fairwynds - Vegetarian Guest House offers healthful~~
holidays with natural, whole foods, compost grown produce and home baking.
Vegans are welcome. Elizabeth Burton, (V. C. A. member) Tel. 62085.

DUBROVNIK. Animal lover offers hospitality in return for help in house and garden. Paying guests welcome, also. Lowne V., Bukovca 1, Dubrovnik.

FOLKESTONE. Holiday flatlet for two. Self-catering. Comfortably furnished. Mrs. R. Allen, St. Francis, [redacted], Tel: 0303 56327.

ISLE OF WIGHT. Marilyn and Terry, 'Oatlands' Copse Lane, Freshwater, I. O. W. Vegetarian Cooking. Vegans catered for. Children welcome.

LOOE. Vegans and Vegetarians catered for. Children and pets welcome. Overlooking beach and town. [redacted], Tregarland Guest House, East Cliff, East Looe, Cornwall PL13 1DE. Tel: Looe 3420.

NEWQUAY. You are welcome to stay in the comfort of this small cottage by the sea and to have vegan or vegetarian breakfasts or evening meals (max. 3 guests) Miss Doney, [redacted], Newquay, Cornwall TR7 1EZ.

~~PERTSHIRE. Brook Linn, Callander. Vegetarian and Vegan meals carefully pre-~~
pared and attractively served. Comfortable Guest House - near Trossachs and Western Highlands. Mrs. M. Choffin. Tel: Callander 30103 (STD 0877)

SOUTHBOURNE-ON-SEA. 'Reveille', 7/16 Stourwood Ave., Bournemouth BH6 3PW. Tel: 0202 421279. Run by a dedicated vegan especially for vegans but vegetarian would-be vegans welcomed and catered for. SAE for terms and details.

~~LLANDUDNO, KILDARE VEGETARIAN GUEST HOUSE - vegans welcome,~~
food reform, fresh fruits, vegetables, salads always available. H&C, electric fires all bedrooms. SAE please for brochure. Mr&Mrs. Usher, [redacted] LL30 1PP. Tel: 0492 77938.

Several of our members have written in to say how happy they were staying at the Carlton Court Holiday Flatlets, 428 Christchurch Rd. and 'Tall Pine' Private Hotel, 3 Walpole Rd., Boscombe, Bournemouth, for the Autumn Meetings last year.

* CORNWALL. *

'WOODCOTE', THE SALTINGS, LELANT, ST. IVES. Tel: Hayle 3147.

Vegetarian / Vegan Holiday Centre overlooking Hayle Estuary

C. H. and H&C in all rooms.

SPIRITUAL HEALING by arrangement
(John Blackaller N. F. S. H.)

Brochure, etc. from Vegan Proprietors - John and Miss Hazel Blackaller.

BEAUTY

WITHOUT CRUELTY

Fragrant Flower Creations FOR VEGANS . . .

PERFUME : ROSE PETAL SKIN FRESHENER
AVOCADO SATIN LOTION : PINE FOAM BATH
LOTUS FLOWER SHAMPOO : NAIL LAQUER
TOILET SOAPS : DEODORANT : HAND LOTION
FACE POWDER & TALCUM
CUCUMBER CLEANSING MILK.

Obtainable from Health Stores or Beauty without Cruelty Boutiques in:
LEEDS . LONDON . EDINBURGH . DUNDEE & STANFORD
(Lincolnshire)

THE PERFECT VEGAN FOOD

ITONA TVP

(TEXTURED VEGETABLE PROTEIN)

Available in $\frac{1}{2}$ lb packs which, when reconstituted with water, make $1\frac{1}{2}$ lb of nutritious vegan food. It has excellent texture and biteability and comes in three varieties giving taste and particle size variation. It gives 50 per cent protein at 6 per cent moisture and a fat content of only 1 per cent.

As well as being a staple for vegan diets, it is also invaluable in 'change over' diets and in influencing your meat-eating friends. This because Itona TVP is a food of great versatility and can easily, conveniently and inexpensively be used as a substitute for meat in many traditional meat dishes.

ITONA TVP FROM ALL HEALTH FOOD SHOPS

**ITONA PRODUCTS LTD., LEYLAND MILL LANE,
WIGAN LANCs.**



RESTAURANTS

WILLIAM BLAKE HOUSE, MARSHALL STREET, LONDON, W.1
CRANKS IN HEALS, 196 TOTTENHAM COURT ROAD, LONDON, W.2

PLAMIL Vegan range:

PLANTMILK (dairy milk replacement)

DELICE (cream replacement)

SA-VREE (for savouries, soup base,
sandwich spread)

CULINARY HERB PACK and ever
popular **CHOCOLATE**

PLEASE place a regular order with your HEALTH STORE
to ensure these vegan products being in stock.

For literature (SAE please) write:

PLANTMILK LTD.
Plamil House, Bowles Well Gardens, Folkestone