

No. 1

SEPTEMBER 1966

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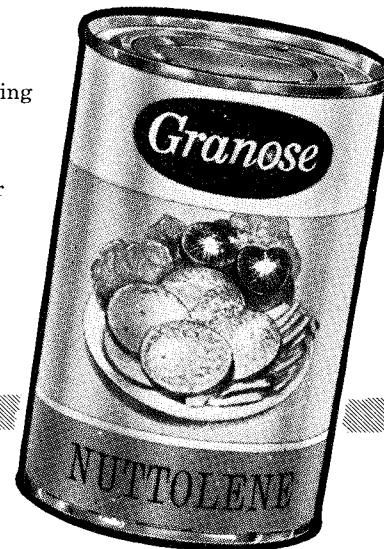
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The Official Journal of the Jewish Vegetarian  
and Natural Health Society

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Brochure from  
Mr. & Mrs. M. Golding

## The Road Back

*From the Editor's Chair*

Not without a modicum of pride do we set sail on our outward journey. The tide is flowing, the winds are set fair and we fear not the storms or perils that lie ahead. Certain it is that we shall not veer from our predetermined course of truth and honesty of purpose. May God speed our venture and may we ne'er be becalmed in the vast sea of apathy and ignorance with which we are surrounded.

This journal will at all times carry the message of the Jewish Vegetarian Society, but within this sphere, divergencies of opinion and the widest expression of views will be encouraged. Some have queried the necessity for the Society, but the enthusiasm and interest which it has aroused has proved the need. Jewish people have many special traditions and problems that can be of no interest to a general society. Dietary peculiarities in cooking and the aspects of everyday life related to the Torah, call for specialised discussion and examination. We also work in close co-operation with the Israel Vegetarian Union, our joint plans for vegetarian tourism, the assistance we have been able to give the International Vegetarian Union for a World Congress in Israel, and other factors, could hardly be undertaken by a general society.

It should not be forgotten that the first laws giving rights and protection to animals were contained in the Mosaic code. These enactments (along with many others) set the pattern for World

humanitarianism, the force of which is not yet spent. Even today few remember that in the Ten Commandments itself, the Sabbath Day belongs to the ox and the ass as well as to their masters. "To man and to all creatures have I given a living soul." Here then is the basis of our idealism and the guide to our relationship with our fellow creatures. There is no doubt that it has had a profound effect. Hunting and other forms of cruelty are unknown among Jewish people and it is inspiring to know that there are more than 90,000 vegetarians in Israel with settlements, fine guest-houses and animal welfare societies in the main centres. Indeed it is a sad thought that Israel is the only country in the whole of the Middle East where any such movements exist.

Science, technology and mathematics have brought with them undeniable material benefits, but whether we are being led along the road to fulfilment or annihilation is another matter. Spiritual and material progress do not seem to go hand in hand, on the contrary, the greater efficiency and refinements are applied to cruelty and enmity. Modern knowledge has revealed that there is absolutely no need to continue in our predatory habits. In Britain alone six hundred million highly developed sentient creatures are brutally slaughtered, in addition to an even larger number of birds. The screams of terror from 4,000 slaughterhouses in these islands rend the

peaceful countryside day and night, year in and year out. Concealed in remote places where the eyes of the population cannot see the terror, and where their ears cannot hear the cries for pity. To what avail? The camouflage of respectability will not hide the shame. The remoteness of the abbatoirs or the arrival in the supermarkets of these drug-laden remains, neatly packed in cellophane, will not absolve the participants. The full penalty must be paid; the product of the batteries and machine farms must be bought with ever-increasing degenerative diseases, whilst thrombosis strikes ever speedier, and younger grow the victims year by year.

Obviously we are progressing in the wrong direction. Bounteous nature provides her abundant variety of delicious and health-sustaining products to cleanse the body and mind, building physical and mental power and prolonging life and youth; the joy of unlimited adventure in food and thought; the freedom to travel the world over, untrammelled by the unfit and danger of a flesh diet, and the co-operation and friendship of similar-minded people everywhere. Peace and harmony of spirit will enable

one's children to fondle their pets without the conflict of thought that they will shortly be eating of its kind.

To reach this promised land, we must take the road back, back to the garden existence when 'the green herb of the field and the fruit of the tree' were ordained as man's natural food, and where he was able to comprehend his Maker undivided by violence and bloodshed. The road back may be a long one but it is the only one which leads to complete harmony and peace among all creatures and the regaining of the spiritual force which man originally enjoyed. This way and this way only shall we regain our Eden, the fiery swords shall be removed, the finite and the infinite shall again be reunited.

All over the world Jewish people will assemble for the inauguration of the year 5727 to acknowledge their Creator and to seek compassion for themselves and their families in the year ahead. 'When you cry unto me I shall not hear, your hands are full of blood.' May we not expect our prayers for compassion to be answered, if we too have shown compassion to our younger brothers and sisters on the lower rungs of the ladder of life?

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Extract from "Sunday Telegraph"

KEEPING DRIER IN THE RAIN

By Our Science Correspondent

Mathematical rules have now been devised to allow pedestrians to remain as dry as possible when caught in a shower of rain. The calculations were reported in "Nature" yesterday by Mr. M. Scott, a mathematician at Durham University.

"When walking into the rain one should lower the head and walk as fast as possible.

When the rain is coming from behind one should either walk forward leaning backwards, or backwards leaning forwards, at a deliberate pace. These methods guarantee a moist rather than wet walk."

(More likely to guarantee a fall down a hole.—ED.)

## Look to Your Health

### No. 1 — The health way

We visited a friend last week in Harpenden, Herts, who lives in a house in Topstreet Way. The street is at the top of a hill, hence Topstreet. But why Way? Our hostess explained that Way means a road carrying through-traffic. Topstreet Way. Simple, expressive and quite delightful. Later, recalling that visit—the hostess who was instrumental in my studying Naturopathy, the journey home tree-lined, green and fresh, the sky glowing with evening subtlety—I found myself substituting the word Health for Topstreet. It seemed a reasonable substitute.

We are all on the Way. A part of the through-traffic of Life. Traverse it the Topstreet Way. The Health Way.

A bit fanciful, perhaps. Like a poster for British Celestial Roadservices. It reminded me, too, of an occasion in the West Country when I was being shown to a room I hoped to occupy for a few days. It was over a Chinese Laundry. As we climbed higher up stairs that diminished in width as they grew steeper, the good lady of the house asked each time we paused for breath: "Is too top? I hope you like. I hope is not too top?"

I have discovered, since, that in health matters one can never be too top. How many people, on the contrary, seem constantly to be (with apologies for an unintended double-entendre) too bottom? At best, never ill but never really well; at worst, chronically ill and dragging their way through life.

Health should be a birthright. It is common knowledge that no animal, human or otherwise, is born without the urge to survive.

by Joseph Goodman,  
N.D., D.O., M.B.N.O.A.

Furthermore, it comes into the world equipped, to a greater or lesser degree, with the means of ensuring that survival for a greater or lesser period of time. I choose to designate the term *Health* to that state of being, during which the means to survival are neither obstructed nor suppressed.

If it can be accepted that the means of maintaining life are correct nutrition, exercise alternating with ample rest and sleep, dynamic posture with a mobile spine, fresh air and sunlight, and an optimistic outlook, then it is reasonable to suppose that absence or distortion of these factors will be an obstruction to the essential process. Poor nutrition, inefficient use of nerves, muscles and joints, overindulgence in enervating habits, bad ventilation, and all the negative emotional responses that stem from fear— anxiety, envy, anger, intolerance, hatred—all or any of these can result in enervation, impeded elimination of waste products and eventually disease.

Disease in this context is not an entity. It cannot appear or exist on its own without cause, without some relation to obstruction of the vital power of self-preservation. And, equally important, when it does appear *it is the cure*. In other words, the body is doing something about its lack of health. It may be protesting by signs of discomfort; it may be scolding a warning by means of pain; or it may be eliminating its disease by fever heat, or skin rash, or cough, spit, or vomit, or by diarrhoea, or by catarrhal discharge from any mucous membrane. The body is doing something to right a wrong and, in most cases, the attempt

is successful and well-being follows. Well-being will then last for as long as enervating habits are avoided.

But, supposing the self-healing process is not allowed to perform unhindered? Supposing it is suppressed by pain-killing potions, or fever-reducing drugs, or continuance of eating when there is no true appetite, or any of the countless remedies designed to stop diarrhoea or halt a cough or kill a "bug"? The answer is that there will be further attempts at self-healing so long as the vitality remains adequate but eventually chronic breakdown of function will occur. Then can we say that the way is no longer the Health Way. The road back to health becomes less simple, more arduous, more demanding of self-discipline. Even then, it is infinitely rewarding when traversed.

Of course, the picture given above is only a simplification of the processes involved, the wondrous interplay of nervous, endocrine, structural, respiratory, circulatory and genito-urinary systems of the human body. And, of course, it does no more than touch on the larger issues, those that are more than the personal

ones of to-be-or-not-to-be. I refer, for example, to respect for other lives than your own. Lack of compassion, whether it is for animals whom you would eat, or for people whom you would destroy with guns or bombs or humiliation because their policies or religion or colour differ from yours—lack of compassion is surely one of the greatest obstacles or obstructions to the healthy urge for survival.

Next issue—"Letting Go".

Readers' health queries answered Sir.—Why do some authorities insist that the Vegetarian dietary compares unfavourably in food value with that of meat eaters? L. Fenton, South Hill Park, N.W. A: A vegetarian dietary provides all the essential requirements for healthy nutrition. The reason it sometimes fails to do so is that too many starchy and/or sugary foods are taken without regard to their lack of nutritive value. The person who makes up for lack of meat by having bread, baked beans and spaghetti as staple diet is doing both himself and the vegetarian movement a disservice. There are many who do so.



Ever since the luscious days of Eden the promised thorns and thistles have flourished on the land whilst with bent back and sweating brow, the descendants of Adam have wrestled with the cursed earth, compelling it to yield up its begrudging and often meagre sustenance. But with the artifice inherited from that far-off and potent mouthful of the luscious fruit, the contemporary Adam has exchanged the bent back for a corpulent front, the sweating brow for a racking headache and the thorns and thistles for buff-coloured Inland Revenue forms. Having made the exchange, however, he must now endeavour to enjoy this other Eden with the little time and energy remaining. This then will be the object of our column, to reap a small share of good health and enjoyment that only a garden can give and which today is irreplaceable. Whether the plot be a window-box or five acres, good practical and down-to-earth advice will be given for the man who doesn't know the difference between an Eschscholtzia PAPA-veraceae and a daisy.

There are three basic principles:—

1. There must result some fresh produce, however small, to counteract the poisonous and emaciated supplies of food normally eaten.

## The Lazy Gardener

2. There must be design to produce beauty and an atmosphere of relaxation.

3. There must be conservation of the soil.

With the over-riding consideration of time saving, we must first look at the front garden. What purpose does this serve apart from keeping the house back from the road? One cannot disrobe and sunbathe without rude remarks from small boys in the street and if you attempted to grow vegetables therein, one's neighbours would probably make life unbearable. So it must go. Crazy paving is expensive and the best way to handle it is to lay random (i.e. different sizes) paving stones of two shades to a pattern. "Neolite" is one of the best and if laid on a mixture of dry sand and cement, a ratio of, say, eight to one, the job should prove quite inexpensive. The paving stones cost about 12/- per yard. A more severe treatment could be achieved with square paving stones. The whole should be relieved by allowing some small spaces for alpine shrubs, and if greater privacy is required, a yew hedge (or a row of slow growing cypress) to front the road. In the latter case, Irish Yews are very similar to the Mediterranean cypress and are a very good species. (These should not be confused with Irish Yews which are also a very good species.) Yews have not been used in the past very much because they are poisonous to cows, but these days you won't find any wandering along the North Circular Road chewing the hedges. They thrive almost anywhere, are most artistic and involve no work. Twice a year an application of sodium chlorate (about one ounce to one gallon of water)

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will keep all stonework permanently clear of weeds and grass and a quarter of an hour spent on this would deal with a very considerable amount of paving.

Although it appears to be a 'Minhag' that the wall between the dining-room and the lounge must be knocked down, it is not ordained (as most people seem to think) that one must have a semi-circular drive with a small semi-circular flower patch to match. This universal treatment shows a complete lack of interest or knowledge in expressing one's individuality through the medium of the garden and geometrical rows of small annual flowers is a design for a public park and not a private garden. You may think you have to live up to the Finestones by doing this, but to me the only reason seems to be that the wife is unable to reverse the car out from the drive.

This disposes of the front garden and before we enter the back, it is important to close off the side access with an attractive gate or door, not only to enhance the appearance but to ensure that

there is complete privacy. One should not economise on this item, preferably it should be in oak or painted white with antique metal studs; a semi-circular top furnished with a brick arch gives a satisfying finish.

In the next issues, we shall deal with the planning of a rear garden to provide a haven of repose and essential basic produce for the kitchen all on two hours a week. Lawns without tears, our friends the weeds and worms, the difficulties of clay soil and many other similar subjects will be reviewed, and the way of solving so-called problems as a happy and care-free hobby.

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*Queries of a general nature are invited and will be dealt with in this column. Technical queries, such as the yellow spots that developed on the leaves of the Angelonia that Hannah and Joe received for an Anniversary present, cannot be answered. We do not want to put the "Amateur Gardener" and other first class publications out of business.*

Dear Lazy Gardener,

I have a small area of earth on which nothing will grow. Can you advise me?

Yours faithfully, (Mrs.) J. Sacks.

*It appears that too much chemicals have been used at sometime and it has become sterile. If so, it is possible that this could remain dormant for some years. One method which has had remarkable success is to plant potatoes in the Spring, old ones left over in the kitchen and beginning to sprout are best. Cut them in half and plant them 1½ feet apart. This can have an immediate effect. You may also get a crop of good potatoes. Do not pull out any weeds which may appear.*

Dear Sir,

When my young seedlings come up how can I tell the difference between these and the weeds?

Yours faithfully, H. Cranstone.

*Pull them all up and those that grow again are weeds.*

Hendon, N.W.4.

Dear Sir,

The earth in my garden is heavier than the Lockshen pudding my grandmother used to make. Can you help?

Yours faithfully, (Mrs.) Hannah Goldstone.

*This problem will be dealt with in the next article.*

## The Ultimate Ideal

From Rabbi Joseph Rosenfeld  
(of the Sinai Synagogue, Golders  
Green)

The publication of a Jewish Vegetarian quarterly is a bold and courageous undertaking, and deserves the moral and practical support of all who wish to further and spread the ideal of vegetarianism.

It is but fitting that there should exist a Jewish vegetarian publication. The Old Testament, the cherished heritage of Israel, teaches us that the 10 generations from Adam to Noah, were commanded to use the herb of the field as their sole sustenance "Behold, I have given you every herb yielding seed which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed—to you it shall be for food". Gen. Ch. 1, V. 29.

But man was cruel and corrupt; he would tear a limb off of a creature and eat it, without even taking the trouble to kill it first. Thus, recognising the frailty of man, the Torah permitted the use of only a few types of animals, termed as pure, and devised a method of slaughter which caused the least pain possible.

However, the ultimate ideal of Torah, befitting a civilised

society, is that which is prophesied by Isaiah "And they shall beat their swords into plowshares, and their spears into pruning forks. Nation shall not lift up sword against nation. Neither shall they learn war any more". Isaiah Ch. 2, V. 4. The latter part of this prophecy can only be realised if the first condition is accomplished, namely, that ALL swords are turned into plowshares. History has taught us that wars are not stopped merely because we express abhorrence of it. As long as man is prepared to kill a creature in order to satisfy his bodily desires, he will also, if need be, kill his neighbour to satisfy his lusts. The messianic age will be with us, when ALL swords, those in use against man as well as against animal, are turned into plowshares, and spears into pruning forks.

Let us hope, therefore, that the humanitarian message that this publication will carry, will reach the hearts of an ever increasing number of members of the Jewish Community, so that the centuries old habit of flesh eating will gradually and finally cease.

Congratulations on this worthy enterprise, and my very best wishes to all the members of our committee, through whose devotion and tenacity this publication was made possible.

THE NEXT MEETING OF THE EXECUTIVE COMMITTEE IS TUESDAY, SEPTEMBER, 27th. AT 8 P.M. 20 DENEWOOD ROAD, N.6  
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## "Cookery Nook"

We would be very pleased if readers would send us details of recipes that they frequently use and any other hints on food and kitchen. Recipes for Jewish Festivals would be of particular interest.

A regular contributor will be Naomi Edelstein who writes "Welcome to Cookery Nook"—"As Bread is the staff of life Wine is the Mirror of the Heart".

### ENTERTAINING:

#### (1) Setting the Table

Apart from the usual family and friends gathering for large meals there are probably other occasions when one wishes to invite a few people in for an informal meal. Even if the invitation is of the come-and-take-pot-luck variety there are few hostesses who do not want to do something a little extra to make it seem like a party.

One of the easiest ways is to take special trouble with the table decorations. They need not be elaborate, and very often just a pretty tablecloth will be all that is needed. This could be made from a few yards of brilliantly coloured chintz, which makes an excellent background for plain china; or a plain cloth in a strong colour would be very effective for decorated china. A plain white cloth can be transformed by pinning a large red ribbon bow in the centre and having a number of ribbon streamers which radiate from its centre and fall over the edge of the table, divid-

ing into sections for each place setting.

Next issue: Centrepieces.

In subsequent issues selected recipes from Naomi's "Four Seasons Recipe Book" which uses herbs, spices, wines and liqueurs, to make dishes of aroma as well as of flavour. It has 38 interesting pages and is worth acquiring at 2s. 6d. Her address is 99 Greencroft Gardens, Flat 7, N.W.6.

Mrs. M. Pick writes "For attractive appearance and maximum food values one cannot really beat raw food and one should endeavour to introduce the maximum into one's daily menu.

"A useful savoury which is excellent with salads and can also be used with a variety of cooked foods is as follows:—

"Grate 1 lb. of raw carrots (a Moulet grater is best) and  $\frac{1}{4}$  lb. hard cheese, add  $\frac{1}{2}$  lb. mashed potatoes, a very generous quantity of chopped chives or parsley or spring onions. Failing all these, Spanish onions. A little tomato puree, olive oil, pepper, salt and a very small quantity of apple vinegar or lemon juice to flavour. Mix thoroughly and pat into a loaf. With a sprig of parsley on top it will look most decorative. One can ring the changes with the ingredients almost indefinitely, always use grated carrot as a base. The above quantities are for 4-6 persons."

### Baked Lentil and Tomato Savoury

3 ozs. lentils, 8 ozs. tomatoes, 1 small onion (optional), 6 ozs. cheese, 1 egg,  $\frac{1}{2}$  pint milk or milk and vegetable stock mixed with Emsoy or Vesop, seasoning, nutmeg.

Method. Grease a baking dish, one with a lid. Skin the tomatoes and slice. Peel and grate the onion. Place layers of tomato, onion, lentils and grated cheese, having left sufficient grated cheese for a top layer, place this on and bake in a moderately hot oven for 45 minutes with the lid on the baking dish. Remove the lid and bake for a further 30 minutes or until the cheese is a golden brown. Serve with cooked spinach, beet carrots, potatoes, etc.

The above is from Doreen Keighley's Vegetarian Cook Book. This book comprises many practical and attractive recipes which can easily be used from day to day. Price 4s. from the Vegetarian Society, Wilmslow, Cheshire.

When making salads, herbs of all kinds should never be chopped as this destroys valuable vitamins. Cut them with kitchen scissors. Lettuce, however, which is one of the most important of all vegetables, should be served in whole leaves. Cutting or bruising is to be avoided. If you must, large leaves should be carefully torn by hand.



Your dinner is on p. 125 of the cookery book.

### The following Vegetarian cookery classes, demonstrations and health lectures, take place in G.L.C. Institutes

#### TERM 1966-1967

- Monday, commencing September 26th, 1966, Mrs. Edith Just, Sydenham School, Darthmouth Road, S.E.26, 7.30—9.30.
- Monday, September 26th, Camden Evening Institute, Parliament Hill School, 6.30—8.30. Instructor: Emile Just.
- Tuesday, commencing September 27th, 7.30—9.30. Instructor: Mrs. Edith Just, Kingsdale School, Alleyn Park, S.E.21.
- Tuesday, September 27th, 7—9 p.m., Bounds Green School, opposite Tube station, Mr. Emile Just.
- Wednesday, commencing September 28th, 6.30—8.30, Stanhope Institute, Queens Square, off Russel Square, Mrs. Edith Just.
- Wednesday, commencing September 28th, 6.30—8.30., Addison Institute, Mary Boon School, opposite Olympia, W.14, Emile Just.
- Wednesday, September 28th, 2.15—4.15 p.m., Oakwood Methodist Church, Oakwood Tube station. Lecture on Good Health and Housekeeping. Lecturer: Emile Just.
- Thursday, September 29th, 6.30—8.30, Camden Institute, Haverstock Hill Girls School, opposite Chalk Farm Tube station. Edith Just.
- Oakwood School, Chase Road, N.14, 7.30—9.30. Emile Just. Commencing September 29th.

## "Beauty Without Cruelty"

By Lady Dowding

Vegetarianism is much more than a diet; it is a way of life that is not only healthier and cleaner, but also leads one to an understanding of, and a desire to cooperate with, the great spiritual laws of life.

Seven years ago a group of women who were later to be known as the Beauty Without Cruelty movement, decided that the vegetarian societies and the animal welfare movement needed someone to do the research into clothing, cosmetics, soaps, perfumes, shoes, and many other products, to find which were without cruelty or exploitation.

The first enquiry was into furs, and here there is no halfway house. Animal furs cannot be obtained except by great cruelty. The most usual method of catching fur-bearing creatures is in a gin trap, where they are left to suffer a slow, agonising death. Animals on fur farms lead a life of complete frustration in captivity, and this is a form of great cruelty to a creature of the wild.

Today, man's brain has released us from any further need for animal furs. With the so-called simulation furs there is a wide range of alternatives to animal fur; some are frankly fake—"fun furs"—and very becoming fakes they are; others are so like animal fur that one hesitates to wear them in case they may be mistaken for dead skins. What Beauty Without Cruelty is trying to do is to persuade manufacturers to produce a luxurious, warm and lovely fabric that does not imitate fur.

Next we investigated the cosmetic, soap and perfume trade, and this took nearly two years.



We came up against two unexpected facts. The first was the wide range of animal ingredients used in a number of products. One example is whale oil; this magnificent mammal suffers a most cruel death. The whale is shot by explosive harpoons that blast its inside away. Several of these explosive harpoons usually hit the creature before it is killed, and it may take five hours to die.

What are the alternatives to animal ingredients? They are the gifts which nature supplies so abundantly—oils from the Californian avocado pear and wheat germ; pure rose and orange flower waters; the sunflower, corn, soya, palm kernels and almond oils; and other beautiful essences and ingredients. We have found that these are the *true* beautifiers. They keep the skin soft, supple and fine, and do not have the coarsening effect of animal fats.

Another example of the use of animal ingredients in cosmetics is animal fixatives in perfumes. The most popular of these is civet. Eighteen months ago, the International Society for the Protection of Animals helped Beauty Without Cruelty to find out how this was obtained. A representative went to Ethiopia, and found

nearly 300 civet "factories". The wild civet cats are caught and kept in cages. The cats' glands are scraped for the serum required about every 10 days. (My goodness, the anaesthetics and nursing homes we would need if we had to undergo such an operation!) The natural life span of these cats is the same as that of a domestic cat—14-16 years or more—but they rarely live more than four years after being captured, and during this period each one undergoes 400-800 "scrapings".

There are perfectly good alternatives to civet. The fact that Elizabeth Arden, Jean Patou and other famous perfumers use synthetic fixatives, shows that this cruelty is again quite unjustified.

The second form of cruelty we found ourselves up against—and a very grim one it is!—is that of testing cosmetics on animals. Irritant shampoos are injected into rabbits' eyes. Cosmetic dyes are tested by removing a strip of skin from the backs of guinea pigs or rabbits, and rubbing the dye into the raw place.

Beauty Without Cruelty has published a brochure, "More Than Skin Deep" (price 2s. 6d. with postage), which lists all the toilet preparations, soaps, perfumes, and other products that are without the taint of cruelty.

Three years ago Beauty Without Cruelty started to make a range of beauty products, under our own name, including men's shaving and hair creams (called "Beau"), that contain no animal substances other than, in one of the cases, beeswax, and have not got chemical colouring or other harmful ingredients in them; so that they are not only

kind to animals, but to you. It is a matter of concern to many that, at the present time, in this country we use dyes and chemicals that are deemed unsafe in America. One dye that is sometimes used in lipsticks can produce cancer in animals.

With the financial help and faith of our members, last September we opened a boutique in Upper Montagu Street, London, W.1. Here we sell beauty preparations, including lipsticks (free from chemicals), which contain no cruelly obtained animal substances; also simulation furs and leathers; and perfumes, soaps and many other products. We hope by the autumn to have shoes.

Gradually these products are getting to other parts of this country and overseas, for we have groups in Australia, Canada, New Zealand, Japan, Africa and America; as well as London, the Midlands and Scotland; also Shangri-la, an animal sanctuary in Sussex.

Beauty Without Cruelty is a charity, so any profits from our shop or products go back into furthering the work.

Where an alternative to a product of cruelty does not exist, we try to get a firm to produce one; and if they will not do so, then we try to get an alternative on to the market ourselves.

Our propaganda includes putting on Beauty Without Cruelty fashion shows and supplying lecturers to groups, dinner and luncheon clubs, schools, etcetera; and we endeavour by every means possible to help Vegetarians and Vegans to be consistent; also many others to step onto the path that will lead to the



fulfilling of the prophesy from Isaiah, which the Jewish Vegetarian Society have taken as their watchword "... they shall not hurt nor destroy in all my holy mountain".

YOU MUST VISIT THE  
**BEAUTY  
WITHOUT CRUELTY  
BOUTIQUE**

**49 UPPER MONTAGUE ST.  
LONDON, W.1**  
Telephone: AMB 1375

You'll find a wonderful selection of cruelty-free preparations including cosmetics, perfumes, soaps, shampoos, coats, gloves, handbags, shoes, household goods, etc., etc.

FOR MEN, too, there is a range of toilet preparations and some coats and shoes. The Boutique is open daily, Mondays to Fridays, 10 a.m. to 5 p.m., Wednesdays 10 a.m. to 8 p.m. (Closed on Saturdays). Nearest Underground Stations, Baker Street and Marylebone.

For further particulars of Beauty Without Cruelty, apply to The Lady Dowding, Oakgate, Southborough, Tunbridge Wells, Kent.

## Greetings to "The Jewish Vegetarian"

From the Secretary of The Vegetarian Society (Parent Society of the Vegetarian Movement, established in 1847), Bank Square, Wilmslow, Cheshire, England :

"We look forward to the Jewish Vegetarian Society's new magazine. We wish it every success.

Frequent communication is one of the essential features of a lively organisation, and our association with your officials and members leads us to believe your publication will be a model of its kind.

With our congratulations on your initiative comes a certain amount of sympathy for the Editorial Staff, and the hope that members will give their support with a constant flow of literary contributions."

**GEOFFREY L. RUDD,**  
Secretary,  
The Vegetarian Society.

From the Secretary of the London Vegetarian Society, 53 Marloes Road, Kensington, London, W.8 :

"I am happy to send a message of greeting to the Jewish Vegetarian Society on the appearance of the first issue of its new official journal, THE JEWISH VEGETARIAN.

I am very pleased to be able to offer your Society congratulations personally, as well as on behalf of The London Vegetarian Society, on this occasion, and to express the hope that this will mark an important step forward in the acceptance of vegetarianism as the normal way of living for all who wish to see a true civilisation established here upon the earth.

The growth of your Society since its inception has been truly

phenomenal, and the publication of THE JEWISH VEGETARIAN now provides sure evidence of the high degree of maturity it has reached in such a short time.

May our united efforts bring about more speedily that happy relationship between men and gentle creatures, foreseen by so many of your ancient Prophets, when the beautiful Hebrew greeting, "Shalom", shall include every living thing."

Yours sincerely,  
**RONALD LIGHTOWLER,**  
Secretary.

From Lilian and Aldo Vezza, Editors of the Vegetarian Catering Association Journal :

"Warmest greetings from all at Sandy Point, Frinton-on-Sea, to the latest addition to the family, The Jewish Vegetarian, and the very sincere wish that it will be a tremendous success."

A message from the Friends (Quakers) Vegetarian Society by Kathleen Keleny, author of "Joyous Living" and other works :

"Having represented the Friends Vegetarian Society at the International Vegetarian Conference at Stockholm in 1953 and many

others since, I was delighted to hear a report at the International Vegetarian Conference this year at Swanwick from another religious group. I felt that we had so much in common, as we both spoke of the great moral aspect of vegetarianism and our belief in reverence and respect for all life.

All Quakers believe that the Divine Spirit is in every human being, so we try to have a feeling of goodwill towards all mankind. Some, believing that the Divine Spirit is in all life, extend this feeling of goodwill to the creatures and feel the spirit of unity with all sentient life, so consequently cannot eat the bodies of creatures with a common bloodstream as ourselves.

One of the Quaker Advices is "Let the Law of Kindness have no limits, show a loving consideration to all God's creatures" and the Friends Vegetarian Society was founded in order to draw into fellowship those who share this faith and who reach out towards this great ideal. We think that vegetarianism is a step towards Peace, and it is a step we can all individually take by making our own Peace with the animal kingdom, and it is on this path of peace and goodwill that the world will slowly revolve towards perfection."

### From the President of the International Vegetarian Union.

Chateau La Budallera,  
Vallvidrera,  
Barcelona, Spain.

On behalf of the International Vegetarian Union I extend to all members of the Jewish Vegetarian Society of England official greetings and best wishes for the success of the quarterly Journal. Personally I was delighted to hear from your president, Mr. Philip L. Pick, that your Society is to issue its own magazine. The main business of every vegetarian is to discover in himself his spiritual being, and in helping others to make this same discovery your new quarterly Journal will, I feel sure, be of real service to the human race.

I wish all the readers of your Journal might have been with me on a recent trip to Israel where I was delighted to discover that many men, women, and children, from various parts of the world have taken hold of life and are

living it under the spiritual law of nonhurtfulness. If any of you are planning to take a trip to the Land of Israel, be sure to visit the village of Amirim perched on a fruitful and fragrant hillside a thousand feet above the Sea of Galilee. Here once again a way of redemption is offered to all who suffer from the sickness that inflicts each man, woman, and child, who is now living an impoverished artificial life separated from the land and the rich gifts of Mother Nature.

Long ago the prophet Isaiah foresaw the need of all nations to beat their spears into pruninghooks and go up the mountain towards higher levels of understanding, replacing the art of war with the art of being kind to one another. At present, in our atomic age, the principal issue is kindness versus cruelty. Everything else on earth is a side-issue. At Amirim the courageous inhabitants are kind to themselves, to others, and to every living creature that shares with them the land, the water, and the precious breath of life.

In many parts of the world today peace is being talked about, but the vegetarians at Amirim are actually putting peace into practice by living in the pure light of Isaiah's uplifting vision. Aaron David Gordon said: "If we do not till the soil with our own hands it will not be ours." The inhabitants of Amirim are making the Land of Israel theirs; and more than this, by their good example they are telling those of us who are ready to hear, how to escape from the poisonous fumes of our sick 20th century society. A mecca for homesteader-decentralists, organic gardeners, natural hygienists, and all others who are seeking inspiration for a healthier and happier way of life, Amirim is not to be missed by the tourist in Israel.

The solution of the problems which face us today can be found only through an inner change. Political, social, and other material remedies, which the mind is constantly concocting, have always failed and will continue to fail, until the heart is illuminated by the light of kindness towards all living creatures, including the birds and the beasts.

Woodland Kahler. Marquis of St. Innocent.

## Activities

### *Past, Present and Future*

Activities of the Jewish Vegetarian Society broke up for Summer rather earlier than usual this year. This was due to several factors, primarily the enormous amount of work involved in preparing the schemes for vegetarian tourism throughout Israel. In addition, the preparation of New Year Cards and our first magazine, coupled with the need for additional secretarial help, made a gap in our programme. It was not without some feeling of satisfaction that the many letters were noted complaining of the absence of circulars, but one is satisfied with such complaints as many circulars issued by Movements find their way direct to the wastepaper basket. It was gratifying to note that this was not the case with our News Letters. Good friends are missed when they are absent.

The trip to Frinton heralded the only sunny day in that particular part of the calendar. It was gorgeous, the spacious green-sward stretching for miles, smooth sea, clean and sparkling (as only it is at Frinton) and above all the delightful welcome from the Vezzas. As is usual they served a beautifully prepared meal which caused comments of appreciation from everyone present. Some of the non-vegetarian friends said that if this was vegetarian food, they would certainly make the change. All these blessings however were somewhat nonplussed by the biggest road blockage ever experienced on the return journey. Over five hours were taken, resulting in not a few missed transport connections.

The event was otherwise so successful that it would be a pity not to repeat it, but should this take place in the future it will certainly not be by coach.

Leeds group held a symposium as the last event of their season in which Mr. A. Levin and H. Hyatt led a very spirited discussion. About 40 people were present and some came from as far afield as Darlington and Manchester. It was a very enthusiastic meeting and as is usual, there was much to be said after it had terminated. People are always very loath to go home from our meetings. It was held in the home of Mr. and Mrs. Shulman, 4, Allerton Grange Way.

### WHAT IS A HECKLERS SESSION?

At our larger literary events many of the people present, especially those that are new to vegetarianism, are anxious to make certain enquiries and have elucidation on matters which are worrying them. Time does not usually permit these to be dealt with and many are too shy to voice opinions or to ask questions in public. Enthusiastic discussions often go on until quite late after the meetings (which have to terminate at some time) and the opportunity to become more enlightened, and indeed to make closer acquaintance with people, is lost. Further difficulty is that many members and friends are unable to travel to central areas and it was therefore decided to hold smaller meetings, probably by the kindness of hosts, in private homes in districts away

## THE VEGETARIAN SOCIETY

*Parent Society of the Vegetarian Movement Est. 1847*

wishes

*"The Jewish Vegetarian"*

every success and sends Greetings to  
all its Readers

WE ARE ALWAYS GLAD TO SEND ON REQUEST

FREE LITERATURE & RECIPES

TO ANYONE INTERESTED IN VEGETARIANISM

THE VEGETARIAN SOCIETY, WILMSLOW, CHESHIRE

from Central London. In this convivial atmosphere no official discussion will take place but there will be present two or more officials of the Society and a general discussion will ensue, nothing barred, uncontrolled, several talking at one time, and in due course everyone will be happily sorted out and will speak freely. Everyone will get to know one another and many friendships which have been made will develop. In listening to, and having to answer, the most difficult queries, we hope to train the particularly younger members to speak at outside meetings. There is a heavy demand for this, a demand which we cannot fulfil at present. This then is the idea

behind the Hecklers Sessions and anyone wishing for such in their district, please write to the Secretary.

**OUTSIDE MEETINGS**

Within the scope of our speakers, addresses are given to outside bodies. This is done to encourage knowledge of vegetarianism (there are still some people who do not belong to the J.V.S.) and often, in the case of non-Jewish Societies, it is desired to understand the Jewish standpoint and indeed to counter insidious propaganda by some (not all) who attempt to use Shechita as a means of racial discord.

**Dates for your Diary**

**Sunday, October 9th, 1966.** Main event of the year. Grand Buffet Ball. This is to be held at the Cora Hotel, Upper Woburn Place, W.C.1, which is within easy reach of buses and trains from any part of London, and indeed from the Provinces as the main line stations are in the vicinity. Underground Stations are Russell Square and Euston. This is a charming hotel and an attractive suite has been booked with a splendid vegetarian buffet laid on. A most enjoyable evening is assured and we look forward to meeting our fellow members and their friends from all parts and in particular from the Provinces. This event is certain to be a sell-out and unfortunately we are limited to 150 people. Please, please reserve your tickets at once. At our last event where numbers were limited, we had occasion to refuse innumerable people who left it too late to make reservations. It is disappointing and unpleasant to have to refuse, so for your sake and also for ours (as we have much administrative work to complete before this event) apply for your tickets without delay from Mr. Jack Sidkin, 4 Beattyville Gardens, Ilford, Essex.

Price of tickets: members 25s., visitors 27/6d. Commence 7 p.m. for 7.30. If you are making up a party, please let us know so that we can reserve the necessary accommodation for you.

**Thursday, October 20th, 1966.** Talk to Kent Gate Lodge of the B'nai Brith at the Synagogue Hall, Cranstock Road, Catford, S.E.6, 8.30 p.m.

**Sunday, October 23rd.** Short film show with commentary by Michael van Straten, N.D., D.O., M.B.N.O.A., followed by a Hecklers Session and Social. Venue (by kind permission of Mr. and Mrs. Rees) 18, Park Close, Ilchester Place, Kensington, W.14 (behind Commonwealth Institute, Kensington High Street). (Please note address given on Newsletter No. 10 was incorrect). Accommodation strictly limited and we would like our Host and Hostess to know the number that will be attending.

Please return slip below otherwise admission may have to be refused. Members 1/6d., Visitors 3/6d. (Refundable against membership fee if joining the same evening).

**Sunday, November 13th.** Cultural event of the year. Brains Trust in conjunction with the Vegan Society of Great Britain. The panel will comprise eminent persons each a specialist in their own particular sphere. The nature of questions to be discussed will in no way be limited. (See advert.) We have again booked the attractive suite in the Cora Hotel, address as above. Although it commences at 7.30 doors will be open at 7 o'clock and persons coming early will have the opportunity of meeting everyone socially before commencement. Members 2/6d., Visitors 5s. (Refundable against membership fee if joining same evening).

**Sunday, November 27th.** Hecklers Session and Social at Ilford. 4, Beattyville Gardens, Barkingside. Members 1/6d., Visitors 3/6d. (Refundable against membership if joining the same evening) 7.30 p.m. (By kind permission of Bertha and Jack Sidkin.)

Please return slip below otherwise admission may have to be refused. **Sunday, December 11th.** Film of the visit to Israel of the Marquis de St. Innocent, President of the I.V.U. and the Secretary, Mr. Geoffrey Rudd, to set the stage for the World Congress in Israel in 1969. This delegation was hailed by the President and many Cabinet Ministers with receptions throughout Israel. A unique event which will again be held in the Cora Hotel. Commence 7.30 p.m. Members 2/6d., Visitors 5s. (Refundable against membership if joining the same evening).

**Monday, January 16th, 1967.** Address to the Kingsbury Ladies' Guild, Woodlands Close, N.W.9, 7.30 p.m.

**This Autumn, date yet to be arranged.** An inaugural meeting in Manchester. Mr. I. Shindler, 12, Butt Hill Avenue, Prestwich, Manchester, will give anyone particulars if you write to him. A circular will be issued before the date of the meeting.

To Mr. Jack Sidkin, 4 Beattyville Gardens, Ilford, Essex.

I would like to attend the Hecklers Sessions dated.....  
 No. in Party..... Name.....  
 Address.....

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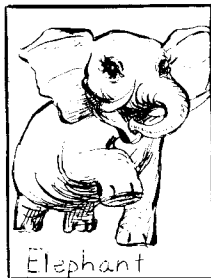
# Eve's Children's



Dear Children,

This is your page. If you have any interesting stories, riddles or jokes to tell, do write and tell me.

I have two children of my own, Paul, who is eight, and Karen, who is six, and when I asked them what they would like to read about in this first news page, they asked me to draw all the animals that are vegetarian. I am sure that I won't be able to remember them all. If you know some animals that I have forgotten, do let me know and I will try to draw them for you. Here we go.



Riddles: —

Answers are upside down.

Riddle One. What first walks on four legs, then two legs, then three legs?

Answer: — A human being. When he is a baby he crawls on all fours; when he is grown up he walks on two legs; when he is an old man he has a walking-stick.

Riddle Two. What did the big chimney say to the little chimney?

Answer: — You are too young to smoke.

Riddle Three. Daddy Worm, Mummy Worm and little Willie Worm left their garden to cross a busy road. They looked RIGHT, then LEFT, then RIGHT again and then crossed over to the other side. When they reached the pavement, Daddy Worm said, "Are we all here?" and little Willie Worm said, "Yes, all four of us". Why did little Willie Worm say "All four of us" when only three started out?

Answer: — Willie Worm couldn't count.

Karen told me a story. One day at school she was sitting next to a boy called Jonathan,

eating her packed lunch of cheese, celery and brown bread and butter. Jonathan also had a packed lunch. He dipped his hand into his lunch-box and pulled out a sausage made of meat. "Yum, yum," said Jonathan. "I love these sausages." Karen said, "Jonathan, do you know that sausage was once a poor little live animal?" Jonathan was just about to take a big bite. He stopped and said, "I don't believe it". Karen replied, "It is really true". Jonathan opened his mouth to take a bite, then looked at the sausage very hard and gave a big frown. Suddenly he cut the sausage in two, threw one half up in the air and rolled the other half across the floor. It was not very good manners I am sorry to say and it made all the children at the table laugh to see half a sausage rolling across the floor, but I

think we must forgive Jonathan, don't you?

Michael Millgram (age 6) of 528 Huron St. London, Ontario, Canada, writes.

"Thank you for your very nice letter. I would like to get your magazine. I am glad to be a member, I don't like to hurt animals.

Do you know that you can join as a member of the Children's section for 5s. a year? Wouldn't it be nice to grow up with the Society and when you are a teenager you will be able to say "I was one of the first members of the Jewish Vegetarian Society"?"

You can then send me your photo and all about yourself and it will be printed on this page. I should like to hear from all my young readers. My address is: — "Eve's Children's Page, The Jewish Vegetarian, 35 Queen's Avenue, London, N.10."

## Alan & Sybil Hillel and Family

Extend Greetings to all their friends in the  
JEWISH VEGETARIAN  
SOCIETY  
and may the new journal be  
an outstanding success.

21 SOUTH SQUARE, N.W.11

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## Here and There

The only place in London where an orthodox Jew can obtain a hot meal without breaking the Sabbath is the vegetarian Vegan Restaurant in Leicester Square, London. Meals will be served, and payment can be made after the Sabbath. We hope this will encourage a continuation of vegetarian habits. Our travel department could no doubt be helpful with other addresses.

May we offer congratulations to the Marquise de St. Innocent, the wife of the President of the International Vegetarian Union, who has been awarded the Gold Medal of Friendship and Courtesy in France in recognition of her work in International friendships. Previous recipients of the award included Queen Juliana of the Netherlands, Salvador Dali and the late Queen Mother, Elizabeth of the Belgians.

A new Vegetarian Store at 39, Gay Street (Prop. Mr. M. E. Lewando) and a new Vegetarian Restaurant have recently opened in Bath. The latter is known as the Prince's Cafe in Princes Buildings, and is run by Mrs. Weingarten. Our President, who is a native of Bath is particularly happy at the news. A second "Ceres" Vegetarian Restaurant has also opened in Brighton.

Our President recently gave an address to the newly formed Bath Vegetarian Society on "Animal Welfare Today and Yesterday" at the tiny village of Shockerwick in Somerset. I understand the weather was shockledick.

In recognition of their work, Jenny and Walter Fliess have been made Fellows of the Cookery and Food Association, whose Patron is Her Majesty Queen Elizabeth the Queen Mother. This is a signal honour and indicates the status they have given to Vegetarian catering.

Boston, U.S.A. "Dr. McDermott and a team of twelve doctors and technicians hooked up a pig's liver to a woman's circulatory system." "If the patient continues to live it will make a major breakthrough in medical and surgical research," said Dr. McDermott.

Why not also have one of the new micro-electronic brains and make life really worth living.—Ed.

We have just learned that one of our young members, Alexander Knapp of Morden in Surrey has passed in Part II Music Tripos Finals for Bachelor of Arts Degree. Alexander, who is at Selwyn College, Cambridge, will be continuing next year with a Post-Graduate Course. Congratulations.

Many interesting developments of the Jewish Vegetarian Society are delayed due to the lack of active helpers. The most urgent need at present is for a Minutes Secretary, lady or gentleman. Not a lot of time is needed but continuity is important. The only reward is helping a wonderful cause, having an interesting hobby and making many new friends.

Any items of gossip are welcome to this column. Career, educational news, details of Simchas and personal experiences. Here and there in fact!

*from the head office . . . . .*

Mr. Pick likes his secretary to show initiative at times and I do hope that he will not mind too much that I am doing so now, for this article will be the only contribution to this first issue of the magazine which the editor has not personally passed, as it is going direct from me to the printers. It did occur to me, however, that some mention should be made, at the beginning of yet another venture of the J.V.S., that if the Society existed at all, it would only be a shadow of its present stature without the vitality, enthusiasm and guidance of the President.

When the response to his daughter's original letter was so great (this story is given on 'Personality Page') and he realised the vast potential and the obvious need for leadership among the minority of Jewish Vegetarians in this country, it seemed he just had to do something about it. Although at that time pressure in his own personal business was great, undaunted, he gathered up the reins and his Committee and applied himself to this task. I know it has given him a great deal of pleasure meeting this challenge and he is still elated when each new member enrolls or when someone writes to him echoing his own ideals for the Society. Ideals, I may say, from which he never swerves and his obvious sincerity in expressing them must have contributed largely to the immense success of the Movement. I have watched it grow with astonishment over

such a short period and I am sure Mr. Pick himself did not expect the immediate response which he has had from overseas. I suspect that even he is occasionally and momentarily aghast when he contemplates how huge this infant has grown.

If a great part of this achievement is due to his sincerity, the rest has been accomplished by his sheer hard work and it never ceases to amaze me how much work he gets through in a normal day, and during the evenings and weekends when others are relaxing. I gather he conjures up new ideas for the Society whilst digging in his garden. The following day in the office is hectic and the telephone becomes red-hot whilst he puts them into operation. He is, of course, very fortunate in having a wife who understands and shares his ideals and he can depend on this understanding and replenish his spirit and his energy with her encouragement.

This, then, is a very brief, secretary's-eye view of the President of the Society, the editor of the magazine, the organiser and the foundation upon which it is all being built. Of skyscraper proportions, it will require more and more people to take over some of the load, but certainly at present Mr. Pick appears to gain more vitality from the pressures and is a splendid advertisement for the way of life he advocates. I hope he will forgive me for not allowing him to go unsung as architect and builder.

## Personality Page

### OUR FIRST RABBI

Rabbi Joseph Rosenfeld, who is the Minister for the Sinai Synagogue, Golders Green, was born in the old city of Jerusalem not very far from the Wailing Wall and his family had lived in Israel for four generations. He studied in the renowned Talmudical College Yeshivat Etz Chaim, Jerusalem, and later at the University Tutorial College, London.

He became vegetarian about 14 years ago for ethical reasons and one will be able to understand his idealism from his message which appears elsewhere in this issue. His happy demeanour, and his unbounding enthusiasm and energy speak well for the mode of life he has adopted.

He is Superintendent of the Sinai Hebrew Classes; Chairman of the North West London Bnei Akivah Parents Association; Chairman of the Beth Cholim Mitnavnim, Home and Hospital



for Incurables, Jerusalem; Hon. Secretary and Member of the Board of Governors. The British Aid Committee for the Bikur Cholim Hospital, Jerusalem, and Hon. President, The Senate Committee, London.

The writer of this very short biography has heard him speak on only two occasions and was inspired by his absolute sincerity and his personality.

We are very happy that he was one of our original members and the first Rabbi to join our Movement.



### OUR FIRST MEMBER

Miss Vivien Pick, who first started the Jewish Vegetarian Society among a number of her friends, inserted a letter in the Jewish Chronicle with the intention of extending the small circle. To her surprise, and perhaps consternation, a constant stream of letters arrived by every post for nearly two weeks. This was either due to the pulling power of the J.C. or to the great need that existed for the Movement, and so the J.V.S. in its present form was inaugurated.

A vegetarian of the third generation she was born in Gower (nr. Swansea), South Wales, on the 24th December, 1944. She had a large number of pets as a child but most of all enjoyed riding her Welsh Mountain pony among the hills or along the vast stretches of sandy beaches. She often came home quite late at night but was always accompanied by her faithful Alsatian dog who would never allow her out alone. Many people were amused to see her riding through the busy town streets of Swansea going to Cheder where she would tie 'Bessie' to the lamp post just outside the window. Her Master did not always appreciate a horse's face looking through, as this did not encourage pupils to

## Personality Page

give added concentration to their lessons.

Her love of music was evidenced at quite a young age and her first public performance was a 20-minute Chopin recital given at the age of 13 on television. She left South Wales at the age of 16 in order to enter the Royal Academy. She is an Associate of the Royal College of Music and a Licentiate of the Royal Academy where she is also a prizewinner and last year was appointed a Sub-Professor. Recently she was invited to participate in the Tchaikovsky Festival which is held in Moscow every four years. As a guest of the Soviet Government she has had some most interesting experiences, particularly among the Jewish people in Moscow.

She studied music in the Conservatoire in Tel Aviv under Professor Rudiakow and is now in Sienna where she received a Summer Scholarship. She is on the Youth Committee of the J.V.S. and when time permits gives talks to outside bodies such as Ladies' Groups, often with excellent results.

Her hobbies are writing, collecting folk-songs and trying her hand in the kitchen on her favourite Mediterranean recipes.

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Close to harbour and amenities

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Feed him with apricots and dew-berries,  
With purple grapes, green figs and mulberries.  
The honey bags steal from the bumble bees.

—Midsummer Nights Dream.

"Savage is he who has not realised that any other creature is as real as he is."

Frederick Franck in "Days with Schweitzer."

### Advertisement on American Poster

"You don't have to be Jewish to eat Mr. Levy's chopped liver."  
Poor Mr. Levy.

## Travel Topics

We shall be very happy to receive reports regarding hotels, guest houses, etc., and any other interesting information as to the district and amenities. The facts so given are added to our register of places both in Britain and overseas and we are able to supply such information based on personal experience to applicants. We are anxious to hear bad information as well as good, and in the former case it is kept confidential and only supplied in response to specific enquiries. By thus helping, members assist one another in their plans for happy holidays. Members of the J.V.S. and subscribers are invited to apply for such information as they may require and enclose S.A.E. to the Travel Secretary (see below).

Mrs. Sidkin of Ilford writes: "Our recent visit was made all the more pleasant at Sandown, I.o.W. during Whitsun week on account of our having the privilege of staying at "Rippledean". The accommodation, like the food, is simple and good, but I think anyone requiring plenty of salads should indicate this in their booking application. Children are welcome and the proprietress is homely and helpful. Taking the owner's golden spaniel for a romp on the sands, having a little boy who became very friendly with my own little son, and with dry sunny weather, we had a wonderful vacation. Without hesitation, anyone requiring a quiet time and to get away from it all 'Rippledean' surely rates high."

Mrs. Sidkin also writes, "A

previous holiday was in a different category entirely. This is the Rancho la Puerta which is one hour's drive from San Diego, California, and is in Mexico, right on the border. It is a completely vegetarian 750-acre health spa with a wonderful climate all the year round. Organically grown foodstuffs, baby-sitters, physiotherapy, massage if required, pure mountain air, Swedish massage, vapour rooms, Sauna baths, heated swimming pool, gymnasium, sports, horse-riding, etc., etc., and the cost is not too expensive.

A private address has been received in Vignello, Lugano, where a vegetarian family (Mrs. Margaret Innerzahr) has facilities for bed and breakfast at 10 francs. Mrs. Innerzahr is most friendly and helpful, and strictly vegetarian.

There is no vegetarian hotel in Sicily, but one cannot speak too highly of the beauties of Taormina and the services received at Villaggio Turistico. This comprises delightful little self-contained bungalows with their own tiny gardens built into the cliff. The service in the large dining-room is excellent but most of the meals are had out of doors. Down a footway is a lovely little beach. Vegetarianism was completely understood and we were fed in really first class Italian style. The entire area is scented with the ripening of lemons, and Mount Etna stands as a great sentinel in the vicinity. The best time to go is in May or June, as before then can be a little unsettled and afterwards can be very hot (but some like it so).

The holiday season is nearly over. Help us and help one another by sending in your travel experience before you forget.

Hearty congratulations to Mr. Alex Hary (who is our representative in Israel) on his election as National Secretary of the Israel Vegetarian Movement. A better choice could not have been made and those who met him at the Annual General Meeting of the Jewish Vegetarian Society, in London, recollect his enthusiasm and particularly his efforts to promote close working association with the two bodies. He has carried out extensive arrangements in Israel to ensure the success of the special tours now being arranged, brief details of which are given below. He is always anxious to be helpful to any of our people visiting Israel and we are quite sure that under his guidance as National Secretary the Israel Movement will be enabled to make even greater advances in helping our respective peoples to the enjoyment of a better way of life. The following are extracts from Mr. Hary's recent letter:—

"Firstly I take great pleasure in informing you that as far as we know the visit of the Marquis de St. Innocent with Mr. Rudd to Israel was a great success and they consider that it is an ideal place for a Congress. The year has been set for 1969 and discussions are taking place with the Minister of Tourism to ensure that no other Congress is taking place at the same time.

"On arrival both were driven to Dr. and Mrs. Ishai's house. The following day, they went to see the Minister of Agriculture, Mr. Chaim Gvati, and presented an impressive memorandum showing the need for a vegetarian economy in Israel. At noon received at the new Civic Centre in Tel Aviv by His Worship the

## Vegetarian Israel

Mayor, Mr. Mordechai Namir, who requested that the Congress should be held in Tel Aviv and that he would give it all support. Shabat was spent at Kfar Shmaryahu where many prominent vegetarians gave greetings and made speeches of welcome. The busy days which followed included receptions at Jerusalem by the Minister of Health, Vice-President of the University, and the Director of the Museum of Remembrance. They were guests of the Jewish Agency at the new Desert Inn at Beer-Sheba, with dinner and reception by the Minister of Education and spent some time with Mr. Ben Gurion at Sede Boker. Whilst there, they also visited a factory in the Negev making non-animal cosmetics with herbs and Dead Sea minerals. The Haifa Vegetarian Society gave them an official welcome and they were also received by the Mayor of Acre. Mrs. Vylenski, a noted friend of the Society, gave a reception for the delegates at Haifa and a Tea Ceremony which took place with the leading Druze family. The Marquis and Secretary gave lectures to the Haifa Vegetarian Society at which Doctor Otto Robinson took the chair. They were met with an official welcome at Amirim where meetings were held with the Chairman and Committee of the Moshav to develop still further Amirim as a vegetarian Guest House Centre. It was also desired that the I.V.U. should make Amirim as the centre for the Congress. Whilst there a visit was paid to Juliette

All correspondence should be addressed to the Travel Secretary Miss Sylvia Klein  
3 Hollycroft Ave, Wembley, Middx.

de Bairacli Levy's Amirim home (she is a Patron of the J.V.S.) and a tour of the settlement to inspect the organic gardening, etc. From there they moved on to Degania Beth and were received by the Speaker of the Knesset, Mr. Kadish Luz and his wife. A farewell party was given by the Ishais, where many friends were met, including the Minister of Police, Mr. Shitrit, and the Japanese Ambassador.

"The visit was rounded off with a trip to Eilat by the courtesy of Messrs. Peltours and a small dinner party with members of the Israeli Committee to bid them farewell and to make final arrangements for the future of the Congress.

"This was the first trip to Israel by the Marquis and Marchioness de St. Innocent and Mr. and Mrs. Geoffrey Rudd; they were fascinated by the blossom which was at its peak, the flowers and the birds and the natural foods which they enjoyed of avocados, oranges, bananas, dates, apples, etc., but above all the overwhelming sociability and the enthusiasm of the Cabinet Ministers and others in high office to assist in spreading still further the vegetarian way of life in Israel.

"Dr. Eric Friedman, N.D., from Haifa, practises Nature Cure wholeheartedly and will be touring Europe and England. He will be gathering information for the School of Naturopathy & Osteopathy which it is hoped to open in Israel to which will be attached a sanatorium which is half completed. It is situated at Tivon. He hopes to find interested persons who will assist him to finalise the project.

"I enclose an up-to-date list of the Vegetarian stores and guest houses in Israel which may be of use to members who may be visiting the country. Best wishes to all my friends in England. Alex Hary."

#### *Vegetarian Tours to Israel*

Many will already have received circulars giving full particulars of the attractive new arrangements for Vegetarian Tours to Israel. This has resulted from the excellent co-operation between the Israeli and our own Society, and will be operated by Messrs. Peltours Ltd. with flights by El Al's regular scheduled jet services. The cost of £124 10s. is quite comprehensive and includes assistance by Peltours staff on arrival and departure, transfer from airport to hotel, etc., accommodation in Vegetarian establishments, exceptionally fine sight-seeing itinerary in modern tourist coaches. English-speaking, expert, Government-licensed guides on the sight-seeing tours, portage, entrance fees, service charges, hotels and addresses of Peltours various offices in Israel all included.

The first tour is scheduled for December and enquiries may be made direct to Peltours Ltd., 29 Duke St., London, W.1, WEL 9943. When writing or telephoning it is important to mention the Jewish Vegetarian Society.

If required printed particulars of this and other Israeli information can be had upon application to our Travel Secretary (see Travel Section). In this case please enclose S.A.E.

The editor regrets that many other items of interest from Israel have had to be held over due to shortage of space.

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### GUEST HOUSES

INTERNATIONAL VEGETARIAN HOSTEL, 31 St. Charles Square, London, W.10, welcomes temporary visitors or long-term residents, food reform, no smoking. Details on request. Tony and Margrit Back, Telephone: LAD 2869.

COOMBE LODGE Vegetarian Food Reform Guest House with two acre garden on the Southern slopes of the Cotswold Hills. Brochure from Kathleen Keleny, Wotton-under-Edge, Gloucester. Telephone: WUE 3165.

ADELBODEN, Bernese, Oberland, Switzerland. Dr. Kraeger's Chalet Mithra. Comfortable Pension and family atmosphere. Only vegetarian or vegan food, Curative treatments and diets on request. French, German and English spoken. 15 beds. Open December-October. More details from Mrs. Kraeger or Miss A. Levy, 39 Anson Road, London, N.W.2. Office Tel. MAI 4449.

### CORNWALL

#### TRELANA, POUGHILL, BUDE

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DEVON. Cleave Lodge, Lustleigh, Newton Abbot. Centre for touring Dartmoor. All home baking. Own chemical-free vegetables. Non-residents welcome. Brochure on request. Viola Read. V.C.A. member. Telephone Lustleigh 239.

Greetings to "The Jewish Vegetarian" from "Beit-Teva" Food Reform House, 99 Hashmonaim Street, Tel Aviv. We stock all the health goods a vegetarian may look for when away from home. A new branch opening shortly in Massarik Street, opposite Tel Aviv's Town Hall.

### FOODS

PURE HONEY, Pure Cane Molasses, Pure Cane Rare Sugars, 7 lb., 14 lb., 28 lb., 56 lb., 112 lb. tins. Price list:— Ragus Sugars Ltd., 193 Bedford Avenue, Trading Estate, Slough 20712.

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YOUNG MAN or woman required to help in vegetarian guest house in Yorkshire. Box No. 102, J.V.



## NEW YEAR GREETINGS

Michael Milligram, 528 Huron Street, London, Ontario, Canada, wishes a very happy New Year to all children in the Jewish Vegetarian Society.

Evelyn Hope, Paul and Karon wish all their friends in the movement a happy New Year. 57 Finchley Lane, N.W.4.

Walter and Violet Sulzbacher and Batya, Rachel and Hadassah, send greetings for happy New Year to everyone in 5772. 34 Carringham Road, N.W.11.

A very happy New Year to members and hope to meet you all soon. Naomi Edelstein, Flat 7, 99 Green-croft Gardens, N.W.6.

Mr. and Mrs. P. L. Pick and Vivien wish all their friends at home and abroad sincere good wishes for the coming year. — Orchard Dene, Dene-wood Road, Highgate, London, N.6.

Greetings for the coming year to all my friends in London and particularly those in the J.V.S., and congratulations on your achievements. From Alex Hary, Haifa, Israel.

Alan and Sybil Hillel with Richard, Lisa and Lora, send greetings to all relatives and friends for a happy and peaceful New Year. 21 South Square, N.W.11.

The Israel Vegetarian Movement, The Israel Naturopathic Association, and the magazine Teva Umbriut extend a hearty Mazletov to the Jewish Vegetarian and Natural Health Society on the occasion of the first issue of "The Jewish Vegetarian".

May our people both in Israel and the Galut go forward together in the work of creating a saner and more harmonious life for all mankind.

## MISCELLANEOUS

**VEGETARIAN LADY**, quiet person, home loving, would like to meet another lady for companionship. Box No. 103, J.V.

**TO LET**, Garage space on contract at Kensington Court. Close to the Royal Gardens Hotel. For details telephone Western 1301.

**TO LET**, Lock-up garages in Muswell Hill area. New. 16ft. 6in. £1 5s. p.w. 18ft. 6in. £1 10s. including rates. Norman Townley & Partners, Muswell Hill Broadway, N.10. TUD 5665.

**YOUNG LADY** (18), Jewish vegetarian, trainee physiotherapist, seeks semi-pension within reasonable distance of Kensington and Paddington. Rita Polonay, 29 Delamere Road, Cheadle, Cheshire.

**M.O.S. WINE CLUB** offers free membership and Wines and Spirits at wholesale prices. Tours to the wine-producing areas of Europe and invitations to wine tastings. Write for list to M.O.S. Wine Club, 93 London Road, Enfield, Middlesex.

**LEARN TO DRIVE** at the Embassy School of Motoring. Eaton Road, Enfield, Middlesex.

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Courses may also be taken by correspondence.

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## THE JEWISH VEGETARIAN SOCIETY

If you are not a member of the Jewish Vegetarian and Natural Health Society of Great Britain, why not join now. All forward looking people do. The Society is affiliated to the Vegetarian Society (G.B.) and to the International Vegetarian Union.

There are two grades of Membership as follows:—

- (i) Full voting Membership to practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.
- (ii) Associate Membership to those who are in sympathy with the Movement, but are not practising Vegetarians.

Minimum Membership fees in each case to be £1 p.a. and any additional members of one family at the same address to be half-rate. In cases of hardship, the fee or any part thereof may be dispensed with. Full-time Students 7/6d. p.a. Children's Membership (Under 14) 5s.

### Application for Membership

- A. I am a practising Vegetarian and do not eat the flesh of animals, fish or fowl. Please enrol me as a Full Member.
- B. I am in sympathy with the aims of the Society and wish to be enrolled as an Associate Member.  
(Please cross out A or B).

Name in full (clearly) ..... Tel. No. ....

Address (clearly) .....

Occupation ..... Fee enclosed £.....

To the Membership Secretary, Mrs. Carole Lester, 28, Park Way, London, N.W.11.

Cheques to be made payable to the J.V.S. and crossed "Barclays Bank, New Bond Street, W.1."

Donations and bequests are always greatly welcomed in order to help extend the activities of the Society.



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### Meals and Morals

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### Poison in the Pipes

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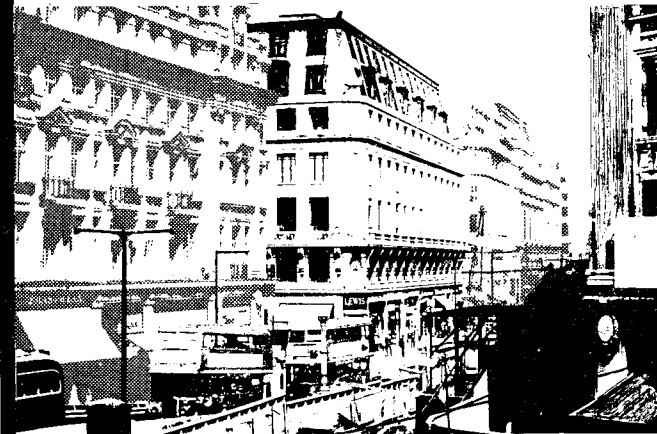
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