

The Jewish Vegetarian

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לא ירעו ולא-ישחיתו בכל הר-קדשי...

"...They shall not hurt nor destroy in all my holy mountain" (Isaiah)

The Official Journal of the Jewish Vegetarian and Ecological Society Founded by Philip L. Pick. Registered Charity No. 258581 (Affiliated to the International Vegetarian Union)

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JVS MAGAZINE

Editor: Shirley Labelda

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WHY A JEWISH VEGETARIAN SOCIETY?

Because of the original food for man is ordered in Genesis 1:29, "Behold I give you every herb-bearing seed and the fruit of every seed-bearing tree for you it shall be for food". Permission to kill and eat animals was only granted as a result of man's evil and was accompanied with a curse (Genesis 9:5).

Because 95% of all flesh foods are from factory farms and produced under conditions which contravene the Torah. Learned authorities have stated that their Kashruth must be considered as suspect.

Because nowhere in the Tenach is there a promise of flesh foods of any kind as a reward for keeping the commandments. The promise is always the gift of produce of the vines, the gardens and the fields.

Because cruelty is indivisible, the Covenant of Peace was applicable to man and all creatures: to participate in the war against creation is incompatible with Judaism. We work for the prophetic era. "When they shall no longer hurt nor destroy".

**Support the International Jewish Vegetarian Movement
- a worldwide fellowship**

**The JVS is an International Movement and
Membership is open to everyone**

Non-vegetarians who are sympathetic to our aims are invited to join as associate members. There are two grades of Membership as follows:

- A.** Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.
- B.** Non-Vegetarians who are in sympathy with the Movement.

Annual Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
Life Membership UK	£175	or 5 yearly payments of £40
Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
Family Life Membership USA	\$385	or 5 yearly payments of \$80

To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.
Please state whether 'A' or 'B' (above)

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

Occupation Fee enclosed £

Our membership fees are kept low in order that all can join without hardship. Your support therefore in any of the following ways will be deeply appreciated. Please tick as necessary.

1. I would like to advance the Society's work and enclose a donation of £
2. I would like to 'Covenant' my subscription by about 30%. Please send me a form (UK only).
3. I would like to help secure the future of the Movement by a legacy (large or small).
Please send me details of the necessary wording.
4. I would like to help in one of the many aspects of the Society's work. Please send me details.

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TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

THE JERUSALEM CENTRE

Donations gratefully received towards repayment of the loan on the freehold premises.

DONATIONS RECEIVED

We wish to thank all those who send in donations towards the Society's funds. Although items £3 and under are not listed to save expenses, all are appreciated and put to good use.

£25. Dr & Mrs. T.B. Guildford. Surrey. £10. Mrs. L.M. Leeds. £8. Mrs. R.D. Ilford. Essex. £8. Miss F.M. London. NW4. £5. Mr. A.M. London. N10. £5. Mr & Mrs. W.S. Jerusalem. Israel.

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FRIENDSHIP



HOUSE

The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at Beit Nekofa. POB 80.

DN Safon Yehuda 90830 Tel: (972) 2 5337059 ext 112. Visitors are always welcome.

A phone call or letter is always advisable to ensure that a member of the friendly staff will be there to welcome you.

DONATIONS RECEIVED:

£35 Sybil Esmore, Edgware, Middlesex to celebrate the Golden Wedding Anniversary of Harry & Barbara Berke.

£25 Dr. & Mrs. T.B. Guildford, Surrey. £25 Mr. L.A. Thatcham, Berks. £24 Mrs. E.J. Northampton. £10 R. & P.G. Poole, Dorset. £10 Mr. C.J.M. London NW11. \$50 Ms J.R. OR. USA. \$6 W. & G.B. NY. USA. \$5 Mr. R.A. Washington DC. USA.

SOCIETY NEWS

TU B'SHVAT SEDER

The IJVS Jerusalem held a Tu B'SHVAT SEDER at the Society Center on Monday the 24th January. 2005.

The joyous celebration of our Jewish tradition related to the nature and vegetation of the land of Israel. Steve Kelter, the Seder Leader, asked that each participant bring an unusual fruit, a song, a poem or reading that relates to nature, to share during the Seder.

Special guest speaker: Richard H. Schwartz Ph.D, President of the Jewish Vegetarians of North America (JVNA) gave a talk entitled **"The connection of TU B'SHVAT to vegetarianism and environmentalism"**. The Seder was held in English and in Hebrew.

Information on future events can be obtained direct from IJVS. 8. Balfour Street, Jerusalem, 92102. Tel/Fax: 02-561-1114 or Email: ijvsjlem@netmedia.net.il

AN INVITATION TO ATTEND **THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY'S 40TH ANNUAL GENERAL MEETING**

GUEST SPEAKER: Dr DAVID RYDE

"HYPNOTHERAPY – THE FACTS AND THE FANTASIES"

Dr Ryde was a General Practitioner in Bromley, Kent, until his retirement. He has been a practising Vegetarian for much of his life and a Vegan over the past 20 years. At the age of 76 years he still keeps physically fit with light training most days and is a former Medical Officer to the British Maccabiah Team 1953–1977 and various other sports associations. Dr Ryde has given hundreds of lectures from International Conferences to doctors and lay audiences.

TIME: 3.00pm DATE: SUNDAY, 10th APRIL 2005

VENUE: 855 FINCHLEY ROAD, GOLDERS GREEN, LONDON NW11

**JVS LOOKS FORWARD TO WELCOMING AS MANY OF YOU
AS POSSIBLE TO A MOST INTERESTING AND INFORMATIVE
AFTERNOON**

'Refreshments will be served'

SOCIETY NEWS

TEST YOUR WITS ONCE AGAIN

AT OUR

SUPER SUPPER QUIZ

On Sunday 8th May 2005

Loads of fun and great prizes to be won!!

Venue: Jewish Vegetarian Society Time: 7.00pm
855 Finchley Road
Golders Green, NW11

Tickets: £15 in advance (£18 at the door)

For further information and bookings:

Tel: 020 8455 0692

or Email: jewishvegetarian@onetel.com

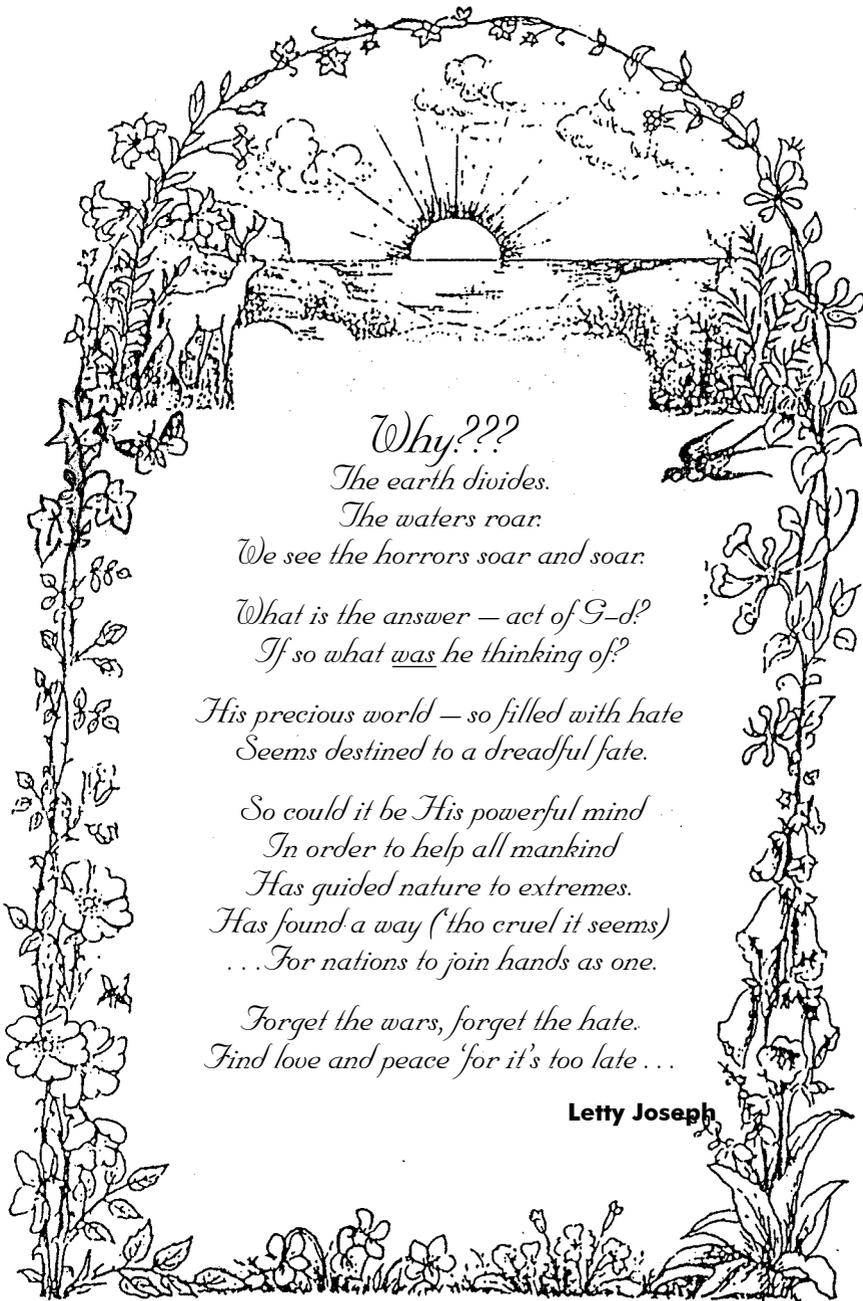
ANNOUNCEMENT

We wish to announce that, due to personal commitments, Naomi Fellerman has resigned as IJVS Committee Chairperson. We take this opportunity to thank her (and former Vice-Chair John Schlackman) for the tremendous help and hard work given to the Society during their term of office. We wish Naomi and John every success in their future endeavours.

NOMINATIONS

Nominations for Chairperson and Vice-Chairperson are welcome by post, email and at the Annual General Meeting to be held: Sunday, 10th April 2005.

POEM



Why???

The earth divides.

The waters roar.

We see the horrors soar and soar.

What is the answer — act of G-d?

If so what was he thinking of?

*His precious world — so filled with hate
Seems destined to a dreadful fate.*

*So could it be His powerful mind
In order to help all mankind
Has guided nature to extremes.
Has found a way ('tho cruel it seems)
... For nations to join hands as one.*

*Forget the wars, forget the hate.
Find love and peace 'for it's too late...*

Letty Joseph

GREETINGS FROM ORR SHALOM

GREETINGS FROM ORR SHALOM, ISRAEL

Shalom.

Last Chanukah, 750 new Foster Children in 480 foster families in the Central Region of Israel, added light to the already burning flames on Orr Shalom's Chanukiot throughout the country.

This past year has been a very busy and important year for Orr Shalom, a year of change and growth. We have recently opened another home in Ashkelon. We are overjoyed to welcome back the Saadas as House Parents for this home, returning after a year's respite. Amazingly so, Shula and Aharon chose to once again accept 10 young children who come from unspeakable backgrounds of abuse and neglect into their circle of love and light.

Beit Goldschmidt, our 24-hour therapeutic intensive care home for girls aged 10-13, is now fully operational, giving home and hope to twelve girls who have endured horrific nightmares.

As part of a new trend for caring for Israeli children at risk before they are removed from their biological homes, The Ministry of Social Affairs has been strongly encouraging us to organize community-based programs. Thus, we will soon open a special after-school program for high-risk boys aged 10-12, in co-operation with Jerusalem's Hapoel Basketball team and the Municipality's Social Service Department. These boys are not only skipping school, many have already commenced with criminal careers. In addition, we will soon be opening a new Parent-Child Centre in Eilat which will cater to 100 families and their children, and are planning to open a similar Centre in Kiryat Malachi soon after. Furthermore, we are being asked to open a new Therapeutic Group Homes for Adolescent Girls in Ashdod.

We have begun work on a short video. We are delighted that some of our graduates have really come so far along that they have the confidence and self-esteem to volunteer to be filmed as our shining stars for this video, for example, Devorah, though struggling economically, soft with affection, bubbling over with love raising her two young children, and Tzvika, having made it all the way to Bat Sheva's National Junior Dance Ensemble, just back from tours in Croatia, the UK and France.

Of course, along with the light and happiness of Chanukah, arrives the winter, the cold and the depression. One of our Beer Sheva housemothers has been hospitalized with a severe stroke. The social situation in Israel has

GREETINGS FROM ORR SHALOM

not changed for the better, in fact the conditions for the impoverished for the needy, and for so many children still at risk in their biological homes has steadily worsened.

Nevertheless, we are still here doing what we do. Although we continue to expand and reach out to more and more Israeli children at risk, our priority still remains the maintenance of the high quality of professional care and love for the children in our existing programs. Thank you for being part of this. Your support continues to light up the lives of Orr Shalom's children.

Haim Feingold – Executive Director

HEALTH COLUMN

COULD A CRANBERRY A DAY KEEP THE DENTIST AWAY?

Britain's leading oral health charity says that cranberries could help prevent a host of oral health problems, such as tooth decay and gum disease.

The British Dental Health Foundation, providers of free impartial dental advice to the public, was talking after experts at the University of Rochester found that cranberry juice stops harmful bacteria from sticking to the teeth.

According to researchers, by stopping bacteria from attaching to the teeth, cranberry juice ensures that plaque is never given the chance to form, which could prevent tooth decay and gum disease.

However, the Foundation warned that the findings, presented at the Cranberry Institute's Cranberry Health Research Symposium in late October, should be treated with a degree of caution and that due to its acidity, cranberry juice should be limited to mealtimes.

Dr Nigel Carter, chief executive of the Foundation, commented: "With the number of cranberry containing toothpastes and flosses on the market increasing, it seems that oral health companies are taking advantage of the benefits of cranberries."

'However, it is important to also be aware of the negatives.

HEALTH COLUMN

'Cranberry juice is naturally very acidic. Every time you drink something acidic the enamel on your teeth is softened temporarily. 'If given time to recover, then your saliva will neutralise this acidity in your mouth and restore it to its natural balance. However, if this attack happens too often the mouth does not have the chance to repair itself and tiny particles of enamel can be brushed away. This is called erosion. 'Erosion can cause pain and sensitivity in the teeth, and once the enamel has worn away can also leave your teeth open to decay too – so try to keep cranberry juice to mealtimes only.

It is estimated that more than five million people visit the dentist with toothache every year in the UK, and the vast majority of these are the result of tooth decay.

Gum disease causes bleeding gums and bad breath and is the number one cause of tooth loss in the UK. It has also been linked to conditions such as heart disease, lung disease, diabetes and heart attacks.

For a good oral health routine the Foundation recommends twice daily brushing with fluoride toothpaste, keeping sugary and acidic food and drinks to mealtimes only and visiting your dentist regularly. Chewing sugar-free gum after meals and daily flossing is also recommended.

For free oral health advice from a team of experts contact the British Dental Health Foundation's Dental Helpline on 0845 063 1188.

UP TO 40% OF DRUGS GIVEN TO ELDERLY ARE ON 'DANGER LIST'

People age 65 and over represent just 18% of the population – yet they account for half of all drugs prescribed every year. A new report prepared by **What Doctors Don't Tell You** has discovered that doctors are prescribing drugs to the elderly that they know are very likely to cause a worrying side effect.

These drugs have been earmarked as being 'inappropriate' for the elderly because of the powerful reactions they can cause. **What Doctors Don't Tell You** has discovered that around 20% of all prescriptions for elderly patients are for drugs on the danger list.

HEALTH COLUMN

This is a conservative estimate, and researchers estimate that the problem could easily be twice as bad. If that were indeed the true picture, it would mean that nearly half of all drugs prescribed for the elderly are too powerful and dangerous.

The **What Doctors Don't Tell You** report suggests the elderly could be taking at least four prescription drugs at the same time. The older the person is, the more drugs he or she is likely to be given. In the UK at least one-third of all patients over the age of 75 are taking four or more prescription drugs.

This multi-prescribing, known as polypharmacy, is a common practice in medicine, and yet it has never been researched. While drug regulators may force manufacturers to test the safety of individual drugs, nobody is checking for the side effects that a chemical cocktail of drugs might cause.

"Polypharmacy creates a vicious spiral that ends up with more drugs being prescribed. If nobody knows that happens if you mix drug A with drug B, then the doctor is not going to recognize fresh symptoms as a result of the deadly cocktail. Instead, he will assume his patient has yet another problem, put it down to old age, and prescribe yet another drug to treat that reaction," commented **What Doctors Don't Tell You** editor Lynne McTaggart.

Readers' Offer: Free copy of this report will be sent to readers who call 0870 444 9886 or email their full address to: offers@wddty.co.uk quoting "DRUG COMBOS REPORT"

PROMOTING VEGETARIANISM IN THE JEWISH COMMUNITY

The Jewish Vegetarians of North America (JVNA) has produced a new leaflet that should be a very positive tool for promoting vegetarianism in the Jewish community. Noam Mohr, a Jewish vegetarian activist has done an excellent job in producing the leaflet.

Please go to www.JewishVeg.com/jewishvegleaflet3.pdf and take a look at the leaflet. Please consider printing a copy and running off some to distribute. This is a great way to create far more interest in Jewish teachings on vegetarianism.

OBITUARY

ARTHUR LING 1919-2005



It is with deep regret we announce that the founder of the vegan company, Plamil Foods, Arthur Ling, passed away in the early hours of 18th January 2005.

Many people knew Arthur through his work and life interests. He was a private man, uncomfortable in the public arena, but who reached out to many, touched and influenced them with his life style and views. His life and relationships were shaped by a strong sense of direction, as well as his distinct unwavering and uncompromising views on many subjects. It is these attributes that helped him to forge a way for the vegan lifestyle to be recognised in the face of much social unawareness.

He was not one for social norms, indulging in almost anti-establishment activities with unassuming relish from an early age. To his parent's horror, he became a vegan at the age of seven (in 1926 veganism was completely unheard of) when he witnessed a fish being killed at the seaside. He spent a lifetime promoting the vegan ideal.

His views on many subjects were essentially liberal. He was anti-war, egalitarian, a supporter of 'the common man'. A lover of the outdoors he was an active Naturist, known to many in his home village for his early morning swims in the sea. He was also a lover of sports, played tennis and badminton for many decades and in the 1970s founded and ran a local boys' football club.

An accountant by profession, he was involved in his first commercial project in the post-war years. A company called Solflower Ltd, based in Wales, was created to produce biodeisel from Sunflowers. Unfortunately this project was 50 years ahead of its time and did not enjoy commercial success. He is known by most for his work at Plamil and the Vegan Society. From his association with the Vegan Society in the 1950s he joined a group interested in producing a non-dairy milk, which eventually became Plantmilk Ltd, later changing to Plamil Foods Ltd, to which he dedicated himself. It produced in 1965 the first widely distributed Soya milk, a true achievement and again far ahead of its time. At retirement age in the 1980s, he continued to work actively for many years, being honoured with a number of 'lifetime' achievement awards. Whilst still participating in running the company he latterly and gradually dedicated himself more and more to research of the nutritional aspects of the vegan diet, his true love and passion.

OBITUARY

In October 2001, we were honoured and delighted to welcome him to the JVS headquarters in London as the guest speaker at the annual Philip Pick Memorial Lecture.

He was made virtually house bound in the spring of 2004, by a rare skin disorder, known to be a symptom of the gradual breakdown of the immune system and cause of depression. In November 2004 he was admitted to hospital with a serious heart condition. Struggling with complications he died peacefully in his sleep.

Our condolences go to his children, Julie, Trevor and Adrian.

GREATEST EVER VEGETARIAN

WHO IS THE GREATEST EVER VEGETARIAN?

POLL REVEALS THAT GANDHI IS THE GREATEST EVER VEGETARIAN.

'Mum would be so incredibly proud', says Stella as Linda McCartney takes second place

Mahatma Gandhi is the runaway winner of a light-hearted opinion poll to find the greatest ever vegetarian – conducted by Animal Aid during its annual Veggie Month in March last year. Out of more than 38,000 votes counted, the great Indian political leader secured in excess of 15% more than his nearest rival. Gandhi, whose model of non-violent civil disobedience inspired the campaign for Indian independence from the British Empire, was a life-long vegetarian who believed that 'the life of a lamb is no less precious than that of a human being' and that 'the more helpless a creature, the more entitled it is to protection by man from the cruelty of man'.

'It's amazing', says Stella as Linda is runner-up.

While Gandhi was clear winner of the poll, there was a remarkably close battle for second place with Linda McCartney pipping Leonardo Da Vinci by only 24 votes. Her high position is a remarkable testament to the respect felt for Linda, whose convenience food range and best ever selling vegetarian cookbook introduced millions to veggie meals based upon recipes, which traditionally include meat. Linda thus becomes both the highest placed 'modern' and the leading female vegetarian. Commenting on the result, Linda's daughter, fashion designer Stella McCartney said:

GREATEST EVER VEGETARIAN

‘My mum would be so incredibly proud to be voted one of the greatest veggies ever. It is amazing to be remembered for doing something really positive for others. It’s remarkable what she achieved for promoting the cause. The love she had for animals lives on!’

Poll details

The public were asked to choose from a final list of 12 great vegetarians. They were selected to demonstrate not only the vital contribution that vegetarians have made to science, literature, art, philosophy, entertainment, music, sport, history and politics, but also because their decision not to eat meat was/is crucial to their beliefs and achievements.

- | | |
|-----------------------|--------------------------|
| 1. Gandhi | 7. Plutarch |
| 2. Linda McCartney | 8. Albert Schweitzer |
| 3. Leonardo da Vinci | 9. Moby |
| 4. Albert Einstein | 10. Leo Tolstoy |
| 5. Spike Milligan | 11. Percy Bysshe Shelley |
| 6. Benjamin Zephaniah | 12. Martina Navratilova |

A full background of the poll and mini biographies of the 12 great veggies can be found at www.animalaid.org.uk/vegpoll

GENDER BENDING CHEMICALS

“GENDER BENDING CHEMICALS”

MEP for South East says animal rights solution can protect humans and the environment

The British Union for the Abolition of Vivisection (BUAV) recently launched a report by Green Party MEP, Dr. Caroline Lucas, on the “gender bending chemicals” in our everyday products such as food packaging and cosmetics that contaminate our air, water and soil. A solution was proposed to deal with the threat to human health and the environment, which does not involve animal testing.

The report stressed the need for urgent action and instead of advocating mass animal-testing, a precautionary approach combined with an entirely non-animal testing strategy would be more reliable, cost-effective and efficient as well as humane.

GENDER BENDING CHEMICALS

"Gender bending chemicals" are so-called because of their suspected link to low sperm count and testicular cancer in men; early puberty in girls, increased breast cancer in women; and malformation of aquatic animals. They are believed to disrupt hormonal systems in humans and wildlife, and have sparked fears of a rise in reproductive abnormalities.

The report explains why animals don't make good subjects when investigating human health, and that extrapolating relevant information from them is fraught with problems:

1. Reactions vary too much between animals of different species, and even animals of the same species for results to be reliable or useful.
2. In vitro testing, based on cells from the species being studied (human or wildlife) would eliminate many of these problems and provide more reliable information.

The BUAV's Emily McIvor, Director of European Policy at the BUAV says, "Gender bending chemicals are present in numerous products that we all use every day, such as plastic bottles, tin cans and cosmetics. We have always emphasised the need for improved chemical regulation to protect human health and the environment, but asked that modern humane test methods be used. Through commissioning this report Dr Lucas has shown her strong commitment to health and the environment, as well as animal rights."

Dr Caroline Lucas MEP adds, "Some wildlife is already threatened and it is very likely that human health is also being damaged, but their real effect on people and the environment is still unknown. We must act now by taking suspect chemicals off the market."

And she continues, "Further action is also needed to develop more non-animal tests, and I will be pressing the European Commission to divert funding towards methods that can be more reliable, cost-effective and time-efficient than tests involving animals."

New IJVS E-mail Address
jewishvegetarian@onetel.com

DEAR SIR

Dear Editor

I am always very happy to receive your magazine. For your interest you may like to read/publish the enclosed article that appeared in the Jerusalem Post Weekend Magazine in December last. I feel the writer, Saul Singer, is half way to becoming a vegetarian! W. Sulzbacher – Jerusalem.

INTERESTING TIMES

By Saul Singer.

CUTTING-EDGE KASHRUT

IF IT'S NOT HUMANE, IT SHOULD NOT BE KOSHER

I am an increasingly observant Jew. I don't imagine becoming fully Orthodox, but I am a great believer in the power of the two institutions, that kept Jewish communities whole throughout the centuries: kashrut and Shabbat.

I became attracted to kashrut, in particular for two reasons. Its ethical foundations and the way it brings Judaism out of the synagogue, elevating a mundane aspect of daily life.

The ethical impact of kashrut is found most broadly in the simple idea that people, unlike animals, should not eat anything they want to. Automatically, this raises consciousness toward animals, as shown by the general Jewish revulsion for hunting. But the most concrete sign of kashrut's ethical basis are the laws of shechita (kosher slaughter).

The idea that it matters how an animal is killed was itself a breathtaking ethical advance for its times. In the ancient world, it was not uncommon to eat from live animals, a practice so abhorrent to Judaism that its abolition became one of just seven Noahide laws that the Torah applied also to non-Jews.

Shechita took this step further, requiring that cattle be slaughtered in a way designed to eliminate pain – a single, swift stroke with an unblemished knife, severing the major arteries and airway and rendering the animal almost instantly unconscious.

Dr. Temple Grandin, perhaps the world's best known academic expert on humane slaughtering, writes that in the hands of the best shohtim, the animal does not move, seems not to feel the cut, and drops dead in eight to ten seconds.

DEAR SIR

This, I must admit, was my somewhat naive image of shechita until the recent controversy over the AgriProcessors plant in Postville, Iowa, broke. A video secretly taken in the kosher plant and posted on the Web (www.peta.org) showed cattle having their throats cut, their trachea ripped out, and surviving minutes longer as they struggled to their feet while slipping, panicked in their own blood.

Numerous rabbis and experts have responded with horror to this nightmarish procedure, which seems to combine violations of Jewish and American law unique to this plant. The Orthodox Union, the most prominent of the organizations certifying the kashrut of the plant, has pledged that the ripping out of the trachea of sensate animals will be stopped. **But this is not enough.**

In the modern world, shechita cannot be justified when, due to indifference or incompetence, it becomes less humane than the standard non-kosher slaughtering method, in which the animal is instantly killed by a bolt shot into its head. Jewish law prohibits any maiming of the animals before shehita, and so prohibits the standard procedure called "stunning". But in many kosher slaughtering plants, particularly in South America, Europe and Israel, cattle are still slaughtered while hoisted into the air by a back leg or while wrestled or mechanically manoeuvred onto their backs.

The prohibitions, on injuring animals before shehita, and against cruelty to animals in general, need to be reflected in the modern application of Jewish law. This means that the restraining method used in shehita has to be as humane as the shehita itself. Kosher plants that use well-designed standing restraints follow this principle. But there is no excuse for treating the many plants that use other extremely painful and stressful restraining methods as kosher, when such methods render shehita less humane than stunning.

Ironically, the AgriProcessors plant was producing glatt kosher meat: "Glatt" refers to an extra stringency in the law in which, the lungs are held to a higher standard of blemishlessness. It makes little sense, as Chaim Milikowsky of Bar-Ilan University's Talmud department has pointed out, "to insist upon the most stringent requirements with regard to the ritual portion of the slaughtering process and yet, at the same time, flagrantly not insist upon stringent requirements with regard to the crucial moral aspect." To do so makes "the entire kashrut endeavour of that person both suspect and absurd". Further, the clear implication that "God cares only about his ritual law and not about his moral law" Milikowsky argues "is to desecrate His Name".

DEAR SIR

I want to be proud of kashrut, not just in theory but also in practice. I don't want to have to choose between my Judaism and my ethics – I find the thought that the two could be in conflict unacceptable and troubling. I, along with some Jewish thinkers, already believe the notion of “kosher veal” is a contradiction in terms, since veal calves are kept in tiny pens their whole lives to keep them from developing muscles.

To me, if kashrut is not on the cutting edge of humanity toward animals, it's not kashrut. I would be happy to pay extra for “ethically glatt” meat. I have already stopped eating veal, and consider that decision part of my kashrut observance. Until I can be assured that shehita is being performed according to the full letter and spirit of Jewish law, I think I will have to avoid “kosher” beef as well.

saul@post.com

BEAUTY WITHOUT CRUELTY APPROVED BY HCS

Beauty Without Cruelty is the latest cosmetics brand to be approved by the British Union for the Abolition of Vivisection (BUAV) under their Humane Cosmetics Standard. They joined the ranks of The Body Shop, Liz Earle Naturally Active Skincare and Neal's Yard Remedies, who manufacture a wide range of products without the need for animal testing.

An opinion poll commissioned by BUAV and the RSPCA found that 88% of women want a complete ban on animal testing for cosmetics and 96% think there should be compulsory labelling. Cruelty to animals is clearly something that consumers consider when choosing cosmetics and is an issue that manufacturers would be wise to realize, especially as the total value of ethical consumption has been estimated at £19.9 billion.

The Humane Cosmetics Standard – the only internationally recognized approval scheme for beauty products that are not animal tested – was developed by 50 leading animal protection organizations. The scheme now operates in the UK, USA, Canada and much of Europe. It allows consumers to easily identify which cosmetic and toiletry products have not been tested on animals.

BEAUTY WITHOUT CRUELTY APPROVED BY HCS

In order to comply with the Standard and use the rabbit and stars symbol on their packaging, a company must prove that they do not conduct or commission animal testing. They must also apply a strict fixed cut-off date, after which no animal testing must have taken place either within the company or throughout the supply chain.

The EU has agreed a Europe-wide ban on cosmetics animal testing, but is not due to come into effect until 2009. An EU ban on the sale of new animal tested cosmetics has also been agreed, but won't take effect until 2013 at the earliest. Until then, it is up to the consumer to identify which products genuinely are cruelty-free.

Beauty Without Cruelty says, "The BUAV is the leading organization championing animal welfare standards in the UK. Beauty Without Cruelty endorses the Humane Cosmetic Standard as it represents the core values of the brand. We will work with the BUAV to improve consumer awareness of these vital issues."

Lauren Bates, Corporate Relations Manager from BUAV says, "The BUAV's Humane Cosmetics Standard is the only way that consumers can be sure that their beauty products and their ingredients have not been tested on animals. Since this is something proven to be of importance to consumers, we would urge other manufactures to come forward and join our scheme".

For further information contact Penaran Higgs – British Union for the Abolition of Vivisection (BUAV) 16a Crane Grove, London. N7 8NN. (Tel: 020 7619 6978).



Our speciality alternative to milk is White-Sun based on pea-protein and fortified with essential B2, B12 and D2. Please send for the published medical research paper on pea-protein showing its greater iron absorption properties over soya.

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HOW TO BE A TOURIST

HOW TO BE A TOURIST AND LIVE AS A RESIDENT

By NANETTE TOFT



As my daughter had a bedroom to spare, we decided to spend a month with her in Israel and maybe get some sunshine, which was sadly lacking in England last summer.

Arriving in Israel almost direct, having made the first part of the flight to Amsterdam and then transferring to an El Al flight bound for Ben Gurion Airport. The new terminal is now open and although its completion was delayed for a few years, it is now fully operational. It is very grand and spacious, but one has to walk a long way to the exit and car parks. This is fine if you are mobile, but difficult if one is not able to 'schlep'.

There are so many things to see and do in Jerusalem that there is not enough hours in the day. Our first meal out was at the Village Green, a vegetarian restaurant, located on Jaffa Road close to Zion Square. The menu included an excellent choice of vegetarian and vegan dishes and I am pleased to say that it was quite busy.

One of our pleasures when spending time in Israel is giving some feral cats bread and Marmite, as there are so many little colonies of cats, all living in gardens. Jerusalem is very lucky to have them, as they control the snake and vermin population. Although we do not approve of any killing, nature, if not interfered with, has its own way of keeping its balance. On one of the occasions when we went to feed the cats, we were walking near somebody's flat and saw a young lady feeding some rather large tom and she cats. She told us that it was one of her great pleasures to give these animals some food. She is a concert violinist and played in the Jerusalem Symphony Orchestra and has travelled extensively all over the world. She invited us as her guests, to the YMCA on a Saturday night to hear her play which was very exciting.

When we did visit the YMCA we only ordered mineral water, as the restaurant does not carry a kashrut licence. Our main purpose was to listen to Nechama play her violin. Unfortunately the weather was rather cool, so we had to sit inside, in the better weather one can sit outside. There were only a few people eating, but Nechama and the elderly gentleman, who accompanies her on the accordion, played mostly for us.

We were transformed by the music and the ambiance of the place – back to

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the days of Pierot in the 1920s. The only thing missing were the waitresses dressed in white caps and frilly aprons. The music ranged from Irish gigs to Ella Fitzgerald – two hours of bliss.

The Association for American and Canadians in Israel (AACI) is located opposite my daughter's flat, where a wide range of activities takes place, including Wednesday morning entertainment. We joined this gathering to hear Naomi Kalish and an Italian lady singing, accompanied by a most talented pianist. When listening to these talented people, one cannot believe there are so many problems in this beautiful country.

Whilst we were there, we went on a guided tour (which was in English) of the Supreme Court building. It was a magnificent experience. What an exceptional building, so dignified and yet not intimidating. As the tour didn't start until 12.00pm we walked from the flat, going past a huge Monastery and then through Gan Sacher, a lovely park with the Israel Museum on one side and the Knesset on the other and past the Rose Gardens. On entering the building one is put through the usual security. Once inside we went to the café and had a lovely ice cream to cool us down.

Shopping at the Shuk (Market) is another experience not to be missed. We only go to the outside stalls usually early in the day. The array of food leaves one gasping, but I know for the residents, things are very expensive, even at the Shuk. You can buy almost anything there from a needle to a houseful of linen. Being English I usually thank the stallholders and even the most miserable face lights up with a smile when you thank them for serving you. Good manners are not normally the thing in the Shuk!

There is always something going on in the streets of Jerusalem and its never boring. For example, people cross the streets on crossings with complete abandon. They live in the hope that the speeding motorist will stop at the last minute. We never take chances and always look for a crossing marked by the little green man. It is said that there are more casualties on the roads than in the wars.

One evening, we took a taxi to a folk club located on a local Kibbutz. Two Israeli men were singing Simon and Garfunkel songs. Although there was a bar selling Guinness and other drinks, nobody was drinking and there must have been at least 600 people there from all walks of life, from orthodox to secular. As the concert didn't finish until 12.00am we wondered how to get home, as it seemed impossible to get a taxi out of the 'Wilderness'. One of the organizers of the club fixed us up with a very nice gentleman who

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even dropped us at the door of our flat, as you can imagine, we were most appreciative.

During our stay we like to go to as many interesting things as possible. Somehow even when we do not have a car, it seems easier to travel, as there are many available taxis. One is lucky when the driver drives slowly. Sometimes they keep their driving seat so far back, that my husband (who has long legs) finds it difficult to get in, but somehow we manage. Thankfully on most occasions my daughter speaks to them in Hebrew and we eventually reach our destination.

The Shlomo Carlbach Memorial Concert was very memorable. Thousands of people flocked to Smyan Ha'umah Congress Centre to see the performance. We reserved tickets in advance and collected them from the box office. The queue was (for Israel) very orderly, but the noise was something else.

The actual performance was spectacular and thoroughly enjoyable. Many, many talented singers singing Shlomo's songs backed by a lively, alternative hippy type band with guitarists and tambourines. The only three people in the whole of the audience who were dressed in plain clothes were my husband, our daughter and myself. The majority of the audience was dressed in ethnic type of clothing, which was most interesting.

Anybody who remembers Rachel and Ya'akov Noy who lived in Beit Habonim Manchester in the 1950s will be pleased to hear that they are still living in Kibbutz Kfar Ruppin. Ya'akov has some health problems but we had the pleasure of meeting Rachel in Jerusalem. She was with a party of people who are National Insurance volunteers. Their role is to visit lonely elderly people. We joined the group visiting Jerusalem and their day finished off at Kibbutz Ramat Rachel for dinner in the hotel dining room. Quite an experience!

One Shabbat we joined a walking tour round the walls of Jerusalem, ending up at Sultan's Pool, not far from the Zion Gate. The tour guide was exceptional and brought the ancient history to life. To add to the enjoyment the weather was absolutely beautiful – just like a summer's day in England.

Anybody who has not visited Ein Kerem has really missed something – its peace and tranquillity has to be seen, to be believed. One cannot imagine Israel with all its stresses and problems when walking in the grounds of the Notre Dame Church.

For our last evening we went to the Jerusalem Theatre to hear the Jerusalem

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Symphony Orchestra performing songs from all the latest musicals, including Cats, Cabaret and many more. There were eight people singing, any one of them could be on the West End Stage, there talent was absolutely astounding and nobody wanted the program to finish.

So you can see that there are so many things to do in and around Jerusalem. Even just walking the streets one is steeped in the history of the strife-torn country. But people just carry on with their lives as best they can.

One interesting thing we noticed, if you have anything you no longer need, just put it outside the house or flat on a wall. Within a couple of hours it has been taken and hopefully used by someone else. I've seen all sorts of household goods on display on walls. What a useful way of recycling things. Maybe we should try this method in England?



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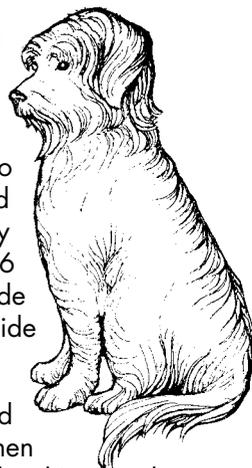
Please note that in future all correspondence, as well as subscriptions for annual renewals, new memberships, donation, etc., should be sent direct to Headquarters here in London, and not to Federalsburg, MD. as previously.

CHILDREN'S CORNER

This article is reprinted from the JV Magazine, Issue No. 31 – Spring 1974. As many of you would not have seen it, I thought it would be of interest as I am sure there are many children who have now heard of "Greyfriars Bobby"

BOBBY (A True Story)

Bobby, a Skye terrier, was born at Cauldbrae Farm near the city of Edinburgh. Although owned by the farmer, he spent all his time working with Jock Gray the farm shepherd known as "Auld Jock" and followed him everywhere. Each Wednesday the two would come into Edinburgh for the weekly market and when the castle time-gun went off at one o'clock they would make their way to "Traill's Dining Rooms" at 6 Greyfriars Place for a meal. Jock Gray would provide a separate meal for Bobby, who would eat his alongside his master.



In the winter of 1858 Jock, who was getting old, ceased to work and the farmer drove him to Edinburgh and then made his way home with Bobby. When he discovered Jock's absence, Bobby slipped off the cart, retraced his steps to Edinburgh and after a long search, found Jock asleep in a small street. The poor man was obviously ill but he staggered along to a lodging house accompanied by Bobby. It was an old and miserable building, but Jock was too ill to notice the lack of comfort in his attic room. Here he died, unnoticed except by his faithful dog.

Jock was buried in Greyfriars Churchyard and on that winter morning began the vigil of "Greyfriars Bobby".

Three days later Bobby appeared promptly at one o'clock at "Traill's Dining Room". Mr. Traill recognized him and gave him a bun and, without waiting to eat it, he ran out of the shop. Next day he again appeared, and on the third day, Mr. Traill followed the dog hoping to discover Jock's whereabouts. Bobby led him to his master's grave and it was only hunger that had forced him to leave it. Mr. Traill, touched by the loneliness of the little dog, returned him to his home at Cauldbrae Farm, but Bobby escaped and made his way back to Greyfriars where he resumed his vigil. All efforts to make him relinquish his post proved unavailing.

CHILDREN'S CORNER

Bobby made friends with James Brown the caretaker of Greyfriars and, in spite of the "No Dogs" rule; he was allowed to stay there. By day he lay on Jock's grave, and by night or when there were visitors about, or the weather was bad, he hid under a raised stone, resisting all friendly efforts to provide him with a comfortable home. Bobby became know and loved by the boys and girls who lived in the locality, and every day at one o'clock he went to "Traills Dining Rooms" where he was given dinner.

Nine years after 'Auld Jock' death, Bobby came to the notice of the police and was arrested as a "vagrant" an unlicensed dog liable to be sentenced to death, and Mr. Traill was accused of "harbouring" him. The Lord Provost (that is a kind of Lord Mayor) heard of the case and "adopted" Bobby, paying for his licence and giving him the Freedom of the City. He also presented him with a collar, bearing the inscription: "Greyfriars Bobby from the Lord Provost".

For a further five years Bobby remained by his master's grave. As he grew older, he became less and less willing to be absent from it for any length of time. He died in 1872, thus ending a fourteen-year vigil.

Like many animals Bobby had a love for his friend and master that went beyond all understanding of human beings. Of course, it is not only dogs but also all animals that have this love for people if they are not treated cruelly, kept shut-up in darkened buildings, with no personal friend to love and no one to love them. The picture is a true portrait of Bobby; it was taken from the statue erected in his memory, which surmounts a granite fountain on the corner of Candlemakers' Row and George IV Bridge.

If you are ever in Edinburgh you must go and see this statue to little Bobby, the doggie that would not forget his master for fourteen years.

EMERGENCY BUILDING FUND

The Society's Headquarters in London are in urgent need of repair and renovation. It has been estimated that we will need in the region of £50,000. Therefore we will need your help. An Emergency Building Fund has been set up for donations. **Please Help. Any donations, large or small will be much appreciated.**

CONSUMER CORNER

OMEGA PORRIDGE

THE WORLD'S HEALTHIEST VEGAN & VEGETARIAN BREAKFAST.

If you want to get your day going, look no further than **Omega Porridge**, a nutritional superstar and a dieter's dream – the world's healthiest vegan and vegetarian breakfast.

Omega Porridge has all the traditional goodness of normal porridge, with an added twist – ground flax seed called Forti-Flax, rich in Omega-3 fatty acids and dietary fibre, supplied exclusively in this country by the Omega-3 specialists, Healthy & Essential (www.healthyandessential.com)

Forti-Flax contains all ten essential amino acids, making it a complete source of protein, as well as being packed with trace vitamins and minerals. It is also rich in lignans – important anti-oxidants and weapons against cardiovascular disease, stress, blood pressure and cholesterol. They have also been shown to halt bone loss, fight osteoporosis and help the body's immune system.

Omega Porridge is delicious, wholesome and can be made by anyone, in seconds, requiring only oats, semi-skimmed or skimmed milk and a tablespoon of Forti-Flax. But if porridge isn't your thing, you can also sprinkle Forti-Flax on yogurt and cereals, or add it to smoothies, juices and water.

Dr Tom Gilhooly, a Glasgow-based specialist in nutrition is a great fan, having tested Omega Porridge. He believes patients can benefit from it by becoming fitter, healthier and enjoying significant weight loss.

Healthy & Essential's Barlean's Forti-Flax is the finest product of its kind and costs just £9.99 for a 16oz/454g tub. It can be bought by calling 08700 53 6000 or logging on to www.healthyandessential.com

NOTICE

WE ARE DESPERATELY SEEKING CONTRIBUTIONS/ARTICLES ETC. FOR INCLUSION IN THE JEWISH VEGETARIAN. UNFORTUNATELY WE ARE UNABLE TO PAY FOR SUCH ARTICLES, BUT WILL, OF COURSE, GIVE CREDIT TO THE SOURCE. PLEASE CAN YOU HELP US. ALL MATERIAL MUST BE RECEIVED AT THE OFFICE 5-6 WEEKS BEFORE PUBLICATION DATE.

CONSUMER CORNER



TRUfree

THE LIGHTER OPTION

Spring heralds a new regime for many of us. It's the time when eating healthily comes back on the agenda after the excesses of the winter months.

Finding products that fit with 'healthy eating' can be surprisingly difficult for those following a 'free from' diet, which is where Trufree's range of crackers comes in.

Trufree crackers are the original 'go anywhere' snack. Three varieties are available: Herb & Onion, Spicy and High Fibre. The crackers are free from wheat, gluten, milk and egg but high on taste and have only 25 calories a cracker.

Christine Russell, independent nutritionist explains, "Following a weight reducing diet can be difficult at the best of times, but when you are following a 'free from' diet as well, it becomes harder still. Particularly at lunchtime as crumbreads form the basis of many lunch options."

It was with this in mind that Trufree developed their three cracker varieties, which are great for snacking, spreading or dipping. Now anyone with food intolerance need never get bored or go hungry!

Trufree crackers are available in a 200g pack; RSP £2.49 from Waitrose, Tesco, Sainsburys, Morrison, Safeway, Boots, Holland & Barrett, GNC and all good health food stores.

AWARD WINNING WILDLIFE-FRIENDLY RSPB RICE GETS VEGETARIAN SOCIETY SEAL OF APPROVAL.

The Vegetarian Society is proud to approve RSPB organic brown and white rice.

Grown in Spain's important wetland area, the Ebro Delta, and distributed in the UK by leading workers co-operative, Suma, every pack of the RSPB rice sold raises ten pence for the RSPB's vital conservation work.

CONSUMER CORNER

The Vegetarian Society's Corporate Relations Manager, Vanessa Brown commented: "We are extremely pleased to approve RSPB rice. Most vegetarians are sophisticated, discerning consumers who care about the quality and taste of their food, as well as the environmental and social impact of their purchases. RSPB rice scores very highly on both counts".

Bryan Bland, RSPB's Corporate PR Manager said, "We are delighted that RSPB's rice has been approved by The Vegetarian Society. This endorsement recognises that good quality food can be produced in harmony with, and benefiting from nature."

For more information about how RSPB rice supports conservation work please contact Bryan Bland or Catherine Biggs on 01767 680551 or bryan.bland@rspb.org.uk or catherine.biggs@rspb.org.uk

ALARMING INCREASE IN FOOD ALLERGIES & INTOLERANCES LEADS TO EXPANSION OF HUGELY SUCCESSFUL 'DAIRY FREE' CHOCOLATE RANGE.

According to Allergy UK, 2% of the population suffer from a food allergy, that's a staggering 1.2 million people with a serious allergic reaction from common foods such as milk, dairy and wheat. It is estimated that 20% of people believe they are suffering from a food intolerance or sensitivity, which has an impact on their daily lives!

For many people, this means drastically changing their diets – not only the basics such as bread and milk but also life's luxuries like chocolate. In the face of such alarming statistics, one company who are trying to address these issues is Humdinger Foods, who launched their revolutionary Dairy Free Rice Crackle bar last year, to provide a delicious alternative to milk chocolate for those with food allergies or intolerances. Now, after receiving some fantastic feedback from UK consumers, the company are launching a new addition to the range – Tangerine, inspired by the classic chocolate orange.

Whilst the Dairy Free range has been specially created for those with food intolerances and allergies, the bars are also ideally suited to those chocolate lovers who want to either cut down their dairy consumption or who are following a special diet. What's more, Dairy Free bars are made with soya flour, derived from non-genetically modified ingredients, which is then blended with premium cocoa liquor to produce a smooth European style chocolate. This unique patented process ensures that the essential goodness

CONSUMER CORNER

of soya, including fibre phytoestrogens, vitamin E, calcium and Omega-3 and Omega-6 fatty acids are retained.

The makers of Dairy Free are so confident that they will offer a money back guarantee to customers who are not 100% satisfied with their purchase. Simply return the wrapper within 30 days of purchase to receive a full refund – see www.dairy-free.co.uk for more information. Dairy Free bars are available from selected branches of Morrisons, Sainsbury's, Tesco and Waitrose, as well as independent health food stores.

HUMZINGERS 100% FRUIT STIX

A HEALTHY SNACKING ALTERNATIVE, LOW FAT, HIGH ENERGY, NO ADDED SUGAR.

We all know the FSA recommends eating five portions of fruit and vegetables a day, but in reality it's not always that easy, especially when fruit can be messy and impractical to carry around. Why not try Humzingers 100% fruit stix? Originally designed for busy parents to encourage their kids to eat more fruit, Humzingers are proving to be a popular healthy snack for people of all ages.

They contain a wide array of nutrients, are low in fat, high in energy and perfect for snacking in the office, when travelling, before and after exercise or when you are in need of a quick energy 'fix'. They are available from most supermarkets and come in 10 mouth-watering flavours – Apple, Apricot, Banana, Cherry, Blackcurrant, Pear, Pineapple, Plum, Strawberry and Tropical. Each bar is individually wrapped in foil-fresh packaging so they are great for carrying around, and unlike some fresh fruit, they will not make a mess.

Humzingers Real Fruit Stix are naturally sweet, but not sugar sweet, making them a healthy alternative to chocolate and crisps, and each bar is equal to 3 times its weight in fresh fruit. They are also gluten free, lactose free and suitable for vegetarians and vegans. Price £1.75 for a box of 10 and available from most major supermarkets.

For more information, visit Humdinger Foods website www.humdinger-foods.co.uk where you will also find information on the full range of products including the recently launched Lunchbox mini snacks, handy-sized boxes containing three varieties of mixed dried fruit – raisins & sultanas, sultanas & apple and raisins & apricots.

COOKERY CORNER



PESACH WITH DENISE PHILLIPS

We are privileged to have Denise Phillips, the leading Jewish chef, writer and broadcaster providing some more Pesach recipes for this issue.

TOMATO MOUSSAKA

Can be made in advance

Satisfying the vegetarians at Pesach without rice and pasta is often a challenge. This healthy new recipe will please everyone as it uses only a small amount of matzah meal, no matzahs and no nuts – perfect for the end of Pesach when your culinary imagination is severely stretched.

Preparation Time:

40 mins

Cooking Time: 1hr 15mins

Serves: 8 people

Ingredients

2 large aubergines thinly sliced in circles, 2 tablespoons salt, 4–6 tablespoons olive oil, 4 large beef tomatoes thinly sliced in circles, 6 tablespoons tomato puree, 5 large potatoes peeled and thinly sliced, 3 tablespoons fresh oregano or basil roughly chopped, 3 courgettes thinly sliced in circles, 3 cloves garlic peeled and finely chopped

For the topping

6 eggs – separated, 500g ricotta cheese or light cream cheese, 75g fine matzah meal, 3 tablespoons grated Parmesan cheese, salt and freshly ground black pepper to taste.



COOKERY CORNER

Garnish: Sprigs of oregano, freshly ground black pepper

Method

- 1) Salt the aubergine slices and leave for 30 minutes. Rinse and pat dry.
- 2) Pre-heat the grill to its highest setting.
- 3) Place the aubergine on an oven tray. Sprinkle with olive oil and grill on both sides until just golden – approximately 10 minutes.
- 4) Cook the potato slices in boiling water for 8 minutes. Drain and set aside.
- 5) Heat one tablespoon of olive oil in a large frying pan. Sauté the courgettes with the garlic for about 5 minutes. Slightly undercook them so that they are 'al dente' – still have their shape.
- 6) Pre-heat the oven to 350C/180F/ Gas mark 4.
- 7) Assemble the vegetable layers in the following order in a large ovenproof dish 34cm x 24 cm and 4 cm deep (14 ½ inches x 9 ½ inches and 2 inches deep): One third of the potatoes drizzled with olive oil and seasoned with salt and pepper; half of the aubergine circles spread with 3 tablespoons of tomato purée and half of the oregano; half of the courgettes with garlic; half of the sliced tomatoes.
- 8) Repeat all layers again.
- 9) Top with a final layer of potatoes.
- 10) Beat the egg yolks and ricotta cheese or cream cheese together. Stir in the matzah meal and grated Parmesan. Season with salt and pepper.
- 11) Whisk the egg whites until stiff and fold in to the cheese mixture. Pour over the moussaka.
- 12) Bake for 50 minutes or until golden brown.

To serve the stylish way: Spoon a generous helping on to a warm plate and garnish with sprigs of oregano and a dusting of freshly black pepper.

AUBERGINE PARCELS

I find that I am cooking non-stop over Pesach as most Kosher restaurants are shut. This recipe is refreshingly simple to prepare and has no complex cooking skills. Do use it for the rest of the year as it does not feature the normal Pesach ingredients and is perfect for a starter or light lunch any time. Serve with a salad or some spring greens if you are enjoying this dish as part of a main vegetarian meal. It can also be made parev by omitting the Parmesan cheese and spreading over some chopped olives, olive oil, salt and pepper combined with the tomato paste and basil –

COOKERY CORNER

your own tapenade.

This recipe can be made in stages and assembled later. It can also be completed and reheated just before the guests are due to arrive. Why not plate it up in advance giving you time to concentrate on your main course?

Preparation Time: 40 minutes **Cooking Time:** 10 minutes

Serves: 6 people

Ingredients

1 large aubergine, 6 tablespoons olive oil, 6 tablespoons tomato paste, 1–2 courgettes thinly sliced, 75g Kosher Parmesan cheese or similar hard cheese – grated, handful of fresh basil, sea salt and freshly ground black pepper.

Method

- 1) Cut the stem end off the aubergine. Slice lengthways in to 5mm (¼ inch) thick slices: you should have 6.
- 2) Sprinkle over the salt between each slice. Leave for 30 minutes. Rinse and pat dry.
- 3) Heat the olive oil in a frying pan. Sauté the aubergine slices on both sides. Drain them on some absorbent paper. Fry the courgettes at the same time or alternatively grill for 3 minutes and turn over and cook until golden.
- 4) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 5) Spread a tablespoon of tomato paste on to each aubergine layer, followed by a courgette layer. Place some Parmesan cheese over the top. Season with salt and freshly ground black pepper and add some basil leaves.
- 6) Roll each aubergine slice up in a cylinder secured together with 2 cocktail sticks. Place on a lined oven tray and bake for 10 minutes to warm through.

To serve the stylish way: Sit the aubergine parcels onto a serving plate. Dust with some freshly ground black pepper. Can be eaten hot or warm.

FENNEL, RED CABBAGE AND AVOCADO SALAD

It is always useful to have a quick salad that can be made in advance especially during Pesach when it seems that you are constantly cooking for the next meal. I love the colourful combination of vegetables, which is completed with a delicious honey dressing. This salad can be put in a plastic box and be part of a healthy lunch or eaten as a mid week supper.

COOKERY CORNER

Preparation Time: 15 minutes **Cooking Time:** 5 minutes

Serves: 6 people

Ingredients

300g red cabbage thinly sliced, 1 fennel cored and thinly sliced, 2 cooked beetroots sliced, 2 tablespoons dried cranberries, 2 large avocados peeled and sliced

Honey Dressing (makes 150ml).

Can be made in advance and refrigerated for up to 3 days. 9 tablespoons olive oil, 3 tablespoons clear honey, 2 teaspoons – Kosher for Pesach mustard, 3 teaspoons lemon juice, salt and freshly ground black pepper to taste.



Garnish: 50g pecan nuts

Method

1. Pre-heat the oven to 200C/ 400 F/ Gas mark 6. Place the pecan nuts on an oven tray and roast for about 10 minutes or until golden.
2. Combine the sliced cabbage, fennel, beetroot and cranberries together.
3. Gently mix in the avocado.
4. Combine all the dressing ingredients together and pour over the salad.

To serve the stylish way: Place the salad in a large serving dish, sprinkle over the toasted pecans and serve immediately.

ALMOND PEAR BAKE

Parev – can be made in advance – will freeze

Pears are a naturally versatile food. Eaten simply as fresh fruit or as a salad they are flavoursome, textured and healthy. Cooking them reflects their perfumed flavour, which blends so well with other ingredients such as coconut, wine and in my bake – almonds. All other ingredients are standard for Pesach, although this dessert is a treat at any time.

Preparation Time: 20 minutes **Cooking Time:** 45 minutes

COOKERY CORNER

Serves: 6 people

Ingredients

6 firm pears peeled, cored and cut into 2 cm thick slices, 1 tablespoon margarine, 2 tablespoons dark brown sugar, 1 tablespoons ground cinnamon.

For the almond mixture

150g/²/₃ cup margarine, 150g/²/₃ cup caster sugar, 150g/¹/₄ cup ground almonds, 2 tablespoons vanilla sugar, 6 eggs, 3 tablespoons potato flour.

Topping

6 tablespoons split almonds

Method

- 1) Pre-heat the oven to 375C/190 F/ Gas mark 5.
- 2) Grease a 34 cm x 24 cm (14 ½ inches x 9 ½ inches) and 4 cm (2 inches) deep pie or casserole dish with margarine.
- 3) Mix the sliced pears with the brown sugar, and cinnamon and put into the dish.
- 4) Place all the almond mixture ingredients in a food mixer and whiz together until creamy. This will take about 3 minutes.
- 5) Spread over the pears and level with a spoon. Sprinkle with the split almonds.
- 6) Bake for 45 minutes or until golden brown.

Garnish: Serve with non-dairy ice cream or sorbet.

LEARN TO COOK



HALF PRICE BOOK SALE
 Jewish Vegetarian Cooking by Rose Friedman
 - First Edition -
 £2.50 including P&P

COOKERY CORNER

THE STYLISH WAY

Denise's popular Cookery Demonstrations are the ideal, yet an informal way of adding to your cookery skills. These comprehensive "hands-on" classes, presented in her trademark simple but stylish manner, will enhance your love of food and add to your cooking repertoire. Pick a theme and see the difference it will make.

Choose from:

Wednesday 16 March 2005	Something New for Pesach
Wednesday 11 May 2005	Feeding the Family – New Ideas!
Thursday 12 May 2005	Feeding the Family – New Ideas!
Wednesday 29 June 2005	Salads for all occasions
Thursday 30 June 2005	Salads for all occasions

Venue: Northwood, Middlesex
Time: 10.00 am – 1.30 pm
Cost: £50 per class. All materials provided
Booking: Call Denise Phillips on 01923 836 456 or email denise@jewishcookery.co.uk

LIFE MEMBERS

Life Members are the pillars of the Society. Their support enables our work for vegetarianism to expand and plans for the future to be implemented.

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\$275

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\$275

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£40 (\$60)

NEW OPINION POLL

NEW OPINION POLL NATIONAL CRUELTY-FREE WEEK

New opinion poll for National Cruelty-Free Week reveals massive public support for ban on animal testing of household cleaning products.

A new opinion poll reveals that UK consumers (particularly women) want to take the cruelty out of cleaning. The opinion poll was commissioned by animal protection group the BUAV to mark National Cruelty-Free Week (5-11 July) and conducted by Opinion Research Business (ORB). It reveals that a massive 78% of the British public (82% of women) support a UK ban on animal testing for household cleaning products like washing up liquid or carpet shampoo.

National Cruelty-Free Week aims to raise public awareness that animal testing for beauty and household cleaning products still goes on, and encourages shoppers to ditch their animal tested products and go cruelty-free instead.

The new poll also reveals that UK shoppers are eager to ditch traditional cleaning brands in favour of 'cruelty-free' alternatives, and are keen for more supermarkets to produce own-brand cleaning products approved as 'not tested on animals' by animal campaigners the British Union for the Abolition of Vivisection (BUAV). 80% of those asked would be more likely to swap to a brand approved by the animal group.

- **79% of UK shoppers (83% of women)** say they would be likely to swap to a brand that was not animal tested if they discovered their existing brand was tested on animals
- **86% of the British public** would support their local grocery store introducing a range of household products not tested on animals
- **80% of those questioned (85% of women)** said that if they wanted a household product that was not tested on animals, they would be more likely to buy it if it was approved by the BUAV as cruelty-free.

In the UK household product tests are carried out on animals like mice, rats, guinea pigs, rabbits, pigs, fish and birds. Dogs can also be subjected to this cruelty. In the UK in 2002 there was a shameful 75% increase in animal experiments for household products and ingredients. A staggering 1,032 poisoning experiments were conducted; such experiments not only cause

NEW OPINION POLL

immense suffering, they are also crude and unscientific.

The BUAV's Dirty Secrets campaigns calls for a total UK ban on animal testing for household products. Over 100 MPs already have signed an Early Day Motion calling for a total UK ban on household product testing on animals (EDM: 738) showing there is political support for the Government to take swift action.

The BUAV's campaign also urges consumers to boycott animal cruelty by only buying cruelty-free brands approved by the organisation's international Humane Household Products Standard. The BUAV produces a handy pocket-sized Little Book of Cruelty-Free listing all BUAV approved companies, and approved companies can distinguish themselves by carrying the schemes 'leaping bunny' logo, making shopping with a conscience even easier.

Wendy Higgins, the BUAV's Campaigns Director, says:

"Ethical consumers are bombarded with often misleading animal testing statements from companies, and so they rely on the BUAV to make sense of it all. Our poll demonstrates that the British public, and particularly British women, are becoming increasingly angry that products like carpet shampoo or toilet cleaner continue to be tested on animals in this country, when testing for products like beauty shampoo or make-up was banned some years ago. The Government appears to have a policy of hypocrisy and it's time that animals stopped dying so that we can have yet more trivial cleaning products."

The BUAV's 'Dirty Secrets' campaign to end all household products testing on animals is backed by Sir Paul McCartney who says, "I've cleaned my house of animal tested products – won't you do the same? Together let's tell the white-coated men we want clean products and a clean conscience!" Sir Paul's quote is a reference to an anti-vivisection song called "The white-coated man" from his late wife Linda's album, 'Wide Prairie'.

The research was conducted from June 4th-6th 2004 as an omnibus survey, using a nationally representative sample of 1004 adults.

For further information contact Wendy Higgins, BUAV Campaigns Director on 020 7619 6965

THE DANGER OF AIDS RESEARCH (And that's just the tip of the iceberg!)

On World Aids' Day (1st December), the British Union for the Abolition of Vivisection (BUAV), the world's leading organisation campaigned against animal experimentation, raising awareness that animal testing for AIDS is unreliable, potentially dangerous to humans and can delay medical progress.

The BUAV is therefore asking people to make sure that their donations to AIDS charities **do not** go to organisations that spend on animal testing.

It is well known that immunodeficiency viruses act differently in different species. For example it is only humans who suffer from full blown AIDS, and most other animals are not even able to contract HIV. Virtually all of the breakthroughs and treatment, in its' understanding, have come from studies not involving animals.

Yet it is not just for AIDS research where animals are used erroneously. This can mean that drugs are released as safe, which may in fact cause serious side effects in humans. It may also mean that drugs having adverse reactions in other animals but not humans, are prevented from being developed:

Researchers using animals need to stop delaying medical progress and switch to more modern methods, such as cell and tissue culture, artificial organ systems, quantitative structure activity relationships, computer modelling and non-invasive human brain imaging that offer more accurate, reliable and repeatable data.

Adolfo Sansolini, Chief Executive of the BUAV says, "Vivisection is undermining the fight against AIDS. It is diverting resources away from more promising avenues of investigation. If we want to know how HIV affects humans, we need to study human, not animal physiology."

Nicky Gordon, Science Officer from the BUAV explains, "Medical charities are one of the biggest sources of funding for animal testing. Yet it has been proven time and time again that animals do not make good subjects for the study of human diseases. We are not against medical progress, on the contrary, we feel that animal research is actually slowing this process down. It's vital therefore, that for medical science to progress and to prevent suffering to humans as well as lab animals, that people check where their donations are actually going."

For a free copy of "Health with Humanity Charities Guide", contact the BUAV on 020 7700 4888.

ASK THEM FOR A MONKEY!

IF YOU "GIVE A MONKEY'S" ABOUT THEM, ASK THEM FOR A MONKEY!

The British Union for the Abolition of Vivisection •the world's leading organisation campaigning against animal experiments •have come up with a new scheme that means that you can "adopt" a monkey rescued from an animal testing laboratory. It's part of their campaign to end animal testing on primates.

"Adopting" a monkey costs just £24 per year, and in return, the "parent" receives a photo of their monkey, a personal adoption certificate, regular progress updates, and a 10-inch toy monkey. Money raised from the appeal goes towards the rescued monkeys' care and the BUAV's work to end all experiments on primates in the UK and worldwide.

The fifty Macaque monkeys were discovered in tiny barren cages in a research laboratory in Thailand where the BUAV were visiting to make presentations on non animal-testing techniques. After careful negotiation, their safety was secured, and they were released into a rescue sanctuary. Today they have access to trees and ponds, with enough space to forage, play and socialise.

Sir Paul McCartney who has already adopted a monkey, and whose photo appears in leaflets about the project, says, "I was delighted to be able to adopt a BUAV ex-laboratory monkey and wholeheartedly support the BUAV's important work, campaigning to end all experiments on primates."

"Adopting an ex lab monkey is the perfect gift for anyone who loves animals." says Karen Ruskin, Director of Fundraising at the BUAV. "And we are thrilled that these monkeys will have the chance to live the rest of their lives in as natural surroundings as possible. However, cruel and unnecessary experiments on animals don't just happen abroad •the UK remains the largest user of primates in experiments in the European Union, with more being used each year."

To adopt an ex-lab monkey, please call 020 7700 4888, email monkeys@buav.org or go to www.buav.org

DATELINES

Brief details of all local events will be included if they are received in good time. Details should be received 6 weeks before publication. The Magazine is due out on 1st December, March, June and September. Write to us.

GARDENERS' CORNER

GARDENERS' CORNER – SPRING 2005

This was the first time we had visited Israel in early January, not the time for a seasonal visit but a family simcha summoned us. We had been there in almost every other month and had keenly observed the flora and fauna of this most wonderful land, which is the crossroads of Jewish identity and culture and the migratory corridor for so many creatures.



For logistics we began our stay in Jerusalem and knew that at almost 3000 feet altitude it could be pretty cold. We stood on Mount Scopus and surveyed so much of our heritage, much of which has not altered greatly from biblical times. On a clear day one can see right down to the Dead Sea with the sand coloured hills stretching out to the lowest point on Earth. In front of us lay the Old and

New cities of Jerusalem Hakodesh and just below the cemetery with its white marble tombs encrusting the hillside. The shimmering sight broken only by the surreal looking lines of black clad heridim threading their way through the serried ranks only to congregate in a contrasting knot to recite kaddish and remember a loved or honoured ancestor. The Hebrew word for a tomb is kever and this is the same word as for a beehive, keveret and this is just what the tombs looked like, so many beehives waiting for the warmth of the Messiah to summon the dead back to life and towards the Temple Mount. For now though, all lay in waiting with the biting cold North wind adding its chill to the sombre scene.

A few days later we drove to Mount Carmel for the second part of our stay. We broke our journey near Caesaria where there are huge archaeological remains of the Crusader City and much of the Roman era. Particularly impressive is the aqueduct, which brought water to this place from the springs on Mount Carmel about 17 miles away. The construction stretches way into the distance, arch after arch



GARDENERS' CORNER

with the watercourse on it still lined with the waterproofing cement.

As I stood between this edifice and the Mediterranean, which was gently lapping over the ancient harbour wall, a kingfisher hovered looking into the water. After a few moments and having taken up a few positions, it suddenly darted into the sea like an unleashed arrow and emerged from under the water with a fish almost its own length. I should think nesting was in progress



and there were hungry mouths to feed. Further out and coming from the north were an endless succession of cormorants. Group after group came in formation, some flying high and others just skimming the surface of the waves. All were perfectly positioned just behind the leader of the skein and the one behind, so a perfect thread ran through the sky. All flapped their wings in unison and at the signal all

just glided on the air-currents until the signal to resume flapping came and the aerial ballet continued choreographed from the time immemorial originators of aerodynamics. In about half an hour we must have witnessed thousands of birds in many groups intent on fulfilling nature's call.

On the Carmel itself we visited some familiar walks in nature's garden. The winter rains had summoned the fresh green growths of Spring into life and the green shoots were everywhere. Soon there would be a tapestry of wild flowers but for now just a few harbingers of things to come welcomed us. Sparse as they were, the more acute was the pleasure of the beauty of isolated anemones, blood red against the sienna soil, while cyclamens delicately furled back their petals to see if Spring had arrived. Against a rock a narcissus was well into flower, even in the Scillies the flower growers harvest them at this time, but here it is all down to nature and a pretty good job it does. Grazing contentedly were three cows and one calf. As the mother surveyed us the calf thrust its head into her udders for its mid morning meal and for the moment at least, all was right with the world.

Back home in the garden the season's round continues and now is the time to set the vegetable bed with all the favourites. As the lengthening days add warmth to the soil we continue the "rotation of crops" to maintain healthy plants and prevent the build up of disease. Root crops, carrots, beetroot, parsnips and radish can all have early sowings now. A useful tip is to sow

GARDENERS' CORNER

much thinner than usual. This enables the young seedlings to develop with less competition and even then thin the plants early to get good-sized produce. Plantings of spinach, lettuce and spring onions should also be made and here the thinnings can be used in salads. The early potatoes should go in during early March. We like Aron Pilot because of its sweet flavour when we dig them in June.



Early peas can be sown in flat drills and a good variety is Feltham First. Here when we sow peas we feed the mice who immediately help themselves to the seeds, so we start them off in trays in the greenhouse and when the plants are 6 inches up we plant them out in rows. Our next problem is the pigeons that also welcome a timely feed so we need to cover the plants with a net to prevent decimation. All in all we all have a share of produce, the birds and us.

I have also planted a Jerusalem artichoke in the veg bed, so called because of "girasol" the sunflower to which it is related. The late Philip Pick told me how he used to graft sunflower shoots onto artichoke stems to grow really giant sunflowers and this year we are going to try this.



WHY NOT COME ALONG AND PAY A VISIT TO HQ IN GOLDERS GREEN

where we have a large selection of books, many of which are less than half the original price? Come and have a cup of coffee and browse through. The office hours are 10.00 - 4.00 Monday to Thursday but please telephone before coming as there are classes taking place in the main hall at certain times. Tel: 020 8455 0692

EUROSOURCE HELPS RAISE CASH THROUGH RECYCLING

Eurosource, the recycling company, has provided all 180 Marie Curie Cancer Care shops with freepost bags in order to help the charity raise money through donations of recyclable goods.

Marie Curie Cancer Care hopes that this new fundraising initiative will raise funds for people who are terminally ill with cancer whilst raising awareness of the value of these items which are often discarded as rubbish.

Marie Curie Cancer Care provides high quality nursing, totally free, giving terminally ill people the choice of dying at home supported by their families.

There are thousands of Marie Curie Nurses nationwide who care for patients in their own homes for a full working day or night shift. The presence of a Marie Curie Nurse allows patients to remain at home when they might otherwise have gone into a hospital or hospice.

Tom Weller, Marie Curie Cancer Care's Corporate Development Executive, said: "There are an estimated 75 MILLION redundant mobile phones in cupboards and drawers across the UK – enough to stretch along the Great Wall of China almost five times!

"If yours is one of them, please drop into one of our stores and donate it to our appeal. If you use a printer with your home computer, or even in the office, we would gratefully accept your old cartridges too. "Phones can be worth up to £30 and cartridges can be worth up to £7.50 for Marie Curie Cancer Care".

Recycling not only helps the charity – it helps the environment too. Mobiles and cartridges end up in landfill sites if they are binned, causing toxic substances to pollute the land. The Marie Curie Recycling Appeal prevents this – so if you've got an empty cartridge or mobile to donate, drop in to a Marie Curie shop today.

For more information on the Marie Curie Recycling Appeal, visit: www.recyclingappeal.com/mariecurie or call 08712 50 50 50. If you don't have a Marie Curie shop near you, you can also call this number to request a Marie Curie bag.

BOOK REVIEWS

The following are two new books by Linda Majzlik, both of which are available from JVS.

A VEGAN TASTE OF EASTERN EUROPE

If the peoples of Eastern Europe have one thing in common, it is their love of home-cooked flavourful dishes made from fresh seasonal produce.



Hearty soups with dumplings, stews and casseroles, wholesome rye breads, sweet and savoury stuffed pancakes, pickled vegetables, horseradish sauce, speciality grain dishes, beetroot salads and a whole host of desserts, pastries and cakes made with fresh and dried fruits, nuts and poppy seeds are all typically Eastern European.

Likewise, the lavish use of the distinctive flavourings of paprika, dill, caraway seeds, sour cream and yoghurt helps to provide the region with its unique culinary identity.

Although many meat-free dishes are enjoyed on certain days of the year for religious reasons, many people still find it hard to believe that anyone would avoid meat by choice and the concept of veganism is not widely understood. But with so many of the basic ingredients highly suitable for the vegan diet and dairy-free alternatives even to sour cream increasingly available, there is now plenty of scope to sample the culinary delights of Eastern Europe at home.

VEGAN TASTE OF THAILAND

Thai cooking is renowned for its perfect balance of flavours and textures and for its imaginative presentation. And the more people there are to share it the better for the Thais, the sharing of food is a source of great joy. Over the centuries migration has brought many influences from abroad, especially from China and (in the south) the spicier traditions from India.

Although veganism is virtually unheard of in Thailand, there is no need for vegans to miss out. Many of the ingredients are already familiar to vegan cooks, and the more specialist ingredients are becoming increasingly easy to get hold of. There is more good news too, many of the dishes are very quick and easy to prepare.

BOOK REVIEWS

Linda Majzlik has created over 120 dishes in her own kitchen, using authentic Thai ingredients and flavours, but avoiding the use of animal ingredients. Why not try her Bean sprout and Lettuce Soup, the Tofu and Tamarind Dip, a bowl of Carrot, Ginger and Sesame Fried Rice, Curried Aubergine with Tofu, a plate of Broccoli with Peanut and Chilli Sauce, a Pineapple and Water Chestnut Salad, all accompanied with Pan-fried Bread, some Crispy Fried Garlic, Onion and Shallots, and finish the meal off with a Pumpkin and Coconut Pudding.

Both books are published by Jon Carpenter, Alder House, Market Street, Charlbury, OX7 3PQ, (Tel: 01689 870437) Price £5.99 post free. Available from JVS or direct from the Publisher.

COOK 1.0

A FRESH APPROACH TO THE VEGETARIAN KITCHEN.

BY HEIDI SWANSON.

For the beginner, cookbooks can often be over-whelming, filled with complex recipes, extensive lists of exotic ingredients and long preparation times. Heidi Swanson – photographer, designer and passionate home cook – understands. In **Cook 1.0** she combines her love of fresh, simple vegetarian fare with her creative know-how to create everyday recipes that are easy, unfussy, flavourful and quick to prepare, usually taking less than an hour.

Completely original in its approach to the kitchen, **Cook 1.0** features more than 35 basic-recipes covering favourite breakfast, lunch and dinner dishes, with easy-to-read tables that show inventive ways to create 200 scrumptious variations. These delicious recipes include Apple-Brie Pancakes, Mint and Ricotta Pizza, Citrus Risotto, Midnight Chocolate Tart and Ice-Cold Strawberry Lemonade.

Beginners will learn basic cooking techniques and tips for favourite dishes such as mashed potatoes, pies, risottos and tarts and then can easily incorporate on-hand ingredients in new ways. **Cook 1.0** also features gorgeous food photography taken by the author.

Published by Harry N. Abrams Inc. Price £14.95. Hardback. Plus P&P £3.50. Available from JVS.

BOOK REVIEWS

GOOD HOUSEKEEPING – BREAD MACHINE **100 INNOVATIVE RECIPES TO MAKE THE MOST OF** **YOUR BREAD MACHINE.**

By JOANNA FARROW.

They say there's nothing like the aroma of fresh bread, especially in the morning, so here's a recipe guide to help you achieve just that. This wonderful book of inspired recipes, are suitable for all types of bread machine.

Find out how to create delicious home-baked breads using the simplest of ingredients. There are 'breakfast style' recipes for Oatmeal and Yoghurt Bread, Chunky Walnut Bread, Orange Scented Almond Bread, Savoury Enriched Breads such as Sun-Dried Tomato and Parmesan Bread, Italian Rosemary and Raisin Bread, Rye and Raisin Bread and Gluten-free Breads. Along side these traditional sweet, spiced and gluten-free breads are explanations of how to mix and prove your dough, making it ready for shaping, flavouring, filling and baking into breads such as Ciabatta, Italian Focaccia, Stuffed Naan and Olive Pittas.

All recipes have been "triple tested" by the Good Housekeeping Institute – so you can be assured of success every time.

Published by Collins & Brown, Paperback, Price £10. 99.plus P&P £3.00. Available from JVS.

A BLESSING OF BREAD **JEWISH BREAD BAKING AROUND THE WORLD**

By MAGGIE GLEZER.

A Blessing of Bread is a landmark guide to the amazing variety of Jewish breads found in communities all over the world, from Guatemala to Russia.

The book contains the 'best-ever' recipes for babka and honey cake, bagels, matzot, crackers and everyday breads such as Jewish-deli rye, plus the totally unexpected breads that thrill such as anise, almond and sesame-studded Moroccan Purim bread; the spiced and leaf-wrapped Ethiopian Bereketei; and the pitta-like Noon Honegi of the Jews of Bukhara.

There are more than 60 impeccably tested recipes, both old and new, for challah and other Sabbath and holiday loaves and an exploration of the rich

BOOK REVIEWS

symbolism of their history, the rituals governing their baking and eating, and the sacred tests and commentaries from which these rituals derive.

Modern-day takes on age-old recipes for challah holiday breads and everyday family breads from Ashkenazi, Sephardic, North African and Near Eastern traditions, interwoven with joyous family stories, wise folktales, proverbs and prayers.

A Blessing of Bread grew out of an interview that Maggie had with a Rabbi's wife about the symbolism of challah, since then she has been captivated by the myriad meanings in every twist of the bread's braid.

Published by Artisan Books a Division of Workman Publishing Inc. New York. Hardback, Price £30. 00. plus P&P £4.00. Available from JVS.

100 HEALTH-BOOSTING DRINKS

JUICES, SMOOTHIES, COOLERS, INFUSIONS AND SOUPS

Whether you are feeling tired, under the weather, or in need of a pick-me-up, any one of these health-boosting drinks will act as an instant tonic.

Imaginative and colourful, this selection of 100 health-boosting drink recipes demonstrates just how much juices, smoothies, infusions and soups can benefit our minds and bodies. Required reading for anyone who fancies pepping up their health and energy without resorting to a bland or slow-working eating regime, the quick and delicious recipes are a feast of fun and nutrients.

- * The most delicious way to supply all your essential nutrients and rejuvenate the mind and body.
- * 100 quick and nutritious recipes to boost the immune system, make you feel great and beat common ailments from allergies to weight gain, stress to sinusitis.
- * An appetizing and easy way to ensure you eat 5 portions of fruit and vegetables every day.

Published by Hamlyn a Division Octopus Publishing Group Ltd. Price £12.99. plus P&P £2.00. Available from JVS.

BOOK REVIEWS

LOW-CARB VEGETARIAN

By CELIA BROOKS BROWN

Celia Brooks Brown's '**Low-carb Vegetarian**' offers a complete range of easy, satisfying and stylish low-carb recipes designed specifically for vegetarians. The book offers a varied and exciting menu, that doesn't limit choice in any way. All the recipes are easy to cook and are high in protein, but relatively low in fat and, of course, low in carbohydrates.

Nutritional information is given with each recipe, and ingredients with special health-giving properties are highlighted (eg. Chilli-Crust Brazil nuts are high in selenium). A complete diet is included, from fortifying breakfasts and satisfying main courses, to light lunches and snacks. There are even chapters on party food and sweet desserts. '**Low-carb Vegetarian**' is the ideal companion for those who are trying to lose weight and also those who simply want to follow a long-term weight-maintenance lifestyle.

Until now there has not been a book for vegetarians who want to try a low-carb lifestyle. Not only that, for the millions of people who want to reduce their carbohydrate intake but who don't want to eat meat.

Celia Brooks Brown was born in the USA, and moved to Britain in 1989. She now lives in London and runs a successful vegetarian catering company, with celebrity clients including Stella McCartney.

**Published by Pavilion an imprint of Chrysalis Books Group PLC
Price £9.99. plus P&P £1.50. Available from JVS.**

ROSE ELLIOT'S VEGETARIAN MEALS IN MINUTES.

Bored with cooking the same dishes over and over again? Lacking the time and inspiration in the kitchen at the end of the day? No matter how busy your day gets the UK's foremost vegetarian cookery writer **Rose Elliot** is on hand with the new edition of her best-selling book **Vegetarian Meals in Minutes**. With over 200 delicious recipes from speedy snack to last-minute impromptu suppers there's helpful ideas for all occasions.

Starting with the store cupboard, Rose gives valuable tips on what to have in stock to ensure you always have the basis of a quick meal or snack. There follows six chapters based around the key main ingredients: Bread, Cheese and Dairy, Pasta, Pulses, Grains and Nuts, Vegetables and Fruit. With these

BOOK REVIEWS

key ingredients Rose will ensure you will be inspired to create mouth-watering, tasty, original vegetarian meals in no time.

Beautifully illustrated with colourful photographs and all recipes set out in easy to follow format.

Published by Collins, Price £9. 99. plus P&P £2.00. Available from JVS.

VEGETARIAN VISITOR 2005 WHERE TO STAY AND EAT IN BRITAIN

ANNEMARIE WEITZEL

This new book, again in popular paperback format and completely updated, is the **only annual guide** to private homes, guesthouses and hotels in England, Wales and Scotland, which offer hospitality to the vegetarian or vegan traveller and holidaymaker.

All establishments have descriptive information, as well as codes indicating whether they are exclusively vegetarian/vegan or that they also serve traditional food, whether they are licensed, allow smoking and are close to public transport.

Also there are more than 200 cafés, restaurants and pubs that cater well for vegetarians and/or vegans.

Illustrated throughout with photos and line drawings. Price: £2.50. Available from bookshops or post free from the publisher – Jon Carpenter Publishing, Direct Sales, 2 Home Farm Cottages, Sandy Lane, St. Paul's Cray, Kent BR5 3HZ, Tel/Fax 01689 870437 Visa/Mastercard accepted.



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e-mail: info@freerangers.co.uk



St CHRISTOPHER

A SCHOOL WHICH ENCOURAGES INDIVIDUAL FULFILMENT

At St Christopher School we teach girls and boys to value their own efforts and achievements and those of others. Our approach encourages self-confidence and brings out the best in both the moderately able and intellectually outstanding. We develop individual talents in a wide range of courses leading to 21 AS and A Levels.

Our many day pupils benefit from being part of a full boarding community with an extensive activities programme. Local parents can join in many aspects of School life.

The School has been co-educational and vegetarian since 1915. Our campus has the informal atmosphere of a friendly village with many fine facilities including a purpose built theatre and a new 25m indoor swimming pool.

We are a family school – girls and boys can enter from age 2½ upwards and there is then no barrier to Senior School entry. If you think your child might benefit, please phone for a personal tour or for more details.

Main entry: 8, 9 and 11
Full and weekly boarding from age 6
Direct entry possible to our lively Sixth Form
(Bursaries available)

ST CHRISTOPHER SCHOOL

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The School is an Educational Charity which aims to treat all children as individuals and to develop their proper self confidence.