Cook Book

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VEGEX
RICHEST OF FOODS IN VITAMIN B

VITAMIN B FOOD

PROMOTES HEALTH

VITAMIN FOOD COMPANY
WESTFIELD, MASS
NEW YORK, N.Y.
Delicious Flavor

Vegex makes other foods taste better. Delightful as a Drink.

Vegex is a strength-building, health-building food. It tastes so good “it makes your mouth water.”

This book tells of many delightful ways to use it.

Summer and Winter daily use of Vegex gives zest to appetites and adds its needed Vitamin B and food salts to the diet.
ALL of the remarkable exploits of the great war were not accomplished with guns and courage; but some with food. The story of a little band of daring aviators who saved an entire army has made its way (in scientific circles) around the world. Their bombing planes on that hazardous flight contained no guns or explosives but a new life-giving food.

A British Army was trapped at Kut in the deserts of Mesopotamia. But the soldiers laughed at the guns of the enemy; their citadel seemed secure. They had an inexhaustible supply of white flour, sugar, dried foods, canned meats, such as we city people use every day. Suddenly they faced a greater danger than that of shot and shell. An epidemic broke out due to some deficiency in the food. The whole army was affected.

The medical corps examined the food supplies and found the cause of the epidemic in the lack of certain elements in the food; particularly deficient in the protective food substance known as vitamin B and in mineral salts.

The plight of the army was wirelessly to London. British scientists set out to find the richest known product in vitamin B. They reported to the war Office that Marmite, a delicious new food made from yeast, would supply the missing vitamin and
supply in addition many of the needed food salts, including iron.*

Daring aviators loaded their bombing planes with this new food, crossed the desert over enemy lines, and dropped the food to the trapped army below. Less than one-half a teaspoonful per day was added to the ration of each soldier, but let the army officials tell the story. Colonel J. Bruce-Kingsmill has written:

“I have great pleasure in testifying to the excellent results which were brought about by the use of Marmite (Vegex) in Mesopotamia during the war. In cases of beri-beri, dysentery, ‘Bagdad boils,’ fever, nephritis, it appeared to have a ‘vitalizing’ effect upon the troops, enabling them to produce a more sustained effort during the arduous operations which took place in that broiling sun.

“As a chemist and as an old student of physiology, I had a pretty shrewd idea of the ‘secret’ of Marmite; and I foretold what the effects of the use of this vitaminic food would be. “In my opinion, all ‘iron rations’ should contain a large percentage of Marmite and it should certainly replace the use of ‘bully-beef’ in hot climates like Mesopotamia.”

(Signed) J. BRUCE-KINGSMILL, Colonel
M. A., A. R. R. C., F. C. S.,
III. Division—Mesopotamia.

* An officer then in charge of the Hygiene Department of the Royal Army Medical College, Lieut. Colonel Monkton Copeman, reported “that a commercial extract of yeast, Marmite, had distinct advantages over yeast in that it remained practically unchanged even when exposed to the air. Marmite was produced and put up in half-ounce cubes or tablets, which were so flavored that they could be eaten in this form, or if preferred, with bread or biscuit, or be used for making soup.” This new food, called VEGEX in America, Marmite in England, was then made part of the iron ration of all British troops.
A former member of the British Air Forces tells more of it. He says:

“The war office, I believe, obtained the Marmite (Vegex) and supplied the Air Force with the necessary amounts that were taken up and dropped upon our besieged troops in Mesopotamia.”

Just as the Spanish-American War impressed upon the Nation the need for sanitary control of food and water supplies because of the heavy deaths among the soldiers from typhoid fever, so the World War showed the need for the application in the feeding of both soldiers and populations, of the great diet facts which have been established by the scientists in animal and human nutrition during the last twenty years. It is true that the soldiers needed other foods and other vitamins, but the condition of the troops in Mesopotamia emphasized that vitamin B was the first of the protective food substances needed when the army was confined to a diet of refined foods. All of the vitamins are needed. Vegex supplies the vitamin B of which vitamin Dr. Henry C. Sherman of Columbia University in his book “The Vitamins” states:

“While often referred to as growth promoting, it should be emphasized that vitamin B is essential to normal nutrition in all ages.”

It is a daily need. Very little is stored in the system as is the case with vitamins A and C.

Vitamin B is a “water soluble vitamin.” Much of it comes out into the water in cooking vegetables. Milk contains it, but
the amount depends upon the season and the feeding of the cow. It is removed in the polishing of rice; it is left behind at the mill in the production of white flour. There has been widespread need for food which contains a known and standardized amount of vitamin B for daily use in the diet, so as to supply the required needs for vitamin B, just as butter supplies the required needs for vitamin A, and an orange the required needs for vitamin C. Furthermore, such a food must have flavor which will appeal to all palates; a food which can be used by the child as well as the adult and of a make-up which is acceptable to the delicate as well as the strong stomach.

Such a vitamin B food is now available to the American people in Vegex. You no longer need to wait for a daring aviator to bring it to you. It is now available at local dealers in reasonably priced jars.

The use of Vegex is rapidly spreading throughout all parts of the United States. Never before have people given more attention to their diet and physical well-being. Men and women high in public life, in banking and business, are making Vegex a daily part of their diet. It is being increasingly used by expectant and nursing mothers, and in the feeding of children. Restaurants are using Vegex in soups, sandwiches, salads, mince pies and other dishes. Men and women in all walks of life are making Vegex a daily part of their food because vitamin B is essential to normal nutrition at all ages and because Vegex is the richest known food in vitamin B with
a flavor which has a daily appeal to the appetite.

Food experts and other scientists in the food nutrition laboratories, universities, and research centers are using Vegex as the standard food in Vitamin B.

Physicians, dieticians, hospitals, sanitariums, school lunch centers, welfare workers and children’s clinics use Vegex and recommend its use to the public.

Thousands of animal and human feeding tests show that the Vegex food facts are squarely in line with the results of the pioneer work done by great leaders in Vitamin Research and human nutrition.

Every jar of Vegex measures up to these standards.

**CHOICE VEGEX RECIPES.**

**Vegex as a Drink.**

A drink of unique flavor and nutriment is made by dissolving 1/2 of a teaspoonful of Vegex in a cup of boiling water. If desired, milk or cream may be added to tea or coffee to vary the flavor.

As a family breakfast or meal-time drink, Vegex should be made in an enamel lined utensil. Some find the flavor improved by allowing it to simmer one or two minutes.

The refreshing effect of Vegex upon the whole system, especially upon the nerves, is noticeable after brief use. When taken at meal-time, it aids in the digestion and assimilation of other food.

To assist in building reserve for nerves and glands, it should be taken between
meals, and for soothing sleep, just before retiring.

**NOTE:** Do not use too much Vegex in any one dish. It is a concentrated food. Too much spoils the flavor.

**MILK VEGEX.**

One third of a teaspoonful of Vegex dissolved in a cup of milk, brought to the boiling point. This is excellent for children, nursing mothers and convalescents.

**VEGEX AS A SUMMER DRINK.**

Vegex dissolved in a small quantity of hot water, mixed with cold water, and the juice of lemon, lime or other fruit added and shaken with ice, makes an invigorating food drink for summer. Carbonated water can be used if desired.

A half teaspoonful of Vegex dissolved in a little hot water and then mixed with iced milk makes a delicious summer food.

**VEGEX BUTTER.**

Vegex and butter, mixed with a fork in the proportions of one part Vegex to four to six parts of butter. Vegex Butter spread lightly on hot toast adds zest and flavor.

**SANDWICHES.**

For summer menus, lunches, picnics, school lunches, teas, church socials, etc.

**EGG AND OLIVE SANDWICHES.**

3 ripe olives
Mayonnaise dressing
1 hard boiled egg

Chop the egg fine and mince the olives and pimentos. Mix all with the dressing and place between slices of bread which have been spread with Vegex butter.

*Mix Vegex and sweet butter in the proportion of 1 part of Vegex to 3 or 4 parts of butter.*

**CLUB SANDWICHES.**

Tomatoes
Lettuce
Salad Dressing
Cooked Chicken

Toast
Chopped Parsley
Vegex butter
On a slice of toast which has been spread with Vegex butter place a lettuce leaf, spread with mayonnaise dressing and a thin slice of chicken. Over this place another piece of lettuce, then mayonnaise, then thin slices of tomatoes, sprinkled with chopped parsley, more lettuce and dressing. On this place another piece of buttered toast. Press firmly together and cut in half. Serve with toast hot.

NUT AND OLIVE SANDWICHES.
- Ripe olives
- Grated nuts
- Cream cheese or peanut butter

Chop the olive meat fine. Add an equal amount of cream cheese or peanut butter, as preferred, and mix thoroughly. Place between slices of bread or crackers, spread with Vegex butter.

VEGEX - CHEESE SANDWICHES.
- Cream cheese
- Lemon juice
- Vegex

To 1 rounding teaspoon of cream cheese add \( \frac{1}{4} \) teaspoon Vegex, and spread between crackers or bread.

CREAM CHEESE AND NUT SANDWICHES.
- 1 small chopped onion
- 2 tablespoons chopped walnuts
- 2 ounces cream cheese
- 1 teaspoon chopped parsley
- Salt and paprika
- Few drops of lemon juice
- 1 teaspoon Vegex butter

Mix all ingredients thoroughly and spread between whole wheat or graham bread.

CHICKEN SALAD SANDWICHES.
- Cooked chicken
- Chopped celery
- Ripe olives
- Lettuce
- Mayonnaise dressing
- Salt and paprika
- Vegex
- Whole wheat bread

Mix \( \frac{1}{2} \) teaspoon of Vegex with the mayonnaise and mix with all the ingredients, which have been chopped fine. Place lettuce leaf on whole wheat bread, spread with the salad filling, trim and serve.
CUCUMBER SANDWICHES.
1 cucumber sliced  Vegex butter
Mayonnaise dressing  Whole wheat bread
Crisp a few slices of cucumber. Dry on napkin.
Place between bread spread with Vegex butter. Cover
with salad dressing, trim and serve.

CHEESE - NUT SANDWICHES.
American cheese  Grated nuts
Sweet cream  Vegex butter
Lettuce  Whole wheat bread
Moisten equal parts of grated nuts and American
cheese with heavy cream. Season to taste and place
on bread spread with Vegex butter.

MEXICAN SANDWICHES.
1/2 cup grated pecans  1/2 teaspoon Vegex
1/2 cup Edam cheese  Paprika and salt

CELERY - NUT SANDWICHES.
Chopped celery  Grated nuts
Mayonnaise dressing  Vegex butter

Bread or crackers
Wash and scrape celery, chop very fine. Add nuts
and sufficient mayonnaise to make a thick paste. Place
between slices of bread which have been spread with
Vegex butter.

CHEESE - TOMATO SANDWICHES.
Tomato  Vegex
Grated cheese  Bread
Mayonnaise dressing

Dissolve a tiny bit of Vegex in the mayonnaise.
Cover a slice of tomato with this, place on bread
and sprinkle with grated cheese.

ANCHOVY - VEGEX SANDWICHES.
6 or 8 anchovies  French dressing
Celery hearts  Vegex
Lettuce  Bread
Crush anchovies and add to chopped celery hearts.
Dissolve 1/4 teaspoon of Vegex in a little French
dressing. Mix all and spread over lettuce leaf. Place
on whole wheat bread and serve.
VEGETABLE SANDWICHES.

Green peppers  Lettuce
Tomato  Mayonnaise dressing
Cucumber  Vegex butter
Toast

On the toast spread with Vegex butter place a lettuce leaf, mayonnaise dressing, slice of tomato, a bit of chopped green pepper, more mayonnaise, a slice of cucumber, more lettuce and dressing. Press firmly together and cut crosswise.

CLUB SANDWICHES.

Make club sandwiches by using sliced tomatoes, a very little minced onion or chives, a few capers, lettuce and mayonnaise, placing between bread or toast spread with Vegex or Vegex butter.

EGG SANDWICHES.

Slice hard boiled eggs in thick slices. Place a close layer of the egg, topped with a crisp lettuce leaf on slices of bread with Vegex piquant relish or Vegex butter.

TEA SANDWICHES.

Cut thin slices of bread, spread with Vegex butter, add a leaf of crisp lettuce, lay slices together, press firmly, trim the crusts, and cut in half diagonally. Vary by adding chopped nuts, minced cress, cheese, nuts, olives, celery, etc.

VEGEX AS A SUMMER FOOD.

Vegex is particularly valuable for summer dishes. Aside from its zestful and piquant flavor it contains vitamin B, mineral salts and digestible proteins that are indispensable in the human diet, winter and summer.

While supplying an abundance of the most valuable elements to the body, it contains no heat and fat-producing carbohydrates.

For these reasons Vegex is of unique value as a summer food because it is nourishment and not fuel.
Summer foods should be of a type easily prepared, so that time and energy may be saved and as little fuel as possible used in their preparation, in order to avoid excess heat in the kitchen. Vegex is such a food.

Vegex is quickly assimilated, causes no excess heat in the body, is nourishing, is already prepared, which means a saving of time and cookery.

Vegex is purely vegetable, contains no meat or meat products of any kind. Its rich, meaty, nut-like flavor combines incomparably with foods of a summer nature.

If Vegex is used freely, meat can be omitted largely from the summer diet.

Vegex is not affected by ordinary temperature or exposure. For this reason and because it is already prepared, it is especially well adapted for camp cooking, picnics and for the automobile lunch basket. A jar of Vegex, a little water, an alcohol stove bring refreshment on the most tiring journey. It can be used for sandwiches, as a cold drink, with milk or in cold water, with a dash of lemon.

**SUMMER DRINKS.**

Dissolve 1/3 of a teaspoonful of Vegex for each cup of drink desired in a small quantity of hot water. Add sufficient cold water, ice and add lemon or lime juice.

Instead of plain water, carbonated water can be used to make a piquant vitamin drink.

**VEGEX AND NEAR BEER.**

1/3 of a teaspoonful of Vegex added to a bottle of near bear gives it the appetizing flavor of richest ale and stout.
ICED MILK VEGETABLE EXTRACT (VEGEX).

Dissolve 1/2 teaspoonful of Vegex in 2 tablespoonfuls of boiling water, add cold milk, ice and use as a summer food in place of meat or heavier solid foods.

Many of the recipes in this booklet can be changed into summer dishes by adding gelatine and icing them.

JELLIED VEGETABLE EXTRACT BOUILLON.

Combine one and a half tablespoonfuls of gelatine with one-fourth cupful of cold water, and let stand five minutes. Then stir this into two and three-fourths cupfuls of boiling water, in which has been dissolved one and a half teaspoonfuls of Vegex. Add a few grains of salt and pepper and either pour the bouillon into the cups, allowing it to stiffen, or else pour into the medium-sized dripping-pan, making the mixture an inch deep. In this case, it should be cut in cubes and piled in bouillon cups for the service. It may or may not be accompanied with whipped cream, seasoned with salt and dusted with a little paprika.

MOLDED SPINACH SALAD.

Combine one and a half tablespoonfuls of gelatine, one-fourth cupful of cold water and one tablespoonful of lemon juice. In the meantime, add to two cupfuls of cooked, chopped spinach, one and three-fourths cupful of boiling water, in which one teaspoonful of Vegex has been dissolved. Stir in one-half teaspoonful of salt and one-fourth teaspoonful of pepper; add the gelatine mixture and transfer to a mold, which has been lightly rubbed with salad oil, mayonnaise or boiled salad dressing; the latter may be delightfully seasoned with Prepared Mustard.)

JELLIED TOMATO BOUILLON.

Combine one tablespoonful of gelatine with one tablespoonful of vinegar and one-fourth cupful of cold water. In the meantime, bring two cupfuls of juice from canned or stewed tomatoes to boiling-point, add a little onion juice, one-half teaspoonful of salt, and celery salt to season, and dissolve in it one teaspoonful of Vegex. Stir in the gelatine and when dissolved complete as directed in the preceding recipe. If the tomato is very acid a few grains of sugar may be added.
JELLIED MEAT AND VEGETABLE LOAF.

Any well-known brand of pure Gelatine
1 tablespoonful of Vegex
Cooked peas
Diced string beans
Combine 1 1/2 teaspoonfuls of gelatine, with 1/4 cupful of cold water, let stand five minutes and add to each 1 cupful of boiling water, in which the Vegex has been dissolved. Then add one cupful each of cooked peas, diced string beans, chopped left-over chicken, veal, ham or tongue, 1/2 cupful of sliced radishes or stuffed olives, and 3/4 cupful of diced cucumber, using the firm portion. Season to taste with salt and pepper. Transfer to a small sized bread pan, and when stiff unmold on platter and garnish with any salad green. Serve mayonnaise, boiled salad dressing or a Thousand Island dressing.

SUMMER JELLIED EGGS.

Left-over cooked vegetables Corn cut from the cob
Peas String beans
Diced carrots 6 hard boiled eggs
Prepare half the quantity of Jellied Vegex Bouillon, as per recipe above, and into it stir 1 1/4 cupsful of the vegetables. Lightly rub 6 cups with salad oil, slice the eggs, and put a slice in the bottom of each of the cups, then a layer of vegetable gelatine mixture. Lay on a few more slices of the egg, and continue in this way until all has been used. When stiff, serve with a garnish of salad green, with an accompaniment of salad dressing or not, as one chooses.

NOTE.—Use scant 1/2 teaspoon Vegex to each large cup of liquid.

VEGEX SANDWICHES.

Vegex sandwiches may be used at picnics, porch teas, in the automobile lunch-box, or at home for luncheon or supper on those hot days when cooling, yet sustaining foods are so necessary. They are especially good as an accompaniment to a vegetable meal or with a salad course.

Number One—Cream together four to six parts of butter and one part of Vegex and spread lightly between thin slices of entire wheat, rye or white bread.

Number Two—Cream together three parts of butter with one of Vegex and add one-third the quantity of chopped pimentos, or green peppers. Use as described above.
Number Three—Cream together four to six parts of butter and one of Vegex with scraped onion or chopped, pickled onions to taste. Use with rye or entire wheat bread, putting the sandwiches together, if desired, with sliced cucumbers, dipped in French Dressing.

Number Four—Spread thinly-sliced white, entire wheat, or rye bread with Vegex and spread corresponding slices with butter, into which a little Chili Sauce has been beaten. Put together with lettuce leaves, dipped in French dressing.

Number Five—Cream together three parts of butter with one-fourth the amount of Vegex. Use as a filling for thin sandwiches of entire wheat or white bread. If desired, thin slices of tomato may be inserted in the sandwiches.

Number Six—Cream together three parts of butter with one part of Vegex and one part of chopped nutsmeats. Use as a filling for thin sandwiches of entire wheat or white bread, putting them together with sliced radishes, tomatoes or cucumbers, dipped in French Dressing.

Number Seven—Cream together three parts of butter with one part of Vegex and Prepared Mustard to season. Use as a filling for thin sandwiches made of white, entire wheat or rye bread, sprinkling the slices with chopped water-cress, celery, sliced tomato, or finely-sliced radishes, before putting together.

HOW MUCH VEGEX TO USE.

Vegex should be regarded as a staple article of diet, like milk and eggs. The normal adult requires from \( \frac{1}{4} \) to \( \frac{1}{2} \) oz. (1 to 2 level teaspoonfuls) per day. A family of five or six should consume about a pound of Vegex in a week. Because Vegex is a highly concentrated food, one pound goes relatively as far in furnishing vitamin B as many pounds of butter in furnishing vitamin A. It is as necessary in the diet as butter, will displace the proteins and mineral salts of many other foods and in Vitamin B many pounds of meat, fowl, fish, relishes and other expensive foods.
Vegex adds needed food elements milled away from foods like bread, rice and potatoes, sugar, macaroni, and makes them more nutritious, thus effecting a great economy in the household budget. Grocery and meat bills are reduced, labor in the kitchen simplified, fuel saved, and the invaluable vitamin B and mineral salts added to the diet by the use of Vegex.

The daily quantity of Vegex should be increased to 1 to 2 oz. in periods of stress; when called upon to do heavy mental or physical work, to help to resist disease, to overcome fatigue, on camping trips, or when general food conditions are adverse. Taken in such quantities Vegex exercises a pronounced influence upon the body.

The B vitamin is not stored in the body; therefore it must be supplied daily to insure the highest degree of energy and health. It helps to keep the life process normal.

APPETIZERS.

Vegex probably contains the “hunger hormone” in a higher degree than any other food; therefore small quantities of Vegex stimulate the appetite. It contains the ozmazones or flavor elements of mushrooms and choice meats. It contains no animal matter. Its use starts the flow of digestive fluids and assists the assimilation of other foods. This makes it valuable as an appetizer at the beginning of a meal.

VEGEX WITH CRACKERS.

Spread Vegex in a thin layer on crackers, one part of Vegex and two parts of butter, mixed with a fork, spread on hard water crackers.
VEGEX WITH CAVIAR.

One part of Vegex mixed with one part of caviar adds zest to caviar.

MOCK CAVIAR (VEGEX)

Spread very lightly straight Vegex on crackers, with scraped onion, and add lemon juice.

VEGEX WITH CHEESE.

One part of Vegex with Rocquefort or other highly flavored cheese, mixed and spread as a paste on crackers or thinly cut bread.

VEGEX COCKTAIL.

One part of Vegex to two or three parts of chili sauce, frapped over ice and served in cocktail glasses.

PIQUANT RELISH.

Mix one part of mayonnaise with one part of Vegex. Vary by adding chopped chives, onions, capers, etc. This sauce is excellent over hors d'oeuvres such as hard boiled eggs, ripe olives, fond d'artichoke, etc. It makes an excellent salad dressing for all vegetable salads.

SAUCES AND GRAVIES.

Most hot sauces are improved by adding Vegex, but a few which are made unique by its use are the following:

TOMATO SAUCE.

1 large can tomatoes
1/3 can tomato paste
4 beans of garlic
1 medium size onion
Small piece of red pepper
1 teacup grated parmigiano cheese
1 green pepper
2 tablespoons olive oil
Piece of butter (size of walnut)
Salt
Pepper
1 teaspoon sugar
1 heaping teaspoon Vegex

Add water to tomatoes. Boil about thirty minutes and strain. Add to the strained tomatoes, garlic, onion, green pepper and red pepper, cut all very
fine. To this add oil, butter, sugar, tomato paste. Salt and pepper as desired. Cook slowly about thirty to forty minutes, then add the grated cheese. Vegex should be thoroughly dissolved, in another vessel, in a small amount of the sauce before mixing, then add and mix thoroughly when ready to serve. Do not cook after Vegex is mixed with sauce.

**CURRY SAUCE.**

- 2 tablespoons oil or melted butter
- ¼ cup minced onions
- ¼ minced apple
- 2 tablespoons tomato catsup or chutney (or both)
- 2 tablespoons flour
- 2 cups vegetable stock or water
- 1 heaping teaspoon Vegex

Place the minced onions, minced apple, and tomato catsup or chutney (or both), in a sauce pan with the oil or melted butter and cook gently for fifteen minutes. Add the flour and after blending the vegetable stock or water, and the Vegex. Mix a little of this with the curry base, and serve the remainder separately.

Many vegetables make excellent curries as well as the meats and meat and vegetable combinations commonly used. Dried beans, lentils, peas, sweet corn garnished with hard-boiled eggs are delicious. Arrange your curry, with a small amount of the sauce added, in the center of a large platter or chop dish, in the center of a ring of boiled rice. French-fried onions are an attractive addition.

**SAUCE MEUNIERE.**

- 4 slices lemon
- ¼ cup minced parsley
- ½ cup oil or melted butter
- 1 teaspoon Vegex
- Salt and pepper
- ½ cup hot water

Into a frying pan put the oil or melted butter, and when very hot stir in 1 teaspoon Vegex. The extract will separate and harden, but let it continue to cook for a minute, then remove from the fire, and cool somewhat. Add ½ cup of hot water, stir well, return to the fire and stir until Vegex has blended, which will require only a few seconds. Add ¼ cup minced parsley, 4 slices of lemon, salt and pepper and serve very hot.
Eggs Meuniere are made by serving this sauce over fried or poached eggs. Fried green tomatoes are excellent with this sauce. It is also excellent used on fish.

**BROWN GRAVY**

The taste of gravy made with Vegex may be greatly varied by the kind of fat used. Thus, at the same meal several sauces may be served, each having a different flavor, depending upon whether the base is of olive, corn oil, or butter.

Place flour and oil in saucepan, blend and place over fire, add stock, milk or water. Cook gently for five minutes, stirring constantly. Add lemon, parsley and Vegex, dissolved in hot water and serve.

**CLEAR BROWN GRAVY.**

Make as above, but use potato flour as thickening. A few halved slices of lemon and some minced parsley may be added.

**CREAM GRAVY.**

Use cooking oil as base, add flour, and slightly brown before adding Vegex, seasoning, and milk or stock from vegetables. In this sauce, use only ¼ teaspoon Vegex to each cup liquid.

**SOUPS, BOUILLONS AND BROTHS.**

Vegex possesses a distinct and delicious flavor of its own. Its unique flavor quality of purely vegetable origin was discovered by Justus von Liebig, the great pioneer food chemist.

**VEGEX BOUILLON.**

We know of no other simple bouillon containing as much flavor and nutriment as that made from ½ teaspoonful of Vegex, dissolved in 1 cup of hot water, thus making a delicious Plain Bouillon. The product is so pure and so sensitive to other flavors, that salt and pepper should be very sparingly used.

*Note—Use scant ½ teaspoon Vegex to each cup of liquid.*
Simmering for two or three minutes in enamel lined dish improves the flavor. Don't boil long.

VEGEX BISQUE.
3 cups of milk, cream or half-and-half
Salt, pepper and celery salt
2 level teaspoons Vegex.

Bring the milk, cream or half and half to the boiling point, being careful that it shall not boil. Add seasoning and Vegex previously dissolved in hot water, and serve.

VEGETABLE BROTH.

All broth from boiled vegetables contain a large percentage of the "good" of the vegetable, and this should be utilized more generally for soups, instead of being allowed to drain away. The food and flavor value of the broth of celery, asparagus, carrots, green peas, lima beans, spinach and beets is very great. Add VEGEX to such stock and season lightly, to make a nutritive, palatable and very delicious soup than can be produced from meat.

NOTE: In the summertime, add gelatine, ice and serve any of the above as jellied consomme.

THICK SOUPS.

Plain thick soup is easiest made by the use of the water in which spaghetti, macaroni, rice or barley has boiled. Add a little butter or oil, seasoning, VEGEX, and garnish with minced chives, or pimento, or some of the cereal can be saved and added when the stock is used.

ONION SOUP AU GRATIN.
2 cups chopped onions
2 tablespoons oil
3 or 4 slices toast
2 heaping teaspoons Vegex
Salt and pepper
Grated cheese
5 cups water

To two full cups of chopped onions add the oil and fry until a rich brown. Scrape the contents of
the frying pan into a large kettle, add five cups of cold water and boil slowly for fifteen minutes. Have the toast (rye bread is excellent for this purpose) heavily sprinkled with grated cheese in the soup tureen. Add Vegex, salt and pepper and pour over the toast. Serve with grated cheese.

**NOODLE SOUP.**

1 pound of noodles  
2 quarts of boiling water  
1 teaspoon of salt  
2 tablespoons Vegex

Have the two quarts of water boiling rapidly before adding the noodles and salt. Boil for five minutes or until tender. Add Vegex and other seasoning to taste.

**VEGETABLE SOUP.**

1 large onion  
1 potato  
3 garlic beans  
4 or 5 pieces of celery  
1 tablespoon butter  
1 cup mashed peas  
1 green pepper  
½ can tomato  
1 carrot  
6 or 8 Ora  
½ cup of rice  
Small piece red pepper  
Salt and pepper  
1 tablespoon Vegex

Wash and chop fine all vegetables. Cover with water, add seasoning, rice and mashed peas. Cook until all vegetables are well done, then add the Vegex which has been thoroughly dissolved in hot water, and serve.

**SPINACH SOUP.**

1 qt. spinach  
Tablespoon grated parmigiano cheese  
2 tablespoons butter  
4 cups of milk  
Salt and pepper  
1 heaping teaspoon Vegex

Cook spinach thoroughly and mince. To this add butter, cheese, milk, salt and pepper. Before serving add the Vegex which has been thoroughly dissolved in a portion of the soup. Serve with croutons.

**LENTIL, DRIED BEAN, OR PEA SOUP.**

Use dried legumes, and after washing, soak 2 or 3 hours (if less, cook a little longer) and boil until tender. Either leave legumes in soup, or strain, mash, return to stock; add Vegex, seasoning and garnish with sliced egg, or lemon and parsley, or all of these.

**NOTE:** When possible, use fresh legumes in place of dried.
CORN SOUP.
To a can of sweet corn add a rounded teaspoonful of Vegex, boil for a few minutes, put through colander, add a little water if too thick. In summertime, use fresh corn.

TOMATO SOUP.
To greatly improve the flavor of tomato or cream of tomato soup, add a rounded teaspoonful of Vegex to each quart of liquid.

VEGETABLE CHOWDER.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup chopped carrot</td>
<td>1/4 cup chopped turnips</td>
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<tr>
<td>1/2 cup chopped onion</td>
<td>1 or 2 chili peppers</td>
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<tr>
<td>1 cup chopped cabbage</td>
<td>2 green peppers chopped</td>
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<tr>
<td>1 cup chopped celery</td>
<td>1 tablespoon sugar</td>
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<tr>
<td>2 cups tomato juice</td>
<td>3 tablespoons butter</td>
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<tr>
<td>2 qts. water</td>
<td>Salt and pepper</td>
</tr>
</tbody>
</table>

3 teaspoons Vegex

Wash, and prepare vegetables, chop fine and mix all ingredients together. Cover closely and cook an hour or more until tender. Dissolve the Vegex in another vessel, mix well, add season and serve.

RICE AND PEA SOUP.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups mashed peas</td>
<td>Tablespoon butter</td>
</tr>
<tr>
<td>Small onion</td>
<td>1 1/2 cups boiled rice</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>3 cups of water</td>
</tr>
</tbody>
</table>

2 heaping teaspoons Vegex

Mash rice thoroughly, chop onion and mix together all ingredients except Vegex. Boil fifteen minutes. When ready to serve add Vegex which has been dissolved in hot water. Mix well.

Grated Parmigiano cheese served with this is excellent.

CREAM OF PEA SOUP.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. dried peas</td>
<td>1 onion</td>
</tr>
<tr>
<td>Milk</td>
<td>Butter</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>1 heaping teaspoon Vegex</td>
</tr>
</tbody>
</table>

Cook peas, and mash through a colander. This will be more than needed for one meal but use sufficient quantity to make amount of soup required. To this add enough grated onion to flavor and milk...
to make quantity desired. Thicken until consistency of thick cream, season to taste and just before serving add Vegex which has been dissolved in hot water.

**MILANESE SOUP.**

A little parsley
1 small celery stalk
1 small sized potato
2 tablespoons butter
3 garlic beans
½ cup of cooked rice
1 small cauliflower
1 carrot
1 or 2 leeks
1 turnip
1 onion
1 cup of cooked beans
2 teaspoons of Vegex

Wash and cut all vegetables in small pieces, cover with water, add salt and cook until tender, then add rice, beans, butter, chopped parsley. Season to taste and boil five minutes more. Before serving mix well and add the Vegex, which has been thoroughly dissolved in another vessel. Grated Parmigiano cheese can be served with this if desired.

**ROSE BOUILLON.**

3 large beets
2 quarts of water
Seasoning to taste
2 tablespoons Vegex

Wash and peel the beets. Cover with the cold water. Boil until the water is crimson. Add seasoning, Vegex, dissolved in hot water, and serve with whipped cream.

**SCOTCH BROTH.**

½ cup barley or samp
½ cup diced carrots
½ cup chopped onions
2 tablespoons butter or oil
Salt and pepper
2 heaping teaspoons Vegex

Place the barley or samp in a large saucepan with the butter or oil. Add the carrots and onions. Stir well and let simmer for a few minutes, then add 4 cups of cold water. Let cook slowly for three-quarters of an hour. Add the seasoning and Vegex (dissolved in a little hot water) and serve. If very thick add a little water.

**ENTREES.**

**PAPRIKA GOULASH.**

¼ pound of nut meat or diced chicken
1 bay leaf
Paprika
Salt and pepper
1 teaspoon Vegex
2 tablespoons oil or butter
1 cup chopped onions
1 cup diced potatoes
2 cups cold water
Salt and pepper
1 cup vegetable stock

21
Melt the oil or butter, then add the onions and potatoes, cut into small pieces, and add two cups of cold water. Simmer for \( \frac{3}{4} \) hour (or slowly for a longer time), then add the bay leaf, salt and pepper. If the nut meats or chicken are used dredge heavily with paprika and cook slowly until thickened to the desired consistency. Dissolve the Vegex in the heated vegetable stock (or hot water), and serve in a casserole with triangles of toast.

**SPAGHETTI.**

Cook the desired amount of Italian Spaghetti in boiling, salted water about five minutes. Drain and mix with sauce (see recipe for Tomato sauce on page 14) and serve. A bowl of grated cheese should be served with the Spaghetti.

**KIDNEY BEANS MEXICAN STYLE.**

<table>
<thead>
<tr>
<th>1 lb. dried beans</th>
<th>5 or 6 beans of garlic</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 green peppers</td>
<td>1 can tomatoes</td>
</tr>
<tr>
<td>2 onions</td>
<td>1 or 2 tiny red (chili) pepper</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>2 tablespoons butter</td>
</tr>
<tr>
<td>1 heaping teaspoon Vegex</td>
<td></td>
</tr>
</tbody>
</table>

Wash beans and soak over night or several hours. Boil slowly until tender. When almost done, add tomato sauce to the beans (see recipe on page 14) and cook until tender and sauce is very thick.

**BRAISED CELERY.**

<table>
<thead>
<tr>
<th>2 tablespoons flour</th>
<th>3 medium size or</th>
</tr>
</thead>
<tbody>
<tr>
<td>milk or water</td>
<td>2 large bunches of celery</td>
</tr>
<tr>
<td>2 cups vegetable stock,</td>
<td>2 tablespoons oil</td>
</tr>
<tr>
<td>Minced parsley</td>
<td>Sliced lemon</td>
</tr>
<tr>
<td>2 teaspoons Vegex</td>
<td></td>
</tr>
</tbody>
</table>

Clean celery and trim roots carefully, leaving as much of them as possible. Cut to lengths of about six inches, tie in a bunch and place in boiling water, with the tops, greens and all. Cook gently until a fork easily pierces the stalk, drain and serve with brown Vegex gravy and minced parsley.

**WELSH RAREBIT.**

<table>
<thead>
<tr>
<th>½ teaspoon salt</th>
<th>1 cup grated cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinch of pepper</td>
<td>1 tablespoon butter</td>
</tr>
<tr>
<td>Paprika</td>
<td>1 tablespoon cream</td>
</tr>
<tr>
<td>1 tablespoon Vegex</td>
<td>1 teaspoon curry powder</td>
</tr>
</tbody>
</table>
Melt the butter in a saucepan, add the cream. When hot put in the cheese, pepper, salt, and a shake of paprika. Stir constantly until the consistency of rich cream. Add the curry powder and cook for one or two minutes. If a light rarebit is desired beat in 1 egg before adding the Vegex. Serve on toast and sprinkle with paprika.

CHOP SUEY.

1 cup mushrooms  1 cup chopped onions
Salt and pepper  2 tablespoons oil or butter
2 teaspoons Vegex  1 cup diced boiled celery

Fry the onions until quite brown in the oil, add the boiled celery, mushrooms and seasoning. Simmer for ten minutes. Add the Vegex, dissolved in a small quantity of hot water. Serve with small bowls of boiled rice.

Many combinations can be made always using this as a base, by the addition of peppers, lobster, chicken or any other left-over. Nut meats make an attractive addition as do such fruits as pineapple, bananas, etc.

BAKED BEANS.

½ a teaspoonful of Vegex added to each pint of baked beans, not only greatly adds to the flavor, but furnishes the needed elements to insure easy digestibility.

SALADS.

Vegex added to salad dressing greatly improves their flavor.

Vegex spread in small quantities with a fork on lettuce leaves or tomatoes gives them a piquant flavor.

VEGEX IN BREAD.

Vegex can be added to break, cakes, buns, muffins, pancakes, with improvement of flavor and to give vitamin balance.

Vegex dissolved in the warm water used in setting the dough of bread at the rate
of a teaspoonful for each pound of flour adds B vitamin balance. Such Vegex Bread tastes better, toasts better, keeps fresh longer and is far more nourishing than ordinary bread.

For bakers, a combination of Vegex with Milk, called Vegex Milk, is being placed upon the market.

VEGEX FOR BOTTLE FED BABIES.

⅛ of a teaspoonful of Vegex dissolved in two ozs. of hot water, is a stimulating protective drink for bottle fed babies. At other times, Vegex can be dissolved in a small quantity of hot water and added to the milk.

The newer research indicates that high feeding of vitamins by the mother during the nursing period and by the infant during its earliest life stimulates the development of certain protective tissues of the body, increases the number of white blood corpuscles, and lays the foundation for better growth and lifelong greater resistance to disease.

Vegetable Vegex Recipes for Children 1 to 3 Years of Age.

General Instructions.

As early as possible, children should be trained to eat uncooked fresh green salads and leafy vegetables.

All vegetables, especially succulent plants, should be cleaned thoroughly. In preparing vegetables for children care should be taken that they are well-cooked, preferably in a covered vessel, in their own juices. When they are washed, the water remaining
on the leaf will give sufficient moisture. The water should be cooked out. Valuable mineral salts in solution are lost by draining.

**SPINACH - VEGEX.**

1 pint of spinach  
*Vegex bouillon*  
butter

Place spinach in a covered vessel, add a bit of butter (no water) and cook until tender. Put through a strainer or chop very fine. Mix equal parts of spinach and Vegex bouillon thoroughly and serve.

* Use scant 1/2 teaspoon Vegex to one cup of hot water for Vegex bouillon, adding a little well cooked rice.

**VEGEX - BOUILLON.**

One tablespoon of strained spinach and one tablespoon of Vegex bouillon is sufficient for one feeding for a child of 1 year. The quantity may be increased according to age.

**CARROT - VEGEX.**

Vegex bouillon  
2 or 3 carrots  
Salt  
Butter

Wash and scrape young carrots, cut fine. Cover with water and cook slowly for one hour in covered vessel. Mash thoroughly or put through a colander. Mix 1 tablespoon of the carrots with 1 of Vegex bouillon and a bit of butter.

**SQUASH - VEGEX.**

Substitute squash for carrots in above recipe.

**PEA - VEGEX.**

Fresh peas  
Egg white  
Salt  
Vegex bouillon

Cook peas until very tender, put through a colander. Mix a bit of butter, with 1 tablespoon each of the pea pulp and Vegex bouillon and the whipped egg white. Serve warm.

**POTATO - VEGEX.**

Substitute potato for peas in the above recipe.

**EGG - VEGEX.**

1 egg  
1/2 teaspoon cream  
Vegex bouillon

25
Whip the egg. To half of the egg add 1 teaspoon of Vegex bouillon and ½ teaspoon of cream. Mix well and serve.

VITAMINS STIMULATE GROWTH.

Vitamins have a particular function in stimulating the growth and development of children. In cases of underweight, malnutrition, nervousness from school work, the addition of ½ an oz. of Vegex, worked up in milk, vegetables and soups, in the diet of children often brings about favorable changes in a short time.

FACTS ABOUT VELEX.

1. Vegex is a food, not a medicine. It supplies important building blocks for the structure rather than heat and fat.

2. Vegex is the richest known food in Vitamin B—absolutely necessary to normal nutrition in all ages.

3. Vegex is prescribed by physicians in diabetes. It contains no starch, no sugar, and it helps to give flavor and Vitamin B life to the otherwise washed-out and monotonous diet usually prescribed.

4. Vegex displaces meat in various ways.

5. Growth and resistance in disease throughout later life are dependent upon an abundance of vitamins in embryonic and early life, hence the importance of Vegex as a source of Vitamin B to the other food essentials to the expectant and nursing mother.

6. Vegex helps to stimulate the flow of mothers' milk. Babies take Vegex with their milk greedily. It contributes organic iron
as well as its other salts and vitamin B to the milk.

7. Vegex as a food multiplies the white blood corpuscles which help to fortify the body against infectious disease. Many physicians prescribe it in the food of patients suffering from influenza, colds, pneumonia, typhoid fever and tuberculosis, and before and after surgical operations. In such cases it is used to strengthen the diet and not as a medicine. It is particularly valuable in increasing resistance and in aiding the body to overcome many infections. Scientific tests show that Vegex increases the white corpuscles from 8,000 to 18,000 in each tiny drop of blood. These white corpuscles act as the “police-men of the body”; hence the free use of Vegex, the concentrated vegetable yeast extract, tends to clear the skin and give to the complexion that rosy glow that comes only when healthy blood flows underneath.

VEGEX IS FOOD NOT MEDICINE.

If in need of medicine or diagnosis see your physician. This book tells about Vegex as a food. Let those trained to diagnose and heal have the opportunity to help before it may become too late. Allow no claim for food or medicine to keep one away from the benefit, the necessity of those trained to heal and to protect health. Milk, Vegex, whole grains, fresh fruits and vegetables are among the protective foods daily needed in the diet. But to know if you need something beside proper food and exercise consult those who are trained to know.
Normal health is first of all insured by normal living, proper diet and exercise, cleanliness, and community control of sanitation. The public need to know just how each food or other of these items fit into the daily needs of the human machine. But many human machines have become or may become out of repair, and in getting back to proper diet and to proper living the individual should give those trained to heal, trained to repair the bodily machine, an opportunity to help before the parts become too worn.

Vegex is purely vegetable and guaranteed free from any trace of animal matter. It is widely used by Catholics on days of fast and abstinence, by vegetarians and others who on religious or other grounds abstain from the use of meat. It is distinctly kosher.

If your grocer or druggist has not yet received his supply of Vegex and vitamin foods, place your order with him and send us his name.

Scientific bulletins will be furnished, upon request, to Physicians, Dieticians, Research Workers and others professionally interested in the Newer Knowledge of Nutrition.

London Lancet Reprint.

(B Vitamin, Lymphocytes and Lymphoid tissue in nutrition.—The effect of B Vitamin on appetite.—Therapeutic possibilities of B Vitamin.)—Free.

British Journal of Experimental Pathology on Vitamin Underfeeding.

(Imperial Cancer Research Fund, London.)—Free.
WORLD-WIDE APPROVAL BY NOTED AUTHORITIES

One of the World's Leading Medical Journals:
An editorial in London Lancet, Dec. 20, 1921:
"Yeast contains Vitamin B in great concentration and palatable preparations (Marmite-Vegex) can compensate for the lack of Vitamin B in other foods."

Good Housekeeping Bureau:
Good Housekeeping Bureau of Foods, Sanitation and Health, conducted by Good Housekeeping Magazine, has tested and approvedVEGEX and issued a certificate to that effect.

Dr. F. Gowland Hopkins:
Dr. F. Gowland Hopkins, recipient of Chandler Medal, Columbia University, 1922, for distinguished work in food research, states in the British Medical Journal:
"Without the minute quantities of vitamines, perfectly wholesome and absolutely necessary foods are not in any complete or proper sense utilized at all. When the minute addition of vitamines is supplied, these very same foodstuffs become available as a whole. In any case, vitamines are nutritive essentials.

Dr. R. H. A. Plimmer:
"Marmite (Vegex) is the most convenient form for administering a concentrated amount of B-Vitamin. Babies take it greedily."

A letter from Col. J. Bruce-Kingsmill, of the III. division of the British Armies in Mesopotamia:

British Journal of Experimental Pathology:
December, 1922:
"Vitamin underfeeding, especially if it has occurred in infancy, impresses itself upon the organism as a lasting weakness which only manifests itself when the organism is exposed to strain. Vitamins have a positive, stimulating action and thus act as food hormones. The physical make-up of a community is determined largely by the ease
and regularity with which an abundant supply of vitamins is secured to the pregnant and nursing mother and to the growing child."

**Vitamin Food Co. Products are certified.**

"Our feeding tests show Vegex to be the most potent carrier of the water soluble Vitamin B we have ever seen.

"VITAFood shows a higher Vitamin potency than milk and many times more potency than baker's yeast.

"VEGEX ALMONDS are potent in fat soluble A or the growth promoting factor, and are particularly rich in the water solubles B and C.

"In addition they give us satisfactory chemical analysis with an acid neutralizing ash of organic mineral salts. We regard them a highly desirable product, both from a standpoint of Vitamins and of chemical constituents."

Westfield Testing & Research Laboratories,
Lewis B. Allyn, Director.

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**VITAMIN FOOD CO., INC.**
Executive Offices
Gotham National Bank Bldg.
1819 Broadway
New York

Factory and Laboratories
Westfield, Mass.
The Pure Food Town
Delicious Body Building Products
made by the
Vitamin Food Co., Inc.

1. VEGEX

- 3 1/4 oz. small size...... 50c.
- 6 1/2 oz. medium size...... 95c.
- 7 lb. Restaurant size

Bulk prices upon application.

2. VEGEX CUBES

Vegex cubes dissolve quickly in boiling water. They make a delicious and invigorating drink—excellent as a tea or coffee substitute. These cubes, made up as bouillon, produce a strengthening drink extremely rich in Vitamin B, valuable proteins, and mineral salts.

Tins of 12 wrapped Vegex Cubes... 35c.

3. VEGEX ALMONDS

Vegex Almonds are food nuggets of almond shape containing the Vitamins A, B, and C. They are made from rich, whole milk, autolyzed yeast, and citrous fruit juices.

Pocket size—
- Small ........... 10c
- Large ........... 35c.

Large Tins... $1.00

4. VITAFood—the Candy with a Purpose.

Vitafood is potent in all known vitamins. It is a fruit, cereal product depending upon natural fruit sugars for its sweetness. It is chocolate coated, and is comparable with the finest candy.

Packages of 3 large wafers (sufficient for one day) ........................................ 10c

Packages of 28 large wafers................................. $1.00

Packages of 56 large wafers................................. $2.00
Cook Book

VEGEX
RICHEST OF FOODS IN VITAMIN B

VITAMIN B FOOD
PROMOTES HEALTH

VITAMIN FOOD COMPANY
WESTFIELD, MASS
NEW YORK, N.Y.