

Vegetarian cooking

Change in food increases energy

By Olga Darcovich
Since she became a vegetarian two years ago Alice Pelz, mother of two teenagers, feels she has regained the energy and stamina she had when she was 16. Moreover, Mrs. Pelz said she has noticed an improvement in her concentration as well. "I can read more without becoming tired and I can take in more from what I read," she explained.

Mrs. Pelz, who lives at 7555 Bell School Line in Milton, changed her eating habits when she joined the Seventh Day Adventist Church two years ago. The church teaches that eating meat is deleterious to health, Mrs. Pelz said. "We feel that God allows man to eat meat, but you

pletely vegetarian in six months, Mrs. Pelz said, for her the process took two years. When she first undertook to change her diet, she found herself confused by the conflicting information she read and advise she received. No courses were available at the time. Finally, through the help of her physician, who is also a vegetarian, she mastered the correct vegetarian practices. "You have to do it gradually," Mrs. Pelz advised. "You start by introducing only one vegetarian meal into your weekly diet. Then you add a vegetarian meal each week." Even with good advice it's not easy to change your eating habits, according to Mrs. Pelz. She found giving

ities to eat out occasionally, since there are no vegetarian restaurants in the vicinity. Guests in the Pelz home are served a vegetarian meal. "I put on a spread—three casseroles, green and yellow cooked vegetables and a large tossed salad," said Mrs. Pelz. "There's no room for dessert." For people who would like to entertain vegetarian guests but don't know what to serve for a main course, Mrs. Pelz suggests baked beans with whole grain bread. "Beans are not something people ordinarily think about when planning company meals, but everybody loves them, including children." Mrs. Pelz uses yellow-eyed beans or navy beans which, along with many of the other

foods she uses, she buys in a health food store. Since she prefers foods that are organically grown, she finds that vegetarian eating is no less expensive than diets that include meat.

Next year the Pelz family, who moved to Milton from Streetsville last fall, hope to enlarge their garden and start a fruit orchard. To this end, Mr. Pelz plans to take a course in organic gardening during the winter. To aid their organic gardening efforts they are considering getting a cow, for manure, and a goose to "clean up the bugs and slugs" Mrs. Pelz said. The family already owns two horses, which the girls ride. (It was to provide their daughters with the opportunity to spend their adolescence on a farm that they moved to Milton.)

Mrs. Pelz has a variety of vegetables growing in her garden this summer, but she would like to produce enough to allow her to preserve for the following winter. Her dream is to have, eventually, a fruit cellar, she said, pointing to a photo of a well-stocked cellar in one of her many books. "It makes you feel good to know your cellar is full of food for the winter," she said. Nearly a dozen jars of cherries she had preserved that morning stood cooling on the kitchen table. In keeping with her dietary regulations, Mrs. Pelz made the preserves with honey instead of sugar, using one cup honey to six cups water. She avoids sugars and other refined foods. Recently she has also stopped using fats in meal preparation, relying on fats contained in nuts and other foods to meet nutritional requirements.

Although Mrs. Pelz avoids sugar and fats because of her nutritional beliefs, she noted that the practice helps to control weight, a concern many express about vegetarian diets. "If you cut out fats, sugars and refined foods you don't have to worry about weight, even though the vegetarian diet is high in carbohydrates," said the slim Mrs. Pelz. Recently Mrs. Pelz has been helping to inform people about a one-day workshop on vegetarian cooking to be held in North York. Her interest in

publicizing the event was sparked by the discovery while canvassing for her church, that a large number of Milton area residents are interested in learning about vegetarian eating. The all-day session, which will be conducted by Dr. Elmira Buxton, is sponsored by the Fairview Library in North York. It will be held Wednesday, July 27, from 9.30 to 3.30 at the library, located at 35 Fairview Mall Drive. There is a charge of \$5 to cover the cost of materials.



THE LIDS of oven-processed cherry preserves get a final tightening from Alice Pelz. Mrs. Pelz uses honey instead of sugar to make preserving syrup.

must suffer the consequences," she said. The consequence, she explained, is the risk of contracting a disease from meat. "We believe meat is so diseased today that meat eating endangers your health," Mrs. Pelz said. According to Mrs. Pelz, non-Adventists and scientists are confirming that the Seventh Day Adventist teachings about diet are correct and that a vegetarian diet can provide sufficient nutrition. Although more and more people are turning to vegetarianism, Mrs. Pelz said that vegetarians are still considered peculiar by many. "A lot of people associate vegetarians with people who are odd. They don't realize that the majority of people in the world are vegetarians through necessity," she commented. The recent upsurge of interest in vegetarianism by young people in North America has not helped the image of vegetarians, Mrs. Pelz said, because many of the young people go to extremes in their diets. "It's not just a matter of eating only fruits and vegetables, as many people think," she said. "You must be trained to be a vegetarian." Although a knowledgeable person could become com-

up roast beef, chicken and dressing, and the Christmas turkey especially difficult. Now, however, she doesn't miss them. "You lose your craving for meat," she said. Although Mrs. Pelz is a "pure" vegetarian—that is, she avoids meat and meat products, dairy foods, eggs and fish—some vegetarians drop only meat and meat products from their diets. Asked whether the rest of the family has changed their diets, Mrs. Pelz replied, laughing, "Oh, yes. I'm the cook." School lunches present no problem. Mrs. Pelz packs a vegetarian lunch—peanut butter sandwiches are a favorite—for her daughters Ruth-Anne, 14, and Rose-Marie, 13. However, the girls, as well as her husband, Don, a purchasing agent, occasionally indulge in non-vegetarian foods when out. "I leave it up to the girls' judgment," Mrs. Pelz said. "You can't push things." Being a vegetarian has curtailed Mrs. Pelz's opportu-

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