

Cooked Food

Results of Poor Cooking.--Poor cookery is wearing away the life energies of thousands. More souls are lost from this cause than many realize. It deranges the system and produces disease. In the condition thus induced, heavenly things cannot be readily discerned. {CG 373.4} CTBH 1890

Scanty, ill-cooked food depraves the blood by weakening the blood making organs. It deranges the system and **brings on disease, with its accompaniment of irritable nerves and bad tempers.** The **victims of poor cookery** are numbered by thousands and tens of thousands. Over many graves might be written: "Died because of poor cooking," "Died of an abused stomach." {CG 374.1} MH 1905

Because it is wrong to eat merely to gratify a perverted taste, it does not follow that we should be indifferent in regard to our food. It is a matter of the highest importance. No one should adopt an impoverished diet. **Many are debilitated from disease, and need nourishing, well-cooked food.** Health reformers, above all others, should be careful to avoid extremes. The body must have sufficient nourishment. The God who gives his beloved sleep has furnished them also suitable food to sustain the physical system in a healthy condition. {CTBH 49.3} 1890

We can have a variety of good, wholesome food, cooked in a healthful manner, so that it will be palatable to all. It is of vital importance to know how to cook. **Poor cooking produces disease and bad tempers; the system becomes deranged, and heavenly things cannot be discerned.** There is more religion in **good cooking** than you have any idea of. When I have been away from home sometimes, I have known that the

bread upon the table, as well as most of the other food, would hurt me; but I would be obliged to eat a little in order to sustain life. It is a sin in the sight of Heaven to have such food. {CTBH 157.3} 1890

Nothing should be taken to camp meeting except the most healthful articles, **cooked** in a **simple manner**, free from all spices and grease. {CD 85.3} 1870

Great care should be taken when the change is made from a flesh meat to a vegetarian diet to supply the table with wisely prepared, well-cooked articles of food. So much porridge eating is a mistake. The dry food that requires mastication is far preferable. The health food preparations are a blessing in this respect. Good brown bread and rolls, prepared in a simple manner yet with painstaking effort, will be healthful. Bread should never have the slightest taint of sourness. It should be cooked until it is most thoroughly done. Thus all softness and stickiness will be avoided. {CD 108.1}

For those who can use them, good vegetables, prepared in a healthful manner, are better than soft mushes or porridge. Fruits used with thoroughly cooked bread two or three days old will be more healthful than fresh bread. This, with slow and thorough mastication, will furnish all that the system requires. {CD 108.2} 1897

Many do not feel that this **[COOKING]** is a matter of duty, hence they do not try to prepare food properly. This can be done in a simple, healthful, and easy manner, without the use of lard, butter, or flesh meats. Skill must be united with simplicity. To do this, women must read, and then patiently reduce what they read to practice. Many are suffering because they will not take the trouble to do this. I say to such, It is time for you to rouse your dormant energies and read up. Learn how to cook with simplicity, and yet **in a manner to secure** the most palatable and **healthful food**. {CD 260.1}

Because it is wrong to **cook** merely to please the taste, or to suit the appetite, no one should entertain the idea that an impoverished diet is right. Many are debilitated with **disease**, and need a nourishing, plentiful, **well-cooked** diet. . . . {CD 260.2} **1868**

Those who **come to our sanitariums for treatment** should be provided with a liberal supply of **well-cooked** food. The food placed before them must necessarily be more varied in kind than would be necessary in a home family. Let the diet be such that a good impression will be made on the guests. This is a matter of great importance. The patronage of a sanitarium will be larger if a liberal supply of appetizing food is provided. {CD 287.1} **1904**

Let all who sit down at your table see upon it **well-cooked**, hygienic, palatable food. Be very careful in regard to your eating and drinking, Brother -----, so that you **will not** continue to have a **diseased** body. Eat regularly, and eat only food that is free from grease. {CD 354.5} **1904**

Unhealthful habits of eating are injuring thousands and tens of thousands. Food should be **thoroughly cooked**, neatly prepared, and appetizing. --U. T., Nov. 5, **1896**. {HL 48.3}

I appreciate my seamstress and I appreciate my copyist, but I appreciate my cook above everyone else of the helpers in my family, because the cook, if educated to her business, knows how to prepare good **cooked** food for the stomach; therefore, my cook stands higher than my seamstress or copyist. And if there is any preference to be given it is to my cook. . . . {11MR 180.1} **1887**

In this country we see the necessity of our words and deeds harmonizing. I had a decided talk with the physicians at just the right time, and I think I know the question will be settled with them. I spoke Sabbath upon this subject, and the church was full of believers. Of course, there must be an abundance of fruit and **well cooked** grains. Ellen. G. White {KC 33.1} July 3, 1906

In the early days of health reform among our people, some of our sisters were on the alert for opportunities to show the people how to prepare hygienic foods. On the occasion of large gatherings, some **in Battle Creek, thirty years ago, went to the fair-ground--the very place where Dr. Kellogg's house now stands--and, setting up their stoves, they baked and cooked** in the presence of the people, **and served the food free of charge.** This cost time and money, but the result was well worth the effort. Many sampled the foods, pronounced them good, and asked how they were prepared. Gladly they were taught how to prepare the various dishes. {KC 144.2} **1902**