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# COMPASSIONATE FRIEND

Journal of Beauty Without Cruelty - India  
An International Educational Charitable Trust for Animal Rights



**In this Issue:**

**Silver Varakh**

**Animal Activism**

**Bt Brinjal**

**Readers Write**



## British Raj *shikar* continues



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## From my Desk...

### Similar Looking Logos



Jaivik Bharat



जैविक भारत



vegan



VEGAN OK

The Jaivik Bharat logo (in Hindi and English) is affixed on organic foods that are certified under the Food Safety and Standards (Organic Foods) Regulations, 2017, based on the standards of the National Programme for Organic Production (NPOP) implemented by the Ministry of Commerce and Industry, and Participatory Guarantee System (PGS-India) implemented by the Ministry of Agriculture and Farmers Welfare.

BWC wishes to point out that the Jaivik Bharat logo looks similar in style and colour to the international Vegan logo, Vegan OK logo, and some other vegan and vegetarian logos. But, their connotations are quite different.



Any thing derived from a plant or animal organism is termed organic. It may qualify as eco-friendly and could even be tested on animals. For example, meat, poultry, eggs and dairy products come from animals being raised on organic feed, given no antibiotics, growth hormones, etc. and are said to receive kindness, culminating in so-called humane slaughter.

Vegan means containing no animal derived substances whatsoever. For example, no meat, fish, egg, milk, honey, silk, fur, feathers, pearls, corals, shells, shellac, etc. are part of the product, nor used in processing it, and the product has not been tested on animals.

Let it therefore be known that organic and vegan are two different ideologies that don't always mesh. It should therefore not be forgotten that a food item that is marked organic may not be vegan.

## **Meat and Leather are the Inside and Outside of all Animals**

**A** member unthinkingly bought leather footwear but regretted it... he then went out and bought non-leather shoes. Unfortunately, the leather pair could not be returned.

The need to periodically reinforce our commitment not to use products of slaughter is very necessary. We need to remember that the source of both meat and leather is an animal. One is the flesh, the other the skin of the very same animal that has been killed. So if one doesn't eat meat how can one use leather? And even if one does eat meat, why use leather too?

Leather has never been a by-product of the meat industry. When a live animal is sold to the butcher its cost is negotiated by adding the value of its flesh, skin, blood, bones, horns, and so on.

A dead creature's skin after being treated for human use is commonly called leather, hide, fur, etc. as defined below.

**Leather:** Skin of an animal (99% certain it was a slaughtered animal) that has been preserved or tanned.

**Hide or Rawhide:** Animal skin, not tanned.

**Pelt:** Entire hide of an animal as it is, with or without the fur/hair/wool on.

**Skin:** Hide without, removed or not having, fur/hair/wool.

**Fur:** Hide of an animal having short, fine and soft hair.

**Wool:** Fibre obtained from the hair of sheep, goat and other animal pelts.

Leather can be broadly grouped under three main categories as follows:

**Finished leather**

Footwear (manufactured into shoes, slippers and sandals, and footwear components like uppers and soles)

Leather garments (readymade garments, accessories such as belts and wallets and other leather goods)

These are the products we need to particularly watch out for and check before purchasing. Not fall for glib sales talk. Remember, it is not at all difficult to get man-made leather items these days. All one needs to do when shopping is to make a conscious and consistent effort to avoid genuine leather and ask for man-made leather and stick to ones resolve even if at the time nothing appeals.

It is heartening to know that a few of our members shun look-alike leather too and opt for accessories made from other materials like canvas.

# Horses, Hounds and Hunts

***Undocumented wildlife must have certainly died due to shock upon coming across a huge party of riders on horseback and a pack of hounds traversing through their habitat says Khurshid Bhathena***

**T**wenty-two years ago BWC carried an article in *Compassionate Friend* entitled "The Hunt is Illegal". It was about fox hunting in the Nilgiri Downs. Accompanied by riders on horses, a pack of hounds followed the scent of foxes and jackals through the forest. At the sound of the horn, these trained dogs, chased, cornered, and very likely killed some wild animals. Even if they did not kill as claimed, it certainly added to the region being disturbed and attracted the provisions of our Wildlife Protection Act. Shamefully, these hunts continue to this day with the members of the hunt club boasting that the blood-sport, a legacy of the British Raj, has been taking place since 1835. One would have expected India to have put a stop to The Hunt as it is known, by now, but the tradition continues here, while ironically fox hunting was banned by the Hunting Act 2004 in England and Wales, and under the Protection of Wild Mammals Act 2002 in Scotland.



Even when Ootacamund became Udhagamandalam, fox hunting did not end. The Ootacamund Hunt Club continues to

organise these hunts each and every weekend for 10 months of the year although they claim not to have been "lucky" in a kill since 1977. Each hunt lasts for a couple of hours and ends with an English celebration breakfast of bacon and eggs, and if the hunt etiquette is not observed, participants



**Hunting Hounds.** Photo courtesy: newindianexpress.com



are made to pay penalties in beer. For example, if a rider overtakes the Master of Foxhounds a penalty of six beers is levied; they are also fined if they use the word dog in place of hound.

The 30+ hounds are the outcome of in-breeding. In 2004 a highly pedigreed 4-year old hound was imported to improve the bloodline of the pack which had weakened. The Master of the Foxhounds trains them not to bark lest the prey is alerted (sounds weird if no animal is chased) and his whistling controls them to find “an imaginary quarry” when they are in chase-mode alongside the horses.

On finding no foxes in the forest (they must have all been killed during these hunt parties), they first went after deer and wild boar, then jackals. Undocumented wild life must have certainly died due to shock upon coming across a huge party of riders on horseback and a pack of hounds traversing through their habitat.

The wild animals in the area include the Nilgiri marten and several birds whose names are also prefixed with the word Nilgiri (see overleaf). The hounds need to follow the scent of a wild animal so nothing can stop them from chasing a rare Nilgiri marten whose conservation status is termed vulnerable due to its decreasing population.



**The hunt party. Photos courtesy: instagramwebs.com**

Having appointed the Commandant of the Defence Services Staff College in Wellington as Patron of the Ooty Hunt Club, the tradition has some how indefinitely continued unopposed with the college providing the horses and also maintaining the hounds.

It is high time that this bizarre blood-sport with Indians dressing and behaving like Englishmen from a bygone era, and cries of “Tally Ho!” echoing through the forest, stops.



**Khurshid Bhathena** is a Trustee  
and Honorary Secretary of BWC-India

## 8 Endemic Birds and Wild Animals of the Nilgiri Mountains where The Hunt occurs

**T**he Nilgiri hills or Blue Mountains are sub range of Western Ghats mountain chain with 24 mountain peaks above 2,000 metres. Blue Mountains are the little known beauty in India and famous for its number of tourist attractions and places such as Nilgiri Mountain Railway, along with amazing flora and fauna.

### Nilgiri Pipit

The Nilgiri Pipit is very distinctive species of pipit and a near threatened bird species, found in the Western Ghats of South India. Nilgiri Pipit are non-migratory bird and listed as vulnerable because of its small habitat range.



### Nilgiri Flycatcher

The Nilgiri Flycatcher is only found in the close hill ranges Nilgiri mountains along with lush green shola forests of the Western Ghats range. Nilgiri Flycatcher is ranked as one of the most beautiful birds in India.

### Nilgiri Wood Pigeon

The Nilgiri Wood Pigeon found in the canopy of dense hill forests and sholas of Western Ghats. Nilgiri Wood Pigeons are also listed as one of the vulnerable species of birds in India.



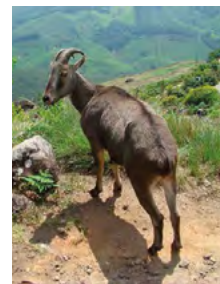
### Nilgiri Blue Robin

The Nilgiri Blue Robin is endemic to the higher hills Shola forests of the of southern India, Nilgiri Blue Robin is also known as Nilgiri Shortwing or White-bellied Shortwing and one of the endangered birds in India.

### Nilgiri

#### Laughing Thrush

The Black-chinned Laughing Thrush is endemic to the Nilgiri hill ranges and found in dense forest patches of Nilgiri. Nilgiri Laughing Thrush is one of the species of laughing thrushes found in India.



### Nilgiri Tahr

The Nilgiri Tahr also known as Nilgiri Ibex is endemic to the Nilgiri Hills and some part of Western ghats of Kerala. Nilgiri Tahr is the state animal of Tamil Nadu and one of the most endangered species of ungulate in India.

### Nilgiri Langur

The Nilgiri Langur is one of the species of Langurs in Indian sub-continent, found in Kodagu and Kodayar Hills of the Nilgiri Mountains. Nilgiri Langur is one of the two endemic primates of the Western Ghats range and falls in the category of endangered due to deforestation and poaching.



### Nilgiri Marten

The Nilgiri Marten is the only species of marten found in the hills of the Nilgiris and parts of the Western Ghats. Nilgiri Marten is an amazing animal endemic to the Western Ghats and one of the most elusive species of small carnivores.

Reprinted courtesy [www.walkthroughindia.com](http://www.walkthroughindia.com)



# Most Silver Varakh is still Non-Veg

*The old method that utilises the guts of ox, sheep and goats is very much in practice for over 90% of the total estimated varakh market says Vaibhav Dewal*

**E**dible silver *varakh* is no longer allowed to be manufactured in-between leather. Beauty Without Cruelty had successfully campaigned for this, but two years after the ban came into force, BWC felt it was necessary to find out if the law was being upheld or not so we investigated.

Some members checked with *mithai* makers in a few cities and were all informed citing the ban, that the silver *varakh* used by them was machine-made. They were told it was widely available in different brands, was cheaper, pure, and better. Since BWC was somewhat doubtful of these claims, a couple of suppliers were contacted. Some among them were unable to indicate the source from which they were obtaining the *varakh*; and although they didn't know the method of production (whether machine or hand made), they had gone ahead and affixed the green veg symbol on the boxes in which they had packed for resale the *varakh* they had obtained in bulk.

Further investigations were made with traditional manufacturers of *varakh* in Jaipur and Bhopal. The old method that utilises the guts of ox, sheep and goats is very much in practice for over 90% of the total estimated *varakh* market of approximately 300 tons of silver *varakh* consumption in India. (As the trade is a part of the unorganised sector, these figures may differ.)

Moreover, the gold *varakh* produced in India continues to use animal skin in its production process. Non-edible gold *varakh* sheets are extensively used in temples and shrines, and for gold plated jewellery. Edible gold flakes are used as an ingredient of some medicinal preparations, to decorate certain foods and put in drinks even though gold is biologically inert and flavourless.

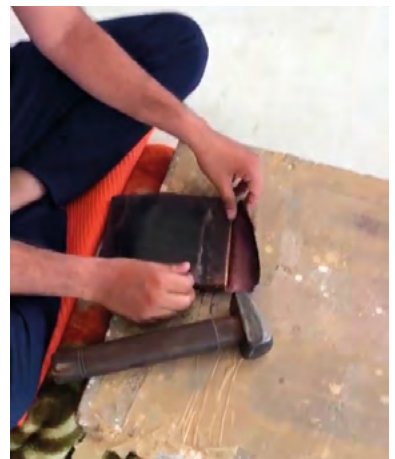
When some *karigars* from Jaipur visited Bhopal, I interviewed them and the pictures below are from the video I took. They said the method of producing *varakh* was an age old practice that hadn't changed at all over generations.



**Cutting strips of pure gold.**  
(Some could contain a percentage of copper.)



**Placing the small gold pieces in-between pages of a booklet. On touching a page it felt like soft and malleable skin that could easily withstand intense manual hammering. For obvious reasons they refused to give me a sample page.**



**The booklet is then inserted into a leather pouch.**



The leather pouches are hammered hard and consistently for a few hours so that thin gold leaves are formed in-between the pages.



The following day the gold leaves are carefully removed and placed on to a metal base on which mercury could have been applied. The gold *varakh* is set with the help of a gas fire gun.



Gold plated *kalash* ready to be used in a temple.

On a recent visit to Jaipur, I went to see some units near Hawa Mahal. The *varakh* makers told me that they made both silver and gold *varakh* in the traditional way. Having already discovered the truth, it did not surprise me to know that leather continues to be utilized and the law has not been enforced.

Although machine made *varakh* has penetrated the food market there is no doubt that the other hand made *varakh* manufactured in-between animal skin is still available. The price of *varakh* sheets see-saw based on the price of silver, so cost can not be the sole factor for ascertaining whether it is machine (veg) or hand made (non-veg).

## The Gazette of India

असाधारण  
EXTRAORDINARY  
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MINISTRY OF HEALTH AND FAMILY WELFARE  
(Food Safety and Standards Authority of India)

### NOTIFICATION

New Delhi, the 15th July, 2016

F. No. 1-12/Standards/SP (Sweets, Confectionery)/FSSAI 2015.— Whereas the draft Food Safety and Standards (Food Products Standards and Food Additives) Amendment Regulations, 2016, were published as required by sub-section (1) of section 92 of the Food Safety and Standards Act, 2006 (34 of 2006), vide notification of the Food Safety and Standards Authority of India number F. No. 1-12/Standards/SP (Sweets, Confectionery)/FSSAI-2015, dated the 19<sup>th</sup> April, 2016, in the Gazette of India, Extraordinary, Part III, Section 4, inviting objections and suggestions from the persons likely to be affected thereby, before the expiry of the period of thirty days from the date on which the copies of the Official Gazette containing the said notification were made available to the public;

And whereas the copies of the said Gazette were made available to the public on the 27<sup>th</sup> April, 2016;

And whereas the objections and suggestions received from the public in respect of the said draft regulations have been considered by the Food Safety and Standards Authority of India;

Now, therefore, in exercise of the powers conferred by clause (c) of sub-section (2) of section 92 read with section 16 of the said Act, the Food Safety and Standards Authority of India hereby makes the following regulations further to amend the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011, namely:—

### Regulations

1. Short title and commencement. - (1) These regulations may be called the Food Safety and Standards (Food Products Standards and Food Additives) Fifth Amendment Regulations, 2016.  
(2) They shall come into force on or after 1<sup>st</sup> August, 2017.
2. In the Food Safety and Standards (Food Products Standards and Food Additives) Regulations, 2011, in regulation 2.11, for sub-regulation 2.11.4, the following sub-regulation shall be substituted, namely:—

“2.11.4 SILVER LEAF (Chandi-ka-warq): food grade shall,—

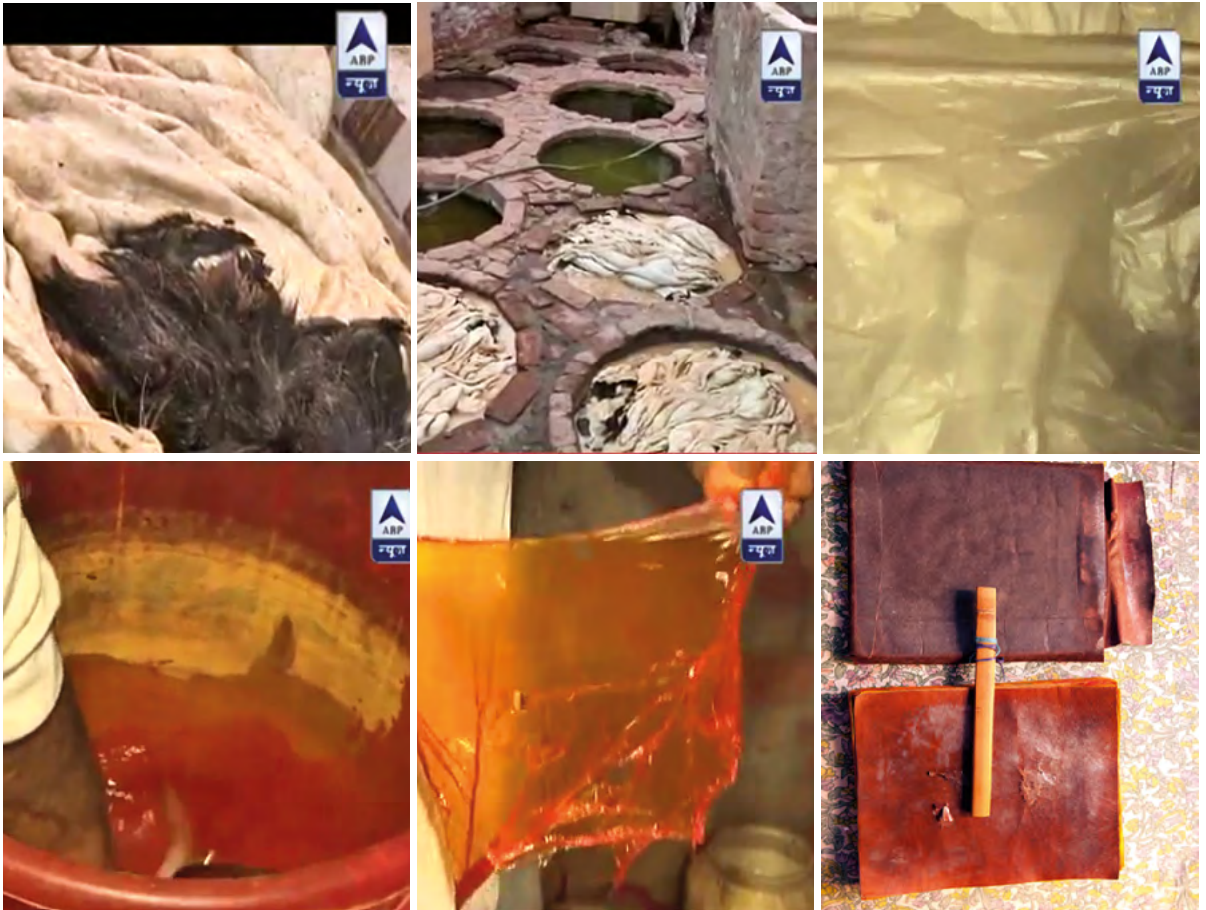
- (i) be in the form of sheet of uniform thickness, free from creases and folds;
- (ii) have weight of silver foil upto 2.8 gm/Sq meter;
- (iii) have silver content of minimum 999/1000 fineness;
- (iv) not be manufactured using any material of animal origin at any stage;

From the notification:

(iv) not be manufactured using any material of animal origin at any stage



## Steps of *varakh* making as evidenced from various sources like ABP News channel are still common in various cities



Animal skin is soaked in water and chemicals after which the thin membrane is peeled off and coloured to avoid it blackening. It is then cut into pieces and made into booklets between the pages of which pieces of silver is inserted. The booklet is then put into a leather pouch and hammered to produce *varakh*. Photos courtesy: ABP News

Knowledge is power. BWC would like to empower every individual with knowledge of the law that prohibits cruelty and exploitation of animals.

What you see alongside is the notification issued by Government of India on 15 July 2016 to be implemented on 1 August 2017. Please bear in mind that even though we are grateful to our law makers for performing their duty by making such animal friendly laws, to put these laws into action is the duty of individuals like you and me.

Traditional manufacturers had obtained a stay but upon it being vacated, the FSSAI on 9 November 2018 issued an order asking all State Commissioners of Food & Drug Administrations to ensure that the *varakh* used is food grade and not made with material of animal origin.

Despite this non-veg *varakh* continues to be made. So wouldn't it be advisable not to have *varakh* at all?



**Vaibhav Dewal**, an NRI banker turned ahimsa activist, is a BWC life member. To further his commitment to promote ahimsa he manufactures chemical-free, vegan cosmetics & FMCG products under the brand name of "Vidhyanjali" [www.vidhyanjalionline.com](http://www.vidhyanjalionline.com)

# Bt brinjal: Where do we stand?

*Given the health impacts of Bt brinjal on animals, one needs to keep in mind that the GM crop surely cannot be declared as safe says Rohit Parakh*

**B**t brinjal has been found to be released illegally and predictably it has sparked furious reactions on all sides. Some have unsurprisingly already started to ask for Bt brinjal moratorium to be lifted in the light of illegal Bt brinjal cultivation. In the light of these, it might be helpful to revisit the facts on why Bt brinjal was rejected and de-clutter facts from opinions.

With this Bt brinjal becomes the 4th crop to have been found to be cultivated illegally in India. These are interestingly the only four GM crops known to be cultivated in India. GM soybean and Bt brinjal illegal cultivations have been brought to public light by an active civil society, though it brings light to a question on whether the regulatory authorities and government cannot have a stronger and proactive monitoring system of their own.

The first amongst these was Bt cotton which was approved after its large scale illegal cultivation. The next is herbicide tolerant cotton which was reported to regulators some 8 years ago before they got to taking note of it by the time its cultivation had also gone truly large-scale. The third being herbicide tolerant soybean which was found to have been cultivated in Gujarat in 2017, in the last 2 years no action has been taken on seed suppliers by regulators.



**Bacillus thuringiensis (a soil-dwelling bacterium pesticide) or Bt brinjal becomes the fourth crop to have been found to be cultivated illegally in India.**

*Photo courtesy: swarajyamag.com*

Which brings us to Bt brinjal, nine years after the then environment ministry decided to put a moratorium on Bt brinjal it has finally made its way out to farm (atleast 1 known farm so far) and plates. Different state governments across political spectrum in Andhra Pradesh, Kerala, Chhattisgarh, Karnataka, Bihar, West Bengal, Orissa, Uttarakhand, Tamil Nadu and Madhya Pradesh all in different degrees rejected Bt brinjal as well.

The moratorium letter from Environment Ministry mentioned about how tests were "carried out by the Bt brinjal developers themselves and not in any independent laboratory. This does raise legitimate doubts on the reliability of the tests". Below gives a few examples on how they were indeed not reliable.

When Bt brinjal biosafety dossier was eventually made available to public after being withheld even after Supreme Court order, a Technical Expert Committee (TEC) appointed



by Supreme Court found how Mahyco's own data showed negative impacts on animals consuming Bt brinjal. For instance – the TEC document reports, 14-day acute toxicity study in rats finding that AST levels were higher for rats consuming Bt brinjal, and it remarked that increased AST levels could indicate liver or heart damage. It also tells that the 90-day chronic toxicity study in rats found bilirubin, spleen and white blood cells parameter differences in rats consuming Bt brinjal. One wonders if those calling for Bt brinjal approval are not aware of these issues or whether they simply do not care.

These significant health impacts were not pointed out in Mahyco's self-examined dossier, nor did the regulator studying the results observed it. These had raised unanswered questions on the company and the regulator's intent in pushing all this on consumers unaware of all this. All of this when many recommended tests such as multi-generational tests (which can be done in 1-2 years on rats) to test impact Bt brinjal has on them were not even conducted. As in the case with Bt brinjal initially, the developers have not yet released biosafety dossier for GM mustard as well.

Many instances of sub-standard and incomplete testing were reported in Supreme Court's Technical Expert Committee and by the many independent scientists studying Bt brinjal biosafety dossier. Given the health impacts of Bt brinjal on animals, one needs to keep in mind that Bt brinjal surely cannot be declared as safe.

It is worth remembering that more than 16 years after Bt cotton introduction in India, it has become the predominant cotton variety grown in the country. At the same time cotton yield has stagnated, fertiliser and insecticide usage on cotton has increased

## GM crops could very well be non-vegetarian

**G**enetic modification involves inserting a gene from one species (plant/bacterium/animal) into another. It is downright weird because it changes the original species in now known and established harmful ways, yet is not acknowledged to be harmful by the proponents of GM. Moreover, the products are tested on animals.

Animals are also being genetically manipulated or cloned.

whereas cotton farmers have started making huge losses. Not only that, it is important to remember in the times of climate change that Bt cotton is known to have a higher ecological footprint than that of *desi* cotton varieties. As Dr G V Ramanjaneyulu, an agricultural scientist has also stated earlier, many *desi* cotton varieties were denotified between 1996 and 1998. Quoting from a CAG report, he also points how germplasm from *desi* cotton varieties were destroyed in the years leading to Bt cotton approval.

While one can also point out to the fact that Bt cottonseed oil has been illegally sold and consequently consumed under the garb of vegetable oil on a large scale, it is worth remembering how the Supreme Court TEC report also highlighted that cows consuming Bt cotton showed indications of possible reductions in milk yield. This also goes in hand with various beekeeper groups reporting reduction in pollination and honeybee presence in areas growing Bt cotton. One can draw their own conclusions on the next steps needed in this long story of genetic modification in Indian agriculture.

*Originally published in Financial Express*



**Rohit Parakh** works on themes related to safe food and safe agriculture and can be reached at [rohit\\_2691@gmail.com](mailto:rohit_2691@gmail.com)

# Alert Animal Activism

*If we wish to help animals and ourselves we may need to make some significant lifestyle changes says Nirmal Nischit*

**T**here are several items we regularly use without realising that they could be animal derived. But, if we remain consciously aware, we can easily avoid being responsible for even a little animal exploitation. Remember, there is always a humane alternative and if there isn't, why not just forgo using it?

Below is a selective check list. If you use any of the following, please look carefully at the item and if it contains animal ingredients, consider replacing it.

## Animal Hair

Grooming Hair Brush  
Shaving Brush  
Shoe Polishing Brush  
Wall Painting Brush  
Artist's Paint Brush

## Bone and Horns

China Crockery  
(cups, mugs, plates)  
Gelatine Capsule

## Fabrics

Silk  
Wool

## Feathers

Apparel  
Shuttlecock

## Fur

Apparel  
Accessories

## FMCGs without Green Veg Symbol or assurance of not having been testing on animals

Toothpaste  
Soap  
Hand or Body Wash  
Shampoo  
Cosmetics  
Perfume  
After Shave Lotion  
Deodorant  
Air Freshener  
Disinfectant  
Detergent  
*Agarbatti*  
Wall Paint  
Adhesive  
Lubricant  
Candle

## Jewellery & Show pieces

Coral  
Pearl  
Shellac (bangles)  
Mother-of-Pearl (watch dials)  
Shells  
Feathers

## Leather or Reptile Skin

Footwear  
Jacket  
Jeans  
Handbag  
Wallet  
Belt  
Watch strap  
Mobile case  
Suitcase  
Book cover  
Furniture  
Car Upholstery  
Cricket Ball

If there is no demand for animal derived items, their supply will automatically diminish. Each one of us can do our bit right away to bring down animal exploitation.

*The BWC Pledge Form (entirely voluntary) can be filled by those wishing to make a firm commitment to abstain using any of the above.*



# Programmes and Pledges

**V**idhyanjali Ahinsa Saundarya has at their seminars held in different cities like Bengaluru, Jaipur, Lucknow and Hyderabad promoted Beauty Without Cruelty by giving power point presentations, enrolling members and getting pledge forms filled.



# Readers Write

## Non-Silk Fabrics

I read the article "Non-Silk Revolution" in the latest issue of *Compassionate Friend* (Summer 2019).

I am surprised the article is published in CF. Are you aware that microfibers in those fabrics find their way into the ocean and kill thousands of animals who swallow microfibers thinking it is food?

Did you know that microfibers are found in sea salt and our stomachs unable to process them?

The only alternative to silk is organic cotton. In fact cotton and jute are the only alternatives to all the fabrics mentioned in the article.

I think we, as a species, need to start thinking why we are attracted to things that are dangerous not just to other species but our own as well.

**Ritambhari Muthiah**  
Kotagiri, TN

Thank you for taking the trouble to comment.

Disposal of microfibres, plastic, etc. is an issue that needs to be addressed separately. In fact, this time's *Karuna-Mitra* (Summer 2019) carried an article against releasing balloons that land up in the ocean and harm marine life.

**Diana Ratnagar**  
Editor, CF



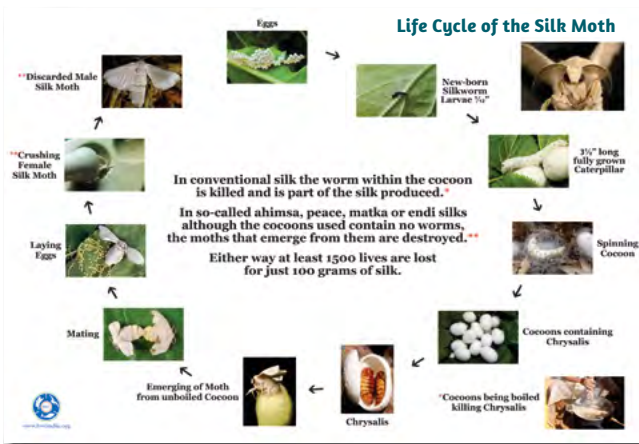
Viscose is not a synthetic fiber made from petroleum, but rather it's a "regenerated cellulosic fiber" made from cellulose – most commonly wood pulp, but many plants can be used such as bamboo. One of the major advantages of viscose over synthetics is that it is biodegradable.

55% or most of what we sell is cellulose based, 40% is cotton, and only 5% is polyester which comes under microfiber. Thus 95% of the stock at Hand n Yarns is biodegradable.

We have recently launched a separate section to showcase wedding attire.

**M Sandip Kumar**

A simple chart on Yarn Classifications by M Sandip Kumar showing alternative fabrics used in place of silk is available with BWC for those who are interested in having a copy.





# Vegan Recipe

## Milk and Butter

**P**ractically all vegetarians in India, even those who call themselves “pure vegetarians” include milk and dairy products in their diets. Very few are able to consistently avoid dairy, but sincerely wanting to do so whether on health or compassionate grounds, is half the battle won.

Below are recipes for nutritious milk and butter that can be made from nuts.

### **Nut Milk** (yields 200 ml)

#### **Ingredients**

1 cup shelled  
raw nuts such as  
almonds, pistachio,  
hazelnuts, pecans,  
cashews or peanuts

3 cups filtered water

Sweeteners such as brown sugar, jaggery  
or date syrup; vanilla essence (optional)

#### **Preparation**

Soak nuts covered in water for at  
least 8 hours. Drain and rinse.

Using a mixer, blend the nuts with water.  
The water should be added in small  
quantities or else the milk will turn too thin.

Strain the uniformly blended slurry  
through a fine sieve pressing and squeezing  
the solids to extract maximum liquid.

The first pressing is thick and creamy.

The remaining fibrous solids may be  
mixed with water again and more milk  
extracted in the same manner but it will  
turn out thinner with each pressing.

If desired a sweetener and/or  
vanilla essence can be added.

The milk can be easily substituted  
for animal milk.



### **Almond Butter** (yields 100 grams)

#### **Ingredients**

2 cups raw almonds

¼ tsp salt

½ tbsp virgin olive oil

#### **Preparation**

Preheat the oven to 180° C.

Spread the almonds on a baking  
sheet and toast for 10 minutes.

Let them cool.

Blend the almonds until creamy.

Once the almond butter is very  
smooth add salt and olive oil.

After it has cooled transfer mixture to a jar.

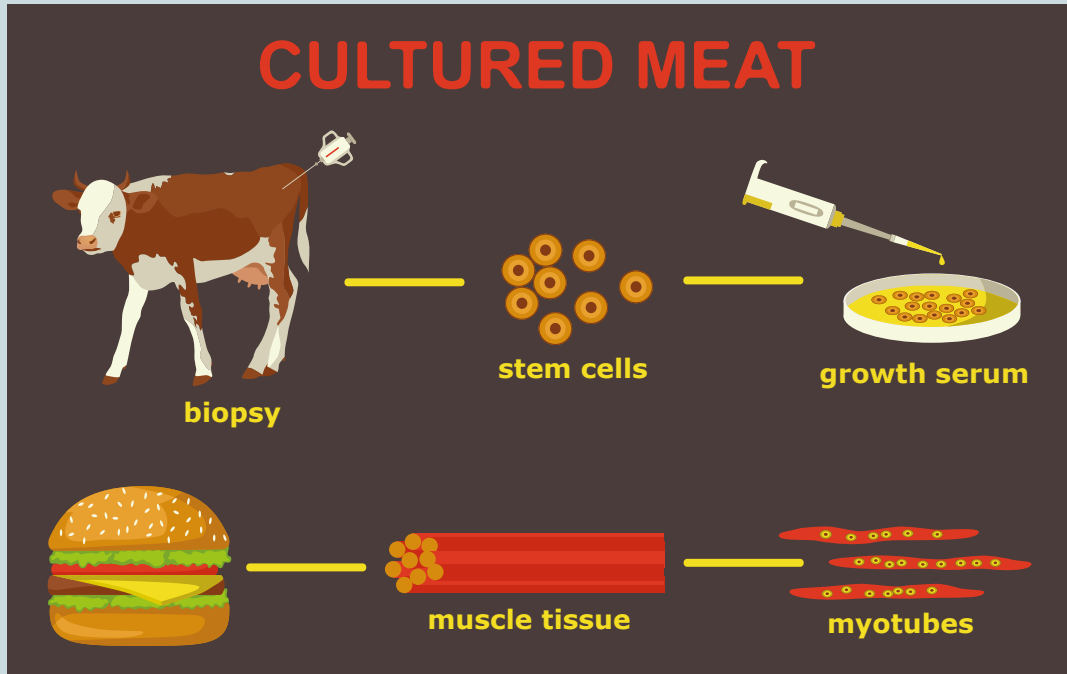
Can be stored in the refrigerator for a  
fortnight and used in place of dairy butter.



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# DON'T BE FOOLED

## LAB GROWN MEAT IS 100% REAL MEAT



Flesh is taken from living animals such as cows, bulls, chickens, fish, pigs, goats, sheep, by means of a biopsy.

It is then grown in petri dishes using fetal calf serum (blood extracted by puncturing the heart of an unborn calf in a pregnant cow)

and is falsely marked clean and vegan to attract vegetarians.

Even if the protein is derived from fermented plants, the basic ingredient utilised is GM yeast which is produced using hemeprotein or rennin obtained from the stomachs of unweaned calves. Iron salt is used as flavouring and egg albumin as a binding agent.

Last but not least, the so-called meat is tested on animals.

### BEWARE OF and SHUN

**Cultured Meat, Clean Meat, Lab-grown Meat, Shmeat, Cell-based Meat, Vat-grown Meat, Test-tube Meat, Hydroponic Meat, In-vitro Meat, Vitro Meat, Victimless Meat, Synthetic Meat, Slaughter-free Meat**



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