



Q+A 22-H

*Grease*

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Elder Jim E. Brackett, Pastor  
Box 188  
Silesia, MT 59080

Dear Elder Brackett:

I was asked by Elder Paul Gordon of the White Estate to answer your request regarding the entry "Grease" on p. 3186 of Appendix B in volume III of the Index to the Writings of Ellen G. White. Personally I consider the brief explanation to be an excellent one but I understand your reason for wanting documentation and have truly spent hours in trying to find it for you.

Perhaps I could begin and end with the two 1901 and 1904 sources but I will also give you the benefit of other less direct but interesting statements regarding fats and oils -- some by Mrs. White's contemporaries.

Then finally I personally feel satisfied with the definitive statements by Mrs. White herself. All of these sources bring me back to the Appendix B, Volume III definition which appears to be entirely correct.

A New English Dictionary on Historical Principles, edited by James A.H. Murray Vol. IV, Oxford Press 1901

greasy .

Of food: Containing a disproportionate quantity of grease

The Century Dictionary and Cyclopedia, Vol. III, The Century Company 1904

grease (n)

1. Animal fat in a soft state; oily or unctuous animal matter of any kind, as tallow, suet, or lard; particularly, the fatty matter of land - animals, as distinguished from the oily matter of marine animals.

Webster's Third New International Dictionary (unabridged). Merriam-Webster (modern edition)

sometimes used to convey an unpleasant connotation.

grease

- a) rendered animal fat esp. when softer than tallow, inedible and obtained from waste products.
- b) fatty tissue
- c) oily matter or a thick oily or buttery preparation esp. when not refined or pure.

In Dr. Chase's Last and Complete Work 1884 (Ann Arbor medical student and a medical graduate from the Eclectic Institute of Cincinnati, Ohio, about 1858).

The only mention of grease was in making soap from refuse grease and removing grease from floors, shelves, etc., with soft soap. Milk, butter and eggs and some lard was used in recipes.

Mrs. E. E. Kellogg, M.A., Science in the Kitchen, revised edition 1892.

In her recipes the main fat used was cream and egg. She uses no "grease." p. 372 "Of all animal foods wholly composed of fat, good fresh butter is best." She warns against poor, tainted or rancid butter.

Committee of Homemakers and Physicians Home and Health, Pacific Press Publishing Co. 1907

Only references to grease is:

- " \_\_\_ spilled on stove"
- " \_\_\_ spots on carpet"
- " \_\_\_ spots on floor"
- " \_\_\_ to remove"
- " \_\_\_ to clean from floor"

Under "fats" pp. 244 & 245

"Good, pure butter is the most wholesome of all foods composed wholly of fat. In most cases, however, fresh milk and cream are good substitutes. When they can be secured so as to supply amply the needs of the body, it is well to dispense with the use of butter altogether."

"A certain amount of fat is necessary for the proper sustenance of the body."

Fannie Merrill Farmer: The Boston Cooking School Cookbook. Little Brown & Company, 1918. Copyrighted from 1896 to 1914, p. 8.

"Among fats cream and butter are of first importance as foods, on account of their easy assimilation. Other examples are: the fat of meats, bone-marrow, suet (the best found around the loin and kidneys of the beef creature), cocoanut butter, butterine and oleomargarine."

The only reference to grease as such was a method for removal of grease spots.

SDA Miscellany, International Publishing Association, College View, Nebraska, "How to Live Well", by John Harvey Kellogg. 1899 Publishing Association, College View, Nebraska.

In speaking of combinations of food, he states; ". . . butter, lard, suet, and oils so often provoke indigestion, whereas fats in the form of cream, milk and suitably prepared nuts are readily assimilated. In arranging the bill of fare. . . . . it is first of all necessary to discard all second-hand foods; that is flesh foods of all kinds.

Also in SDA Miscellany, Daniel Paulson, M.D., "Scientific Hydrotherapy and Sensible Dietetics".

"To sum up: make grain or cereal food products the center piece in your dietary. Then because they are naturally deficient in fats add cream, dairy butter, olive oil, ripe olives or some of the vegetable oils, to make good this deficiency."

Kellogg, John Harvey: The New Dietetics, 1921.

"In recent years it has been found. . . that fats are an essential constituent of protoplasm and hence enter into the composition of the living cells of the body."

"Of the several animal fats, beef tallow, mutton tallow, lard, butter and cream, the latter is the most digestible. Next in order is butter."

Elder Arthur L. White (files of White Estate Vault, A.U.), G & A 22-H, Oil and Grease.

Letter to Mr. R.A. Prickett, March 27, 1930  
also to Mrs. R.A. Walcott, February 27, 1958

See Footnote CDF p. 353

CDF 255-256, 1868

You should keep grease out of your food. It defiles any preparation of food you may make.

CDF p. 92 (C.T.B.H. 47), 1890

Ellen White did not equate milk and cream with grease. "Fruits, grains and vegetables prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet."

CDF p. 351, (1902), 7T 135

Judging from the statement, "Milk, eggs, and butter should not be classed with flesh meats," the fat of these foods are not included in the term "grease" as used by the author.

Seed oils were not in common use nor were they available as they are today. Olive oil was available and is spoken of favorably especially for medicinal use. Nutritionally, fats were especially noted by Ellen White as they occurred in the olive and nuts. CDF p. 350 (1905), MH p. 298.

It is common knowledge that strips of fat meat and drippings from broiled meat and fat skimmed from cooled broiled meat were used regularly in frying, seasoning vegetables and in baking beans. Judging from the statements above one can conclude that "grease" to most cooks of the time meant animal fat taken directly as cuts or rendered in some fashion.

CDF p. 314 (1890)

". . . free from spice and grease of all kinds, make, with milk and cream, the most healthful diet."

CDF p. 407 (1884)

"The flesh of animals will no longer compose a part of their diet; and we shall look upon the butcher's shop with disgust. Many healthful dishes can be prepared which are free from grease and the flesh of dead animals."

To separate fat containing food items from other common items of use (tea, coffee, tobacco and alcohol spoken of as sinful indulgences) eggs, butter and cheese "are not to be treated in the same way". But animal flesh was spoken against as "dangerous." Ellen G. White, Review and Herald, June 25, 1881 (from Manuscript 5, 1881).

It is not my intent to interpret the meaning of terms as used by Ellen White, but I have never personally questioned the use of the term "grease" as

defined in p. 3186 of Appendix B of the Index volumes. I thought I understood the food meaning of that term especially as used in that day. This search that I have done gives documentation to that understanding which is not difficult for me to accept.

For younger people raised on vegetable oils and shortenings, not exposed to "renderings" and "drippings", I am sure there could be questions as to the meaning of "grease of any kind".

On the other hand we do have reason to take stock of dietary habits today in terms of fat intake for the American diet is too high in fat constituting 45 percent of the calories and upward. There is much evidence that fat of all kinds should be limited sharply even in the natural occurring fatty foods as nuts, olives and avocados. But today's concept of the prudent diet with small amounts of fat should not be confused with the term "grease" as used a century ago and into this century. Total fat limitation in the diet of fat of all kind is another parameter of dietary consideration and is not advisable except for therapeutic reasons.

"Grease" dealt with selection and amount. Today we as Seventh-day Adventists must still consider amounts.

I hope this study is of interest and perhaps help to you.

Sincerely,



Alice G. Marsh, Sc. D.  
Professor of Home Economics

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