

Mr. gluten leaves us — Worthington Foods Separates from the Sabbath

One day in the Battle Creek Sanitarium, Dr. John Harvey Kellogg was walking past the San kitchen, when he smelled something burning.

Rushing in, he saw that the young man who was supposed to be roasting some peanuts was, instead, visiting with his girl friend.

“You have burned those peanuts,” said Dr. Kellogg. “You will have to pay for the ones you burned!”

Having paid a few cents for them, which he could hardly spare; sadly the young man trudged home, carrying a sack of half-burned peanuts. The fact he got to keep them was little consolation.

As he entered the house, one of the peanuts fell to the floor. “Must be a hole in the sack,” he muttered to himself. Still upset over the whole matter, he picked up a nearby hammer and in disgust smashed the peanut into the floor.

But, oddly enough, he noticed that instead of shattering as it should, the peanut had changed into a strange-looking paste.

Surprised, the young man

sprinkled several more peanuts on the floor, hit them all with the hammer, and they likewise turned to paste.

Scraping up the mess, he put it on a platter and walked across town to Dr. Kellogg’s office. But, when told the young man was outside and wanted to talk with him, Kellogg told his secretary he was too busy.

But the young man did not give up; he waited. Suddenly, the office door opened—and the ever-busy doctor began another charge down the hall to surgery.

Stepping up to him, the young man held out the platter for his inspection.

“What is this?” said the most important man in Battle Creek.

“Peanut butter,” the young man replied. Kellogg tasted it with his finger and liked it.

“Take it to the kitchen,” he said, “and I’ll give you fifty dollars for that platter!”

So, among other things, our people invented peanut butter, now a multimillion dollar industry.

Way back then, we led out in the health food industry. In fact, we got it all started. One day a

lady, who was a patient at the Sanitarium, broke a dental plate on a piece of zwieback. So J.H. Kellogg began tinkering with steel rollers and steamed wheat. He wanted to invent a precooked cereal.

Eventually he came up with corn flakes.

And so it went. The years passed, and he and W.K. (Will Keith, John Harvey’s brother) began manufacturing and selling corn flakes. Eventually, Will took over the business and, as the principal stockholder, became a multimillionaire.

But Will left the church and, although he continued to personally keep the Sabbath in his home, his immense corn flake company worked on God’s holy day.

Back when Will was getting started, a semicharity patient at the Sanitarium dropped into the experimental food kitchen. That was where J.H. Kellogg spent his spare time, inventing new foods. Someone told Kellogg that the idler, C.W. Post, was hanging around, watching how everything was done—so he could copy it and set himself up in

business.

Kellogg replied, "Let him do it; people need good, healthful food."

Until his hospitalization, Post had sold his wife's homemade suspenders from door to door. But, somehow, he managed to scrape \$69 together, and started making cornflakes in his kitchen. The result was *Post Toasties*.

Later he copied another of J.H. Kellogg's eighty new foods. Kellogg had called it *Carmel Cereal Coffee*, and said it was "a very poor substitute for a very poor thing." By the time Post started producing it, Kellogg was selling one ton a day. But Post named his brand, *Postum*, and, through clever advertising, captured the market.

He too became a millionaire. But his firm also was non-Adventist.

Then there was the Loma Linda Sanitarium bakery, which

began operations in 1905. In 1933, the name was changed to Loma Linda Foods.

In 1938, in a new factory erected in nearby Arlington, the company was turning out millions of boxes of *Ruskets*, a flaked whole wheat biscuit cereal. Eventually, 30 other products were added.

Most everyone recalls the enthusiastic church campaigns to "turn in your Loma Linda food labels"! Sometimes it seemed almost a church duty to eat gluten foods, although many could hardly digest the things. But then they sold Loma Linda Foods to someone else, and it was no longer Adventist.

Lastly, there was Worthington Foods, in Worthington, Ohio. This firm was started by a group of our people back in 1939 and continued to be owned by Adventist stockholders until 1970, when it was sold to a medicinal drug

firm (Miles Laboratories).

From 1970 until 1982, employees worked on the Bible Sabbath. But, that year, the food company was purchased back by a group of stockholders, a majority of whom were Adventists. Once again, the firm shut down on God's holy day.

But times change. In 1992, Worthington became a public stock corporation. By this time, only 3 percent of the stockholders were Adventists.

Finally, in August 1995, Worthington began Sabbath work again.

So the industry we began is no longer ours, at least in America. In Brazil and Australia, Adventists continue to operate the largest "health food" manufacturing firms.

There is a question whether many of our people ever did find the true "health foods"—the simple foods of nature.

"The Lord intends to bring His people back to live upon simple fruits, vegetables, and grains. He led the children of Israel into the wilderness where they could not get a flesh diet; and He gave them the bread of heaven. 'Man did eat angels' food.' But they craved the flesh-pots of Egypt, and mourned and cried for flesh, notwithstanding the promise of the Lord that if they would submit to His will, He would carry them into the land of Canaan, and establish them there, a pure, holy, happy people, and that there should not be a feeble one in all their tribes; for He would take away all sickness from among them . . . The Lord would have given them flesh had it been essential for their health, but He who had created and redeemed them led them through that long journey in the wilderness to educate, discipline, and train them in correct habits. The Lord understood what influence flesh eating has upon the human system. He would have a people that would, in their physical appearance, bear the divine credentials, notwithstanding their long journey. Letter, November

5, 1896.

"Must the vegetables be animalized, must they be incorporated into the system of an animal, before we get them? Must we obtain our vegetable diet by eating the flesh of dead creatures? God provided food in its natural state for our first parents. He gave Adam charge of the garden, to dress it and to care for it, saying, 'To you it shall be for meat.' One animal was not to destroy another animal for food."—*Letter, November, 5, 1896.*

"Something must be prepared to take the place of meat, and these foods must be well prepared, so that meat will not be desired."—*Letter, December 20, 1896.*

"I know that with care and skill, dishes could be prepared to take the place of meat."—*Letter, February 14, 1884.*

More WAYMARKS - from —
PILGRIMS REST

HCR 77, BOX 38A - BEERSHEBA SPRINGS, TN 37305 USA