

THE

Vegan

£2.50

The magazine of The Vegan Society

Autumn 2007

LAB-GROWN MEAT: IS IT THE ANSWER?

RAW FOOD: IS THERE A RAW ADVANTAGE?

VEGAN FOOD FAIRS: HOW TO ORGANISE ONE

LAUNCH OF OUR NEW YOUTH BOOKLET



www.vegansociety.com

ISSN 0307-4811



9 770307 481000



■ BABYCAKES DIRECT

Babycakes delicious range of sumptuous goodies include Banana, Coconut & Lime Cake, Ginger and Pineapple Cake, Spicy Apple Muffins, Carrot and Cinnamon Muffins, Chocolate Cake, Coffee Cake and many more. The cakes are deep, generously filled and iced and have unadulterated luxury written all over them! For those with a savoury palate Babycakes also have a range of savoury scones that are incredibly moreish. Wheat-free and gluten-free available.

www.babycakesdirect.co.uk
Tel: 07951 215121

■ ANN ELISE SKIN CARE

Made from sustainable wild or organically grown plants, chosen for their gentle yet powerful skin and life-enhancing qualities, this delightful range includes: Pure Magic Moisture; Relief from Eczema - a beautiful oil to relieve itching and restore and moisturise your skin; 'JOINT&MUSCLEeze' - a blend of plant oils specifically designed to ease pain from stiffness in joints and muscles; deodorant scented with bergamot and rose; as well as cleanser, toner and colloidal silver. Shampoo and sunscreen are also due to join this line of naturally wonderful products, all of which are pure enough for even sensitive skin.



'JOINT&MUSCLEeze' costs from £7.50 for 50ml.
Natural Deodorant costs £6.00 for 60ml.

www.anneliseskincare.co.uk
Tel/fax: 01304 368298

■ BOURGEOIS BOHEME

For high fashion vegan accessories check out Bourgeois Boheme's gorgeous range of shoes, bags, belts, wallets, purses, gloves, jewellery items and even ipod muffs!



Exclusively made items ranging from smart faux lizard belts and wallets to cute floral and butterfly purses,

as well as killer heels and flats too! Bourgeois Boheme also feature stylish lines for men, from the super suave to the more casual. Absolute luxury for fashion loving vegans.

Look out for their new footwear range coming soon!
Visit www.bboheme.com



■ VEGETARIAN SHOES AND BAGS

Ladies and gentlemen, be sure that you are correctly attired this season with the stylish and cruelty-free range from Vegetarian Shoes and Bags. The hip VS&B online store features a dazzling range of - you guessed it - shoes and bags, as well as beautiful accessories for every occasion. This environmentally conscious, modern company also offers footwear that supports earth-friendly values with brands such as Earth Shoes, Ecolution, and Simple Shoes.

Satin Fashion Heel costs \$39.99 (USD).
www.vegetarianshoesandbags.com



Vegetarian Shoes and Bags are giving away a stylish shoulder bag to one very lucky reader. The Classic Messenger Bag by Ecolution is a hip and versatile bag made from the finest organic hemp. To enter, and to read the terms and conditions, please visit www.vegetarianshoesandbags.com, between 15th August and 31st October.

■ MEDITERRANEAN FOODS FOR A PARTY MOOD



Whether you are holding your own get-together or want some tasty vegan nibbles to take to someone else's party, Mediterranean Foods' new Deluxe Party Platter is the perfect

solution. The ready-to-serve platter, comprising a delicious selection of dips, two varieties of kebabs, Dolma and Falafel, is part of a convenient and exciting range of dips, salads and sandwiches. They are available from independent supermarkets and other grocery stores such as Whistle Stop, Budgens, and Fresh & Wild.

Vegan Party Platter costs about £12.

www.mediterraneanfoods.uk.com
Tel: 01227 830132