

THE PETA GUIDE TO

# compassionate

# living



CHOOSING A **KINDER LIFESTYLE**  
FOR YOURSELF, THE EARTH, AND THE ANIMALS





## what's inside

### 4-13 **compassionate eating**

How your diet can benefit the animals, the Earth, and your health.

### 14-15 **compassionate shopping**

You can help stop cruel animal tests by buying cruelty-free products.

### 16-17 **compassionate clothing**

Does your closet need a cruelty-free makeover?

### 18-19 **animal-friendly apparel**

Tips on finding animal-free fashions.

### 20-21 **compassionate entertainment**

Find out what goes on behind the scenes at circuses, rodeos, and other animal attractions.

### 22-23 **compassionate living**

Other ways your life can affect animals.

## what is PETA?

People for the Ethical Treatment of Animals (PETA) is an international nonprofit organization dedicated to defending the rights of all animals. With more than 750,000 supporters worldwide, PETA has built a powerful network of caring voices through public education, litigation, research and investigations, rescues, media campaigns, and grassroots activism. Please join us in our efforts to improve the lives of all living beings.

For more information, contact:



People for the Ethical Treatment of Animals

501 Front St., Norfolk, VA 23510

757-622-PETA

757-622-0457 (fax)

E-Mail: [info@peta.org](mailto:info@peta.org)

• [PETA.org](http://PETA.org) • [GoVeg.com](http://GoVeg.com)

Cover photos:

Cat © Susan Rayfield

Cows and mouse © Jody Boyman

Since 1980, PETA has been working to establish and defend the rights of all sentient beings. Animals are not "things" to be used and discarded for profit, convenience, or amusement; they are unique individuals who value their lives just as we value ours and who deserve to live unmolested by human beings.



## Dear PETA Friend,

So, you want to learn about easy, healthy, and humane lifestyle choices? That's great for you—and the animals! PETA's *Guide to Compassionate Living* offers simple everyday ideas to help you help animals—by exploring animal-free eating, steering clear of leather and fur, purchasing only cruelty-free cosmetics, and much more.



## ... to eat

Each year, billions of animals are reduced to sandwich filling. Severe overcrowding, painful mutilation (such as debeaking, tail-docking, and castration), and the use of hormones and other drugs mean bigger profits, but the animals pay a terrible price in prolonged, unalleviated misery. A meat-based diet is directly linked to cancer, heart disease, strokes, and obesity, not to mention environmental devastation and world hunger. The good news is that you can help animals, improve your health, and protect the planet by going vegan. To find out how, turn to page 4.

What you put on your plate can save thousands of lives.

Animals on fur farms often go insane.

## ... to wear

Fur, leather, and feathers truly are beautiful ... when they're worn by their original owners! Dead animals may have seemed the logical choice in

the Stone Age, but today, compassion should be the only fashion. With so many cruelty-free fabrics to choose from, you can stay in step with the hottest trends or simply dress smartly and comfortably. To find out how to be a model of compassion, please turn to page 18.



Growing numbers of people are changing their habits to be kinder to animals—an estimated 1 million people switch to a vegetarian diet every year. The mushrooming demand for all-veggie fare means that most supermarkets and restaurants offer scrumptious options for vegetarians. Hundreds of companies have sworn off animal testing, so finding cruelty-free personal care items is a cinch—and mall shops and department stores display rack after rack of nonleather shoes, bags, and belts.

Every day, you can make simple, lifesaving changes. Start the morning with soy sausage instead of sausage, grab your pleather coat (donate your woolly one to the homeless shelter), and greet the day's endless opportunities to choose kindness over cruelty. You'll soon realize that your commitment

to compassion has a ripple effect—your friends, family, and coworkers will ask about your cruelty-free lifestyle, and many will follow your lead.

PETA can help you with advice and resources to help you find cruelty-free options. With our *Guide to Compassionate Living*, you're off to a great start!

For the animals,



Ingrid E. Newkirk



© Chip Vinai



## ... for **entertainment**

**Animal acts are no fun for animals.** Zoos, circuses, and aquariums lose all charm when you take a closer look. Stolen from their homes in forests and oceans, chained, caged, and forced to perform frightening and confusing acts, animals are trained with whips, electric shock prods, food deprivation, and severe beatings. **To learn about ways that your life affects animals in entertainment, turn to page 20.**

Many animals die from appalling neglect and abuse before reaching adulthood.



# animals are **not ours** ...



© Jody Boyman



## ... to **experiment** on

**Dripping laundry detergent into rabbits' eyes** and force-feeding floor cleaner to mice do not make these products any safer for us. While some companies still engage in such cruel practices, a growing number have banned animal testing in favor of more effective, cruelty-free technologies. **To find out how to cross cruelty off your shopping list, turn to page 14.**

Each year hundreds of thousands of animals suffer and die in painful product tests.

# compassionate

# eating

## animals & the meat industry

Animals are skinned and dismembered while fully conscious.

**Animal agriculture is big business, often driven by a system of mechanized torture called “factory farming.”**

To maximize profits, meat, milk, and egg producers try to raise the most animals in the least amount of space possible. Such severe overcrowding routinely causes injuries and rampant disease, problems that are masked by antibiotics in animal feed and such practices as cutting birds’ beaks off, dehorning, and tail amputations—all without anesthetics.

Many animals raised for human consumption are confined to small cages or stalls, in which they are unable even to turn around. Most never see the light of day or feel soil or grass beneath their feet. Instead, they live in a world of concrete, wire mesh, and stifling, filthy air.

Chickens who are raised for food are kept in semi-darkness with as little as half a square foot of floor space. To prevent laying hens from pecking each other to death, their sensitive beaks are seared off with a hot blade.

**Fully conscious steers are subjected to castration, dehorning, and branding with hot irons.** Cattle raised for beef may be born in one state, fattened in another, and slaughtered in yet another. They are “finished” on massive, overcrowded feedlots, which create huge amounts of waste that pollute waterways. Steers are fed an unnatural diet of high-bulk grains and other

“fillers” (including sawdust) until they weigh 1,000 pounds.

Mother pigs are squeezed into narrow, concrete-floored stalls in which they are unable to turn around. They are always kept pregnant or nursing. These cramped conditions lead to swollen joints, cannibalism, self-mutilation, and infectious diseases.



Cows naturally live 25 years, but those raised for meat or milk are slaughtered by age 4.



“Pigs have the cognitive ability to be quite sophisticated. Even more so than dogs and certainly three-year-olds.”

—Dr. Donald Broom,  
Cambridge University

# chicken hell

**In the U.S., more than 9 billion chickens are killed for food every year**, more than one for every human on Earth. Laying hens are crammed into cages so small that it is impossible for them to preen or even spread a wing. Chickens, who have stable social groups and the problem-solving abilities of primates, go insane from the intensive confinement. They then may peck their cagemates to death, so farmers burn day-old chicks' beaks off with a hot blade. (Unwanted male chicks are suffocated in garbage bags, drowned, or ground up alive for fertilizer.) Sometimes, hens' feet, deformed from lack of movement, actually grow around the cage mesh floor and then they starve to death, unable to reach food and water.

"Broiler chickens" are raised in windowless warehouses where each bird has only a half a square foot of floor space. The ammonia from the waste of

thousands of birds causes chronic respiratory illness. Bred to grow unnaturally heavy quickly, many chickens become so crippled that they cannot move. Many are trampled by the thousands of chickens around them, or they starve to death.

**Chicken flesh contains as much cholesterol as beef**, and even without the skin, at least 20 percent of its calories are derived from fat. The average egg yolk contains a whopping 213 mg of cholesterol. Eating one of these "cholesterol bombs" for breakfast each morning can raise your cholesterol level by as much as 10 points. Nearly half of federally inspected poultry is infected with bacteria, such as salmonella and campylobacter, which cause "stomach flu." The Centers for Disease Control and Prevention estimates that 76 million Americans get sick, more than 300,000 are hospitalized, and 5,000 die from foodborne illnesses each year.



© Tai Romnen

Hot blades used to slice off chicks' beaks can remove parts of birds' tongues and faces as well.



Even chickens who have lived in cages all their lives will build nests once set free.

## a mockery of motherhood

**On most modern dairy farms, cows spend their lives crowded into concrete-floored barns where they are milked two or three times a day by a machine.**

In order to continue producing milk, cows are constantly kept pregnant, their babies dragged away within a day or two of birth so humans can drink the milk that nature intended for the calves. Males are put into veal crates to endure 16 weeks of hell in the dark, confined to stalls so small that they cannot even turn around. Females follow in their mothers' hoofprints and are slaughtered when their milk production wanes, usually before their fifth birthday.

Here's a firsthand account of the misery that calves endure: "The barns contained veal calves kept in elevated wooden stalls, heads

chained to the fronts of the stalls. They stank of 'scours,' a diarrheal disease common in intensive farming operations, and their knees were raw from falling and kneeling, falling and kneeling, on the hard gridwork. People petrified them, and they would scramble up, eyes big as saucers, bucking at their chains, slipping in their own waste and scraping their shins on the slats." Find out more at [DumpDairy.com](http://DumpDairy.com)

**Dairy-free and delicious!**



### The milk myth

Dairy products are not only iron deficient, they're also loaded with fat and cholesterol and are often contaminated with pesticides and antibiotics. They do nothing to stop osteoporosis, the very disease that they are supposed to prevent! High-protein foods, such as meat, eggs, and dairy products, leach calcium from the body, since the excessive protein breaks down into toxins that have to be buffered by calcium (from the bones) on their way out of the body. It's easy to get the recommended daily allowance of calcium (1000 mg) from fortified soy milk, orange juice, broccoli, beans, tofu, nuts, seeds, and dried fruit.



© Jessie Pierce

## the **downed** cow

**This is the true story** of one of the anonymous individuals unfortunate enough to have been born a “food animal.”

The truck carrying this cow was unloaded at Walton stockyard in Kentucky one morning in September. After all the other animals were removed from the truck, she was left behind, unable to move. **The stockyard workers used their electric prods and beat and kicked her** (see the bleeding eye in the photograph), but still she did not move. Finally, they tied a rope around her head, tied the other end to a post in the ground, and drove the truck away. **She fell to the ground, landing with both hind legs and her pelvis broken.**

All day she remained in that state, crying out in the hot sun and using her front legs to drag herself a painful 13 or 14 yards toward the shade. Not until 7:30 that evening, after a local animal rights activist intervened, was she euthanized by a veterinarian.

**This is not an isolated case**—such incidents are so common that animals like this are called “downers” and are usually tied to the back of a pickup truck to be dragged and piled up together for easy slaughter.

At PETA’s urging, the Kenton County Police Department has since adopted a policy requiring that all downed animals be immediately euthanized—whether they are on a farm, in transit, or at a slaughterhouse. Although it is now the strongest downer policy in the country, it is not a state law, and countless downed animals continue to suffer in silence.

## real environmentalists **don't eat meat**

From air pollution, soil erosion, and overuse of resources, raising animals for food is wreaking havoc on the Earth. In fact, raising animals for food requires more water than all other uses of water combined, causes more water pollution than any other activity, and is responsible for 85 percent of U.S. soil erosion. America’s meat addiction is steadily poisoning and depleting our land, water, and air.



“An environmentalist who happens to eat meat is like a philanthropist who doesn’t happen to give to charity.”

—Howard Lyman, President, Voice for a Viable Future

## **bulldozers** of the sea

Commercial fishers use vast “factory” trawlers the size of football fields to catch fish. Miles-long nets stretch across the ocean, capturing everyone in their path.

These boats haul up tens of thousands of fish in one pull, keeping the most profitable and dumping the rest back into the ocean.

“The first time I was on a trawler, I was appalled to see that for every pound of shrimp caught, there were 20 pounds of sharks, rays, other fishes, crabs, and starfish killed,” says Dr. Elliott Norse, president of the Marine Conservation Biology Institute. “The shrimpers called this bycatch ‘trawl trash’—I call it ‘biodiversity.’”

The population of the world’s large predatory fish, such as swordfish and marlin, is down 90 percent, thanks to the commercial fishing industry. To “protect” its declining catch, the fishing industry routinely kills or maims birds, seals, and other animals who eat fish.

© J.Falretti/Greenpeace 1989

## get the facts!

by Dr. Neal Barnard, author of **Turn Off the Fat Genes**

**X Myth:** A vegan diet won't provide me with sufficient protein.

**✓ Reality:** As long as you're eating a varied diet with adequate calories, it is almost impossible to develop protein deficiency.

Soybeans and other legumes, along with vegetables and grains, are excellent sources of usable protein even if you don't combine them in any special way, and they don't come with the artery-clogging cholesterol found in meats. The average person should consume no more than 10 percent of daily calories from protein. Excessive protein consumption has been linked to cancer, osteoporosis, and kidney stones.

**X Myth:** Vegetarians have trouble getting enough iron.

**✓ Reality:** Beans, leafy vegetables, dried fruits, nuts, seeds, and whole grains all contain plenty of iron. The trouble that many people have is that they eat too many dairy products, which are iron-deficient and tend to inhibit the mineral's absorption.

There is also evidence suggesting that consuming more iron than your body needs can be just as harmful as not getting enough. Excess iron in the blood has been linked to heart attacks, strokes, and liver problems.



**X Myth:** Eating fish is a healthful alternative to red meat.

**✓ Reality:** Fish flesh has no carbohydrates and lots of cholesterol, like all meat. Fish flesh also contains high concentrations of toxic residues found in the waters in which fish feed and breathe. The Centers for Disease Control and Prevention estimates that cancer-causing polychlorinated biphenyls can accumulate in fish at levels that may be thousands of times higher than the levels in the surrounding water. The USDA has warned pregnant women about the dangers of eating large fish, such as swordfish and mackerel, because these animals can contain high levels of mercury, which can harm an unborn child's developing nervous system.

For more tips from  
Dr. Barnard, visit [www.PCRM.org](http://www.PCRM.org).

visit [FishingHurts.com](http://FishingHurts.com)



"I wouldn't deliberately eat a grouper any more than I'd eat a cocker spaniel.

You know, fish are sensitive, they have personalities,

they hurt when they're wounded."

—Dr. Sylvia Earle, explorer in residence,  
National Geographic Society

Join the healthy,  
the strong,  
the compassionate—

## The Veggie Health Set!



Martina Navratilova  
Tennis champion



Carl Lewis  
Olympic medalist  
in track



Keith Holmes  
Middleweight boxing  
champion



Phoebe Mills  
Olympic medal-winning  
gymnast

compassionate  
**eating**



## when your recipe calls for ...



**Milk:** Try commercially available vanilla, chocolate, and plain soy milk (or rice, almond, or oat milk) for cooking, cereal, tea, coffee, and hot chocolate. Offered in vitamin-fortified and low-fat varieties. Nondairy creamers are also available at most grocery stores.

**Butter:** Sauté in water, olive oil, or vegetable broth, flavor veggies with lemon, “butter” toast with vegetable margarine. (For optimal health, use all fats sparingly.)

**Eggs:** Use commercial egg replacers (made from potato starch) or 1/4 cup silken tofu per egg for baking. For breakfast, scramble mashed tofu with onions and mushrooms and a dash each of turmeric and garlic salt.

**Cheese:** Try soy “cheese,” available at health food stores. It’s great on pizza and sandwiches. Or “cheese” up your sauces and veggies with nutritional yeast flakes or soy parmesan.

**Yogurt:** Try healthful fruit-and-tofu yogurts, available at health food stores.

**Ice Cream:** Soy-based ice “creams” are luscious, delicious, and healthier. Or try tangy fruit sorbets.

**Hamburger:** Use Boca brand faux hamburger, which is available in most grocery stores.

visit [GoVeg.com](http://GoVeg.com) for recipes and tips

bad for you,  
**bad for animals!**



**Meat:** loaded with fat and cholesterol and **chock-full of antibiotics** (to ward off disease caused by overcrowding and filth), growth hormones, pesticides, dioxins, and dangerous bacteria.

**Eggs:** “**cholesterol bombs**”; frequent source of salmonella poisoning.

**Dairy Products:** high in **cholesterol** and **saturated fat**, responsible for dairy cows’ endless cycle of impregnation, birth, and overproduction of milk—which their calves never taste; **contaminated** with cow’s blood and pus as well as with pesticides, hormones, and antibiotics.

good for  
**everyone!**



**Faux meat:** meat- and cholesterol-free; contain protein, fiber, and B vitamins.

**Egg replacer:** available at health food stores, can be used in baking recipes that call for eggs; great-tasting egg-free mayonnaise is **low-fat** and **cholesterol-free**.

**Soy milk:** great on cereal and in any recipe that calls for cow’s milk; **rich in B vitamins, iron, protein**, and heart-friendly soy isoflavones; fortified varieties contain as much calcium as cow’s milk—without the saturated fat, cholesterol, and lactose; comes in a variety of flavors, including chocolate, vanilla, and cappuccino.


Delicious vegan food is just a click away!  
[Soybean.com](http://Soybean.com) ■ [chocolatedecadence.com](http://chocolatedecadence.com) ■ [NoMeat.com](http://NoMeat.com)  
[Vegieworld.com](http://Vegieworld.com) ■ [Veganstore.com](http://Veganstore.com)


# i'm raising healthy vegan kids

by Kathy Snow Guillermo


My decision to raise vegan children scandalized my family. "They'll be sickly and scrawny," they warned. But, in fact, I've given my kids a better start in life than the majority of children. The list of adult illnesses stemming from a meat- and dairy-based diet reads like a *Who's Who* of modern-day killers—heart disease, cancer, high blood pressure, stroke. Drinking milk has been linked to asthma, allergies, intestinal bleeding, and even juvenile diabetes!


Here's what I learned from consulting a nutritionist:


 Not only do kids have no need for animal products, they're much better off without them!


 Breast-fed babies are healthier than formula-fed infants. They're less likely to suffer from colic or sudden infant death syndrome. I passed along protection from illness in my breast milk, too, and since I'm vegan, I didn't pass along pesticides, which

collect in animals' muscles and fatty tissue. If you don't breast-feed, soy-based formula is easier on babies' digestive systems than cow's milk.

 Calcium is plentiful in cornbread, broccoli, kale, tofu, dried figs, and fortified orange juice; iron is in raisins, almonds, beans, and blackstrap molasses.

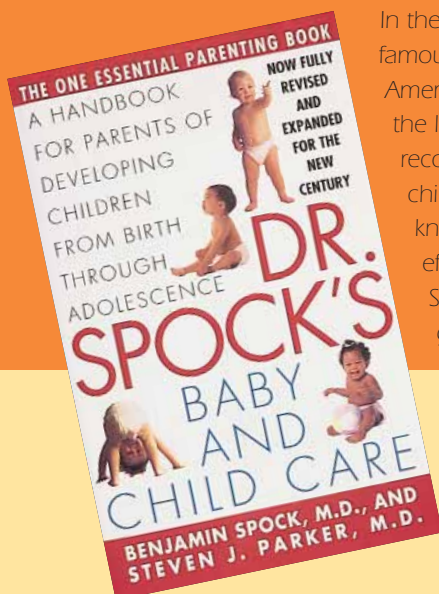
 Be creative! My daughter loves mashed banana and peanut butter on a bagel.

 A well-balanced vegan diet with a variety of beans, grains, fruits, and vegetables supplies all the protein a growing child needs.

 Best of all, my daughter feels good about doing her part to stop cruelty to animals.



Not only do kids have no need for animal products, they're much better off without them!



In the seventh edition of his world-famous book *Baby and Child Care*, America's most respected pediatrician, the late Dr. Benjamin Spock, recommends that parents raise their children on a vegan diet. "We now know that there are harmful effects of a meaty diet," wrote Spock. "Children who grow up getting their nutrition from plant

foods rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure, and some forms of cancer... I no longer recommend dairy products.... [T]here was a time when cow's milk was considered very desirable. But research, along with clinical experience, has forced doctors and nutritionists to rethink this recommendation."

"Another good reason for getting your nutrition from plant sources is that animals tend to concentrate pesticides and other chemicals in their meat and milk."  
—Benjamin Spock, M.D.



# meat-free & marvelous!

- Breakfast Berry Shake
- French Toast With Strawberry Syrup
- "Save the Chickens" Salad
- Fresh Veggie Kebabs
- Veggie Mac 'n' Cheese
- Tofu-Spinach Lasagna
- Burger Loaf With Gravy
- Raspberry "Cheese" Cake

## Breakfast Berry Shake

Breakfast from a blender? You bet! Combine favorite fruits with soy milk to make a splendid, blended drink.

- 1 cup soy milk
- 1 medium frozen banana (broken into several pieces)
- 1/2 cup frozen strawberries, blueberries, peaches, or other fruit
- 1 Tbsp. maple syrup
- Dash of ground cinnamon

Blend all ingredients together until smooth.

Makes 1 serving

## French Toast with Strawberry Syrup

Delicious egg- and dairy-free version of the brunch classic.

For the **French toast**:

- 3 cups soy milk
- 1/2-3/4 cup unbleached all-purpose flour
- 2 Tbsp. nutritional yeast
- 2 tsp. sugar
- 2 tsp. ground cinnamon
- 8-12 thick slices of day-old or heavy bread
- 2 Tbsp. vegetable oil

Whisk together the soy milk, flour, yeast, sugar, and cinnamon, then pour into a wide, shallow bowl or pie pan. Soak the bread slices in the mixture until soft.

Heat the oil in a skillet over medium heat. Fry each bread slice until both sides are golden brown

and crispy, about 5 to 7 minutes per slice. Keep warm.

For the **syrup**:

- 2/3 cup plus 2 Tbsp. apple-strawberry juice
- 1 cup chopped strawberries
- 1/4 tsp. ground cinnamon (or to taste)
- 1 Tbsp. cornstarch

Combine 2/3 cup of juice with the strawberries and cinnamon and bring to a boil. Reduce heat and simmer for 5 minutes.

Stir the remaining 2 Tbsp. juice into the cornstarch until dissolved. Add this mixture to the saucepan and simmer. Stir until the syrup thickens. If the syrup becomes too thick, thin it with a little more juice. Serve over hot French toast.

Makes 4 servings



... the kids will love these fresh, healthy treats!



### “Save the Chickens” Salad

Try this “fab fake” on a toasted bagel with lettuce and tomato.

- 1 roll Chic-Ketts (available from NoMeat.com) or other faux chicken product
- ½ cup diced green pepper, celery, red onion and/or shredded carrot
- Pinch of chopped parsley
- Pinch of chopped chives
- ¾ cup vegan mayonnaise

Dice the Chic-Ketts (or use a food processor) and add the diced vegetables, parsley, and chives. Mix well. Add the vegan mayonnaise and stir well. Chill. Serve as a sandwich filling or with crackers.

Makes 4 servings

### Fresh Veggie Kebabs

A BBO is a scrumptious way to introduce friends to easy—and tasty—veggie fare.

For the **kebabs**:

- Large mushrooms
- Zucchini, cut into chunks
- Baby onions, parboiled
- Cherry tomatoes
- Broccoli florets, lightly steamed
- Faux meat of your choice (Try White Wave Seitan or chicken-style or cubed firm tofu)

Trim rough ends from the mushrooms. Thread vegetables and faux meat alternately onto skewers.

For the **marinade**:

- ¼ cup soy sauce
- ¼ cup orange juice
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. peanut oil
- 1 Tbsp. sesame oil
- 1 Tbsp. minced fresh ginger

Whisk the ingredients together in a small bowl. Stir frequently while brushing mixture over the kebabs. Grill the kebabs for about 10 minutes, turning often for even cooking.

### Veggie Mac ‘n’ Cheeze

This easy, “cheesy” casserole features nutritional yeast, a tasty alternative to high-fat cheese.

- 3½ cups pasta (elbow macaroni or rotini work great)
- ½ cup soy margarine
- ½ cup flour
- ½ cups boiling water
- 1½ tsp. salt
- 2 Tbsp. soy sauce or tamari
- 1½ tsp. garlic powder
- Pinch of turmeric
- ¼ cup oil



- 1 cup nutritional yeast flakes
- 1 cup broccoli florets, steamed
- 1½-oz. can diced green chilies
- Paprika, to garnish

Cook the pasta and set aside. In a saucepan, melt the margarine over low heat. Whisk in the flour and continue whisking until the mixture is smooth and begins to bubble. Stir in the boiling water, salt, soy sauce, garlic powder, and turmeric. Beat until all ingredients are dissolved. Continue cooking until the sauce thickens and bubbles. Whip in the oil and nutritional yeast flakes.

Preheat the oven to 350°F. Mix three-quarters of the sauce with the noodles. Add the broccoli florets and green chilies and pour into a casserole dish. Pour the remaining sauce over the top and sprinkle with paprika. Place in the oven and bake for 25 minutes. Put in the broiler for a few minutes until the “cheese” becomes stretchy and crisp on top.

Makes 4 servings

### Tofu-Spinach Lasagna

Tofu is an amazingly versatile veggie food that can be used to replace dairy products in recipes.

- ½ lb. lasagna noodles
- 1 10-oz. package frozen chopped spinach, thawed
- 1 lb. soft tofu
- 1 lb. firm tofu
- 1 Tbsp. sugar
- ¼ cup soy milk
- ½ tsp. garlic powder
- 2 Tbsp. lemon juice
- 3 tsp. minced fresh basil
- 2 tsp. salt
- 4 cups tomato sauce

Cook the lasagna noodles according to the package directions. Drain and set aside on a towel. Preheat oven to 350°F. Squeeze the spinach as dry as possible and set aside. Place the tofu, sugar, soy milk, garlic powder, lemon juice, basil, and salt in a bowl and mash by hand with a fork or potato masher until it has a ricotta cheese-like consistency. Cover the bottom of a 9”x13” baking dish with a thin layer of tomato sauce, then a layer of noodles (use about one-third). Follow with a layer of half of the tofu filling and half of the spinach. Continue in the same order, using half of the remaining tomato sauce and noodles and all of the remaining tofu filling and spinach. End with the remaining noodles, covered by the remaining tomato sauce. Bake for 25 to 30 minutes.

Makes 6 to 8 servings

## compassionate eating



Concern for animals is just one reason to make the switch to a vegetarian diet. Another reason? Veggie food tastes great. Menus can range from the easy (grilled veggie pizza) to the elaborate (egg- and dairy-free spinach, mushroom, and sun-dried tomato quiche).

# compassionate eating



## Glossary of Ingredients

### Eggless Mayonnaise:

Mayonnaise made with vegetable oils instead of eggs. Available in health food stores.

**Try Veganaise and Nayonaise brands.**

**Nutritional Yeast:** A food yeast that comes in yellow flakes or a powder. Available in health food stores.

**Soy Milk:** A “milk” made from soybeans that have been ground, soaked, and filtered. Available in health food stores and many grocery stores.

**Tamari:** Naturally fermented soy sauce. Available in health food stores, Asian markets, and many grocery stores.

**Tofu:** A high-protein food, often used as a meat substitute, made from soybeans. Firm tofu holds its shape when baked or stir-fried; soft tofu can be blended to make creamy dressings, puddings, and dips. Available in health food stores, Asian markets, and many grocery stores.

**Vegetarian Burger:** A vegetable protein product made from wheat gluten, food starch, and seasonings. Available in health food stores and large grocery stores.

Look for Gimme Lean, Lightlife, Worthington, and Morningstar Farms brands.

### Nondairy Cream

**Cheese:** Made from tofu and found in the refrigerated case at supermarkets and health food stores. Avoid brands that contain casein.

Try Tofutti brand.

## Burger Loaf With Gravy

Leftover loaf in a burger bun makes an easy lunch.

For the **loaf**:

- 2 Tbsp. (1/4 stick) margarine, oil, or water
- 1/2 cup diced onion
- 1/2 cup chopped celery
- 2 Tbsp. chopped green bell pepper
- 1 garlic clove, crushed
- 1 package vegetarian burger (try Gimme Lean or Worthington brand)
- 1/2 cup bread crumbs
- 1/2 tsp. dried thyme
- 1/2 tsp. grated nutmeg
- 1 Tbsp. salt

Preheat oven to 375°F. Heat the margarine, oil, or water in a medium skillet over medium heat. Cook the onion, celery, green pepper, and garlic until the vegetables are tender, about 5 to 7 minutes.

In a large mixing bowl, combine the vegetables with the rest of the ingredients. Spoon the mixture into a greased baking dish or loaf pan and bake for 40 minutes.

For the **gravy**:

- 2 Tbsp. (1/4 stick) margarine
- 1 medium onion, diced
- 2 Tbsp. unbleached all-purpose flour
- 1 tsp. garlic salt
- 2 Tbsp. cornstarch
- 1 1/2 cups water or vegetable broth

- 1 Tbsp. yeast extract
- 1-2 Tbsp. soy sauce/tamari
- Pepper, to taste

Heat the margarine in a saucepan.

Sauté the onion for a few minutes, then add the flour and garlic salt and cook for another 8 to 9 minutes. Dissolve the cornstarch in the water or broth and add gradually to the onion mixture. Bring to a boil, then simmer for 10 minutes. Strain the gravy into a separate saucepan and add the yeast extract, soy sauce, and pepper. Simmer for another minute or two, stirring constantly. Keep warm. Serve with gravy.

**Makes 6 servings**

## Raspberry “Cheese” Cake

- 2 8-oz. containers plain nondairy cream cheese
- 1 cup sugar
- Juice of one whole lemon
- Dash of vanilla
- 2 Tbsp. cornstarch
- Graham cracker crust
- Fresh raspberries or canned cherry pie filling

Preheat the oven to 350°F. Blend together the nondairy cream cheese, sugar, lemon juice, vanilla and cornstarch and pour into the graham cracker crust. Bake for 45-60 minutes, until the top is golden brown. Allow to cool. Cover the top of the “cheese” cake with the fresh raspberries or cherry pie filling. Chill until firm.

**Makes 8 servings**

## lunchbox—ideas

- **Eggless egg salad.** Mash tofu with soy mayonnaise, chopped celery and onion, a dash of turmeric, and mustard.
- **Tuna-safe tuna.** Look for vegan “Tuno” in your local health food store. Mixed with soy mayonnaise, it tastes just like Mom’s!
- **Thermos goodies.** Make “beefaroni” with macaroni, veggie burger crumbles, and tomato sauce. Soup is a cinch with vegetable broth and diced faux chicken, or try “beanies and weenies” with veggie hot dogs and vegetarian baked beans.
- **Tiny treats.** Baby carrots and bananas, grapes, cherry tomatoes, mini boxes of raisins, trail mixes, and non-dairy pudding or soy yogurt cups make great snack items.
- **Veggie wraps.** Stuff pitas or tortillas with your choice of sprouts, green onions, tomatoes, lettuce, avocado, grated carrots, faux “turkey” slices, or tofu “cream cheese.” Drizzle with balsamic vinegar and roll up.



# books for cooks

If you want to create great vegetarian meals at home but don't know where to start, go by the book—the cookbook, that is! These are just a few of our favorites:

## The Compassionate Cook

by PETA and Ingrid Newkirk

- This book is a wonderful introduction to vegan cooking for novices and experienced chefs alike! Features more than 200 delicious recipes, from breakfast to dessert and everyday fare to holiday feasts.



## Cooking With PETA

by PETA

- This cookbook is filled to the brim with favorites of the PETA staff, from breakfast to dinner and every snack in between.



## The Vegetarian Meat & Potatoes Cookbook

by Robin Robertson

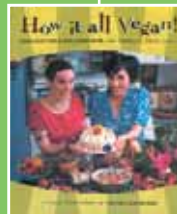
- Rediscover and reinvent the dishes you grew up with, and satisfy your friends' and family's hearty appetites with this cookbook, chock full of goodies like "Chicken Fried Steak," "Savory Soy Scrapple" and "Total Chocolate Eclipse Cake."



## How It All Vegan!: Irresistible Recipes for an Animal-Free Diet

by Sarah Kramer and Tanya Barnard

- An incredibly cool cookbook loaded with useful information. You'll find unique and delicious recipes ranging from the basic to the extraordinary.



Find these and other vegetarian books at [PETAMall.com](http://PETAMall.com).

# eating out—veggie style

**Think you'll be limited to a boring "house salad" when you eat out?**

**Think again!** Most restaurants now offer delicious vegetarian entrées. If not, ask what the chef can do or create your own "veggie special" with appetizers and side dishes. Ethnic restaurants, especially, are often vegetarian-friendly. Here are some to try:

In Italian restaurants, look for grilled antipasto, linguine with garlic and olive oil, or penne with marinara. Eating Mexican? Ask for black bean chili or grilled veggie fajitas, or make a meal out of refried beans, Spanish rice, and corn tortillas with guacamole.

For something a little more exotic, head to an Indian restaurant, where you'll find lentil dal, mouth-watering curries, and potato-filled samosas. Want to go Middle Eastern? Try falafels (spicy chickpea balls), baba ghanoush, tabouleh, or hummus. In Asian restaurants, you can often find amazing mock "chicken" and "pork"—made from soy and seitan. Or try vegetable sushi (made with cucumber, sweet potatoes, avocado, mushrooms, and spicy wasabi paste).

Down-home diners and national chains also know the virtues of veggies. Many offer veggie burgers, sandwiches, stir-fries, baked-potato bars—even cheese-free pizzas. If you don't see vegetarian choices on the menu, ask! Most chefs are happy to substitute beans for beef in an enchilada or to create a special veggie entrée just for you.

Find a vegetarian restaurant near you at [VegDining.com](http://VegDining.com) or [HappyCow.net](http://HappyCow.net).

**Remember, they want you to be happy so you'll keep coming back for more.**



Vegan pasta dishes can be found at most restaurants.

## hidden animal ingredients

Before ordering a hearty bowl of black bean soup or a couscous salad with sun-dried tomatoes, make sure these "vegetarian" dishes aren't flavored with chicken or beef stock! Watch out for fish sauce in Asian foods. Tex-Mex bean dishes sometimes contain lard, and Indian tandoori and some curries may contain yogurt. When eating Italian, remember that many pastas contain eggs. Never be afraid to ask about ingredients: As more customers request true vegetarian options, they'll become easier for everyone to find.



Skip the cheese and load up pizza with lots of veggies.

# compassionate

# shopping

## animals in product testing



**Never, ever buy from companies that still use animals! Be sure to write and tell them why you will no longer be a customer.**

Modern product-testing laboratories have replaced cages with computers, rabbits with cell cultures, and restraining devices with test tubes. Hundreds of companies, which make everything from eye shadow to laundry detergent, have foresworn antiquated tests on animals for sophisticated technology.

But millions of rabbits, guinea pigs, hamsters, rats, and mice are still cruelly blinded, burned, and poisoned every year in product tests. The culprits are some of the world's largest manufacturers of cosmetics, household cleaners, and office supplies. Why do they do it? "To protect consumers," company executives will tell you. But tests on animals don't make hazardous products safe. Bleach isn't safe to drink just because it was forced down rats' throats.

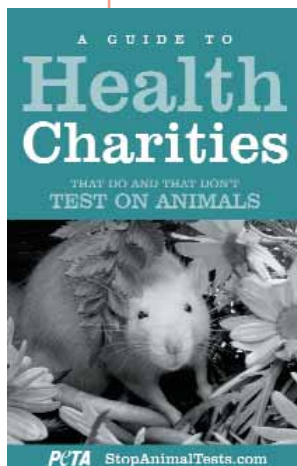
The truth is, some companies are set in their ways. They also hope that the iffy results from tests on animals will protect them in liability cases.

the **solution** is simple



Use PETA's cruelty-free list (available at [PETA.org](http://PETA.org)) or **Shopping Guide for Caring Consumers** to select products from manufacturers that have permanently ended all tests on animals. Also look for the **Coalition for Consumer Information on Cosmetics' (CCIC) leaping bunny logo** (shown above), which identifies companies that meet the CCIC's cruelty-free standard. Cruelty-free products are now available in all grocery, drug, and discount stores, as well as health food stores.

## are your donations supporting animal cruelty?



**Easter Seals doesn't test on animals, but some charities—such as the March of Dimes—still use donations to bankroll cruel experiments.** March of Dimes-funded experimenters sewed shut the eyes of newborn kittens, strapped social, intelligent primates into restraining devices for days at a time, and cut open the skulls of ferrets to induce brain damage. They've even administered cocaine, alcohol, and nicotine to pregnant animals—never mind that we've

known for decades that all these substances can harm developing babies!

Animal experiments drain precious resources from relevant and effective projects that can immediately save lives and relieve human suffering. Fortunately, many charities refuse to fund animal tests of any kind—details are available in PETA's health charities guide.

Order your free copy by calling **866-TEST-KIND**, or view it online at [CaringConsumer.com](http://CaringConsumer.com).



Rats are routinely poisoned to death in inhalation tests.



how do I know which brands are not tested on animals?

**Hundreds of companies, from Estée Lauder to Paul Mitchell, don't test on animals.**

**Write for our free list or view it online at [CaringConsumer.com](http://CaringConsumer.com).** You'll get a complete listing of companies that have signed a statement of assurance that they will not test on animals, as well as a list of those that still do, complete with contact information.

aren't they **required** to test on animals?

**No law requires** that cosmetics or household products be tested on animals. Companies maim and kill animals not to protect you but to protect themselves in case one of their products blinds or poisons you.



**watch out for mean greenies!**

Some "environmental" and "conservation" groups use people's donations to support activities that harm animals and don't protect the environment, including poisoning animals to test pesticides and other chemicals already known to be toxic. Several well-known environmental groups are directly responsible for the creation of what has become the most massive animal-testing program in history.

If you donate money to environmental or conservation groups, please don't support these "mean greenies." Visit [MeanGreenies.com](http://MeanGreenies.com) for a list of organizations that use environmental protection as an excuse to kill.

what do they do ...

**to animals?**



#### Eye irritancy tests

Experimenters drop substances like shampoo, mouthwash, and floor cleaner into the eyes of fully conscious rabbits and record the damage, which can include ulceration, bleeding, and blindness. **Animals who don't die are often "recycled" for use in other tests.**



#### Lethal dose tests

Toothpaste, lipstick, liquid soap, ink, oven cleaner, and other chemicals are pumped into animals' stomachs to determine how much will kill or incapacitate them. **Death comes from painful poisoning or stomach rupture.**



#### Inhalation tests

Animals are forced to inhale massive amounts of aerosol products, such as air freshener, deodorant, and hair spray, until they die from asphyxiation or poisoning.



#### Skin irritancy tests

Nail polish remover, furniture wax, hair removers, drain cleaners, and other substances are smeared onto rabbits' shaved, raw skin. Blistering and bleeding commonly result.

**Some chemicals eat completely through the animals' tender skin.**

# compassionate

# clothing

## animals & the clothing industry



**Stella McCartney**  
Fashion Designer

“I think fur looks much better on the animal than on a model and continue to be shocked by the methods used to obtain real fur.”



**If your closet contains leather, wool, or fur, it could use a makeover!** Most of the millions of cows, pigs, sheep, and goats slaughtered for their skin suffer the horrors of factory farming, including crowding, confinement, deprivation, unanesthetized castration, branding, tail-docking and dehorning, and cruel treatment during transportation and slaughter. Sheep raised for wool suffer many routine “procedures”

that would be considered criminal if performed on a dog or cat. **And everyone knows that fur is dead, both literally and as a fashion statement.**

**But never fear! Replacing those dastardly duds with alternatives is easy—and usually far cheaper than animal-unfriendly counterparts. (Check out pages 18-19 for cruelty-free shopping suggestions.)**

### **fins, shins, and lizards’ skins ...** is that what belts are made of?

**Snakes, alligators, and lizards are often skinned alive** because few people care about their suffering. Reptiles take a long time to die from a blow to the head (the preferred method of killing in order to avoid damage to the hide), and skinned snakes can take more than four days to die.

Ostrich “entrepreneurs” brag that there’s not a single part of the bird that can’t be turned into profit: The flesh can be turned into steaks, the skin made into expensive leather, and feathers sold to adorn carnival costumes. Ostrich feathers are also used to buff new paint jobs on luxury cars and to make feather dusters. Even the birds’ beautiful eyelashes are coveted—they are sold to make false eyelashes.

Thousands of endangered olive ridley sea turtles are captured and butchered illegally in Mexico each year, solely for their skins, which are made into high-fashion items.

**The Australian government permits the slaughter of more than 6 million kangaroos a year.** While there are laws governing the killing of kangaroos, there are still serious problems with “weekend hunters,” unlicensed shooters who often view kangaroos as “pests” and have no regard for their suffering. On their own property, landowners can do whatever they want to kangaroos without fear of repercussions. The preferred method of killing joeys whose mothers have been slaughtered is, according to government code, decapitation or a “heavy blow to destroy the brain.” The trade in kangaroo meat and skins is a multimillion-dollar business. Kangaroo meat is on humans’ tables and in companion animals’ food worldwide, and kangaroo skin is used for shoes, gloves, and golf bags. Ironically, while soccer balls are now made of high-tech synthetics, many World Cup soccer players wear shoes made from kangaroo hide.



© Julia Miles



© Weststock

## compassionate shopping

visit [FurlsDead.com](http://FurlsDead.com)

**Chrissie Hynde**  
The Pretenders



## the high cost of leather

Much of the leather sold in the U.S. comes from India, where cows are marched long distances to the few states where slaughter is legal. During

the hellish journey, cattle are denied food and water, beaten, and often have their tails broken, joint by joint, and have hot peppers and tobacco rubbed into their eyes to force them to walk after they have collapsed from exhaustion. Their hooves are often worn down to stumps.

When transported by truck, **cattle are crammed so closely together that they trample and suffocate** one another and gouge and blind each other with their horns during the long, bumpy journey. Once inside the slaughterhouse, their throats are slit, and some have their legs hacked off or are skinned while still alive.

“When animals are killed for their ... skin, they are being slaughtered for vanity and pleasure, and to me that’s murder.”



© Dharam Raj Ranka

## wool: it's not so warm & fuzzy

In wool-producing countries, such as Australia and New Zealand, flocks usually consist of thousands of sheep, and individual attention to the animals' needs is considered laughable. Lambs' tails are chopped off, and males are castrated without anesthetics. Every year, many lambs die before the age of 8 weeks from exposure or starvation.

Australian ranchers also perform a barbarous operation called "mulesing," which involves carving huge strips of skin off the backs of lambs' legs. This extremely painful procedure is performed to produce smooth, scarred skin that won't harbor fly larvae.

Sheep are sheared each spring, just before they would naturally begin to shed their winter coats. In the rush, many sheep die from exposure after being prematurely shorn.

**"Used up" sheep are shipped to slaughter.** They may travel huge distances overland to the coast, where they are held in crowded feedlots before being loaded onto ships bound for the Middle East. Those who survive the grueling journey have their throats slit without prior stunning.



© P. Mark



# did you know ...

## animal facts ...



Some down comes from specially bred geese who have all their neck and breast feathers ripped out several times before slaughter.



Silk comes from the shiny fiber that silkworms make to form their cocoons. To obtain silk fibers, cocoons (including the worms inside them) are tossed into boiling water.



**Alternatives to Leather.** Natural fibers like cotton and linen and synthetics like nylon, vinyl, acrylic, polyester, tencel, viscose, and other materials can be found just about everywhere. Discount shoe and variety stores like Payless Shoe Source, Bakers, Kmart, Target, and Wal-Mart always boast a wide array of nonleather styles.



**Animal-Friendly Accessories.** Nike (call 1-800-344-NIKE for a current list of animal-free shoes), Sam & Libby, Unlisted (a division of Kenneth Cole), Mia, I.e.i., Delia's, and Alloy offer a wonderful array of stylish nonleather shoes, handbags, and wallets.

# animal-



**Don't Let Dressing Up Get You Down.** A shimmery velvet wrap beats a musty mink any day, and wool, cashmere, mohair, and silk can be replaced with easy-care, cruelty-free fabrics like acrylic, polyester, or rayon.

More good news: Eco-friendly researchers are reviving plant-based fabrics made from wood pulp, corn, and soybeans!



**Nonleather Shopping.** Call PETA to order our free shopping guide to nonleather products, or view the guide online at [CowsAreCool.com](http://CowsAreCool.com).

**Save the Silkworms!** Garments made from "microfiber," the chic new polyester used by top fashion designers, look lustrous but, unlike silk, breathe well, resist wrinkling, and are machine-washable. Don't forget to skip the silk when shopping for a tie. Look for cruelty-free office attire in department and discount stores.





Animals caught in steel-jaw leghold traps may suffer for days before being killed. Some chew off their own limbs to escape, only to die later of blood loss or predation. Nearly 100 countries have banned these cruel traps.



© Jody Boymen



© Jody Boymen



Animals on fur "farms" languish in small, filthy cages and are killed by the cheapest means possible: genital electrocution, poisoning, neck-breaking, or gassing. Occasionally, these methods are ineffective and animals revive while being skinned.

Stickers available through [PETAcatalog.com](http://PETAcatalog.com)

**Who Needs Fur or Feathers?** Cotton and corduroy can be quite warm and comfy, while faux fur and leather are more stylish than the "real" thing. Parkas made from revolutionary new waterproof, breathable fabrics like Gore-tex and Ultrex and filled with Fiberfill, Polarguard, and Thinsulate have been chosen over fur and down for polar expeditions!

**Save Money and Lives.**

Coworkers will be green with envy when they see your animal-free wardrobe!



# -friendly apparel

**Is There a Sheep in Your Suit?** Have no fear, new blends of cotton, polyester, linen, and ramie are sending the wool-blended suit the way of the Ice Age. Heavy, bulky wool can't hold a candle to lightweight microfiber. This wonder fabric is made into everything from socks to ear warmers. Other alternatives to wool include old standbys like cotton and acrylic and new synthetics like polypropylene and Capilene.



**Alicia Silverstone**  
Actor



© Tai Romnen

Check out [PETAMall.com](http://PETAMall.com) for new animal-friendly fashions!

Interest in and affection for animals leads many well-meaning people to visit zoos, aquariums, circuses, and other animal acts. Although these facilities often claim to be “educational,” they really teach visitors that it is OK to rip animals from their homelands, separate them from their families, and lock them up in cages.

For animals who are dragged around the country in traveling shows, life on the road consists of boxcars and beatings. Big cats, bears, monkeys, ponies, elephants, and other naturally active animals are kept in chains or confined to small cages, often alone, in their own waste, inside cramped, sweltering trailers (temperatures inside these trucks have been measured at 120°F.



visit [Circuses.com](http://Circuses.com)

# compassionate

## just say “no” to rodeo

Cattle and horses used in rodeos are abused with electric prods, sharp spurs, caustic ointments, and “bucking straps” that cause discomfort in order to provoke docile animals into becoming the wild “broncos” audiences see. Roped calves often sustain neck and back injuries, severe bruises, and internal bleeding. When animals are “used up,” they are sent to the slaughterhouse. When a rodeo comes to your town, protest to the sponsors and leaflet at the gate.

**Write us for a rodeo action pack.**



## boycott horse-drawn carriages

Don't get taken for a ride. Carriage operators force horses to work long hours bearing heavy loads in all weather extremes and with little rest. Many horses have been injured or killed in collisions with cars or when spooked by sudden noises. Horses who pull carriages often have inadequate food, water, shelter, and veterinary care. Many collapse or die of heat exhaustion. When they become ill or too lame to work, they are sold for slaughter. Refuse to subsidize this cruel trade.



## movie scars

Animal acts often mean misery for their “stars,” who spend their lives in dreary cages when not performing. They are usually starved and beaten into submission. Some animals have died during dangerous stunts. When their “careers” end, animals are typically shipped off to hideous roadside zoos. Complain to companies, producers, and networks that use animals in advertisements, movies and on television.



## never patronize circuses or shows with animal acts



**In contrast to the glitter associated with circuses, performing animals' lives are pretty miserable. Because animals do not naturally ride bicycles, stand on their heads, or jump through rings of fire, whips, electric prods, and other tools are often used to force them to perform.**

Undercover footage of behind-the-scenes training sessions shows elephants being viciously beaten with bullhooks and shocked with electric prods as a trainer gives instructions to hurt the elephants until they scream in pain and to conceal the beatings from the public.

According to Henry Ringling North, author of *The Circus Kings*, early in their training, big cats are "chained to their pedestals, and ropes are put around their necks to choke them down ... They work from fear." Bears may have their noses broken or their paws burned

to force them to stand on their hind legs, and they are hit repeatedly with sticks to make them obey. Chimpanzees may be outfitted with collars that deliver electrical shocks through remote control devices carried by the trainer.

Constant travel means that the animals' access to basic necessities, such as food, water, and veterinary care, is inadequate.

Tigers and lions usually live and travel in cages that are 4 feet high by 7 feet long by 7 feet wide with two big cats crammed into a single cage. Some elephants spend almost their entire lives shackled. The elephants who were observed in one traveling circus spent up to 96 percent of their time in chains. In the circus, many elephants die prematurely of disease, captivity-induced foot problems and arthritis, and the stress of confinement.

# entertainment

## never patronize marine mammal parks

Captive marine mammals live miserable lives and die of stress- and captivity-related diseases. Orcas and dolphins can swim 100 miles in one day, but in captivity, they live in pools as small as 24 feet wide by 6 feet deep. These highly intelligent, sensitive, social beings, who form lasting friendships and, in the wild, spend their whole lives with their families, become deeply depressed and neurotic when confined.



## avoid attractions that entertain at the animals' expense

Hotels with caged animals, animal theme parks, and fairs with animal "acts" are no vacation for animals. Zoos and marine parks are stress and boredom factories for their animal inmates, and teach children that it's acceptable to remove animals from all that's natural to them. The frustrations of captivity lead to abnormal, self-destructive behavior, including bar-biting, pacing, head-bobbing, swaying, and self-mutilation.



# compassionate

# living



It is estimated that one unaltered female cat and her offspring can produce 420,000 cats in just seven years.

other ways **your life** can affect animals

## Congratulations!

**If you've taken some of the tips that we've offered, you're well on your way to compassionate living.** As these changes in your life become second nature, you may wish to consider other ways to help make the world a kinder place: Shun hunting and fishing. U.S. hunters and fishers kill millions of animals

annually and injure millions more, many of whom are left to die slow and painful deaths from blood loss, infection, or starvation. There is a scientific consensus that fish feel pain and suffer terribly for human "sport." Recreational slaughter breeds insensitivity toward suffering and disturbs animal populations.



## spay & neuter your companion animals

**Thousands of puppies and kittens are born in the U.S. every day.** Since the number of animals far exceeds the demand for them, millions of homeless cats and dogs suffer from abandonment, neglect, abuse, starvation, disease, freezing weather, highway death, procurement for laboratories, and even more breeding. About 3 to 4 million of the animals received by shelters each year must be destroyed because of a lack of decent homes, and every newborn puppy or kitten means one fewer home for animals desperately waiting in shelters or roaming the streets.

## spay **your** street!

**Offer to have your neighbors' dogs and cats sterilized through a local clinic or low-cost spay/neuter program.**

PETA's sterilization clinic on wheels, dubbed the "SNIP (Spay and Neuter Immediately, Please)-mobile," travels to low-income neighborhoods and area animal shelters to provide low-cost spay and neuter surgeries for animals whose guardians can't afford the cost of having them sterilized and for shelter cats and dogs prior to adoption.





© Zoe Rappoport

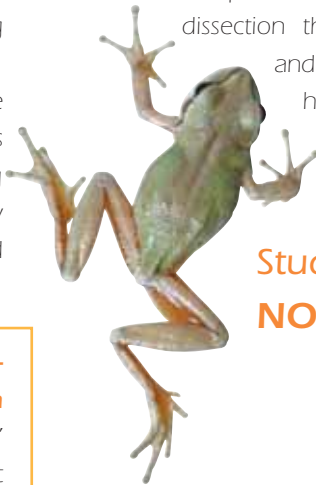
## help a "backyard dog"

Help a "backyard dog" trapped at the end of a chain or in a small pen. **Politely let neglectful neighbors know what's wrong**, and call law enforcement if basic necessities, such as water, food, and shelter, are not provided. If the situation is substandard but legal, offer to take the dog for walks and give him or her toys, treats, and a sturdy water bucket. Many dogs have had their lives changed, and many dogs have eventually been given to caring people, because of such friendly intervention. Contact PETA for a free chained dog leaflet to distribute to neglectful owners.

**Tag along on outdoor adventures—take your dog or cat for walks on a leash**, and allow him or her to "run loose" only in a securely fenced area with you. Left outdoors, dogs and cats can contract deadly diseases and have been poisoned, beaten, skinned alive, dismembered, and set on fire. "Outside animals" also risk being snatched up by "bunchers" (people who steal dogs and cats and sell them for use in experiments) and being injured or killed by other animals or cars.

## respect life ... don't dissect

**The dissection-supply industry treats living animals like merchandise**, and dissection teaches students that only some forms of life are worthy of respect. Tell your teacher and school board about the sophisticated alternatives to dissection that teach anatomy and physiology without harming animals.



Study life,  
**NOT DEATH**

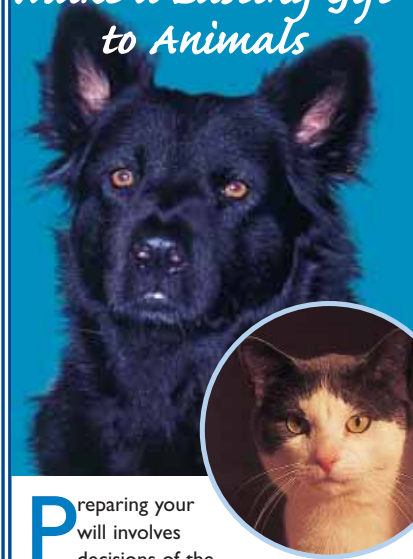


## steer clear of "pet" shops

**Most of the animals inside them are from "puppy mills,"** crude breeding factories notorious for their cramped and filthy conditions. Many animals from puppy-mills, lacking both proper veterinary care and socialization, develop health and behavioral problems. Female dogs and cats are treated as production machines and bred continuously, their babies packed into crates and shipped to dealers. After years of squalid confinement, the burnt-out mothers are often shot or sold to laboratories. Adopt an animal companion from your local shelter instead.

compassionate  
**living**

## Make a Lasting Gift to Animals



**P**reparing your will involves decisions of the

most personal nature. Your will represents your beliefs, your life, your vision for the future. Please consider joining a select group of PETA members who have made the animals' future a part of their legacy. A bequest to PETA is a heartfelt and enduring way to express your abiding love for animals.

For information on how to include PETA in your will, please return the coupon below or contact PETA's planned giving manager at 757-622-7382.

Please send me information on how I can make a bequest to PETA in my will.

I have remembered PETA in my will, life insurance policy, and/or retirement plan.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City/State/Zip \_\_\_\_\_

Tel. \_\_\_\_\_

Please send coupon to:  
**PETA**  
**Planned Gifts Manager**  
**501 Front St.**  
**Norfolk, VA 23510**





THE PETA GUIDE TO

compassionate

living



**PETA** PETA Headquarters  
501 Front St.  
Norfolk, VA 23510

NONPROFIT ORGANIZATION  
U.S. POSTAGE  
**PAID**  
PEOPLE FOR THE ETHICAL  
TREATMENT OF ANIMALS

Postage required unless mailed by PETA