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FOR A FRESH CLEAN MOUTH

Listen-in to the Colgate Dental Cream Radio Programme "In His Steps" 7.30 p.m., every Thursday and Saturday—all ZB Stations.

Colgate-Palmolive Ltd., Petone




CARROTS

WHAT a good thing we have, this year, a really good supply of carrots. We were apt to take them for granted until there was a scarcity of them some time ago; and only then discovered how much we depended upon them as a useful vegetable. They are so good for us, too—are a very good source of Vitamin A—which strengthens our resistance to nose and throat infection, helps in eye-trouble, and promotes children's growth. Moreover, carrots contain a certain amount of sugar—very useful in war-time diet. Children generally love eating young carrots raw; and this does satisfy their craving for sweets—a very good thing, too, because so much better for the teeth. A raw carrot or a raw apple after school or office lunch is very highly recommended.

A Good Sandwich

Wholemeal bread spread with a scraping of butter, some meat-extract or vegetable extract and raw grated carrot; or alternatively, cheese and carrot.

Economical Winter Salad

A quick and good salad-dish is made by mixing about a teacupful of grated raw carrot with the same quantity of finely-shredded young cabbage and the contents of a tin of baked beans in tomato sauce (I published an excellent recipe for making these Baked Beans a while ago, and will gladly send you a copy if you send a stamped addressed envelope).

Braised Carrots

Wash and scrape 1lb. of carrots, and cut into rings. Put them into saucepan with a little good dripping and a few tablespoons of salted water. Put on the lid, and simmer until tender. Dish up and keep hot. Add a generous sprinkling of finely chopped parsley—or even the feathery tops of the carrots—to the liquid in the pan (there won't be very much)—boil it up, and pour it over the hot carrots.

Carrots Baked Round the Joint

Wash and scrape and bake whole, like potatoes, in the meat-tin with the joint. Cover over with butter paper the last few minutes.

Carrot Soup

(Ministry of Food, England)

One pound carrots, outside sticks and tops of a head of celery, ½ oz. fine oatmeal, a few bacon rinds or 1 oz. bacon fat, pepper and salt, and a pinch of nutmeg if liked. Scrape the carrots and cut into rings. Wash the celery and cut into inch lengths. Frizzle the bacon rinds, or melt the fat in a saucepan, put in the carrots and celery, and cook gently for about 5 minutes, shaking occasionally. Add 1½ pints water and simmer for 1 hour; then mash the vegetables to pulp. Remove the bacon rinds and any stringy bits of celery. Blend the oatmeal with a little water and add to the soup. Bring to the boil and simmer for 10 to 15 minutes, then season and serve

with rusks, made by baking the ends of a loaf, or any left-over bread in the oven till quite crisp.

Carrots and Apples

(English Ministry of Food)

This may sound an unusual combination, but it is very good served with roast meat. Scrape and slice 1lb. carrots; peel and quarter ½ lb. apples. Put a teacupful of salted water in a saucepan, put in the carrots and lay the apples on top. Do not stir. Simmer until both are tender, then take out the apples with a spoon and arrange in the centre of a dish, with the carrots around them. Keep hot. Thicken the liquid in the pan with a teaspoonful of fine oatmeal, mixed to a smooth paste with a little water, add a teaspoonful of butter, or good fat, and a pinch of mixed spice if liked. Boil for 5 minutes, and then pour over the carrots and apples, and serve.

Parsleyed Carrots and Celery (American)

Cook together 3½ cups each of sliced, scraped carrots and of celery cut in one-inch pieces. Drain. Season with a speck of pepper and 2 tablespoons of melted butter; and sprinkle with 2 tablespoons of finely chopped parsley. Serve hot.

Vegetable Harlequin

One bunch pared carrots, 5 peeled small white onions, 4 cups celery in ½-inch pieces, 2 teaspoons salt, 1 cup boiling water, ½ cup milk, 2 tablespoons butter or good fat, 2 tablespoons flour, speck of pepper.

Cut the carrots in half, lengthwise, and then slice them crosswise—¾ cups. Quarter the onions. Place all the vegetables in a covered saucepan with the salt and water, and cook covered for 30 minutes. Add the milk, then the butter in which the flour has been blended, and the pepper, and cook slowly over low heat for 15 minutes, taking care that the milk does not boil. Serves six.

Candied Mint Carrots

Parboil sufficient washed and scraped carrots for 10 minutes in boiling salted water. Split them down lengthwise, unless very small and young. Arrange in casserole, sprinkle with brown sugar, and finely-chopped mint. Dot with generous knobs of butter. Bake in hot oven for half an hour.

Carrot Marmalade

Two large carrots, or 4 small ones, 2½ lb. sugar, 3 lemons, 2 pints water. Mince the carrots; cut the lemon rind very finely; soak overnight in the water. Next day boil for 1 hour, then add sugar and lemon juice, and boil till it will set.

Carrot Jelly

Three pounds young carrots, 2½ lb. sugar, 1 lemon. Grate or mince carrots and lemon, add sufficient water to cover, and boil till tender. Strain through jelly bag. Add sugar and boil quickly till jelly sets in saucer when tested. If pink colour is desired, add a few drops of cochineal.

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