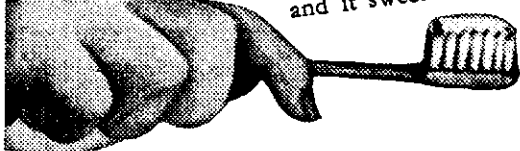




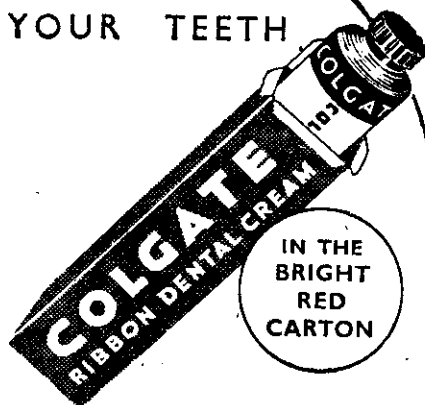
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CAMOUFLAGING CABBAGE

MOST people can grow cabbages without much trouble; and since practically a whole row gets ready to cut at the same time, it is as well to have lots of ideas about varying the cooking of them.

Russian Cabbage Soup

They seem to use pint measures for vegetables as well as liquids, for this recipe which I got from Los Angeles specifies one pint of chopped cabbage; 2 tablespoons butter or shredded suet; 2 large chopped onions; 3 tablespoons flour; 1 tablespoon chopped parsley; 3 pints vegetable (or meat) stock, pepper and salt, and $\frac{1}{4}$ cup weak vinegar.

Heat the fat, add onions and cabbage, and fry gently till light brown. Stir in the flour and parsley. Add the stock and simmer about an hour. Season to taste. Small sausage-balls may now be added to the soup and cook till done (about 10 to 15 minutes). Stir in the vinegar and serve.

Sausage Balls

Just mix together $\frac{1}{4}$ lb. sausage meat, $\frac{3}{4}$ cup fine breadcrumbs, a little scraped onion, and the yolk of an egg. Form into marbles, roll in flour, and cook in the boiling soup about 15 minutes.

Sauerkraut (Pickled Cabbage)

This is a very old German recipe. Sauerkraut is said to be one of the foods used on ships in olden times to protect the crews from scurvy. Captain Cook used it! Cut cabbage up finely and sprinkle with salt. Let stand for 12 hours. Strain off brine. Press into jars. Boil together vinegar and spices in the proportion of 2 oz. whole mixed allspice to one quart vinegar. Tie spices in muslin bag. When vinegar is cold, pour it over the cabbage in the jars, and tie it down.

Cabbage and Cream Cheese

Cut up $1\frac{1}{2}$ lb. of cabbage and cook in a little boiling salted water for 15 minutes. Make about 2 cups of good white sauce, and add to it $\frac{1}{4}$ lb. cream cheese and 2 hard-boiled eggs mashed finely. Make 1 or 2 cupfuls of breadcrumbs, preferably from toasted bread. Then, into a greased casserole or piedish, put layers of cabbage, breadcrumbs and white sauce, until all is used, making the top layer of breadcrumbs. If you prefer, the eggs and cheese may be sliced and used as layers, instead of mixing them with the white sauce. Bake in slow oven 45 to 60 minutes.

Cabbage Omelet

This is a Los Angeles recipe. It follows the principle of adding almost any left-over to beaten eggs and cooking it as an omelet, or as scrambled eggs. Combine $2\frac{1}{2}$ cups of well chopped left-over cabbage with $\frac{1}{4}$ cup of good milk and 2 tablespoons of butter. Season with pepper and salt, and make hot. Beat up 3 eggs, add the cabbage mixture, and put into a warm omelet pan with another

tablespoon of butter. Cook until a delicate brown. Place in oven, or under grill, to firm the top; fold over and serve at once. Very good with grilled tomatoes.

Vegetable Strudel (American)

First make the Strudel dough. Sift together about $1\frac{1}{2}$ cups flour, and a pinch of salt and work in 3 tablespoons of shortening until flaky. Beat up an egg, and add enough milk to mix the flour, etc., into a soft dough about 3 tablespoons. Now make the filling. Into a frying pan put $\frac{1}{4}$ cupful of butter (or very good shortening), and when hot, brown therein 1 cupful fine dry breadcrumbs, $\frac{1}{2}$ cup chopped nuts (any kind), $\frac{1}{2}$ cup chopped raisins, and $\frac{1}{2}$ cup finely minced onion. Then add 2 cupfuls of mixed cooked vegetables — well-drained chopped cabbage, mashed peas, beans, grated carrots, etc. (The peas and beans may be canned ones). When this filling is smooth and ready, roll out the dough into a rectangle and spread with the filling, pressing it in lightly with the rolling. Roll up the strudel like a jelly roll, pressing the ends together. Bake in a greased shallow pan, about 45 minutes; oven about 375deg. Baste 2 or 3 times with a little melted butter. Serve hot, plain or with cheese sauce.

Curried Cabbage with Crayfish

Melt 2 tablespoons shortening, and brown in it 4 minced onions, adding a good teaspoon (or more) curry powder and $\frac{1}{2}$ teaspoon salt. Unless disliked, one clove of garlic, minced, should be browned with this. When lightly browned, add 3 cups well chopped cooked cabbage, a cupful of chopped crayfish, and $\frac{1}{2}$ cup coconut, either grated fresh, or desiccated and soaked in milk. Simmer all for 10 to 15 minutes and serve with cooked rice (or macaroni). (Add a little sugar, to taste).

Cabbage with Tomatoes and Eggs

Cook four cupfuls of chopped white cabbage in boiling salted water for only 7 minutes. Drain well. Return to pan with 2 cups of canned or preserved tomatoes, 1 cup minced celery, 2 chopped onions, 2 tablespoons minced green pepper, 2 tablespoons butter or other shortening, and pepper and salt to season. Simmer all for 15 minutes. Have ready poached eggs on toast, arranged on individual plates, and pour the cabbage mixture around.

FROM THE MAILBAG

Sour Milk Cottage Cheese

Dear Aunt Daisy,
I would like to tell you how they make cottage cheese in Dumfries, Scotland. Hundreds of New Zealand people also use this method in summer, in order not to waste sour milk. Put a jug of sour milk in a warm place till very thick. Then add $\frac{1}{2}$ teaspoon salt to each pint, stir it up well, and tie up in muslin or cheesecloth bag. Hang it up to drain all night over a basin. Next morning, press

(continued on next page)