



Why Your Child needs **Ovaltine** Sleep

WHEN a child sleeps soundly and peacefully, Nature has her opportunity to restore strength and energy — which all active children expend so freely — and to build up reserves of vitality for the coming day.

A cup of delicious 'Ovaltine' at bedtime will greatly assist Nature in this important task. First of all, 'Ovaltine' soothes mind and body, and helps quickly to induce deep, untroubled sleep. Secondly, it provides just the form of concentrated, easily assimilated nourishment required to restore, revitalise and refresh the whole physical and mental system during sleep.

Ovaltine

The Perfect
Food Beverage
for Children

Listen-in to "The Ovaltines", 6.15 p.m., Saturdays, all ZB Stations.

56.7

A. WANDER LIMITED, LONDON. N.Z. FACTORY: NORTH ROAD, PAPANUI, CHRISTCHURCH.

For Whiter Hands



ROOT VEGETABLES

THERE are still some weeks to go before the delicious spring vegetables come in, so let us see if we can devise some new ways of serving the useful root vegetables. Potatoes are really the most valuable all-round root vegetable, but beetroot, carrots, parsnips, turnips and swedes all help out. Remember that the vitamins are stored mainly just under the skin, so that it is better to scrub them than to peel them. Moreover, it has been pointed out to me that four small potatoes weighing 2oz. each have more skin-surface than one large one weighing half a pound; so do not despise the small ones. Remember, also, that steaming is the best method of cooking vegetables, and that if they are boiled, use as little water as possible and save it all after straining, using it up in soups or sauces or gravies.

Beetroot and Lemon-Orange Juice

This is an American way of serving beetroot. It is a very common *hot* vegetable in America, and very delicious. Choose small beetroots, scrub them and place in boiling water, either salted or not, and boil till tender. Do not test with a knife or fork, but by lifting one out with a perforated spoon, and trying if the skin will slip off—you can hold it under the cold tap for a minute. When cooked, strain them, slip off the skins, and slice thinly, put them back into the saucepan with a tablespoon of butter, the juice of half a lemon and half an orange and a shake of pepper, and re-heat for only 2 minutes—any longer will lessen the vitamin-value. Alternatively, you can serve the slices with a good white sauce poured over them.

Buttered Diced Beets and Celery

Cook the small-sized beets (as above), rub off the skins under cold water, and chop them coarsely. Boil some celery in very little salted water, strain, and chop it finely, having about half as much celery as beet. Fry some finely-chopped onion in a little butter (or clean fat) until tender but not brown, add the chopped beetroot and celery, season to taste with salt and pepper, and add about 2 tablespoons of vinegar. Make very hot quickly and serve.

Baked Beets with Onions

Four cups pared, diced, raw beets; 1 cup coarsely chopped onions; 1½ teaspoons salt; ¼ cup boiling water; 4 tablespoons butter, margarine, or other fat. Arrange the beets and onions in layers in a casserole; add the salt, boiling water and butter; cover, and bake in moderate oven (375deg.) for about 1 hour 10 minutes.

Candied Carrots

This is a delicious recipe (American). We shall have to use dried mint just now, which is really no drawback, although I do prefer the fresh chopped mint. 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.

Beet and Apple Salad

Boil little round beetroots. Rub off skins, and scoop out some of the middle. Chop this up, with an equal amount of eating apple. Celery may also be added. Moisten with mayonnaise, put back into beets, piling mixture on top. Put dab of mayonnaise on top; serve nestled in lettuce leaves.

Parsnips

It is best to buy medium-sized parsnips, smooth and firm. Avoid soft, flabby, shrivelled ones—they are apt to be pithy and fibrous. Besides serving them boiled and mashed with butter and milk (they are specially nice with a fish dinner); or baked with a roast joint like potatoes; or boiled and left whole, sprinkled with parsley (and with a little butter if possible); they may be served as follows:

Parsnips in Tomato Sauce

Slice 2lb. of pared parsnips crosswise and cook in a small quantity of salted water till tender. In the meantime put into a saucepan a medium onion (sliced) and ½ cup diced celery, 3½ cups of canned (or home-preserved) tomato pulp, 1 teaspoon salt, a bay leaf, ½ teaspoon pepper, 1 dessertspoon sugar, and 3 or 4 cloves. Simmer all this, with lid on, for about ½ hour. Then add the strained, cooked parsnips and simmer together for a few minutes. This is a very tasty vegetable dish served with either hot or cold meat, sausages, or liver, or bacon, or with fried fish.

Parsnip Cakes

Peel about 6 or 7 parsnips (medium size) and slice them crosswise thinly. Cook them, covered, with 1 smallish onion, also sliced, in about an inch of boiling water until tender, about 20 minutes. Drain and mash well. Then add 1 beaten egg, a shake of pepper, and ½ cup soft breadcrumbs. Mix well together, and when cool, form into little cakes, roll in dried breadcrumbs (very fine) and fry golden brown both sides in a little fat or oil.

Onion Cheesies (American)

Boil sufficient large, peeled, whole onions until just tender. Strain carefully (not to break them) and place in a shallow baking dish. Cut a wide cross in the top of each, and sprinkle a few drops of thick "condiment sauce" in each cross. (We shall have to use Worcester sauce, or perhaps a thick plum sauce or any other of our home-made sauces or chutneys.) Then press 2 tablespoons of grated (processed) cheese into each cross. (The processed cheese is softer and best for the recipe.) Bake in moderate oven (about 375deg.) for about 40 minutes or until the cheese is melted and golden brown.

FROM THE MAILBAG

Stiffening Crochet Flowers

Dear Aunt Daisy,

I should be so grateful if you could kindly advise me what to use for stiffening crochet flowers and small crochet

(continued on next page)