

## THE VALUABLE CARROT

**C**ARROTS are rich in protective elements. Among other good things, they contain "carotene," an important source of Vitamin A, which strengthens our resistance to infection. There is a certain amount of sugar in them, too; children who eat raw carrots freely are unlikely to crave for sweets.

### Sandwich Suggestions

1. Add 2 parts of grated raw carrot to 1 part of finely shredded white heart of cabbage, and bind with chutney or sweet pickle. Pepper and salt to taste.

2. Cut the carrot into small cubes, and cook in good curry sauce. When tender, this forms a substantial spread.

### Carrots and Peas

Scrape and slice 1lb. carrots, boil in half a teacupful of salted water for about ten minutes. Then add a teacupful of shelled peas, and a little chopped mint. Cover and continue boiling until the peas are cooked. Drain, saving the water for gravy or soup, and stir-in a dessertspoon of butter before serving.

### Carrots and Apples

This is a good dish with roast meat. Scrape and slice 1lb. carrots; peel and quarter ½lb. apples. Put a teacup of salted water into a saucepan, put in the carrots, lay the apples on top. Do not stir. Simmer until both are tender. Take out the apples with a spoon, and arrange in the centre of a dish, with the carrots around them. Keep hot, while you thicken the liquid in the pan, with a teaspoonful of fine oatmeal mixed to a smooth paste with a little water, a dessertspoon of butter, and a pinch of spice. Boil up for five minutes, and pour over the carrots and apples in the dish.

### Carrot Soup

Scrape and cut into rings, 1lb. carrots, cut into inch lengths some outside sticks and tops of celery. Melt about 1oz. bacon fat in a saucepan, and cook the carrots and celery gently in this for 5 minutes, shaking occasionally. Add 1½ pints water, and simmer for about an hour. Then mash the vegetables, and thicken with about ½oz. fine oatmeal blended with a little water. Simmer for 10 to 15 minutes. Serve with rusks made by baking stale bread in the oven till quite crisp.

### Carrot Cap Salad

Line salad bowl with shredded lettuce leaves or watercress. Cut up 2 or 3 good-sized cooked potatoes into dice, and pile in the bowl. Mix a little salad dressing with them. Sprinkle with chopped chives, and rings of spring onion, and pile high with grated carrot. Arrange a ring of radishes round the edge of the bowl.

### Minted Carrots

Parboil some washed and scraped carrots for 10 minutes in boiling salted water. Split them down lengthwise, unless very small and young. Arrange them in a casserole, sprinkle with brown sugar,

and some finely-chopped mint. Dot with generous knobs of butter; and bake in a fairly hot oven for about half an hour. Good with grilled steak or sausages, or steak and kidney pie.

## FROM THE MAIL BAG

### Shiny Serge

Dear Aunt Daisy,

A mere male asks for help—urgently. I am about to go on a much longed for vacation, and owing to a shortage of coupons, must wear my everyday suit. It is of fine navy serge of the best quality, and in perfect condition, except that the trousers, owing to wear, are extremely shiny. Can you tell me of a cure for this? I'm sure there must be many others who would welcome this knowledge.

"A Man Link" (Rotorua Line).

Try sponging the suit with cold tea, afterwards pressing carefully with a hot iron over two or three thicknesses of newspaper—which is better than brown paper for this purpose. It is a good plan to dip a clean nailbrush into the cold tea (which you have poured into a basin) and lightly brush the serge with that. Do not make it too wet. Some people use "blue-water" instead of tea; and another excellent idea is to add a few drops of ammonia to a basin of warm water, and use that—thus cleaning the suit at the same time. Any little spots may be removed by sponging with a little spirits of turpentine—bought from the chemist. I'm sure you will make your suit look like new.

### Hints from Eastbourne

Spinach-beet and even silver 'beet can be made popular by cooking them with choicer vegetables. The white stems of silver beet can have a root of celeriac sliced up with them, or a leek, or onion; and serve with white sauce. Spinach-beet is excellent with tiny broad beans and bean tops, or with turnip tops. An otherwise inadequate picking of green peas or broad beans can be most successfully expanded by combining with the spinach beet.

M.E.G. (Eastbourne).

## London House

presents

CHROMABLEND  
CHROMATIC  
SYMPHONY  
MAKEUP



"LONDON HOUSE"

Preparations

—in a full range

—include

Special Liquid

Powder Bases

for normal,

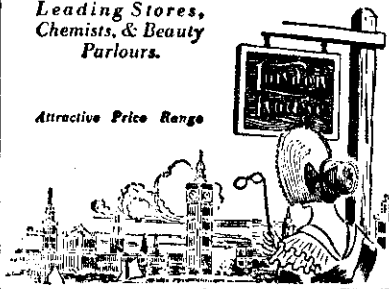
oily, or dry

skins.



Obtainable at all  
Leading Stores,  
Chemists, & Beauty  
Parlours.

Attractive Price Range



## A LITTLE KIWI goes a long way!



Kiwi has an important job in the Navy, preserving boots—keeping them strong, supple and water-tight. Help the boys in blue (and khaki) by going easy with the Kiwi. Remember, a little Kiwi goes a long way.

