

with pepper and salt and pour over the cauliflower, sprinkling a little grated cheese on top. Brown in a hot oven or under the grill.

Cauliflower (De Luxe)

To each cup of white sauce add 1 tablespoon whipped cream and 3 tablespoons grated cheese. Mix these together and mask a hot boiled cauliflower well. Sprinkle with a little more cheese and a pinch of cayenne. Put this into a hot oven and just brown lightly or place under heated grill to brown.

Chow Chow (with Cauliflower)

Six pounds mixed vegetables (cauliflowers, etc.), 3½ pints vinegar, 1 dessertspoon ground ginger, 1 tablespoon salt, 1 cup sugar, a few chillies. Let all come to the boil. Thicken with ¾ cup flour, 2 tablespoons mustard, 1 oz. turmeric, 1 tablespoon curry powder and 1 pint vinegar, all mixed smoothly. Boil half an hour.

Cabbage Pickle (Like Sauerkraut)

Cut up cabbage (or cauliflower) overnight and sprinkle with salt. In the morning wash off the salt and drain for half a day. Put into jars, sprinkle all-spice at the bottom and in the middle, as well as on top. Cover with best vinegar, filling the jars. Tie up and keep in a cool place.

Parsnips in Tomato Sauce

Slice 2 lb. of pared parsnips cross-wise 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, ¼ 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, liver, bacon or fried fish.

Creamed Cauliflower

Cut into quarters. Wash. Put in double pan with 1 oz. butter and 1 gill milk. Cover, and cook till tender (40 to 50 minutes). Strain off liquid and make it into sauce with ½ oz. flour, salt, pepper and a little cold milk. Pour over cauliflower.

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

NEXT WEEK: Soup for Cold Days

finely-chopped mint. Dot with generous knobs of butter. Bake in hot oven for half an hour.

LION-TAMER CLAWED

The lions weren't to blame. It was the clawing clutch of indigestion. He suffered terribly till the trapeze artist gave him Ayrton's Heart-Shaped Indigestion Tablets. Only 3/3 for 40 tablets at chemists everywhere.

Made by Ayrton Saunders and Co. Ltd., Liverpool, England.

N.Z. LISTENER, JULY 12, 1957.

LIKE WALKING ON PILLOWS!

The most delightful walking ease imaginable—all-day foot ease, freshness and vitality. Made from Scho-tex, the new, extra-soft Latex foam rubber (millions of tiny air cells). Washable, odourless. Fit any boot or shoe.

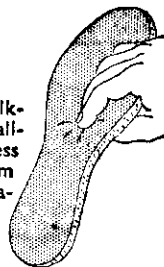
4/9 pr.

Scholl Foot Comfort Service:

HAM. 3a Colwood St. L.R. HUTT 291 High St.
HAST. 402 H'taunga St. BLEN. 4 George St.
NEW PLY. 52 Queen St. NELSON 247 Hardy St.
WANG. 192 Vic. Ave. CHCH. 123 Cashel St.
PALM. N. 136 B'dway. TIM. Cnr. George & Sophia
WGTN. 9 Willis St. DUNEDIN 20 Moray Place

Dr. Scholl's AIR-PILLO INSOLES

From Chemists and Shoe Stores Everywhere



Enjoy the superior flavour of the PURE ESSENCE!



For
FINE FOODS
FINE FLAVOURS

Gregg's pure essences are extracted from genuine originals and with their purity goes a strength which makes them more economical in the long run.

Gregg's

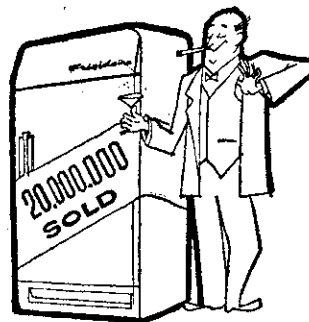
Made by W. Gregg & Co. Ltd., Forth Street, Dunedin.



do you know...?



That food spoils all the year 'round? A kitchen warm enough to be comfortable is too hot to keep food! You need a Frigidaire Refrigerator—even in the winter-time.



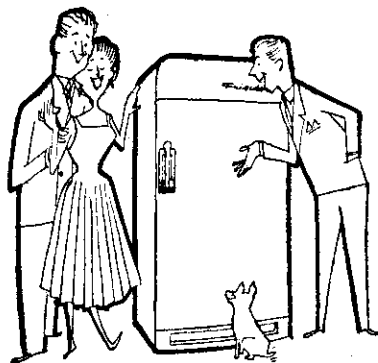
That most people describe just any refrigerator as a frigidaire? This is because Frigidaire is the most popular refrigerator in the world! Over 20 million Frigidaire units have been built and sold!



That a Frigidaire offers you more room inside for less outside space? A Frigidaire is so roomy—there's space for everything!



That people think about buying their Frigidaire only when the weather gets hot and the butter melts?



That the wise thing to do is choose Frigidaire—built and backed by General Motors! And it's better still to consult your Frigidaire dealer and buy yours now!



FRIGIDAIRE

REGISTERED TRADE MARK

BUILT AND BACKED BY GENERAL MOTORS

G.9178