



If they are to retain their natural flavour, nutriment and vitamins, vegetables should be cooked and prepared with the utmost care. And remember, too, that over-cooking not only tends to destroy colour, but renders certain vegetables tasteless as well.

The old saying that the "best goes down the sink" when cooking vegetables was never truer, that is why I always advocate these served au gratin. Boiling in as little water as possible then adding a little milk, seasoning, butter, and thickening, is far the best.

The carrots au gratin recipe this week is served with mint—here is where your dried mint will be useful. Just pour a little boiling water on and add to your sauce.

Scalloping your cauliflower and creaming your turnips and carrots always add variety (besides making them go further), and aren't cauliflower and brussels sprouts fritters delicious?

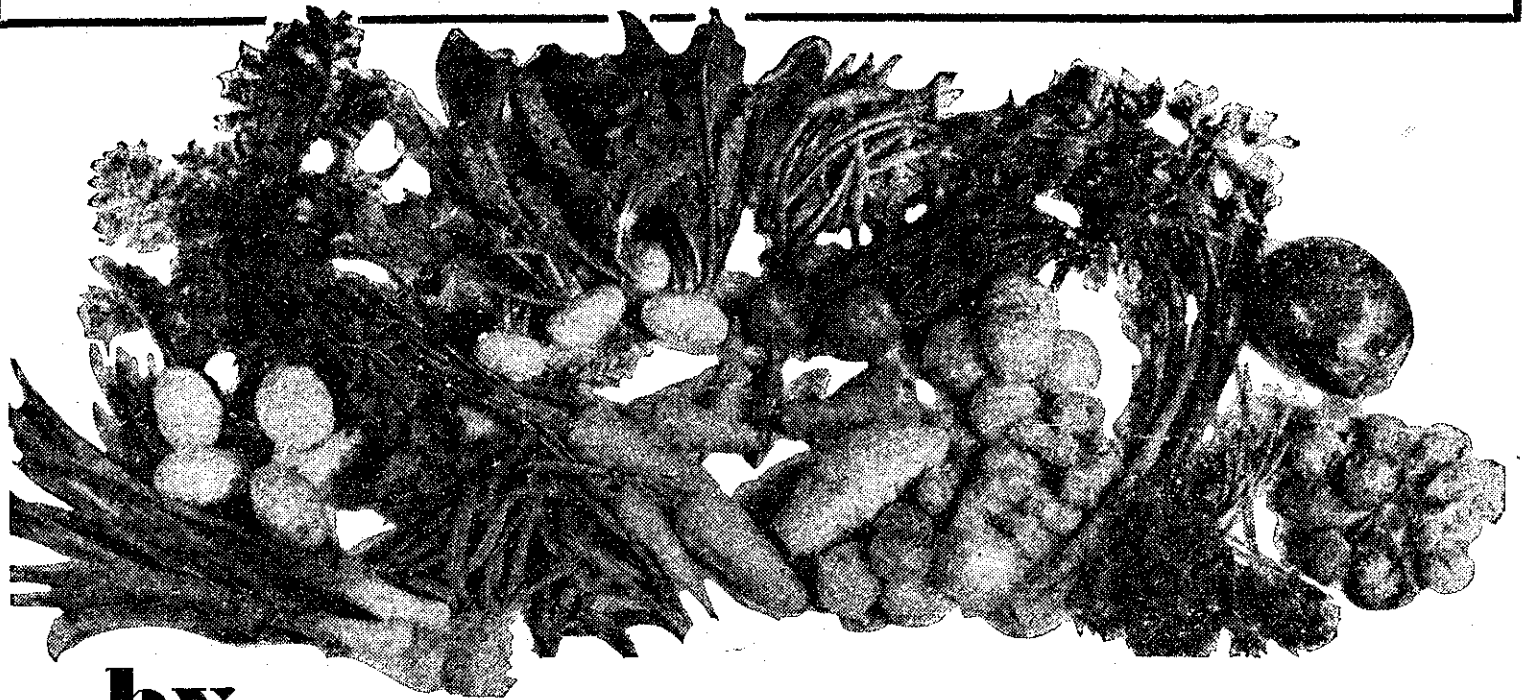
The potato wine recipe my sister home-cooks will find useful for those who like to give surprises, for this is matured in a month, and the parsnip pudding recipe only requires three at the most, even if your family is a large one, for with the addition of the other ingredients, it makes quite a large serving. Vegetables have been dear, but with the advent of spring, prices should ease up considerably.

### Brussels Sprouts

This is au gratin and is made thus: Take 1lb. brussels sprouts, one tablespoon butter, one tablespoon flour, one cup milk, two tablespoons cream, three tablespoons grated cheese, one tablespoon chopped parsley, one tablespoon chopped onion, salt and cayenne, half cup breadcrumbs.

Method: Trim, wash, soak in cold salted water, and drain the

# DRESSED VEGETABLES



by  
**CHIEF**

### Celery Au Gratin

Take one head white celery, one tablespoon clarified butter, one cup thick white sauce, one cup finely-grated cheese, two tablespoons breadcrumbs, salt and cayenne.

Method: Wash, drain, slice and cook the celery in milk or water until tender, then drain (reserving the liquid) and place celery in casserole dish. Make white sauce with one tablespoon butter, one tablespoon flour, and one cup celery liquid, adding milk if necessary.

Stir until mixture boils and thickens, stir in half-cup grated cheese and season with salt and cayenne.

Pour sauce over celery, sprinkle with cheese and breadcrumbs, dot with butter, and bake in moderately hot oven until crisp and golden-brown, then serve at once.

### Fish-Apple Pie

Put in a dish some dabs of butter, and lay on some cutlets of fish. Season with salt, pepper and lemon juice, and grate over the cutlets a couple of apples.

Add more pieces of fish, grated apples, and butter with seasoning, cover all with grated cheese and bake about 20 minutes in a good oven till nicely browned.—Mrs. M.B. (Fordell).

### Pineapple Pie

A most delicious pineapple pie can be made as follows: Take a small tin of pineapple, drain off the

raisins, nuts if desired, one teaspoon bicarbonate of soda.

Mix spices and raisins in flour. Cream butter and sugar, beat in applesauce with soda; gradually add flour, etc.

Bake in tin lined with paper, one and a half to two hours, in moderate oven.—Mrs. A.E. (Christchurch).

### Pumpkin Fritters

Cook one piece of pumpkin for each person, drain, and when cold, mash and add 1 cup flour, 1 teaspoon baking powder, ½ cup sugar and sufficient milk to make a thin batter.

Drop in spoonfuls into deep, boiling fat, fry golden brown and serve hot with honey or jam.—"Lindy Lou" (Moteuka).

### Beet Fritters

Mix together 3 tablespoons flour, pinch of salt and pepper, 1 tablespoon chopped parsley, 1 teaspoon finely-chopped onion. Add 1 tablespoon olive oil, 1 egg, juice of ½ lemon, water to mix batter to thick cream.

Beat well and stand 1 hour. Dip slices of cooked beetroot in seasoned flour, then into batter and fry in smoking, hot fat. Drain and serve at once.—"Lindy Lou" (Moteuka).

### Parsnip Pudding

Cook two or three parsnips, mash and then press through a colander (use a wooden spoon), stir in ½ teaspoon nutmeg, a few drops lemon juice, 2oz. melted butter, ½lb. sultanas, 2 large well-beaten eggs and 2 tablespoons brandy, if approved. Blend all well together.

Butter a pie-dish and strew finely-grated breadcrumbs over, place mixture in, and lastly cover with more breadcrumbs and dot with butter.

Bake ½ hour and serve with a sweet sauce. This pudding may be steamed. Takes about 1½ hours.—"Carnation" (Hikutaia).

### Eggless Sponge

Cream 1 tablespoon butter and ½ cup sugar. Dissolve ½ teaspoon baking soda in ½ cup milk, then add 1 large tablespoon golden syrup; add this to creamed mixture and beat well.

Stir in 1 large cup flour, sifted with 1 teaspoon baking powder and 1½ teaspoons cocoa. Bake in buttered sandwich tins 15 minutes, and when cold put together with this cream filling.

Cream 2oz. butter and 3 large tablespoons sugar. Add vanilla to taste, then ½ teaspoon powdered gelatine dissolved in 1 tablespoon

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sprouts. Cook in boiling salted water in uncovered pan for about a quarter of an hour until tender, then drain free from water.

Slowly fry the chopped onion in melted butter in covered saucepan, then add flour, blending smoothly, and cook for a minute. Stir in the milk, simmer for few minutes, then stir in the cream, parsley, half the cheese, and season with salt and cayenne.

Place drained sprouts in fire-proof dish, cover with sauce, sprinkle with crumbs and cheese, dot with butter, then bake in hot oven for 10 to 15 minutes and serve at once.

### Egg Fruit

This is au gratin too. Take one egg fruit, one tablespoon olive oil or clarified butter, salt and cayenne, one cup grated cheese, one cup cream, three tomatoes, two tablespoons breadcrumbs, one dessertspoon butter.

Method: Peel and chop the egg fruit into thin lengthwise slices, sprinkle with salt, and leave for an hour. Drain, dry, and fry in hot clarified butter or oil until golden brown.

Drain and arrange in buttered dish in alternate layers with grated cheese, peeled, sliced seasoned tomatoes, and cream, seasoning with salt and cayenne.

Sprinkle with grated cheese and breadcrumbs, dot with butter, and bake in moderately hot oven for 30 to 40 minutes.

### Glazed Onions

Take 12 small white onions, quarter-cup butter, quarter-cup sugar, one teaspoon salt, pinch of cayenne, two cups water.

Method: Peel, wash, prick, and cook whole onions in boiling salted water for 10 to 15 minutes, then drain thoroughly, drying on cloth. Melt butter in saucepan or fire-proof dish, add sugar and drained onions and cook slowly for 20 to 30 minutes, basting occasionally.

The onions may either be cooked in covered saucepan or slowly in oven. Sprinkle cooked onions with chopped parsley and serve hot.

Alternate Method: Remove centres from par-boiled onions, chop and mix with one cup cooked minced meat and half-cup breadcrumbs. Moisten with beaten egg and season mixture with salt and cayenne.

Fill onions, sprinkle with grated cheese and place in buttered fire-proof dish, adding two tablespoons butter. Bake slowly until onions are tender, basting frequently.

### Swedes And Eggs

Take 2lb. swede turnips, two tablespoons butter or bacon fat, salt and pepper, grated nutmeg, one tablespoon chopped parsley, two tablespoons grated cheese, four new-laid eggs.

Method: Peel, wash, slice and cook the swedes in boiling salted water until tender, then drain and steam dry for few minutes. Mash and mix with butter or bacon fat, season with salt, pepper, grated nutmeg, and chopped parsley.

Place in buttered dish (or individual dishes), hollowing out four deep cavities with back of spoon. Place an unbeaten egg in each cavity, sprinkle with salt, cayenne, and grated cheese, and bake in hot oven until the eggs are firmly set and the cheese lightly browned, then serve at once.

### Carrots Au Gratin

Take one and a half cups cooked diced carrots, two tablespoons butter, one teaspoon cornflour, one tablespoon sugar, one-third cup water, one tablespoon shredded mint leaves, few drops lemon juice and grated rind quarter lemon.

Mash carrots while hot, put in butter, blend cornflour with sugar, add water, mint leaves, lemon juice and rind. Add all to carrots, just bring to the boil.

This will be nice to serve with the new lamb that shortly will be in.—"Gladys" (Hastings).

### Potato Wine

Well wash three potatoes (fairly large), slice, but do not peel, 4lb. 1A sugar, two packets seeded raisins, 1lb. wheat, one gallon luke-warm water, one teaspoon yeast (powdered for preference). Leave for 21 days, stir every other day, strain and bottle.—Mrs. G.G. (Rotorua).

### MOCK OYSTER SOUP

### This Week's Prize Recipe

THE prize this week has been awarded to Mrs. A. M. Wadsworth, of Pine Valley, Blenheim, for her delicious recipe for Mock Oyster Soup, the "oysters" in this case being artichokes.

Take some artichokes, peel them and place them immediately in equal parts of milk and water sufficient to cover them well. Cook until soft, then cut a few artichokes in pieces to imitate oysters, and put aside. Rub the remainder through a sieve with the liquor in which they were boiled, and, if necessary, add a little more milk. Season with salt, cayenne, a little powdered mace and lemon juice. Reheat, add a small piece of butter, stir in the "oysters," and serve at once.—Mrs. A.W. (Pine Valley).

juice and reserve it. Cut the pineapple rounds into tiny squares and add to them two large peeled, cored, and sliced apples. Have ready a pint of custard made with Swiss milk.

Put the apple and chopped pineapple in a pie-dish, pour the custard over, then pour the pineapple syrup on top. Cover with a short crust or a rice crust, and bake till done. It is equally good hot or cold.—"Mabs" (Waiuku).

### Applesauce Cake

Take two cups flour (heated), one cup sugar (level), ½lb. butter, 1½ cups applesauce, 2 teaspoons cinnamon, one teaspoon nutmeg, half teaspoon cloves, one cup

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