

Add the fat and seasoning to the mashed carrot. Then mix well with the egg and put into a greased mould and bake in a moderate oven until the mixture is very hot throughout. Turn out. Sprinkle chopped parsley over top and serve. This makes a good supper dish.

**CARROT RISsoles**—To two cups of mashed and seasoned carrots add one beaten egg and grated onion to taste. Add to this two tablespoons boiled rice, and one-half cup milk. Mix well. Place in a dish of very hot water until set. Turn out into a shallow dish and when cool form into rissoles and fry, or it may be served hot when cooked.

**CARROTS au GRATIN**—Clean and dice the carrots and cook in boiling salted water till tender. Drain and put in serving dish. Make a white sauce of two tablespoons of wheat flour substitute, two tablespoons of fat, one cup milk, and vegetable water, equal parts salt and pepper. Add two tablespoons of grated cheese, and as soon as the cheese is melted remove from the fire and pour over the carrots. Shake a little more cheese over the top, and brown in the oven. Oatcakes and butter go very well with this.

Parsnips, celery, turnips, vegetable marrow, artichokes, peas, or beans can be served in just the same way, and you can stir all the cheese into the sauce if you do not happen to have the oven heated.

## CAULIFLOWER

Soak the cauliflower, head down, in cold salted water for half-an-hour. Then plunge in boiling water with the head down, and cook until tender. Remove from the water, drain and put into a serving dish. This may be served with a little butter or margarine and pepper and salt, or a white sauce may be poured over it.

Any cauliflower left over can be used alone or with other vegetables to make a vegetable cream soup.

**CAULIFLOWER AU GRATIN**—Serve cooked cauliflower with a white sauce in which is dissolved grated cheese. Sprinkle over with bread crumbs and grated cheese mixed, to which has been added some paprika or cayenne pepper. Serve very hot.

## CELERY

**CREAM OF CELERY SOUP**—Cook till tender 3 cups celery cubes. Drain and save the water. Make a thin sauce of half milk and half water in which the celery was cooked by adding to

1 pint of liquid  
Salt, pepper, celery salt to taste

1 tablespoon butter or butter substitute  
1 tablespoon flour.

Simmer ten minutes and serve very hot.

This soup may be varied by the addition of two cups of mashed potatoes, and flavored with a little onion salt.

**CREAMED CELERY**—Cut the celery into one-half inch cubes, and cook in boiling salted water until tender, having just enough water to boil them. Drain this off and make a white sauce with half vegetable water and half milk. Return the celery to the sauce, reheat and serve on toast.

**Note:**—By exactly the same method, Swiss chard, green peas and asparagus may be cooked.