

**BAKED CABBAGE**—Mix some boiled chopped cabbage with a cream sauce. Put in a buttered baker. Sprinkle over the top with bread crumbs and cheese, and put in the oven until the crumbs brown.

### **CABBAGE SALAD**

2 cups finely shredded cabbage      2 ozs. peanuts  
1 can petit pois

Shred the cabbage, wash the peas, and drain dry. Mix, marinate with salad dressing and add the salted peanuts.

## **CARROTS**

Young, tender carrots can be prepared by brushing in cold water, but older carrots, especially in winter, must be scraped, cut into slices, and soaked in cold water for some time before cooking.

**CREAM OF CARROT SOUP**—Cook well one and a half cups carrots. Save the water in which the carrot was cooked. Put the carrot through a sieve. Make a thin white sauce of

1 cup water drained from carrot      1 tablespoon butter or butter substitute  
1 cup milk  
1½ level tablespoons flour      1 tablespoon grated onion  
Pepper and salt

Add the strained carrot pulp to this, reheat and serve.

**CARROT SALAD**—Equal parts Lima beans, carrots and peas, with seasoning of salt, pepper and celery salt. Serve with salad dressing.

### **CURRIED CARROTS**

1 cup diced boiled carrots      1 cup diced boiled peas  
1 cup diced boiled potatoes      Grated onion to taste

Make a white sauce. Add a small quantity of curry. Reheat the vegetable in this sauce and serve hot.

### **CARROT PUDDING**

1½ cupfuls of flour      1 teaspoonful mixed spice  
1 large cupful suet      1 teaspoonful salt  
1 cupful brown sugar      1 teaspoonful soda, dissolved in  
1 cupful raisins      milk enough to mix all to a stiff  
1 cupful carrots, grated raw      batter.  
1 cupful currants  
1 cupful potatoes, grated raw

Steam three and a half hours. Serve with hard sauce.

### **CARROT PIE**

2 cups carrot, grated raw      2 eggs well beaten  
1 tablespoon or butter margarine      1 dessertspoon of cinnamon  
2 tablespoons flour or cornstarch      1 dessertspoon of ginger  
1 cup sugar      1 saltspoon of salt

Mix well with ¾ quart of milk. Will make two large pies.

### **CARROT MOULD**

2 cups mashed cooked carrots      1 well-beaten egg  
1½ level tablespoons butter      Pepper and salt to taste  
or butter substitute