

Cauliflower au Gratin.*For 4 persons. Time 40 mins. Cost 6d.*

1 Cauliflower.
 Gratin Sauce. See index for recipe.
 Salt.

Soak one cauliflower in salt and water for half-an-hour—a small dessert-spoonful of salt to a quart of water. Put it into a large pot of salted boiling water and allow it to boil quickly, without the lid, for twenty or thirty minutes. When boiling, prepare a Gratin Sauce as above. Lift the cauliflower out and allow it to drain in a colander till all the moisture has come out. Cut off all the green outside leaves and place on a hot buttered vegetable dish. Cover it over completely with the Gratin Sauce, sprinkle with bread crumbs, grated cheese, and some oiled butter. Bake in a sharp oven for ten minutes, and serve. This makes a very tasty dish, and is usually served as a separate vegetable course.

Other vegetables, such as fresh peas and beans, onions, parsnips, artichokes, and marrow, may be prepared in this way with excellent results.

Beetroot Served Hot.*Time 1 to 2 hours. Cost 4d.*

Although beetroot is usually eaten cold with vinegar, it is a very pleasant vegetable served hot. Boil it till soft in water in the usual way, and serve covered with either White, Parsley or Celery Sauce. See index for recipe.

Stuffed Tomatoes.*For 6 persons. Time 20 to 30 mins. Cost 8d.*

6 firm Tomatoes.
 1 chopped Onion.
 1 tea-spoonful chopped Parsley.
 2 oz. Bread Crumbs.
 1 oz. Butter.
 Pepper and Salt.

Take a small round off the top of the tomatoes. Scoop out the seeds and as much pulp as possible. Melt the butter, and pour it in among the rest of the ingredients which have been mixed thoroughly in a basin. Fill the tomatoes with this mixture, and bake until tender, without being broken. Serve on a hot dish with brown sauce. See index for recipe.

Stewed Mushrooms.*For 4 persons. Time 1 hour. Cost 5d.*

$\frac{1}{2}$ oz. Brown & Polson's "Patent" Corn Flour.
 $\frac{1}{2}$ lb. Mushrooms.
 $\frac{1}{2}$ pint Stock or Milk.
 1 oz. Butter.
 1 tea-spoonful Lemon Juice.
 Salt and Pepper.

Rinse and peel the mushrooms. Put them on the fire with the stock or milk, the butter and the lemon juice. Allow the whole to simmer gently for three-quarters of an hour. Blend the Corn Flour smoothly with a little cold water, and strain it into the mushrooms. Stir till it boils up, being careful not to break the mushrooms. Cook for five minutes. Season with pepper and salt, and serve hot with sippets of toast or fried bread round the dish.

Brussels Sprouts.*For 3 to 4 persons. Time 30 mins. Cost 3d.*

1 lb. Brussels Sprouts.
 $\frac{1}{4}$ tea-spoonful Carbonate of Soda.
 Salt.
 White, Parsley, Celery, Egg or Butter Sauce.

See index for recipe.

Wash the sprouts and remove the outer leaves if decayed. Put them in a basin of salted water—a small dessert-spoonful of salt to a quart of water—to soak for about an hour. Put them into salted boiling water with the soda added, and allow them to boil, without the lid, for twenty or thirty minutes, or till tender. Pour into a colander to drain, return to the saucepan and allow them to re-heat. Serve very hot, piled on a hot vegetable dish, with a sauce as above poured over them, or served in a separate dish if desired.

Mashed Turnips.*Time 30 mins. Cost 3d.*

Take a bunch of young turnips, peel them thinly and cut up into thin slices, drop them into boiling water, slightly salted, and boil till soft. Drain off the water and mash them into a pulp, or rub through a sieve. Heat up in a saucepan about 2 ozs. of butter, $\frac{1}{4}$ oz. of Brown & Polson's "Patent" Corn Flour, and half a tea-cupful of milk. Stir the mashed turnips into it. Add pepper and salt to taste. Cook for ten minutes and serve hot.