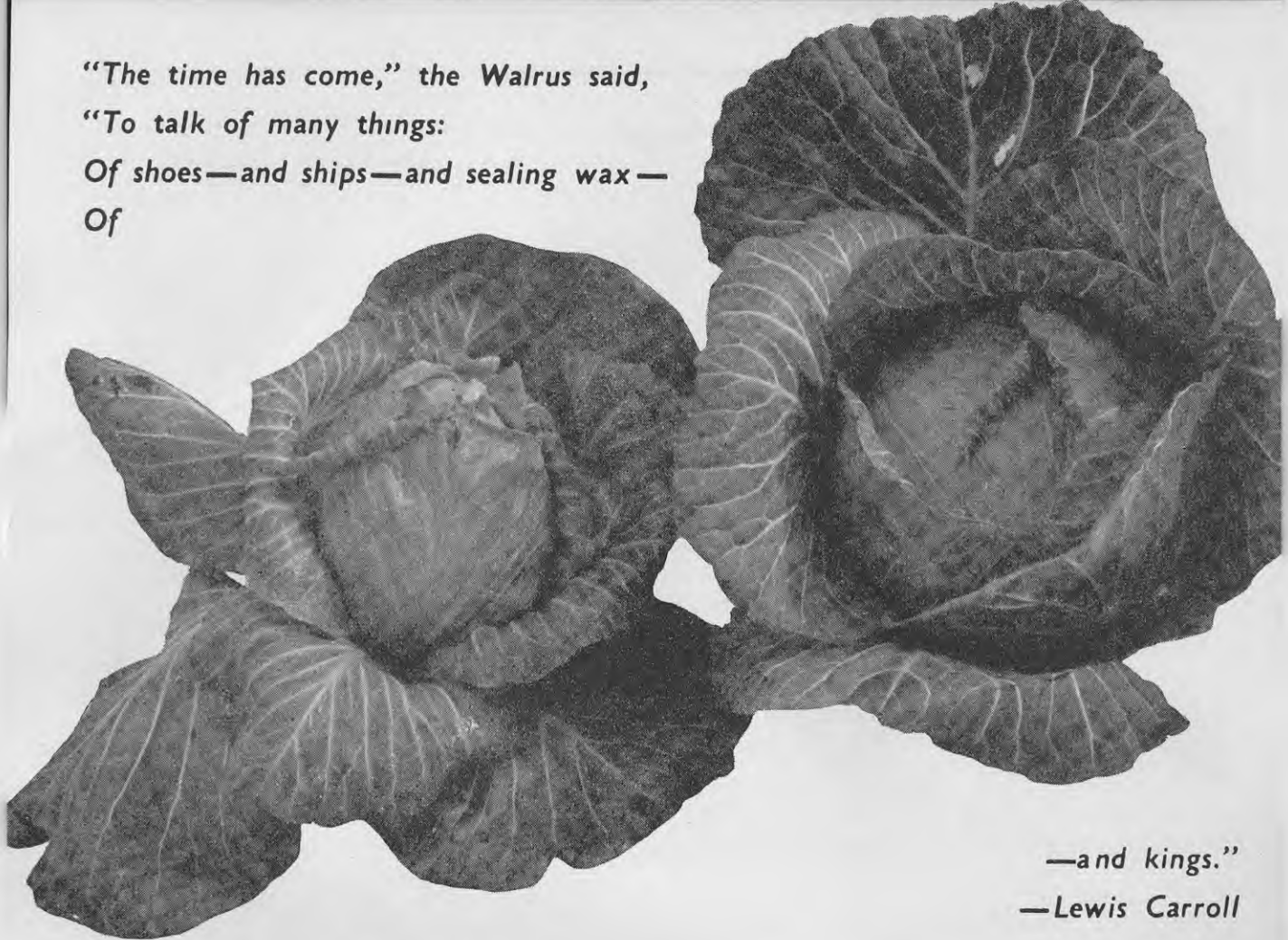


"The time has come," the Walrus said,  
 "To talk of many things:  
 Of shoes—and ships—and sealing wax—  
 Of



—and kings."  
 —Lewis Carroll

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**T**HE humble cabbage, often, alas, so ill prepared and worse cooked, should rightfully take its place as one of man's best friends in the plant world. Cabbages may generally be divided into the smooth-leaved or curly-leaved classes, or they may be differentiated by their colours, white, green, or red. Nutritionally, they give very good value, being important contributors of vitamin C and some mineral salts. They also supply necessary roughage and are non-fattening.

**C**ABBAGES can be grown all the year round and are often cheap. They are a very good standby in winter, when other vegetables are scarce.

It remains, therefore, for the housewife to prepare and cook the vegetable so that it retains the maximum amount of vitamins and is a palatable, attractive dish for the family.

For some people cabbage may be rather indigestible. Old, coarse, and stringy cabbages would be the worst, particularly the stalks and coarse, outer leaves.

Care in choice and preparation should obviate any unpleasant after-effects for normal people with healthy digestions.

#### Preparation

Choose a fresh, firm, crisp vegetable with a good heart. Cut the cabbage with a sharp knife into halves or quarters and remove thick stalk or leaf ribs. Remove outer, discoloured leaves. Wash the cabbage carefully in cold salted water. (The addition of salt to the water helps to remove any small slugs or insects which may be between the leaves.)

#### To Boil

Shred the cabbage with a sharp knife, put it into a small quantity of boiling salted water in a saucepan, replace the lid, and cook quickly (about 10 to 15 minutes). Drain thoroughly. Properly cooked cabbage

should retain its crispness and colour. Overcooked cabbage loses both, as well as its vitamins, and is also most unappetising.

Soda should never be added to the water.

#### Other Cooking Methods

Boiling, though by far the commonest way of cooking cabbage, is by no means the only one. Cabbage may be boiled, baked and stuffed, or eaten raw as in salads.

#### RECIPES

Below are some recipes which should give variety.

#### Cooked Cabbage Dishes

##### Cabbage and Tomato Casserole

3 cups of shredded cabbage (cooked)	1oz. of butter or other fat
1 green pepper	2oz. of grated cheese
1 cup of fine bread-crumbs	

##### Tomato Sauce

2 tablespoons of butter	4 or 5 cooking tomatoes
2 tablespoons of flour	1 small onion (diced)
½ pint of milk	Salt and pepper to taste

(4 servings)