

Domestic

(By MAUREEN.)

The Useful Onion.

'An onion a day keeps the doctor away,' has been the proclaimed maxim of many a healthy laborer. Because of its disinfectant properties, the constant use of the onion has kept alive whole races of people through centuries of unhygienic living. It was the sole accompaniment of the black bread of the French peasant through hundreds of years. The onion is, without doubt, the most wholesome of all the vegetables cultivated. Its antiseptic qualities are great, and have been appreciated for 2000 years. A great number of virtues have been attributed to it because of its soothing and laxative qualities. It has been considered equal to a sleeping powder, and there is some entertaining history concerning its value to the one who must overcome intoxication. Children in some parts of the world have worn strings of onions around their necks to prevent convulsions and help teething.

Boiled Onions.

In peeling and preparing the onions for boiling, do not cut off the tops and tails too closely, for the onions will then go to pieces, but after peeling, all the base may be cut out in the shape of a little pyramid, and this should be done when onions have begun to sprout, as the central layer has become green and strong. Parboil ten minutes, if the onions are rather large. It is not necessary to pour off the water more than once. Old recipes say three times, but this procedure results in a loss of more of the soluble part than it is good to lose. Cook in plain boiling water or in half milk and half water, and for not less than an hour. Onions need to be more thoroughly cooked than many people cook them. Finish with milk and butter, pepper and salt, or with cream.

Cooking Parsnips in Different Ways.

Escalloped Parsnips.—Mash one pint of boiled parsnips. Add two tablespoonfuls of butter, one teaspoonful of salt, a little pepper, and two tablespoonfuls of cream or milk. Mix thoroughly, place on the fire and bring to the boiling point, turn into a buttered baking dish, cover with breadcrumbs, dot with butter, and brown in the oven. This gives us a new way of utilising cold parsnips as well as a very appetising dish.

Parsnips Stewed in Milk.—Cut cold boiled parsnips in slices lengthwise, put into milk with a little butter, pepper, and salt, and stew a few minutes; then thicken with a little flour rubbed smoothly in a little water or milk.

Parsnip Stew.—Cut one pound of beef or veal into small pieces, add half a pound of pork cut in slices; place in a saucepan and cover with water; wash, scrape, and slice seven medium-sized parsnips, add to the meat, also half-a-dozen potatoes cut in halves. Cover close and cook for half an hour or until all are tender. Add a small bit of butter, pepper, and dredge in a little flour; cook a few minutes longer and serve hot.

Fried Parsnips.—Boil until tender, and slice them in long thin slices; dip into a batter made as for pancakes and fry in hot lard until brown, adding salt and pepper to suit the taste.

Baked Parsnips.—Served by this method an invalid may partake of this vegetable, when fried parsnips would be out of the question. Wash, scrape, and slice, drop into boiling water sufficient to just cover them. When tender, remove to a buttered baking dish, and pour over them a half-pint of the water in which they were cooked; baste often, until the liquid is absorbed and the parsnips delicately browned. Serve very hot.

Parsnip Croquettes.—Boil in water with a little salt until perfectly tender. When cold scrape off the skin and mash them, and to each cupful of the parsnip add a half cupful of breadcrumbs, a beaten egg, and salt and pepper to taste. Flour the hands and make in balls, brown in hot butter and lard, equal parts, and serve hot. These are nice as an entree or as a breakfast dish.

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