

## HOUSEHOLD.

### The Onion

(By Dora M. Morrell, in the New York 'Observer'.)

One of the best of the Boston doctors has onions served at least twice a week to his own children, and speaks in highest terms of their action for the health of those who eat them.

There are many methods of cooking this succulent vegetable which will make it welcome on any table. Onions raw are excellent for helping one to overcome a tendency to insomnia. They are purifiers of the blood almost without an equal, and far surpassing most of the so-called skin cures. The raw onion sometimes has a rank taste to it which is very disagreeable, and is followed by a burning sensation after it is swallowed. To avoid this, after the onion is peeled and sliced, cover it with hot water, and let it stand covered for half an hour. Turn that water off and pour on as much more. Half an hour later pour that off and the vegetable may be dressed and eaten. A good supper dish which will suit the hearty man or his opposite in tastes is a dish of onions prepared in this way, and dressed with a raw egg well beaten, to which is added vinegar liberally, a little salt and a spoonful of nice oil or melted butter or cream. Let this be poured on it long enough before serving to be thoroughly incorporated with it. Starting with this for a basis you can add to it cold potatoes cut in small dice, bits of beet, and any other cooked vegetable which you have left from dinner. Serve it prettily and you will find it a successful dish.

I cannot advise any one to eat fried onions, but if one has a longing for this that his beefsteak may be duly smothered, cut the slices rather thick, scald them with boiling water, which will partially cook them, and when the butter or dripping is very hot put the onions into it, cover closely and set back where the onions will brown without possibility of scorching or need of being stirred often. When they are brown turn them without making them look as mussy as they do when not carefully cooked. There is really no need of having such an unpleasant looking dish as fried onions usually are.

Stuffed onions are one of the best entrees, and in the ordinary family may serve as a warm dish at supper. For these you want to get the large Spanish onions. Scald them after peeling, or slightly parboil, but do not let them lose their shape. Take out the heart and fill the place thus left with a stuffing made of moistened breadcrumbs well seasoned and bits of cold meat. Pack all that you can get in. Baste often with gravy while the onions are baking, but if you have no gravy nor beef extract from which to make it, place on the top of each onion a bit of butter and baste with warm water. If you once try this you will like it well enough to have it every rainy day. Use the hearts of the onions, and as much more as you need for flavor, for onion soup. After parboiling the onions place them in milk or milk and water and boil until soft. Put through wire sieve. Then thicken the soup a little with flour, season with salt and butter, and serve over croutons. (These are dice of bread browned in the oven.) A little parsley cut very fine and sprinkled over the soup is an improvement.

Another thing you want to try is onions in cream sauce. Having cooked them, pour over them a white sauce made like that which is the basis of cream toast, cream fish, etc. This makes the vegetable a delicate dish which will be palatable to some invalids. Another way to serve them with cream dressing is to pour over them thick cream, which has been warmed in double boiler. These must be seasoned to taste.

A variation of this combination of white sauce and onions may be made by putting a layer of the vegetable in a baking dish, then one of sauce sprinkled with crumbs, then another layer of onions and so on until the dish is full. The last layer should be of sauce and crumbs. Let this bake in a quick oven until brown. Make the sauce rather thicker than for ordinary purposes.

Onions boiled in water which is then turn-

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ed off and afterwards cooked in milk until soft enough to be cut into dice and then placed over slices of toast, make an agreeable dish. Onions should never be cooked in iron or tin as it turns them dark colored and they lose much of their delicacy, and are black instead of white.

Baked onions have a specially delicious flavor and should be more frequently prepared than they are. Baked with their jackets on in the ashes they are delicious, and when they are ready to serve they should be peeled and seasoned.

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