

## Do You Know Your Onions? Their Use and Taste Vary Considerably

### A FEW FACTS ABOUT ONIONS

Do you know your onions — literally?

We want a tangy onion for a meat loaf, a mild one for a salad, a sweet one to crown a hamburger — but can we tell which is which when they're in the grocer's bins?

We may confuse the flat Bermudas with the large, yellow, glove-shaped Spanish, but both are mild, sweet, juicy, so it doesn't matter. Use these onions for salads and sandwiches.

Another dry onion that is yellow in color is strong-flavored. It is generally smaller than Bermuda and Spanish onions. They're available the year around and sold at low prices.

White, dry onions are small to medium in size. Their mild flavor makes them a good choice for a vegetable dish or stew.

Red Italian or creole onions add color and flavor to salads and sandwich fillings. They're as red as their name implies and hang from colorful braids in the store.

If you're looking for fresh onions you may choose chives with the slender green blades. A few snips will add color and a delicate flavor to salads, soups, dips, or sandwiches. You can grow them in a flower pot in the kitchen the year around.

Or you may buy the familiar green onion or scallion. Looks look like overgrown scallions but are better when cooked. They're very good in soups and stews.

Shallots and garlic are related but shallots are much milder in flavor.

Whatever onion you buy, keep it in a cool, dry place. Keep fresh onions wrapped tightly and refrigerated; use them as soon as possible.

A green or yellow vegetable

everyday, preferably raw, is an important rule for everyone to follow, whether it is the homemaker who plans and prepares meals for her family, or the business man or woman who eats out.

The rich yellow-orange or green coloring of carrots, spinach, rutabagas, watercress, kale, green pepper, the dark leaves of cabbage and lettuce, and squash of all kinds indicate that vitamin A is present in generous amounts.

Any combination of vegetables may be used with a tasty French dressing.

### VEGETABLE SALAD

- 3 medium size tomatoes
- 1 medium onion
- 1 sweet green pepper
- ½ cup chopped yellow squash
- 4 cups chopped lettuce
- ½ cup French dressing

### FRENCH DRESSING

- 1 teaspoon salt
  - 1 tablespoon dry mustard
  - ½ teaspoon paprika
  - ½ teaspoon celery salt
  - ½ teaspoon mixed herbs
  - ½ cup apple cider vinegar
  - ½ cup tarragon vinegar
  - ¾ cup salad oil
- Mix dry ingredients, add vinegars and salad oil. Beat with rotary beater until thick.

The above salad would be a delicious accompaniment for our next recipe — Chinese Spaghetti. Legend has it that spaghetti was

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first developed in China. Hence, our spaghetti dish with just a hint of Oriental flavor. We think it will tempt hungry appetites.

### CHINESE SPAGHETTI

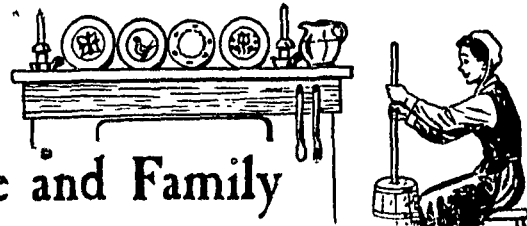
- 2 tablespoons fat
- ¾ pound ground beef
- ½ cup chopped onion
- ¼ cup chopped green pepper
- 1½ cup beef bouillon (prepared by dissolving 1 beef bouillon cube in ¾ cup boiling water.)
- 1 cup diced celery
- 1½ teaspoons salt
- 6 ounces long spaghetti
- ¼ cup enriched flour
- ½ cup water
- 1 tablespoon soy sauce

Melt fat in large, heavy skillet. Brown beef, onion and green pepper in fat. Add tomatoes, beef bouillon, celery and salt. Cover and simmer about 10 minutes. Meanwhile, cook spaghetti. Add one tablespoon salt and spaghetti to four and one-half cups boiling water. Boil rapidly, stirring constantly, for two minutes. Cover, remove from heat and let stand 10 minutes. Blend flour, water and soy sauce. Add to meat mixture and cook until thickened, stirring constantly. Rinse spaghetti with hot water and drain well. Arrange on hot serving platter and pour meat sauce over spaghetti. Make four servings.

To complete your luncheon menu, along with a salad you might serve enriched hard rolls, milk and apricot whip.

Miss Rebecca Blank, RD2 Narvon sends us a timely recipe for Pumpkin Pie. This recipe makes four pies.

## For the Farm Wife and Family



### PUMPKIN PIE

Miss Rebecca Blank,  
RD2 Narvon

- 2 cups cooked pumpkin
  - Pinch of salt
  - 4 egg yolks
  - 4 tablespoons flour
  - 1½ quarts milk
  - ½ teaspoon vanilla
  - ¼ teaspoon nutmeg
  - ¼ teaspoon cinnamon
- Beat the whites of the four eggs and add last.

### SQUASH, A FALL FAVORITE

The squash family comes in a variety of colors — yellow, white, orange, dark green, light green or a green and white mixture.

In size, they come in individual-size servings or as large as 50 pounds.

The shapes vary from the small acorn squash, the flower-like butternut, the pear-shaped butternut, the hat-like turban, to the large thick-necked hubbard in its covering of dark green or yellow-apricot.

A few summer squash are still to be found on the market. When the outer covering is soft enough to be cut with the thumbnail, peeling is unnecessary before cooking. Storing should be under refrigeration.

Acorn squash, a fall variety, is a good keeper if stored in a

cool place. Baking is hastened when the halves are placed cut side down in a pan containing a small amount of water. When they are about three-fourths done, turn the cut side up, season with salt, pepper, a half teaspoon of brown sugar and butter and continue baking until done.

Hubbard squash has a tough warty protective skin that permits its being kept for several months. However, once the skin is broken, through bruising or cutting, squash molds quickly, and the cut pieces should be refrigerated.

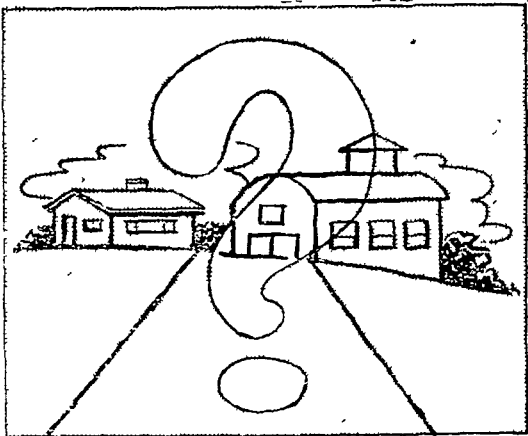
Serving-pieces of squash may be baked in the shell with salt, pepper and butter, or they may be peeled and cooked in a pressure cooker. Another method is steaming in a heavy aluminum covered kettle with a small amount of water.

Speaking of squash, here are two recipes you might like to try. The first is for

### GLAZED SQUASH

- ½ cup brown sugar, firmly packed
- 2 cups mashed squash
- 2 tablespoons butter or margarine
- ½ teaspoon nutmeg
- ½ teaspoon salt
- ¼ cup pineapple juice

(Continued on page 9)



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