

Vegetables Add Variety to Menus

Mashed Parsnip Ring Is Tasteful; Red Cabbage and Apples Good.

BY SISTER MARY NEA Service Writer

Unusual ways of preparing everyday vegetables are especially welcome at this time of the year. The following receipts may be new to you and help you to add variety to your daily menus.

Served with a plain green salad and a dessert, some of the dishes are a full meal in themselves. The added material increases the number of calories and the food value of each vegetable substantially in most instances.

To give a working basis of the calorie value, the calories of each recipe have been carefully calculated. With this knowledge you can plan the rest of your meal.

Mashed Parsnip Ring

Eight, or ten parsnips of fair sized tablespoons bacon drippings, $\frac{1}{4}$ teaspoon paprika, $\frac{1}{4}$ teaspoon white pepper, 1 egg, 2 tablespoons vinegar, $\frac{1}{2}$ cup cracker crumbs, 1 cup flaked fish, 3 tablespoons butter, 3 tablespoons flour, 2 cups milk, parsley.

Scrub and scrape parsnips. Cut in halves lengthwise and cook in boiling salted water until tender. It will take about thirty minutes, depending on the size and age.

Put through a ricer and add bacon drippings, paprika, pepper and cracker crumbs. Beat egg with vinegar and add to parsnip mixture.

Cook over the fire, stirring constantly until egg is set. Arrange on a hot platter in a mound and make a depression in the center. Fill with fish heated in cream sauce and garnish with parsley.

To make the sauce melt butter sticks in flour and when bubbling slowly add milk, stirring constantly. Bring to the boiling point, season with salt and pepper and add fish.

This is a very inexpensive dish, yet its unusual and attractive serving makes it inviting and suitable to serve at an informal occasion.

It's an excellent supper dish supplying 296 protein calories, 1,140 fat calories and 592 carbohydrate calories, with the total calories numbering 2,028.

STUFFED ONIONS

Four large milk onions, one cup finely chopped meat, two tablespoons minced mushrooms, one tablespoon minced parsley, one egg, one-half teaspoon salt, one-eighth teaspoon pepper, one tablespoon butter, three-fourths cup coarse stale bread crumbs.

Stuffed onions are preferred, but raw onions can be used. Peel and cook in boiling salted water until tender, letting the water cook away. It will take about one hour.

Drain and take out the center without disturbing the outside layers. Mix meat, mushrooms, salt and pepper. Add unbeaten egg and mix thoroughly. Fill onions with mixture.

Melt butter and add bread crumbs. Mix well and cover the filling in the onions. Bake in a moderate oven twenty minutes, until crumbs are brown. Save the centers of the onions to serve in a cream sauce the following day.

Protein calories 219, fat calories 304, carbohydrate calories 444. Total calories 967.

RED CABBAGE AND APPLES

Three cups shredded red cabbage, three cups thinly sliced red apples, four tablespoons butter, one teaspoon salt, two tablespoons currant jelly, one-fourth teaspoon white pepper, four tablespoons vinegar.

Cook, but do not pare apples. Cook cabbage and apples in just enough water to prevent burning until tender. Toss the mixture lightly with a fork to insure even cooking.

Add butter, salt, pepper, jelly and vinegar and cook and stir until jelly and butter are melted and the mixture is very hot. Serve at once.

The calorie value of this dish is quite small, but its mineral content is important and it is seasonal and appetizingly tart.

DINNER AT CHURCH IS TO BE GIVEN

A family dinner sponsored by the Martha Hawkins society of the First Baptist church will be given at 6:30 Friday night at the church.

Dr. and Mrs. Leonidas Smith will give a moving picture travel talk on "Western Art Colonies and National Parks." Dr. and Mrs. Smith traveled through the west last summer and took the pictures which they will exhibit.

DELEGATE TO GIVE REPORT ON PARLEY

Miss E. O. Alloway, delegate to the Indiana Beta province convention of Delta Kappa Tau sorority held in Anderson this week, will give her report at the meeting of the Epsilon Pi chapter tonight, at the home of Mrs. Edward Anderson, North Temple avenue.

Relatives of Epsilon Pi and Alpha Epsilon chapters will be guests at a slumber party to be given Saturday night at the Andersons.

Daily Recipe

MOLASSES GINGER-BREAD

1 cup sour milk
1 cup molasses
2 tablespoons fat
2 cups flour
2 teaspoons ginger
1 teaspoon baking soda
1 teaspoon cinnamon
Salt

Mix the dry ingredients. Mix the sour milk and molasses and add the dry ingredients to them. Melt and add the fat. Beat thoroughly and pour into a shallow greased pan. Bake twenty minutes in a moderate oven.

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