Good Points About Onion

Rich In All Vitamins, Spurs Appetite.

Most persons who like onions miss them so severely when they are absent from the diet that nothing tastes as it should. There is more than a reason of flavor involved in that longing. Onions are fairly rich in all the vitamins. They contain some of A, quite a bit of B and G and also a small amount of C. The fact that they contain Vitamin D may account for their stimulation of the appetite, for D is what we may call the appetite vitamin.

We look upon onions as belonging to a rather crude diet, which probably explains why families who consistently have meals that are "poor" in vegetables are usually devoted to the onion. It acts as a stimulant, gives balance to the meal, and gives flavor to an otherwise uninteresting diet. Need we say that, whether eaten raw or cooked, and in any diet, onions are vaaluable aids in overcoming constipation?

Many Varieties.

This odorous, common vegetable really belongs to the lily family, and it grows in many varieties which we seldom think of. Scallions and shallots, chives and leeks and garlic all belong to the onion group, which gives us such other members as the tiny pearl onions; small silver onions (popular for canning, boiling, pickling and vegetable stews); the large sweet Spanish and Bermuda and Texas onions (fine for salads and stuffed baked recipes).

The terms "Spanish," "Bermuda" and "Texas" do not, however, indicate where the onions are grown today, although doubtless each variety originated according to its name. All three types are now grown by truck farmers in all parts of the country and are in greatest demand because of their delicate flavors.