



NEW BUILDING—Work appears to be nearly completed on this office building, located on Market Street near Market Lanes bowling alley. The building is expected to be used by

Scott Ford as a leasing office for Ford cars, trucks and vans. (Betsy Baker photo).

## from the PAMPERED KITCHEN

By Elizabeth Isenberg, Home Economist

The onion, that traditional source of tears in the kitchen, belongs to the ancient lily family. This same family includes tulips, asparagus, trillium, yucca, and the Joshua tree.

In the lily family, these is a wide assortment of bulbs. The green members range from the flowering chives to the hearty leeks. The globe-shaped members run the gamut from the tiny pearl onions to the opulent Italian redskin onions. There are yellow onions, shallots, garlic, scallions, Spanish onions, and the large ones known as Bermuda onions.

For centuries, onions have been credited with magical powers. Even in the days of the pharaohs, stories circulated with claims that onions would do everything, including curing earaches, removing warts, and functioning as aphrodisiacs.

Folklore surrounding the onion existed in America. For years, it was the belief in the South that carrying an onion in the left-hand pocket would bring good luck.

Onions are generally strong in the raw state but become milder with cooking. There are sulfur compounds in the onion which are acted on by naturally contained catalysts called enzymes. Once the onion is cut in some way, these volatile substances are formed and irritate the eyes and tongue.

Sautéed sliced onions are the basis of the following onion tart. This is a main dish of German origin and is a form of quiche or unsweetened custard. The touch of caraway in the crust and the crumbled bacon on top contribute to the interesting flavor of this tart. Serve it with cold marinated vegetables or a mixed salad lightly topped with a good blue cheese dressing.

The onion's sweetly pungent personality, its versatility, and its talent for rescuing any dish from blandness make it the cook's ally.

### GERMAN ONION TART

Yield: 6 servings  
1½ cups all-purpose flour

¾ teaspoon salt  
1½ teaspoons caraway seeds  
½ cup shortening  
2-3 tablespoons cold water  
3 cups thinly sliced peeled onions  
3 tablespoons melted margarine  
½ cup milk  
1½ cups sour cream  
1 teaspoon salt  
2 eggs, well-beaten  
3 tablespoons flour  
4 strips of bacon, cooked and chopped

Make the pastry by the traditional method and roll out the dough and fit it into a 10-inch pie pan. Bake at 425 degrees F for ten minutes or till lightly browned. Meanwhile, saute onions in margarine gently till lightly browned. Spoon onions into pie shell. Combine milk, 1 cup sour cream, salt and eggs, beating well. Combine the flour with the remaining ½ cup sour cream and stir into egg mixture. Pour egg mixture over onions. Bake at 325 degrees F for about 45 minutes or till center is firm. Garnish with crumbled bacon and serve.



ROTC AWARD—Cadet Senior April Abell, Potsdam, is shown receiving the Armed Forces Communications and Electronics association Award from Lt. Col. Richard Northrup during the annual ROTC Awards Ceremony at Clarkson College. The award is given to the senior cadet who has demonstrated outstanding qualities of leadership and aptitude for military service, and who is preparing for a career in communications and electronics.

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### Farm Bureau Slates Speakers On Taxes

CANTON—Tax re-evaluation in New York State will be the topic for discussion at an open meeting at 8 p.m. Aug. 17 at the Canton Presbyterian Church.

Speakers will be William Underwood, farmer from Tully, N.Y., who is experiencing re-evaluation in his area and Howard Conklin, Professor of Economics at Cornell University. Professor Conklin has been very active with agricultural districting and taxation.

After presentations by Underwood and Conklin, there will be a question and answer period. The event has been organized by St. Lawrence County Farm Bureau.

### Food Stamp Outreach Dates

The Food Stamp Outreach staff will be at the following locations from 9-4 on the following days: Aug. 21, Massena Neighborhood Center; Aug. 23, Old Supreme Court Building, Gouverneur; Aug. 25, Ogdensburg City Hall Council Chambers.

If you would like information or wish to apply for Food Stamps, please stop in at one of these locations. For more information, call the Food Stamp office at Canton, at 379-2172.

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