California Fruit Growers Exchange Recipes

CULINARY & TOILET

PUBLISHED BY
California Fruit Growers Exchange
LOS ANGELES, CALIFORNIA
CALIFORNIA FRUIT GROWERS EXCHANGE

CALIFORNIA LEMONS

THEIR MANY USES AS A HOUSEHOLD TOILET AND MEDICINAL NECESSITY.

Do you know that you can use California lemons from the time you get up in the morning until you go to bed at night, with the greatest satisfaction and benefit? You can; and this booklet will give you many ways of using them; take the juice pure from the California lemon itself. Nature has given it to you in the best and only pure form.
CULINARY.

The juice of the California Lemon is excellent for the preparation of both fruit and vegetable salads and should altogether replace vinegar, which is worse than alcohol, because it deprives the blood of its important organic salts.

For Meat, Game and Fish.

In preparing food for the table pieces of lemon are used to garnish the dish and add a flavor to most kinds of meat, fish and game. Tough meats can be made tender by adding a teaspoonful of California lemon juice to the water in which they are boiled.

In Tea.

To add a slice or two of lemon to a cup of tea is a Russian fashion, often followed in this country.

Lemon Catsup.

Mix 1 tablespoonful grated horseradish with the grated rind of 4 California lemons. Add a teaspoonful salt, the juice of the lemons, a dessertspoonful each of white mustard seed and celery seed, a few blades of mace, four cloves and a dash of red pepper. Boil thirty-five minutes, then bottle while hot. In five or six weeks this will be ready to serve with fish.
Flavoring.

If when boiling sago or rice a teaspoonful of California lemon juice is added the kernels will be whiter and a delicate flavor is imparted. For flavoring cookery, California lemon juice is unexcelled.

Salad Dressing.

California lemon juice and olive oil is far superior to vinegar for a salad dressing—equal parts used for blending.

Serving Receptacles.

After the pulp is removed, the skins make dainty receptacles for serving salads, ices, etc.

Dried Fruits.

When stewing dried fruit, as apples, apricots or peaches, add a few slices of California lemon and the flavor will be greatly improved.

In Canning Fruit.

When putting up cherries for future use, add slices of California lemon. This applies to many other fruits and is a valuable hint.

For Apple Sauce.

If you want a palatable apple sauce from apples that are tough or insipid, add the juice of 1 California lemon to a pound.
Better than Baking Powder.

The juice of 1 California lemon to ½ teaspoonful of baking soda will take the place of the best baking powder. Mix the soda with a sieve of flour and add the lemon juice.

Lemon Ice.

Three pints of milk.

One pint of sour cream (add to cream one level teaspoonful of finely powdered baking soda and mix well).

Mix cream and milk together and put in freezer and chill.

Take 5 “CALIFORNIA LEMONS” 360 size, grate the outside or yellow part only, then take the juice of the lemons and mix with 2 large cups of granulated sugar; mix well and add the grated lemon, then mix all together, and freeze; be sure that milk is chilled when lemon is added.

Sweet cream can be used, but do not add soda if sweet cream is used.

Lemon Water Ice.

Boil 3 pints water and 1 quart loaf sugar until reduced to nearly 1 quart of fluid, skimming when necessary. When cold, add the juice of 7 California lemons and the yellow rind of 4 of them, sliced thin; let this stand one hour, then strain into the freezer without pressing. When beginning to set in the freezer, stir in lightly and well, the beaten whites of 4 eggs. Freeze.
Lemon Pie.

Five eggs, $1\frac{1}{2}$ cups sugar, 1 cup water, 2 tablespoonsful corn starch, 1 tablespoonful butter, 2 small California lemons. Beat all the yolks and 1 white till very smooth; add the grated peel of 1 lemon and the sugar; beat well; stir in the corn starch, add the lemon juice, butter, and lastly the water. Cook, stirring constantly. Enough for two pies. Line the pie pan with rich paste and bake. Prick the blisters, and when done fill with above mixture and cover with a meringue made of 4 whites well beaten and 4 tablespoonsfuls of powdered sugar. Return to oven and brown slightly.

Lemon Apple Pie.

Six apples stewed to a pulp, $\frac{1}{2}$ cup of butter, juice of 3 small California lemons and grated peel of 2, 1 small cup of sugar, yolks of 4 eggs. When baked beat the whites stiff, add a little sugar, place on top and brown slightly.

Lemon Syrup.

Six pounds loaf sugar, 12 California lemons. Grate the yellow rinds on the sugar and add 12 quarts of water in a preserving kettle; let dissolve; boil till quite thick, skimming as the scum rises. Stir in the juice of all the lemons, boil ten minutes. Bottle and keep in a cool place for future use. Use one-third syrup with two-thirds water.
Concentrated Juice.

To preserve lemon juice for future use, it may be boiled down to half its bulk. This will keep indefinitely and can be used a tablespoonful to a glass of water, but you lose the fine aromatic flavor peculiar to California lemons.

Lemon Pickle.

Peel very thinly 6 California lemons, take off the white rind and cut in slices, removing seeds; put the peel and slices in a jar, sprinkle with 2 ounces of salt; cover the jar and let it stand three days.

Boil in 1 quart of vinegar 6 cloves, 3 blades mace, 2 or 3 shalots and 2 ounces bruised mustard seed. Pour this boiling hot over the lemons in the jar and when cold cover tightly. In one month strain and bottle the liquor for use on minced veal or veal cutlets. Use the lemon as a pickle.

Lemon Cookies.

One cup of butter, 2 cups of powdered sugar; beat to a cream, add 3 eggs, well beaten; grate the rind of 1 large or 2 small California lemons, add to the juice 1 teaspoonful of soda and flour enough to roll out thin.

Snow Jelly.

Half a box of gelatine dissolved in a quart of warm water and beaten to a foam with a half pound of sugar, whites of 3 eggs and the juice of 4 California lemons, makes Snow Jelly. Add a custard made of the yolks of the eggs.
FOR HEALTH.

The juice of a California lemon is a powerful germicide, completely destroying those minute organisms which cause and prolong nearly all diseases. This germicidal action opens up a wide field of usefulness.

People are coming more and more to the true opinion that mineral drugs don't aid, but rather retard recovery in case of sickness and that the only true medicine is to be found in those that nature supplies so freely—air, water and food.

Foremost in value as medicinal foods are fresh fruits, and none of these ranks higher than the lemon. California lemons are very rich in organic salts, which is nature's medicine. The only form in which these salts can be appropriated by the system is as they are found in foods. When taken in the inorganic form, as drugs, they are inert, and are thrown out of the system. California lemons have the largest amount of magnesium lime of all the fruits, they also show the greatest acidity—73 per mill. They contain on an average of 84% water—the purest kind of water, distilled by nature.

In all fevers certain drinks containing lemon juice have been prescribed; their cooling, beneficial effect was known before the germ theory. Now it would seem that lemon juice is really an important remedy and not merely a pleasant adjunct for allaying thirst as formerly supposed.
Lemonade.
In making lemonade, use the juice of one California lemon to a glass of water. Don't allow any one to use the prepared juice in your lemonade; see the lemon squeezed.

Lemon Squeezer.
Every family should have a lemon squeezer; the cheap glass ones are very good.

Soda or Seltzer Lemonade.
Many persons like a pinch of soda put in a glass of lemonade and stirred a moment—others use seltzer or other table water instead of pure water.

Egg Lemonade.
White of one egg beaten stiff.
One tablespoonful of sugar.
One glass of water.
Juice of one California lemon.
A cooling, pleasant drink.

Lemon Honey.
Into 3 ounces of fresh butter and a cupful of sugar melted together, stir the beaten yolks of 3 eggs, into which has been mixed the grated peel of a large California lemon. Stir over the fire until it begins to thicken; and then add the juice of the lemon. Continue stirring until as thick as honey, then pour into jelly tumblers and cover. It is nice for a layer cake.
Stop a Cold—Prevent La Grippe.

Any one of the following combinations is valuable in la grippe, coughs and colds. If taken freely at the beginning of an attack, it will generally break it up.

**Flaxseed Lemonade.**

Flaxseed (whole), 4 tablespoonfuls.
Boiling water, 1 quart.
Juice of 3 California lemons. Sweeten to taste.
If too thick, dilute with water. Strain.
Good for colds and grippe.

**Slippery Elm Bark Tea.**

Slippery elm bark in small pieces, 2 ounces.
Pour on 1 quart boiling water, cover and let stand until cool.
Add juice of 3 California lemons. Sweeten.
For bad cold or bowel troubles.
Any of the above should be taken hot to break up a cold. Take at night and go to bed.

**In Contagious Diseases.**

When anyone is exposed to a contagious disease that person cannot do better than use a gargle of equal parts of California lemon juice and water and drink strong lemonade frequently.

**Impure Water.**

If you are suspicious of the drinking water and cannot boil it or get a better quality, use the juice of a California lemon to a glass. The strong germicidal action of the juice should purify it.
Fever Drink.

Juice of 2 California lemons; 1 teaspoonful of cream of tartar; 1 quart of water. Drink freely during continued fevers.

Glycerine and California lemon juice, half and half, on a bit of absorbent cotton, is the best thing in the world for moistening the lips and tongue of a fever-parched patient.

As a Toilet Water.

In arranging the toilet of the sick, add California lemon juice to the water used for bathing; it is refreshing and will reduce fever.

As a Mouth Wash.

To clean the mouth, teeth and tongue of a patient, rinse or wipe with California lemon juice, slightly diluted.

For Biliousness.

The juice of a California lemon in water, before breakfast, and at bed time, is good for bilious troubles. Keep it up for several days. Never drink the pure juice, always dilute it.

For Scurvy.

California lemon juice will prevent and cure scurvy.

For Chilblains and Tender Feet.

California lemon juice cures chilblains and relieves cold, damp or tender feet. For chilblains, sprinkle salt on a slice of California lemon and rub affected parts.
Relieves Neuralgia.
Neuralgia and headache may be relieved by rubbing the affected parts with California lemon juice.

Removes Corns.
You can remove a wart or corn by putting a piece of California lemon on it a few times. Bind it on.

Prevents Dandruff.
California lemon juice prevents dandruff. Mix one part of juice and three of water and rub into the scalp. Loss of hair can be successfully treated in the same way.

For Rheumatism.
Rheumatic and neuralgic aches and pains are banished by the juice, well diluted, taken internally, while the lemon bath, mentioned further on, will aid in preventing rheumatism, by keeping the skin healthy.

Cures Acne or Blackheads.
In acne or blackheads, a very obstinate skin disease, mostly in young people, and characterized by crop after crop of pimples and pustules on the face, a cure may be effected by continued applications of California lemon juice, diluted with four times the quantity of water. First bathe the face in water as hot as can be borne, then apply the lotion of lemon juice and water. Do this night and morning.

For Bee Stings.
Bee and insect stings are relieved by a few drops of lemon juice.
For Catarrh.
In catarrh use the juice with three times the quantity of warm water and a little salt. Snuff into the nostrils twice a day.

Relieves Stomach Troubles.
In some forms of indigestion and other stomach troubles, California lemon juice freely diluted and without sugar, gives marked relief.

With Other Medicine.
California lemon juice increases the action of some medicines, as quinine and Epsom salts, but should not be taken with calomel.

A Great Tonic.
Weak, debilitated people are oftentimes greatly benefited by the free use of California lemon juice, diluted as in lemonade, but without sugar. It acts as a tonic when continued daily for some weeks.

Insures Good Health.
Even in ordinary good health, a lemonade once or twice a day, will keep the stomach and other parts of the system in good working order.

For Loss of Voice and Hoarseness.
Bake a California lemon twenty minutes in a moderate oven. Take it out and open one end. Remove the inside, sweeten it with brown sugar and eat, rejecting the seeds and tough residue.
California lemon juice and loaf sugar is good for hoarseness.
Heart Invigorator.
California lemon juice mixed with coffee invigorates the heart and muscles.

Headache.
Two or three slices of California lemon in a cup of strong tea will cure a nervous headache. A teaspoonful of juice in a small cup of black coffee will relieve a bilious headache.

For Pulmonary Diseases.
California lemons are an excellent remedy in pulmonary diseases. Where taken for lung trouble, from six to nine a day should be used. Boil slowly until they begin to soften; remove from the water and when cool enough to handle, squeeze until all of the juice is extracted, strain and add enough of loaf or crushed sugar to make it palatable, being careful not to make it too sweet. Add about twice as much water as there is juice. By keeping in a cool place this preparation will last three or four days.

Insect Bites.
Outward application of the juice allays irritation caused by insect bites.

To Reduce Flesh.
Taken each morning upon arising, California lemon and water help to overcome a sluggish liver, and are excellent in keeping down a tendency to too much abundance of flesh. If one is very stout, it may be taken three or four times a day, with no injurious effects.
Coughs.
California lemon juice sweetened with loaf or crushed sugar will relieve a cough.

Croup.
Excellent results have been obtained from the use of California lemons in cases of croup. The treatment is as follows: One tablespoonful of California lemon juice to a glass of water to be used as a gargle; may also be given internally—to older children a tablespoonful, and to younger ones a teaspoonful every one or two hours.

Eyes.
A few drops of California lemon juice in water, used as a wash, invigorates the sight.

Liver Regulator.
The juice of half a California lemon in a cup of hot water taken on awakening in the morning is an excellent liver corrective and successful substitute for calomel and other alterative drugs.

Sore Throat.
California lemon juice, used as a gargle, will cure sore throat.

Bleeding.
A cloth soaked in California lemon juice and bound about a cut will stop the bleeding.

To Sweeten the Stomach.
Squeeze a little California lemon juice into a glass of water and drink it before breakfast every morning. It will sweeten your stomach.
ON HER DRESSING TABLE.

Better than Soap.

Nothing will clean soiled, grimy hands, nails or face, so quickly and completely as a piece of lemon. Rub it over them and rinse off with water. It will also remove ink or fruit stains from the skin.

Freckles, Sunburn, Eczema and Blackheads.

These are removed and the skin left soft, velvety and full of life, by using one part juice with four of water—never pure.

The Bath.

Put a pint or more of California lemon juice in an ordinary bath tub half filled with water, cold or hot, and you have a most luxurious bath, equal to those of the old Romans. The juice renders the water soft and pleasant to the touch, while its action is to remove all greasy secretions from the pores of the skin, putting it in the most healthy condition possible. No soap is needed. By taking a daily bath of this kind, we lay up a strong battery of resistance against a long list of diseases.

For the Complexion.

By using the juice of one or two California lemons in a basin of water twice daily, the complexion is improved.

Squeeze the juice of a California lemon into a quart of milk and use it as a lotion morning and night for a clear complexion.
Queen Wilhelmina—Lemon Bath.

Queen Wilhelmina has adopted a custom from the Dutch Indies, and attributes a great deal of the satin-like softness of her skin to the refining and cleansing influence of the lemon baths in which she has been indulging for some months, upon the advice of the wife of one of her colonial governors.

The bath is prepared as follows:

Five California lemons, cut into slices, are left to soak in a basin of water for half an hour. The water drawn into the bath must be moderately hot, but not warm enough to be enervating, and the lemon water is added to it slowly, the whole being stirred vigorously the while, as is the mode when making cocoa. There is no objection to a few slices of the lemon peel being allowed in the mixture.

Lemon Face Wash.

The lemon bath solution, even five California lemons to one basin of water, is too strong for the face and neck. It would be softening, of course, but it would be apt to render the skin yellowish if indulged in too freely.

To obviate this, a tumbler full should be taken out and to this add a few drops of rose water. The mixture must be kept separate and used afterwards to sponge the face and neck. As little as possible of the bath water should touch the neck, and none the face.
Wash for Hands and Face.

The juice of one California lemon in a basin of water makes a cooling, cleansing lotion for the face and hands, removes the oily, greasy appearance so common in hot weather, and gives a feeling of freshness after golf, tennis, bicycling and other active exertions.

California lemon and glycerine make an excellent lotion for the hands if applied before going to bed.

California lemon juice will remove roughness and vegetable stains from the hands. After having the hands in hot soap suds rub them with a piece of lemon. This will prevent chapping and make the hands soft and white.

For the Hair.

As a hair wash and tonic lemon juice has no equal. Dip the hair in a basin of warm water. Take half a California lemon, squeeze and rub the juice well into the scalp, dipping the head into the water and rubbing. Then take a basin of fresh, warm water and rinse thoroughly. Dry the hair by rubbing with a soft towel. No soap used. The lemon juice removes all grease and dirt, leaving the hair soft and glossy. It is a tonic to the scalp, delays the hair from turning gray, prevents falling out, and induces new growth.

The native women of many tropical countries have beautiful, long glossy hair, owing to similar treatment.
Fine Shampooing Mixture.
Two ounces pure soap, 1 California lemon, yolk of 1 egg and ½ pint distilled water. Put soap and water in a clean saucepan and stir over fire until soap is melted. Beat yolk and juice together, pour the soap and water on it. When nearly cold, bottle for use.

For the Teeth and Gums.
A tablespoonful of California lemon juice in half a glass of water, used with a soft tooth brush, will clean the teeth and harden the gums.

For Cold, Damp Hands and Feet.
Sprinkle the cut surface of a California lemon with salt, rub briskly over the affected parts and dry thoroughly.

For the Finger Nails.
Rub with slices of California lemon—it will give a fine polish and prevent hang-nail.

Manicuring.
The finest of manicure acids is made by putting a teaspoonful of California lemon juice in a cupful of warm water. This removes most stains from the fingers and nails and loosens the cuticle more satisfactory than can be done by use of a sharp instrument.

Removes Tan.
A lotion of California lemon juice and rose water will remove tan and whiten the skin.
MISCELLANEOUS USES.

Softens Water.
California lemon juice softens water and renders washing less difficult. It also helps to remove dirt and grease; only be careful not to use it on colored clothes.

Easy Washing.
Clothes that have been allowed to stand over night in water to which the juice has been added will clean with very little rubbing.

To Remove Stains.
Lemon juice will remove ink, rust or fruit stains. Do it this way: Moisten the stained goods in cold water, lay out in a hot sun, squeeze a few drops of juice on the stain, let it dry, then repeat the juice and drying until stain is gone. For iron rust and ink stains, put a pinch of salt on the moistened stain and then apply the juice. Repeat. Only for uncolored goods.

Do you want to remove stains from unvarnished wood? Nothing will do it more quickly than to rub the discolorations with the half of a California lemon with which a little salt has been mixed.

Killing Odors.
Dried California lemon peels sprinkled over coals will kill disagreeable odors.
For Cleaning.

Here lemons are a necessity—as in preparing good things to eat and drink,—and lessen the drudgery of cleaning up. The lemon juice has an affinity for grease, and your lemon peels from which most of the juice has been squeezed for other purposes will take the grease off pots, pans, dishes and sinks quicker and better than hot water and soap. Rub your hands with them before and after and they will be saved from that disfigurement that comes from washing dishes.

Cleaning Brass.

To clean brass or other metal, cut a California lemon and sprinkle salt on the cut surface, rub well with this.

Cleaning Silver.

If silver has grown discolored or stained, rubbing it first with California lemon and later with alcohol and common whiting, mixed, will give it a high lustre.

For Cleaning Glassware.

In cleaning glassware or fine porcelain, don’t use hot water or soap. You will do better to wash them in cold water with lemon juice added. This will clear the glass to a sparkle.

To Remove Mildew.

To remove mildew take equal parts of soap (soft soap is best) and fine starch, moisten with lemon juice, spread the paste thickly on both sides of the cloth, then expose to the sun. When the paste becomes dry soften it with more lemon juice.
CALIFORNIA FRUIT GROWERS EXCHANGE

CALIFORNIA ORANGES.

As a table fruit, ever ready,—morning, noon or night,—nothing surpasses the rich, juicy California Orange. It appeals to all palates, and is conducive to health and good nature. The formulas given herein show it to be equally as adaptable to general culinary uses. Scientific investigation also shows that liberal consumption of citrus fruits is not only pleasing to the taste, but is highly hygenic. The analysis, given on another page, shows that the orange is rich in organic salts, surpassing milk in this respect.

To Neutralize Nicotine.

California oranges are recommended by the best physicians to offset the bad effects of nicotine caused from excessive use of tobacco. Either eat the oranges freely or squeeze the juice into a glass and drink it with water.
SOME ORANGE DELICACIES.

Orange Marmalade.

Four large oranges, $\frac{3}{4}$ of a California lemon. To each pint of fruit add 1 quart of water, and let it stand for twenty-four hours, then boil all until tender. To every pint of this boiling add $1\frac{1}{2}$ lbs. of good sugar and boil until transparent.

Orange Dessert.

Pare 5 or 6 oranges, cut in slices, thin; pour over them a coffee-cup of sugar. Boil 1 pint of milk; add, while boiling, the yolks of 3 eggs, 1 tablespoonful of corn starch (made smooth with a little cold milk); stir all the time; as soon as thickened pour over the fruit. Beat the whites of the eggs to a froth; add 2 tablespoonfuls of powdered sugar, pour over the custard and brown in the oven. Serve cold.

Orange Cream.

Half pint of good cream whipped to a froth, 3 oranges (use only the juice), 3 tablespoonfuls of white sugar, juice of 1 California lemon. Rub the rind of one orange smooth in the sugar, then scrape off with a knife. Mix all together and add 3 tablespoonfuls of gelatin boiled in half pint of water. Stir all together and set away in a mold; when wanted, turn out as a jelly. Eat with or without cream.
Orange Ice.

Boil a cup and a half of sugar in a quart of water, skimming when necessary; when cold, add juice of half a dozen oranges; steep the rinds in a little water and strain into the rest; add the rind and juice of a California lemon and strain into the freezer and freeze like ice cream.

Orange Souffle.

Peel and slice 6 oranges; put in a glass dish a layer of oranges, then one of sugar, and so on until all the orange is used, and let stand two hours. Make a soft boiled custard of yolks of 3 eggs, 1 pint of milk, sugar to taste, with grating or orange peel for flavor, and pour over the oranges when cool enough not to break the dish; beat whites of the eggs to a stiff froth, stir in sugar and put over the pudding.

Orange Pie.

One cup orange juice, 3 eggs, 2 tablespoonfuls of flour, 1 cup sugar, grated rind of one orange. Beat yolks of eggs until creamy. Add sugar, flour, orange juice and grated rind. Mix well. Line medium sized pie plate with paste, same as for custard pie. Turn in the orange filling and bake in a moderate oven until the consistency of a baked custard and pastry is well browned. Beat the whites of eggs with 7 tablespoonfuls of sugar until very stiff. Spread on top of pie and return to oven for eight minutes or until slightly brown.
Orange Cream Cake.
Three eggs, 1½ sugar, ½ cup butter, 2 cups flour, 2 teaspoonfuls of baking powder, 1 cup of milk. Frosting. Half yolk, well beaten; add powdered sugar and the rind of an orange grated.

Orange Cream Custard.
One tablespoonful of corn starch, ½ cup of sugar, 1½ cup of hot water, juice of 1 orange and juice of half lemon, half yolk of egg, lump of butter, half rind of orange grated.

Orange Ambrosia.
Slice off the top of an orange and take out the pulp; refill rinds with a layer of bananas, sprinkle with sugar, then oranges and alternate until filled; sprinkle some shredded coconut on top and serve.

Orange Omelet.
Four eggs, 5 tablespoonfuls of sugar, a little salt, 2 oranges and 2 tablespoonfuls of butter. Grate rind of one orange on one tablespoonful of sugar. Beat whites of eggs stiff, add the sugar and orange rind, salt, beaten yolks and 2 tablespoonfuls of orange juice. Put butter in a hot omelet pan and pour in the mixture. When it begins to thicken well, spread over the sliced oranges (no juice), fold the omelet from side of pan over the sliced oranges, turn on a hot dish, put in oven two minutes and serve immediately.
Orange and Lemon Marmalade.

Three California lemons, 6 California oranges. Slice both as thin as possible, taking out the seeds. To each pound of sliced fruit add 3 pints of cold water and let it stand for twenty-four hours; then boil three-quarters of an hour and let it stand another twenty-four hours. Then weigh and to every pound of fruit add 1 1/4 lbs. of sugar. Boil until quite clear, so will make jelly, about three-quarters of an hour. Some use only one pound of sugar. This is an excellent marmalade.

Dressing for Salad.

Cream tablespoonful of sugar with a piece of butter the size of an egg; 3 tablespoonfuls of lemon juice; yolks 8 eggs; pinch salt. Cook in double boiler like custard. Then cool, mix with a pint of whipped cream. Will serve twelve people.

Orange Fritters.

Peel and separate into section four oranges, removing seeds. Dip in the following batter and fry:

2 Cups flour
3 Teaspoons baking powder
6 Tablespoons powdered sugar
1/2 Teaspoon salt
2/3 Cups milk
2 Eggs

Mix and sift flour, baking powder, sugar and salt; add milk and egg, having been well beaten.
Orange Marmalade.

One dozen large navel or valencia oranges, cut in halves and scoop out the juice, boil the peels two or three hours in plenty of water until you can run a broom-straw through them. Drain and when cool enough to handle scoop out all the white, leaving only the yellow outside; cut into straws. Weigh the pulp free from membrane and add an equal weight of sugar. Boil pulp, sugar and straws for two hours and then turn into glasses. It makes six one pint jelly tumblers.

Orange Charlotte.

Third box of gelatin, third of a cup of cold water, third of a cup boiling water, cup of sugar, juice of 1 California lemon, 1 cup of orange juice and pulp, whites of 3 eggs. Line a mold or bowl with lady fingers or sections of oranges; soak the gelatin in cold water until soft, pour on the boiling water, add the sugar and lemon juice. Strain and add the orange juice and pulp with a little of the grated rind, cool in a pan of ice water. Beat the white of the egg stiff and when the orange jelly begins to harden beat it until light. Add the beaten whites and beat together until stiff enough to drop. Pour into the mold. A pint of whipped cream may be used instead of the whites of the eggs, or it may be piled on the top after the Charlotte is removed from the mold.
Orange Shortcake.
The same as strawberry, using oranges. Peel and divide the oranges, remove the thin inner skin and cut each section into three or four pieces; sweeten to taste.

Delicious Orange Cake.
Half pound powdered sugar, 12 egg yolks, 6 ounces ground almonds, 3½ ounces flour, scant ½ teaspoonful baking powder, 2 teaspoonfuls brandy, and whites of eggs. Stir sugar with yolks of eggs and add the remaining ingredients and last the beaten whites. Grease pan and bake three-quarters of an hour in spring form.

Filling for Orange Cake.
Four to five oranges, 2 California lemons, ¼ pound powdered sugar, 3 whole eggs, 3 teaspoonfuls of corn starch; use only juice of oranges and juice and rind of lemons. Cook all together and when cake is cold cut through center, put in filling and cover with plain frosting.

Orange Sponge Cake.
Beat 3 eggs hard for five minutes. Add 1 cup granulated sugar and beat three minutes. Add ½ cup cold water, 2 cups flour, sifted with 2 teaspoonfuls of baking powder. Bake in jelly tins from fifteen to twenty minutes. Thicken the unbeaten white of 1 egg with confectioner's sugar; add the juice and some of the peel of an orange, then more sugar till the frosting is thick enough to spread. Put slices of orange between the cakes.
Tropical Snow.

Ten sweet oranges, 1 cocoanut, pared and grated; 1 cup powdered sugar and 6 bananas. Peel and cut the oranges small, taking out the seeds. Put a layer in a glass bowl and wet with wine, then strew with sugar. Next put a layer of grated cocoanut, slice the bananas thin and cover the cocoanut with them. When the dish has been filled in this order heap with cocoanut. Eat soon or the oranges will toughen.

Fruit Punch.

Pour one cup fresh hot tea over one cup block sugar and let stand until the sugar is dissolved and the syrup cold. Pour into punch bowl with three-quarters of a cup orange juice, one-half cup lemon juice, one pint each ginger ale and appollinaris. Just before serving add slices of oranges.

Orange Trifle.

Soak \( \frac{1}{2} \) box gelatin in \( \frac{1}{2} \) cup cold water; dissolve in \( \frac{1}{2} \) cup boiling water; strain; add 1 cup sugar, 1 cup orange juice, 1 tablespoon lemon juice, and grated rind of 1 orange. Set dish in ice water, stirring mixture constantly until it begins to thicken. Fold in about a third at a time the whip from 3 1/2 cups of cream. Put mixture in mould and chill. Garnish with cubes of currant jelly. Or cover bottom of mold with orange jelly colored with red fruit color, \( \frac{1}{2} \) inch deep, chill and fill with above mixture. Use the remainder of the jelly, cut in cubes, to garnish base of mold.
Orange Salad.
Cut up oranges, removing seeds and white fibre. Mix with little sugar and serve with the following cream dressing:

\[
\begin{align*}
\frac{1}{2} \text{ Cup sugar} \\
\frac{1}{2} \text{ Cup vinegar} \\
\text{Dash of cayenne} \\
\frac{1}{2} \text{ Teaspoon salt} \\
\text{Yolks of 3 eggs.} \\
2 \text{ Cups sweet or sour cream.}
\end{align*}
\]
Mix vinegar, salt, sugar, pepper and yolks of eggs and put in double boiler, stirring constantly until creamy. Beat whites of eggs to stiff froth and when mixture is creamy beat in whites while hot, then remove from fire. Put away to cool and when sufficiently cool add cream, and it is ready to use.

Orange Jelly.

1 Ounce gelatin \( \frac{1}{2} \) Pint water
1 Cup sugar \( 1\frac{1}{2} \) Pints orange juice

Soak gelatin in water until it becomes soft, then put in double boiler and melt. Add orange juice and sugar; strain in glasses and put away to cool.

Candied Orange Peel.

Use peel of 4 oranges cut in pieces. Put in cold water and boil slowly until soft, changing water three times. Drain, removing white part from peel, leaving only yellow. Cut into thin strips. Boil 1 cup sugar and \( \frac{1}{2} \) cup water until it threads. Boil peel in syrup 5 minutes and drain. Coat with fine granulated sugar.
Afternoon Teas.
A new wrinkle at afternoon teas is the service of crackers or wafers spread with orange. Put together sandwich fashion, and heat in the oven just long enough to allow the flavor and juice of the fruit to penetrate the cracker and soften it slightly.

Orange and Walnut Salad.
Slice thinly oranges with peel on. Cut in quarters and arrange on watercress. Sprinkle with broken walnut meats and cover with French dressing.

Orange Bavarian Cream.
2 tablespoons granulated gelatin
\( \frac{1}{2} \) cup cold water
\( \frac{3}{4} \) cup orange juice
\( \frac{3}{4} \) cup sugar
2 cups rich sweet cream
Grated rind of one orange;
Soak gelatin in cold water about fifteen minutes, then set in dish of hot water until dissolved. Add orange juice, sugar and grated rind. Let cool. Whip the cream. When cool enough, mix gelatin with whipped cream and put in mold. Put on ice and keep cold until ready to serve.

Ask your Dealer for
"CALIFORNIA" Lemons and Oranges, Juicy and Practically Seedless.

Additional copies of this book can be had by writing the CALIFORNIA FRUIT GROWERS' EXCHANGE, Los Angeles.
**MINERAL CONTENTS OF CALIFORNIA ORANGES AND LEMONS.**

<table>
<thead>
<tr>
<th></th>
<th>Navel Oranges</th>
<th>Calif. Lemons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potash</td>
<td>30.18</td>
<td>40.63</td>
</tr>
<tr>
<td>Soda</td>
<td>1.54</td>
<td>1.47</td>
</tr>
<tr>
<td>Lime</td>
<td>14.00</td>
<td>25.20</td>
</tr>
<tr>
<td>Magnesia</td>
<td>3.29</td>
<td>3.80</td>
</tr>
<tr>
<td>Iron</td>
<td>0.60</td>
<td>0.35</td>
</tr>
<tr>
<td>Manganese</td>
<td>0.25</td>
<td>0.23</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>7.52</td>
<td>9.30</td>
</tr>
<tr>
<td>Sulphur</td>
<td>3.23</td>
<td>2.39</td>
</tr>
<tr>
<td>Silica</td>
<td>0.40</td>
<td>0.55</td>
</tr>
<tr>
<td>Chlorine</td>
<td>0.57</td>
<td>0.33</td>
</tr>
<tr>
<td>Total Mineral</td>
<td>61.58</td>
<td>84.25</td>
</tr>
</tbody>
</table>

**COMPARATIVE ANALYSIS.**

The following report of an analysis recently made in New York shows the comparative worth of California and imported lemons. The extract is taken from the daily press of December 11, 1900:

New York, Dec. 11.—(By Associated Press.)
—The Journal of Commerce prints the follow-
ing: Reports giving the comparative citric acid test by Stillwell & Gladding, chemists, to the New York Produce Exchange, of selections of California and Sicily lemons, have attracted much attention in green fruit circles. The comparisons were made from sizes known as 300's and were as follows:

Ninety-two and one-half California lemons would yield one United States gallon of juice.

One hundred and twenty-eight and one-half Mediterranean lemons would yield one United States gallon of juice.

The specific gravity of the juice in each was 1.041.

Three hundred California lemons would yield 450 ounces, avoirdupois, juice, containing 26.64 ounces, avoirdupois, crystal citric acid.

Three hundred Mediterranean lemons would yield 325 ounces, avoirdupois, juice, containing 19.70 ounces, avoirdupois, crystal citric acid.

Twelve California lemons, 300 size—weight 50 ounces; weight of pulp, seeds and rind, 32 ounces, 64.0 per cent; weight of juice 18 ounces, 36.0 per cent; number of seeds, 40, weighing 90 grains.

Twelve Mediterranean lemons, 300 size—weight, 46 ounces; weight of pulp, seeds and rind, 33 ounces, 71.7 per cent; weight of juice, 13 ounces; 28.3 per cent; number of seeds, 185, weighing 432 grains.