Sunkist Recipes
For Every Day
Best for PEELING

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You will observe, too, that you can more readily separate the sections of the California orange and more easily remove the thin membrane enclosing each section without tearing the fruit itself.

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Best for SLICING

Best for SEPARATING

Year 'Round Features

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Sunkist Oranges and Lemons

It is interesting to note the development of the orange as an article of the daily diet since the American wife and mother has become the best educated woman in the world with regard to foods and their values.

Oranges once were considered a luxury. There were very few of them produced and, therefore, they were usually high in price. But scientists, farmers and business men took up the culture of oranges and as time passed this incomparable fruit became less expensive to buy and better to eat as well.

Then came Sunkist—a name given to a superior grade by a great California co-operative organization of several thousand (now 11,000) orange growers who adopted standards—for their own and the consumer's benefit—that would insure a regular, uniform, better eating quality in the fruit so designated.

There are ten sizes of Sunkist Oranges—all of the same eating quality—and a variety of prices according to sizes which place Sunkist within the reach of every class of home.

"Sunkist" oranges are always in demand everywhere because of their delightful flavor, and handy convenience. Since they are picked ripe every day in the year and shipped immediately to every part of the country in fast moving refrigerator cars they reach the market as luscious and fresh as when they were picked from the trees.

Due to the fact that California has succeeded in producing a variety of orange that matures in the winter and another that matures in the summer, and because of the variations in climate in different parts of the wide area in which California oranges are grown, "Sunkist" oranges are maturing at all times of the year;
Sunkist Navel oranges are in the market in the winter and spring; Sunkist Valencia oranges in the summer and fall.

California’s Sunkist Lemons are standardized in substantially the same manner as Sunkist Oranges.

Lemon trees never rest. Each tree exhibits at one time fruit in all stages of development, from the bud to the mature lemon. The fruit is clipped off when it reaches the required size. There is therefore never a day in the year when fresh Sunkist lemons are not on the market.

Juicy, tart, full-flavored, they are ready for use in the ice-cold lemonade season of midsummer as well as in the cake and pudding days of midwinter and every day in between. The waxy skin of Sunkist lemons proves an appetizing garnish for all sorts of foods; while their piquant flavor and the stimulus which they furnish to good digestion make them an essential accompaniment to fish, many sorts of meats and vegetables and an invariable ingredient of good salad dressings. For the housewife who observes the modern all-the-year-round canning season, these good lemons are indispensable because of their natural pectin content.

The importance of serving fresh fruit every day in the year cannot be over-emphasized, not only from the standpoint of flavor but also of healthfulness.

At breakfast, Sunkist oranges may be served plain or in combination with other fruits; a glass of Sunkist orange juice is the best possible beginning when there’s a day’s work ahead. Salad, the ideal luncheon dish, presents infinite possibilities for the uses of Sunkist oranges. At dinner in salad or dessert Sunkist oranges may appear in any number of delicious forms.

Refreshments at afternoon and evening parties must be charming in appearance and flavor; but must not be too substantial. Fruit salads and frozen desserts made
with oranges or lemons meet these requirements best. Eating the bedtime orange is a habit which is worth acquiring for its valuable aid to health.

In this book recipes are given for the use of Sunkist oranges at every meal of the day. There are salads and desserts for the busy housewife who wishes to serve her family with the best possible food at the smallest expenditure of time and money. There are whole-meal salads which need only the accompaniment of bread and butter to provide the entire luncheon. There are salads, desserts and fresh fruit drinks for refreshments for afternoon and evening parties; there are appetizers and sauces to include in the formal luncheon or dinner. For keeping the fruit closet shelves well-stocked at all seasons of the year, there are jellies, jams and conserves.

The recipes have been chosen to meet the requirements of healthfulness, economy, ease of preparation and attractiveness. They are all proportioned according to the standard requirement of serving six persons, except where individual portions are indicated.

The necessity of using accurate measurements cannot be too strongly emphasized. All measurements are level. A teaspoon of sugar, baking powder or any other dry ingredient is leveled by bringing the dull edge of a knife across a heaped teaspoon from the handle to the tip. For a half-teaspoon, the teaspoon is first leveled and then divided lengthwise; for quarter teaspoon the cross division comes just above the center. Flour should be sifted before measuring and all cups should be leveled. Accuracy in the time and temperature for baking is also essential to good results in cooking. An oven thermometer helps greatly in securing the correct oven temperature. And it is of the utmost importance that the full amount of time called for in baking should be allowed.
California Fruit Growers Exchange

The California Fruit Growers Exchange (growers and shippers of Sunkist Oranges and Lemons) is a non-profit co-operative organization of 11,000 growers. It exists solely for the purpose of marketing most economically the oranges and lemons produced by its grower members and to maintain the high standards of quality for which the name “Sunkist” has been made famous. Only growers are members of this Exchange. The Exchange makes no profits and no dividends are paid on any stock for there is no stock. The cost of marketing the fruit is pro-rated and each grower receives his proportionate share of the receipts from sales.

To be marketed in Sunkist wrappers, oranges must be practically free from blemish, of good color for the variety, and must meet the “8 to 1 minimum standard of ripeness”—that is, the percentage of sugar and soluble solids present must be at least eight times the percentage of the natural fruit acid.

The most scrupulous care is used in handling Sunkist fruit so that it may reach the market in the best possible condition. The oranges and lemons are not picked or pulled from the trees; the stem of each is carefully clipped close enough to the fruit so that no projection is left to injure other fruit when packed for shipment. All pickers wear gloves to avoid any possibility of injuring the skin of the fruit.

The fruit is hauled to the packing houses on motor trucks or spring wagons and is carefully protected from the sun by tarpaulins. Here it is sent through huge washing machines, ending with a cold shower before passing to the dryer. It is then graded, wrapped in clean tissue and packed for shipment.

The California Fruit Growers Exchange maintains a staff of scientifically trained men who go through the producing districts giving helpful information about the planting, growing and packing of citrus fruits, to secure the best possible product; 11,000 of these growers with their families and employees, (in all about 100,000 persons) make their livelihood in the California citrus fruit industry in this highly scientific, cooperative manner. From their groves, averaging about 20 acres in size, 50,000 or more carloads of uniformly good, dependable oranges and lemons are shipped every year.

Their money, their industry, their reputation, their pride and their success are centered in “Sunkist.”
Oranges for Health

The recent studies in nutrition by the most able scientists prove conclusively that for the maintenance of health the diet must be not only adequate in food value—in the quantities of protein, carbohydrate and fat—but must supply the essential organic salts and acids and vitamins as well; and it is for this reason that these elements of food are being emphasized today by the world's leading dietitians.

These authorities are pointing out that while meat and potatoes and bread, the stand-bys in meal-planning, are necessary for active men and women and for growing boys and girls, they by no means constitute a complete dietary. They must be supplemented by an abundance of raw vegetables and fruits in order that the necessary mineral salts and vitamins may not be lacking.

Of the three known vitamins, oranges and lemons are particularly rich in vitamin C, which is essential to normal complete nutrition. Water soluble vitamin B is also present in adequate quantities. The elements furnished by these vitamins have been found to be absolutely necessary to maintain life and growth.

The organic salts and acids which are so abundant in oranges and lemons are direct aids to digestion and therefore are not only valuable in themselves but serve to promote the assimilation of all the other foods, thus making these foods more efficient than they would be without this help.

It is the consensus of opinion among specialists that incorrect eating and over-eating are the causes of most of the serious stomach and intestinal disorders so prevalent in this country today. In the diet departments of modern hospitals and sanitariums great emphasis is laid upon including an abundance of fresh fruits and vegetables in the special diets which are so important a factor in the treatment of most patients.

It is further agreed that in many cases acute stomach and intestinal disorders may be avoided entirely if the diet contains the proper amount of fresh foods. Fifty percent of the daily food may well be in the form of fresh raw fruits and vegetables. "Too many cooked foods, too few raw," is the general comment of the scientists on the eating habits of the modern family—a warning worth considering in every home by the wives and mothers who make up the daily menus.

Here Are Two Good Health Rules

Eat some vegetables each day.
Eat one or more oranges every day.
The Reducing Diet

For a reducing diet, oranges, both in the form of the whole fruit served alone or as juice, or as a salad or dessert are indispensable. A reducing diet should not be followed strictly, however, except under the guidance of a physician.

The particular value of oranges in the reducing diet lies in the fact that while they are satisfying and nourishing, they are not fat builders—they do not alone supply enough fuel calories for the daily needs of the body. A reducing food must be that which causes the body to draw on the fat of the body itself for the daily requirements of energy until that fat has been reduced. Oranges and lemons help in the making up of such a diet while giving the body other needed food requirements.

Under the heading "Ways to serve oranges for breakfast" suggestions are made which will be useful in the planning of a reducing dietary. In the section, "Ten-Minute Salads" will be found a number of recipes which may be adapted for reducing menus; in each case the salad may be served without dressing or with a simple dressing of lemon juice and salt or lemon juice and sugar.

Under the heading "Ten-Minute Desserts" are several dishes composed entirely of raw fruits which are particularly appropriate to include in the reducing diet.

Underweight is due not to a lack of sufficient food, in most cases, but to the use of the wrong combinations of foods. A weight-increasing dietary will include milk, eggs, cheese and starchy vegetables, which provide energizing and fat building materials, but must be generous also in green vegetables and fresh fruit in order that the essential mineral salts and vitamins may not be lacking.

Although known as "acid fruits" both oranges and lemons have an alkaline reaction in the blood and are, therefore, valuable in offsetting acidity due to an excess of acid-producing, although essential, foods such as meat, fish, eggs and bread.
To Remove Pulp from Sunkist Oranges

PARE the orange with a sharp knife, removing every particle of the thin inside membrane with the peel. This will leave the orange pulp exposed. Hold the orange over a plate, so that any juice which may drop will be saved. Insert the point of the knife at the stem end of the orange, close to the membrane that divides the sections. Carefully work the knife in, separating the membrane from the section. Then carefully separate the section of orange from the membrane on its other side; remove the whole orange section, complete in shape, and entirely free from membrane. Repeat until all the sections are removed.
Seven Ways to Serve Oranges for Breakfast

A DELICIOUS, juicy Sunkist orange is the best possible beginning for the first meal of the day. Served whole, or cut in halves, in fact with scarcely any preparation, it is ready for the earliest breakfast or for the tardy late-comer. It may be sliced or divided into segments to provide a most appetizing first course.

Sunkist orange juice, strained, sweetened and iced if desired, or just plain as it comes from the squeezer, is as acceptable to grown-ups as it is to children and starts the day right by providing the organic salts and acids which are so essential an accompaniment of the other foods.

Orange marmalade to be served with buttered toast is a breakfast combination met every day of the year in many homes.

From a famous Canadian hotel comes this method of serving Sunkist oranges, which may be used as a breakfast dish or as a simple dessert:

Sliced Oranges, Canadienne

Place slices of Sunkist orange in a glass sherbet dish and cover with two tablespoons maple syrup. Both orange slices and maple syrup should be very cold.

Strained honey may be used in place of maple syrup, if desired.

Sunkist oranges cut into small pieces may be combined with other fresh fruits in almost endless varieties to vary the breakfast menu, or for light desserts. Oranges and bananas, oranges and strawberries, oranges and red raspberries, oranges and apples, oranges and fresh pineapple are suggested combinations.
APPETIZERS

The introductory course of the formal or informal luncheon or dinner is planned to meet two requirements: to attract the eye and to stimulate the appetite. The bright golden color of Sunkist oranges makes them always inviting whether served alone or in combination with other fruits; waxy Sunkist lemons cut in pleasing forms garnish the simplest cocktail or canape, while both the alluring flavor of the orange and the delicious tang of the lemon never fail to stimulate the appetite.

The first course may consist of a canape, a fruit juice cocktail, a cocktail of fruits or sea foods, or, as a California custom, a fruit salad. When salad is served as the first course, it is not again included in the meal.

Suggestions for First Courses

Sardines with Hard-Cooked Eggs  
Lemon Slices  
Crab Meat Louie  
Lemon and Paprika  
Lobster Cocktail  
Shrimp Cocktail  
Anchovy Canapes  
Oysters on the Half Shell  
Lemon Quarters  
Tomatoes with Asparagus Tips  
Mousseline Sauce  
Sardines with Tartare Sauce  
Caviare Canapes  
Orange Canape

Peel one large Sunkist orange and cut in one-third inch slices. Sprinkle with sugar and chill for one-half hour. Butter rounds of toast. Cover with a layer of chopped maraschino cherries. Place a slice of orange on each. Top with cream mayonnaise and garnish with maraschino cherries.

Pineapple Canape

As the base of each canape use a slice of canned pineapple. Cover with a slice of Sunkist orange and next a layer of sliced bananas. Sprinkle with minced mint cherries and serve with lemon juice and sugar.

Fruit Juice Cocktails

Iced Sunkist Orange Juice

Put in finely crushed ice to fill frappe glasses half full. Pour over it Sunkist orange juice sweetened to taste. Serve on small plates covered with doilies.

Honey Orange Cocktail

1 cup Sunkist orange juice  
4 tablespoons Sunkist lemon juice  
3 tablespoons honey  
Few grains salt

Mix ingredients thoroughly. Put crushed ice in cocktail glasses, pour in mixture and serve at once, garnished with orange rind.

Mint Cocktail

2 Sunkist oranges  
6 slices pineapple  
12 mint cherries

Peel oranges and remove membrane from pulp; cut pulp into dice. Cut pineapple into 1/2-inch pieces. Put
into cocktail glasses; add juice from pineapple and sprinkle with finely minced cherries.

**Ginger Cocktail**

- 6 tablespoons ginger syrup
- 4 tablespoons Sunkist lemon juice
- 4 tablespoons Sunkist orange juice
- 1/2 cup mineral or ice water
- Few grains salt

Add remaining ingredients to syrup from Canton ginger and mix thoroughly. Put crushed ice in cocktail glasses, pour in ginger mixture and serve at once.

**Grapefruit Cocktail**

- 6 tablespoons grapefruit juice
- 2 tablespoons Sunkist lemon juice
- 4 tablespoons Sunkist orange juice
- 4 tablespoons sugar
- Few grains salt
- 1 cup mineral or ice water
- 6 sprigs mint

Mix ingredients thoroughly. Put crushed ice in cocktail glasses, pour in mixture and serve garnished with sprigs of mint.

**Fruit Cocktails**

**Fruit Cup**

- 1 cup Sunkist orange sections
- 1 cup white grapes
- 1 cup pineapple dice
- 1/2 cup Sunkist orange juice
- 1/2 cup pineapple syrup
- Few grains salt
- 1/2 cup sugar

Remove membrane from orange sections and skins and seeds from grapes. Mix fruit, Sunkist orange juice and pineapple syrup; add salt and sugar. Pack in ice and salt until thoroughly chilled. Serve garnished with maraschino cherries.

**Strawberry and Orange Cocktail**

- 2 Sunkist oranges
- 1 cup small strawberries
- 3 tablespoons Sunkist lemon juice
- 6 tablespoons powdered sugar

Peel and remove membrane from oranges, cut segments in halves. Hull strawberries and cut in halves. Mix with orange pulp and add lemon juice and sugar.

**Orange, Cherry and Cantaloupe Cocktail**

- 1 1/2 cups deep red cherries
- 3 cups cantaloupe balls or cubes
- 1 1/2 cups diced orange pulp
- 1/2 cup Sunkist orange juice
- 1/2 cup Sunkist lemon juice
- 3 tablespoons sugar

Wash and pit cherries. Arrange melon balls or cubes in cocktail glasses with cherries, orange pulp and sugar. Add two tablespoons of orange and lemon juice, mixed, to each portion.

**First Course Salads**

Each of these First Course Salads is served on a bed of head lettuce and with French dressing or fruit French dressing.

**Pineapple, Orange and Grapefruit Salad**

For each portion allow one slice canned pineapple, three sections grapefruit and one-half Sunkist orange.

**Orange, Banana and Cherry Salad**

For each portion allow one-half banana, one-half Sunkist orange and six red or canned California cherries.

**Orange, Grape and Cantaloupe Salad**

For each portion, allow one-half Sunkist orange, one-half cup cantaloupe balls or cubes and six white grapes.

**Orange, Pineapple and Cucumber Salad**

For each portion allow one-half orange, one slice canned pineapple, two tablespoons diced cucumber.

**Orange, Tomato and Pepper Salad**

For each portion, allow one thick slice tomato, ring of green pepper and one-half orange. Sprinkle with minced onion.
Lemon Garnishes

GARNISHING with lemons makes foods look better and taste better—and more important still, makes them better foods, because those foods which are attractive in appearance are stimulating to the appetite and are therefore made easier to digest. Good cooks are as much concerned with the digestion as with the flavor and appearance of the dishes they prepare. There are to be considered also the important benefits which come from lemon juice—from the invaluable organic salts and acids which are natural appetizers and digestants in themselves and also from the rich content of vitamines in lemon juice.
SAUCES for Meat, Fish and Vegetables

**LEMONS** have long been considered an indispensable accompaniment of fish because of the contrasting piquant flavor which they lend to this good food. But there is an excellent dietetic reason for this combination. Fish and meat are acid-forming foods, and it is therefore essential that with them be eaten certain other foods, which, like lemons, are alkaline in their reaction in the body. Thus a popular custom proves to have a foundation in the principles of nutrition which is the real reason for the popularity. With fish, meat and vegetables, lemons may be served quartered or sliced or in the form of juice, which is the natural sauce for these foods.

**Lemon Sauce**

<table>
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<th>Ingredient</th>
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<tr>
<td>2 tablespoons butter</td>
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<td>3 tablespoons flour</td>
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<td>1/2 teaspoon salt</td>
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<tr>
<td>1/4 teaspoon paprika</td>
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<tr>
<td>3/4 cups water or meat stock</td>
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<tr>
<td>3 tablespoons Sunkist lemon juice</td>
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<td>1 tablespoon finely chopped parsley</td>
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Melt butter, add flour, salt and paprika and when well-mixed add water or meat stock. Bring to boiling point, stirring constantly, add lemon juice and parsley and serve.

Add sugar and fruit juice to mint and let stand in warm place for 30 minutes.

**Orange Mint Sauce for Lamb**

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<th>Ingredient</th>
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<tr>
<td>1/4 cup finely chopped mint</td>
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<td>1/4 cup Sunkist orange juice</td>
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<td>1/2 cup Sunkist lemon juice</td>
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<td>1 tablespoon powdered sugar</td>
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Mix ingredients; beat thoroughly; heat and serve.

**Hollandaise Sauce**

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<td>3 tablespoons butter</td>
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<td>1/2 tablespoon flour</td>
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<td>1/2 teaspoon salt</td>
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<td>1/2 teaspoon pepper</td>
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<td>1/4 teaspoon mustard</td>
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<td>1/2 cup water</td>
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<td>2 tablespoons Sunkist lemon juice</td>
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<td>Yolk of 1 egg</td>
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Melt two tablespoons of butter, add flour, salt, pepper and mustard; mix well and add water and lemon juice. Bring to boiling point, stirring constantly. Add remaining butter with slightly beaten egg yolk and cook 2 minutes longer.

**Parsley Butter Sauce**

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<td>3 tablespoons butter</td>
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<td>1/4 teaspoon salt</td>
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<td>1/8 teaspoon pepper</td>
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<td>2 tablespoons Sunkist lemon juice</td>
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<td>1 tablespoon finely chopped parsley</td>
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Work butter until creamy, add salt and pepper, then lemon juice and parsley. Serve on hot fish, steak or vegetables.

**Cumberland Sauce for Duck**

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<tr>
<td>1/2 cup Sunkist orange juice</td>
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<td>1/4 cup Sunkist lemon juice</td>
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<tr>
<td>1 cup powdered sugar</td>
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<tr>
<td>2 tablespoons currant jelly</td>
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<tr>
<td>Grated rind 1 orange</td>
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<td>Grated rind 1 lemon</td>
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<tr>
<td>1 tablespoon grated horseradish</td>
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Mix ingredients; beat thoroughly; heat and serve.
**Raisin Sauce for Ham**

- 1 cup seedless raisins
- 1 cup cold water
- 1/2 cup sugar
- 2 tablespoons Sunkist lemon juice
- 1/2 cup Sunkist orange juice

Simmer raisins in water until soft; add sugar and boil gently for 15 minutes. Add lemon and orange juice and heat.

**Mint Jelly**

- 8 sprigs mint
- 1 cup water
- 1 tablespoon granulated gelatine
- 1/2 cup cold water
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1/4 cup Sunkist lemon juice
- Green color paste

Boil sprigs of mint and 1 cup water for 5 minutes. Soak gelatine in 1/4 cup cold water. Add to boiling mint with sugar, salt and lemon juice. Color a delicate green with vegetable color paste; strain into small molds; chill and serve with roast lamb or lamb chops.

**Mousselaine Sauce**

- Yolks of 2 eggs
- 3/4 cup cream
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg
- 2 tablespoons Sunkist lemon juice
- 2 tablespoons butter

Mix all ingredients except the butter in a double boiler and cook over hot water, stirring constantly, until mixture thickens. Beat in butter slowly and serve at once.

**WHOLE MEAL Salads**

In the last ten years salad has come into its own as the main dish for luncheon. Business men and women everywhere have found that the moderate mid-day meal of salad, rolls and coffee leaves the brain unfettered for the afternoon’s work. Women down town for a day’s shopping have learned that the salad luncheon is the most pleasing and satisfying. While at home the custom of making the noon-day meal an entire-fruit meal, with whole-wheat or bran muffins and milk in addition for the children, is highly recommended by those who have made the modern studies of dietetics. “Whole-Meal” salads, of course, should be prepared in larger proportions than those planned merely to serve as one course.

**Jellied Fruit Salad**

- 2 tablespoons granulated gelatine
- 1/4 cup cold water
- 2 1/2 cups boiling water
- 6 tablespoons Sunkist lemon juice
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1 cup Sunkist orange juice and pulp
- 1 cup diced bananas
- 1 cup diced canned pineapple

Soak gelatine in cold water 5 minutes; add boiling water, lemon juice, sugar and salt. When beginning to stiffen, add fruit. Turn into cold mold and chill. Remove from mold to nest of...
crisp lettuce leaves and serve with mayonnaise or fruit salad dressing.

**Jellied Vegetable Salad**
1 tablespoon granulated gelatine
⅛ cup cold water
⅛ cup boiling water
⅛ cup sugar
6 tablespoons lemon juice
1 teaspoon salt
⅛ cup shredded cabbage
1 cup diced celery
⅛ cup canned peas
½ cup small cucumber cubes

Soak gelatine in cold water 5 minutes and dissolve in boiling water; then add sugar, lemon juice and salt. Strain, cool and when mixture begins to thicken, add vegetables. Turn into cold mold and chill. Serve with boiled dressing.

**Tuna Fish Salad**
⅛ teaspoon salt
⅛ teaspoon mustard
⅛ teaspoon paprika
1 egg
1 tablespoon melted butter
⅛ cup water
⅛ cup Sunkist lemon juice
1 tablespoon granulated gelatine
⅛ cup cold water
1 cup tuna fish
½ cup chopped celery
¼ cup pimiento stuffed olives

Make salad dressing by mixing salt, mustard and paprika and stirring in egg and melted butter. Add ⅛ cup water and lemon juice and heat over hot water to boiling point. Add gelatine which has been softened in ⅛ cup cold water. Cool and add shredded tuna fish, celery and finely sliced olives. Turn into individual molds and chill. Remove from molds to nests of lettuce leaves and garnish with celery tips. Serve with mayonnaise.

**Lamb and Orange Salad**
2 cups cold roast lamb (veal or duck)
4 Sunkist oranges
⅛ cup French dressing

Cut the meat (lamb, veal, chicken or duck) into small pieces; peel oranges and cut in thin slices. Combine oranges and meat and serve on crisp lettuce leaves with French dressing.

**Mock Lobster Salad**
2 cups cooked haddock
2 cups diced celery
2 tablespoons Sunkist lemon juice
1 cup mayonnaise
2 tablespoons minced pimiento

Mix cold, flaked haddock with remaining ingredients and serve on crisp lettuce leaves.

**Combination Fruit Salad**
Cover a salad plate with leaf lettuce. Make a square of banana slices, cutting bananas in halves lengthwise and then in quarters. Fill with grapefruit and Sunkist orange slices and cubes of fresh or canned pineapple. Garnish with walnuts and grapes. Serve with French fruit dressing or cream mayonnaise.

**Orange and Tomato Salad**
Cover a salad plate with head lettuce. Arrange alternate slices of tomato and Sunkist orange. Garnish with celery hearts. Serve with French dressing.

**Peanut Rice Salad**
3 tablespoons rice
1 cup Sunkist orange juice
⅝ cup finely chopped peanuts
Cream cheese balls.

Wash rice and cook for 7 minutes in boiling salted water; drain. Cover with orange juice and cook in double boiler until rice is tender. Cool, mix with finely-chopped peanuts; sprinkle with salt and arrange on lettuce leaves with cream cheese balls. Serve with cream mayonnaise or French fruit dressing.
While salads are never omitted from the dinner menu, only those of moderate portions are served and it is highly desirable in this case that they do not require much time in preparation. Here are a dozen, any one of which may be prepared in ten minutes. For convenience, the quantities given are for individual servings.

**Orange Salad**
Peel Sunkist oranges, removing all white membrane. Cut into one-fourth inch slices. Arrange on lettuce-covered salad plates and top with mayonnaise. Garnish with maraschino cherries.

**Apple and Orange Salad**
Peel and slice Sunkist oranges, rejecting all white membrane. Cut wedge-shaped slices from red apples, without paring. Arrange on lettuce-covered salad plates, using alternate slices of orange and apple.

**Grapefruit and Orange Salad**
Peel Sunkist oranges and grapefruit and divide into segments, rejecting all white skin. Arrange a circle of orange segments on a lettuce-covered salad plate and fill center with grapefruit segments.

**Date and Orange Salad**
Peel Sunkist oranges and remove all white membrane. Cut into one-fourth inch slices and cut each slice into halves. Arrange on lettuce-covered salad plates and serve each portion with three dates stuffed with walnuts.

**Celery, Apple and Orange Salad**
Peel Sunkist oranges and remove all white skin. Cut into one-fourth inch slices and cut each slice into halves. Dice celery and apple and mix with mayonnaise. Arrange a circle of half-slices of oranges on a lettuce-covered salad plate, fill center with apple and celery mixture. Garnish with celery tips.

**Pineapple and Orange Salad**
Peel Sunkist oranges and remove all white skin. Cut into one-fourth inch slices. Arrange four slices on each lettuce-covered salad plate. Place one slice of pineapple in center. Top with mayonnaise and garnish with maraschino cherries cut into fourths.

**Cranberry and Orange Salad**
Mold cranberry jelly in individual molds. Peel and slice Sunkist oranges, cutting each slice in halves. Place mold of cranberry jelly on lettuce-covered salad plate; circle with half-slices of orange.

**Peach and Orange Salad**
Peel Sunkist oranges and cut into one-fourth inch slices. Arrange on lettuce-covered salad plates, alternately with canned sliced peaches. Garnish with walnut-halves.
Cabbage and Orange Salad
Peel Sunkist oranges, removing all white skin. Cut into one-fourth inch slices and then into segments. Cover salad plates with finely shredded cabbage. Sprinkle with orange segments. Serve with French dressing.

Onion and Orange Salad
On a bed of lettuce leaves arrange a thin slice Bermuda onion, add one-half inch slice pared Sunkist orange, another slice Bermuda onion and a second slice orange. Garnish with green pepper and watercress. Serve with French Dressing.

Cheese and Orange Salad
Peel Sunkist oranges and divide into segments, rejecting all white inner skin. Arrange on salad plates covered with lettuce. Garnish with balls of cream cheese rolled in grated orange rind.

Prune and Orange Salad
Drain cooked prunes thoroughly and stuff with blanched almonds. Roll in granulated sugar. Arrange three prunes on each lettuce-covered salad plate, alternating with Sunkist orange segments.

SALADS that Children Like

CHILDREN always like the fruits which go into salads and these fruits are very good for them; but they rarely care for dressings made with oil. The following salad dressings made without oil will be sure to meet their favor and will lead them to like salads. When salad becomes the habit of a child it is a great step in advance in the proper nutrition of that child.

Lemon Juice and Sugar
Mix juice of 1 Sunkist lemon with 2 tablespoons granulated or powdered sugar.

Sunkist Sauce
Extract juice from one Sunkist orange; add one-half cup whipped cream and one tablespoon powdered sugar, stirring well together.

Fruit Salad Dressing
2 tablespoons pineapple juice
2 tablespoons Sunkist lemon juice
2 tablespoons Sunkist orange juice
1 tablespoon sugar
Sprinkling of salt
Mix well together.

Boiled Fruit Salad Dressing
1 tablespoon cornstarch
2 tablespoons sugar
½ teaspoon salt
2 eggs
⅔ cup pineapple juice
⅔ cup Sunkist orange juice
⅔ cup Sunkist lemon juice
¼ cup whipped cream
Sift dry ingredients and add to beaten eggs. Add pineapple juice and cook in double boiler until thickened. Remove from fire, add orange and lemon juices and when cold fold in whipped cream.
Salads Especially for Children

Peanut and Orange Salad
Sliced Sunkist oranges and peanuts.

Popcorn and Orange Salad
Sliced Sunkist oranges and buttered popcorn.

Banana and Orange Salad
Sliced Sunkist oranges and bananas, served with lemon juice and sugar.

Raisin and Orange Salad
Sliced Sunkist oranges and seedless raisins, served with Sunkist Sauce.

COMPANY SALADS

For the afternoon or evening party at which refreshments are served in one or two courses, fruit salad frequently forms the most important part of the menu. For this reason company salads must be attractive in appearance, bountiful and distinctive; more elaborate than those which are included in everyday meals. The quantities here are sufficient to serve four large or six medium-sized portions.

Marshmallow Salad
4 Sunkist oranges
2 bananas
1 cup marshmallows
3/4 cup cream
Yolks of 2 eggs
2 tablespoons sugar
2 tablespoons Sunkist lemon juice
Sprinkling salt
1 cup fresh grated cocoanut

Cut oranges into sections, slice bananas and cut marshmallows into quarters. Mix with dressing made by scalding cream and thickening it carefully with egg yolks, beaten until light with sugar. Cool dressing and add lemon juice and a light sprinkling of salt before adding fruit. Serve with cocoanut.

Ginger Ale Salad
2 tablespoons granulated gelatine
1 1/2 cup water
1 1/2 cups ginger ale
2 tablespoons Sunkist lemon juice
2 tablespoons sugar
1 cup diced canned pineapple
1 cup Sunkist orange juice and pulp
1 cup seeded white grapes

Soak gelatine in water 5 minutes, then dissolve over hot water. When cool add remaining ingredients with a light sprinkling of salt and paprika. Turn into individual molds and chill. Serve on lettuce leaves with mayonnaise.

Fruit Salad in Orange Cups
3 Sunkist oranges
2 slices pineapple
12 marshmallows
3/4 cup nut meats
3/4 cup white grapes

Cut oranges in two; remove pulp carefully; then pull out all membrane, leaving orange cups. Cut pineapple, marshmallows and nuts in small pieces; skin and seed the grapes and mix all with orange pulp. Fill orange cups, cover with cream mayonnaise and garnish with grapes and nuts. Serve on lettuce.
Salad Dessert

1 tablespoon granulated gelatine
2 tablespoons cold water
1 tablespoon butter
1 egg
1/4 cup sugar
1 teaspoon salt
1/4 teaspoon paprika
1/2 cup Sunkist lemon juice
2 tablespoons Sunkist orange juice
1 cup diced orange pulp
1 cup Maraschino cherries
1 cup cream

Soak gelatine in cold water 5 minutes. Melt butter, add well-beaten egg, sugar, salt and paprika. Remove from fire and add gradually milk, lemon and orange juice. Cook in double boiler, stirring constantly, until slightly thickened; then add soaked gelatine. Remove from stove and beat 2 minutes. Cool, stirring occasionally, and when beginning to set add minced maraschino cherries and orange pulp and fold in cream beaten until stiff. Pack in cold mold and let stand in ice for several hours. Serve on platter covered with head lettuce, with or without mayonnaise.

Los Angeles Salad

1 avacado
1 grapefruit
3 Sunkist oranges
Juice of 2 Sunkist lemons
6 tablespoons sugar

Peel and slice avacado and moisten with lemon juice. Peel grapefruit and oranges and remove pulp from membrane. Arrange three fruits on salad plates covered with head lettuce and serve with lemon juice and sugar.

Lemon Jelly Fruit Salad

1 pint lemon jelly
2 apples
1 cup diced celery
2 tablespoons Sunkist lemon juice
2 Sunkist oranges
Head Lettuce

Cut celery and apples into small pieces and cover with lemon juice. Pare and dice oranges. Cover salad plates with head lettuce, place on each a 1-inch slice of lemon jelly, combine apple and celery with orange and cover lemon jelly with this mixture. Serve with cream mayonnaise and garnish with chopped nuts.

SALAD DRESSINGS

LEMON juice is the natural base for salad dressings, boiled, French or mayonnaise. It gives a dainty tang, a delicious flavor — and it has a more healthful effect than vinegar because of its mineral salts and acids and vitamines. Lemon juice brings out the flavor of all of the ingredients in the salad without adding any dominating sharp taste. In fact, lemon makes the salad dressing a food instead of merely a condiment. Try these dressings and see if you too do not like them better.

ALL MEASUREMENTS ARE LEVEL
French Dressing
3 tablespoons Sunkist lemon juice
6 tablespoons oil
$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ teaspoon paprika
Mix ingredients and stir or shake thoroughly just before serving.

French Fruit Dressing
3 tablespoons Sunkist lemon juice
3 tablespoons Sunkist orange juice
4 tablespoons oil
$\frac{1}{4}$ teaspoon salt
1 tablespoon sugar
Mix all ingredients thoroughly.

Mayonnaise
$\frac{1}{2}$ teaspoon mustard
$\frac{1}{2}$ teaspoon sugar
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon paprika
Yolk of 1 egg
2 tablespoons Sunkist lemon juice
$\frac{1}{4}$ cup oil
Sift dry ingredients; add egg-yolk and one-half teaspoon lemon juice. While beating constantly, add one tablespoon oil drop by drop; then add oil in a fine steady stream, continuing the beating, and thinning occasionally with lemon juice until all of the oil and lemon juice are used.

Cream Mayonnaise
1 cup mayonnaise
2 tablespoons powdered sugar
2 tablespoons Sunkist lemon juice
$\frac{1}{4}$ cup cream
Beat cream until stiff and fold into other ingredients.

Thousand Island Dressing
1 cup mayonnaise
2 hard-cooked eggs
2 tablespoons tomato catsup
2 tablespoons pimiento stuffed olives
2 tablespoons chili sauce
2 tablespoons pickled onions
To the mayonnaise add all of the other ingredients finely chopped.

Boiled Salad Dressing
$\frac{1}{4}$ cup Sunkist lemon juice
4 tablespoons flour
1 teaspoon salt
$\frac{1}{4}$ teaspoon paprika
2 tablespoons sugar
$\frac{1}{2}$ teaspoon mustard
$\frac{1}{2}$ cups boiling water
2 eggs
Mix and sift dry ingredients. Add water gradually, stirring constantly. Cook in double boiler until thick and smooth. Beat eggs slightly; pour cooked mixture slowly over them. When well blended, return to double boiler; cook 2 minutes; add lemon juice; remove from stove, beat well.

Cream Dressing
2 eggs
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon paprika
1 teaspoon sugar
4 tablespoons Sunkist lemon juice
1 cup whipped cream
Beat eggs until light; add dry ingredients well mixed; stir in lemon juice. Cook over hot water until thick. Cool, and when ready to serve add whipped cream.

Peanut Salad Dressing
2 tablespoons Sunkist lemon juice
2 tablespoons cream
$\frac{1}{4}$ teaspoon sugar
2 tablespoons peanut butter
$\frac{1}{2}$ teaspoon salt
Beat all ingredients together.

Orange Salad Dressing
$\frac{1}{4}$ cup sugar
4 tablespoons flour
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon mustard
$\frac{1}{8}$ teaspoon paprika
1 cup Sunkist orange juice
2 tablespoons butter
$\frac{1}{4}$ cup Sunkist lemon juice
Mix dry ingredients, add orange juice slowly and cook over hot water until thick. Add butter and when melted add lemon juice. Remove from stove, beat until smooth. Cool.
PIES, if you leave the matter to a vote of men, at least, are quite universally accepted as the most popular American dessert; lemon pies are likewise accorded first place in the list of favorites. Both lemons and oranges are peculiarly appropriate for use in pie filling because of their own delicious flavors and the readiness with which they may be combined with other fruits, custards and creams. Let your men folks taste one of these.

**Lemon Fluff Pie**

- 3 eggs
- $\frac{1}{2}$ cup Sunkist lemon juice
- Grated rind of 1 lemon
- 3 tablespoons hot water
- $\frac{1}{4}$ teaspoon salt
- 1 cup sugar

Beat yolks of egg very light. Add lemon juice and grated rind, hot water, salt and one-half cup sugar. Cook in double boiler until thick. Add one-half cup sugar to stiffly-beaten egg whites and fold into the cooked mixture. Fill baked pie shell and brown in moderate oven.

**Deep Dish Orange and Apple Pie**

- 4 apples
- 2 tablespoons Sunkist lemon juice
- Grated rind of $\frac{1}{2}$ Sunkist lemon
- 2 tablespoons Sunkist orange juice
- 2 tablespoons finely minced orange peel
- 1 cup sugar

Peel apples and cut in thin slices; mix with remaining ingredients and place in deep baking dish. Cover with rich biscuit dough and bake in a moderate oven (350 degrees) 40 minutes.

**Orange Meringue Pie**

- 1 cup sugar
- $\frac{3}{4}$ cup flour
- $\frac{1}{4}$ teaspoon salt
- Grated rind of 1 Sunkist orange
- 1 cup Sunkist orange juice
- 2 tablespoons Sunkist lemon juice
- 2 tablespoons butter
- 3 eggs

Mix sugar, flour, salt and grated rind; add fruit juice and cook in double boiler 10 minutes, stirring until thickened. Add butter and egg yolks beaten light; cook 2 minutes longer. Cool and turn into baked pie shell. Cover with meringue made by beating whites of eggs until frothy, adding six tablespoons sugar and one-fourth teaspoon baking powder and continuing beating until stiff. Put into moderate oven for ten minutes to brown.

**Boston Cream Pie with Orange Filling**

- $\frac{1}{4}$ cup butter
- $\frac{3}{4}$ cups sugar
- 2 eggs
- 1 cup milk
- 2 cups flour
- 3 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt

Cream butter and sugar; add eggs and beat until light and fluffy. Add milk and fold in flour sifted with baking powder and salt. Bake in deep cake pan in a moderate oven (375 degrees).
35 minutes. When ready to serve cut in halves crosswise and fill with

**Orange Filling**

\[
\frac{1}{2} \text{ cup sugar} \\
3 \text{ tablespoons flour} \\
\frac{1}{4} \text{ teaspoon grated orange rind} \\
\frac{1}{4} \text{ cup Sunkist orange juice} \\
1 \text{ tablespoon Sunkist lemon juice} \\
\text{Yolks of 2 eggs} \\
1 \text{ teaspoon butter}
\]

Mix sugar, flour and grated rind. Add orange and lemon juice and beaten egg yolks. Cook in double boiler, stirring constantly, until thick. Add butter, stirring until it is melted, and cool.

**Sliced Lemon Pie**

\[
\frac{3}{4} \text{ Sunkist lemons} \\
2 \text{ eggs} \\
\frac{3}{4} \text{ cups sugar} \\
\frac{1}{4} \text{ cup water} \\
1 \text{ tablespoon melted butter} \\
\frac{1}{8} \text{ teaspoon salt}
\]

Grate the rind of 1 lemon. Peel white part from lemons and slice the pulp very thin, discarding seeds. Beat eggs until light, add sugar gradually, then grated rind, water, butter, salt and lemon slices. Bake between two crusts. Put into hot oven (450 degrees). After 10 minutes reduce heat to moderate (350 degrees) and continue baking 30 minutes longer.

**Chiffon Pie**

\[
\frac{1}{4} \text{ cups sugar} \\
\frac{1}{2} \text{ cup flour} \\
\frac{1}{2} \text{ teaspoon salt} \\
\frac{3}{4} \text{ cups boiling water} \\
\text{Juice of 1 Sunkist lemon} \\
\text{Juice and grated rind of 1 Sunkist orange} \\
3 \text{ eggs}
\]

Mix sugar, flour and salt; add boiling water, stirring constantly. Cook 15 minutes. Add well-beaten egg yolks, rind and juice of fruit and cook until thick. Cool. Make meringue of the whites of the eggs, \(\frac{1}{2}\) cup powdered sugar and 1 teaspoon lemon juice.

Whip one-fourth of meringue into custard mixture and turn into baked pie shell. Cover with remaining meringue and brown in moderate oven.

**Lemon Meringue Pie**

\[
1 \text{ cup sugar} \\
3 \text{ tablespoons flour} \\
3 \text{ tablespoons cornstarch} \\
1 \text{ teaspoon salt} \\
\text{Grated rind 1 lemon} \\
\frac{3}{2} \text{ cups boiling water} \\
2 \text{ eggs} \\
\frac{1}{2} \text{ cup Sunkist lemon juice}
\]

Sift dry ingredients, add water and cook in double boiler until thick (about 15 minutes). Add lemon juice and rind, then slightly beaten egg yolks and cook 2 minutes longer. Cool and turn into baked pie shell. Cover with meringue made by beating egg whites until frothy, adding 4 tablespoons sugar and \(\frac{1}{4}\) teaspoon baking powder and continuing beating until stiff. Put into moderate oven (325 degrees) for 15 minutes to brown.

**Lemon Cake Pie**

\[
3 \text{ eggs} \\
3 \text{ tablespoons Sunkist lemon juice} \\
1 \text{ teaspoon grated lemon rind} \\
1 \text{ cup sugar} \\
3 \text{ tablespoons flour} \\
\frac{1}{2} \text{ teaspoon salt} \\
1 \text{ tablespoon melted butter} \\
\frac{3}{4} \text{ cups milk}
\]

Beat egg yolks until thick and lemon-colored. Add lemon juice and rind. Mix sugar, flour and salt and add to lemon mixture. Stir in melted butter and milk and fold in stiffly-beaten egg whites. Turn into pie tin lined with crust and put into hot oven (450 degrees). After 10 minutes reduce heat to moderate (350 degrees) and continue baking 20 minutes longer, or until filling is firm.

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ALL MEASUREMENTS ARE LEVEL
Orange Gelatine Pie
2 tablespoons granulated gelatine
1/2 cup cold water
2 cups Sunkist orange juice
1 tablespoon Sunkist lemon juice
1/2 cup sugar
1/2 teaspoon grated orange rind
1/2 teaspoon salt
1 cup cream

Soak gelatine in cold water 5 minutes, and dissolve over hot water. Add to orange juice, lemon juice, sugar, grated rind and salt and stir until dissolved. When beginning to set, stir in whipped cream and beat until stiff. Turn into baked pie shell and chill before serving.

Raisin Pie
Grated rind and juice of 2 Sunkist lemons
Grated rind and juice of 1 Sunkist orange
1 cup light brown sugar
2 cups seeded raisins
1 1/4 cups water
6 tablespoons flour
1/2 cup water

Combine lemon juice and rind, orange juice and rind, sugar, raisins and 1 1/4 cups water and bring to boiling-point. Mix flour with one-half cup water to a smooth paste and add to mixture gradually, stirring constantly. Cook 5 minutes and turn into pie tin lined with crust. Put on top crust and bake in a moderately hot oven (400 degrees) 40 minutes.

Lemon Tarts
(MAIDS OF HONOR)
1/2 cup butter
4 eggs
3 Sunkist lemons
1 cup sugar
1 cup finely chopped almonds
3/4 teaspoon salt
6 teaspoons raspberry jam

Melt butter over hot water. To beaten eggs add juice and grated rind of lemons, sugar, almonds and salt. Beat for 5 minutes, then stir in melted butter. Put one-half teaspoon raspberry jam into each of twelve tart tins lined with crust, and divide lemon mixture among them. Bake in a moderate oven (350 degrees) 25 minutes.

CAKES and COOKIES

This is where the children particularly become interested. The juice of Sunkist oranges and lemons gives a delicate flavor, which can be obtained in no other way, to cakes and cookies as well as to fillings and frostings. In addition to this, they furnish the valuable mineral salts and acids, thus forming an essential adjunct to the carbohydrates and proteins. Orange and lemon juices are Nature’s own flavoring extracts. When the children want sweets—a natural and a healthful craving—let them have sweets such as these.
Orange Layer Cake

$ \frac{3}{4} \text{ cup butter} \\
1 \text{ cup sugar} \\
2 \text{ eggs} \\
\frac{1}{2} \text{ cup Sunkist orange juice} \\
\text{Grated rind 1 orange} \\
1 \text{ tablespoon Sunkist lemon juice} \\
\frac{3}{4} \text{ cups flour} \\
\frac{1}{2} \text{ teaspoon soda}

Cream butter, add sugar and beaten egg-yolks and beat thoroughly. Add orange rind and lemon juice; then add orange juice alternately with flour sifted with soda. Fold in stiffly beaten egg whites. Bake in two layers in a moderate oven (375 degrees) 20 minutes.

Lemon Marshmallow Cookies

$ \frac{3}{4} \text{ cup shortening} \\
1 \frac{1}{2} \text{ cups sugar} \\
2 \text{ eggs} \\
6 \text{ tablespoons Sunkist lemon juice} \\
\text{Grated rind 1 lemon} \\
3 \text{ cups flour} \\
1 \text{ teaspoon baking powder} \\
\frac{1}{2} \text{ teaspoon soda} \\
\frac{1}{2} \text{ teaspoon salt} \\
\text{Marshmallows}

Cream shortening; add sugar and cream again. Beat in eggs; add lemon juice and rind. Fold in sifted dry ingredients. Roll out on slightly floured board and cut out. Bake in a moderately hot oven (400 degrees) for 10 minutes; remove from oven, place half a marshmallow in the center of each and return to oven to brown.

Little Lemon Cakes

$ \frac{1}{2} \text{ cup shortening} \\
\frac{3}{4} \text{ cup sugar} \\
\frac{1}{2} \text{ teaspoon grated lemon rind} \\
3 \text{ tablespoons lemon juice} \\
2 \text{ eggs} \\
1 \frac{1}{2} \text{ cups flour} \\
\frac{1}{4} \text{ teaspoon salt} \\
2 \frac{1}{2} \text{ teaspoons baking powder}

Cream shortening, work in sugar and add lemon juice and rind and beaten egg yolks. Add flour sifted with baking powder and salt. Fold in stiffly-beaten egg-whites. Bake in greased and floured muffin tins in a moderate oven (350 degrees) 25 minutes. Cool and cut into two layers. Spread lemon filling between layers and dredge each cake with powdered sugar.

California Fruit Cake

$ \frac{1}{2} \text{ cup butter} \\
1 \text{ cup sugar} \\
1 \text{ cup Sunkist orange juice} \\
3 \text{ cups sifted flour} \\
4 \text{ teaspoons baking powder} \\
\frac{1}{2} \text{ teaspoon salt} \\
\frac{1}{2} \text{ cup seedless raisins} \\
\frac{1}{2} \text{ cup candied orange peel} \\
\frac{1}{2} \text{ cup candied lemon peel} \\
\frac{1}{2} \text{ cup candied cherries} \\
\frac{1}{4} \text{ cup chopped nuts} \\
\text{Whites of 3 eggs}

Cream butter, add sugar and cream again. Add orange juice alternately with 2 cups flour sifted with baking powder and salt. Add remaining cup of flour with finely chopped fruits and nuts. Fold in stiffly-beaten egg whites. Bake in loaf pan in a moderate oven (325 degrees) for one hour.

Orange Jumbles

$ \frac{1}{2} \text{ cup shortening} \\
1 \text{ cup sugar} \\
1 \text{ egg} \\
\frac{1}{4} \text{ cup Sunkist orange juice} \\
1 \text{ teaspoon Sunkist lemon juice} \\
1 \text{ teaspoon grated orange rind} \\
3 \text{ cups flour} \\
\frac{1}{4} \text{ teaspoon salt} \\
\frac{1}{2} \text{ teaspoon soda} \\
1 \text{ teaspoon nutmeg} \\
\frac{1}{4} \text{ cup sour milk}

Cream shortening and sugar slowly; add beaten egg, orange and lemon juice and rind and beat thoroughly. Add sifted dry ingredients alternately with milk. Drop by spoonfuls on greased tins or cookie sheet. Bake in a moderate oven (375 degrees) 15 minutes.
Orange Sponge Cake

2 eggs
\(\frac{1}{4}\) cup Sunkist orange juice
1 tablespoon Sunkist lemon juice
\(\frac{1}{4}\) cup sugar
\(\frac{1}{4}\) teaspoon grated orange rind
1 cup flour
\(\frac{1}{4}\) teaspoon soda

Beat egg yolks with orange and lemon juice until thick and yellow; mix sugar and grated orange rind and add gradually to egg yolks; add stiffly-beaten egg-whites and cut and fold in flour sifted with soda. Turn into buttered and floured cake pan and bake in a moderate oven (325 degrees) 45 minutes.

FILLINGS and FROSTINGS

Orange Frosting

\(\frac{1}{4}\) cup sugar
\(\frac{1}{4}\) teaspoon grated orange rind
White of 1 egg
3 tablespoons Sunkist orange juice
\(\frac{1}{2}\) teaspoon Sunkist lemon juice
Sprinkling of salt

Put sugar, orange rind, unbeaten egg white and orange juice in upper part of double boiler. Beat constantly with rotary beater while cooking over boiling water 7 minutes. Remove from heat, add lemon juice and salt; beat thoroughly and spread on cake.

Orange Filling

Grated rind 1 orange
\(\frac{1}{2}\) cup sugar
2 tablespoons cornstarch
\(\frac{1}{2}\) cup boiling water
2 tablespoons butter
1 egg
\(\frac{1}{2}\) cup Sunkist orange juice
1 teaspoon Sunkist lemon juice

Put grated orange rind, sugar and cornstarch in saucepan, mix well, pour on boiling water and cook 10 minutes, stirring constantly; then add butter. Pour mixture over well-beaten egg; return to saucepan; stir constantly, and cook 2 minutes. Add orange juice and lemon juice; beat well, and cool.

Lemon Frosting

1 cup sugar
\(\frac{1}{4}\) cup water
\(\frac{1}{4}\) cup Sunkist lemon juice
2 stiffly beaten egg whites

Boil sugar, water and lemon juice without stirring until syrup spins a permanent thread. Remove from heat and let stand while beating egg whites. Pour syrup slowly over beaten egg-whites, beating until frosting is stiff enough to spread.

Golden Orange Frosting

Grated rind 1 orange
3 tablespoons Sunkist orange juice
1 teaspoon Sunkist lemon juice
Yolk of 1 egg
Confectioners’ sugar

Mix grated orange rind with fruit juices and let stand 15 minutes. Strain into beaten egg-yolks and add enough sifted confectioners’ sugar to spread.

ALL MEASUREMENTS ARE LEVEL
**Lemon Filling**

1 egg  
1 cup sugar  
\( \frac{1}{4} \) cup Sunkist lemon juice  
Grated rind of 1 lemon  

Add sugar, lemon juice and rind to beaten egg, cook over hot water until very thick. Cool, beat until smooth and spread between layers.

**Lemon Cocoanut Filling**

1 cup grated cocoanut  
\( \frac{1}{4} \) teaspoon salt  
2 cups water  
\( \frac{1}{2} \) cup Sunkist lemon juice  
2 cups sugar  
7 tablespoons cornstarch  

Cook all ingredients together in double boiler for 45 minutes.

**Lemon Butter Icing**

\( \frac{1}{2} \) cup butter  
\( \frac{1}{4} \) teaspoon grated lemon rind  
3 tablespoons Sunkist lemon juice  
Sifted powdered sugar  

Cream butter until very soft and add grated rind. Alternately add lemon juice and sugar, beating until light, and adding sugar until icing is thick enough to spread.

**Emergency Icing**

Juice of 1 Sunkist orange  
Juice of 1 Sunkist lemon  
Powdered sugar  

To combined fruit juices add enough powdered sugar to make stiff. Spread when creamy.

**Orange Boiled Icing**

1\( \frac{1}{2} \) cups sugar  
\( \frac{1}{4} \) cup Sunkist orange juice  
Whites of 2 eggs  

Heat sugar and orange juice slowly and boil without stirring until syrup spins a permanent thread. Pour over beaten whites of eggs, beating until stiff enough to spread.

**Orange Butter Icing**

1\( \frac{1}{2} \) cups sifted powdered sugar  
1 tablespoon melted butter  
4 to 6 tablespoons Sunkist orange juice  

Add 3 tablespoons of the orange juice to the sugar slowly, stirring constantly. Add melted butter and then enough additional orange juice to make of proper consistency to spread.

**TEN MINUTE DESSERTS**

**BUSY** days do not afford much time for the preparation of desserts; yet desserts are quite essential to form the proper ending for dinner. Men particularly like desserts. Here are a dozen, any one of which requires not more than ten minutes time spent in actual preparation. Several which require no cooking are very appropriate for a raw food or reducing diet, while they also are most desirable to help in the digestion of a substantial dinner. Bavarian creams and other light desserts are particularly pleasing for afternoon or evening parties.
Oranges, Bananas and Marshmallows
Peel and slice Sunkist oranges; cut slices into segments. Mix with bananas peeled and cut into dice and marshmallows cut into quarters. Put into serving dish and sprinkle with sugar.

Oranges and Cocoanut
Peel and slice Sunkist oranges; cut slices into segments. Put into serving dish and sprinkle with sugar and grated cocoanut.

Orange Whip
- Whites of 2 eggs
- \(\frac{1}{6}\) cup sugar
- Sprinkling salt
- \(\frac{1}{2}\) cup Sunkist orange juice
Beat whites of eggs until frothy, add sugar and salt and continue beating until stiff. Fold in orange juice. Serve with

Orange Custard Sauce
- Yolks of 2 eggs
- \(\frac{1}{4}\) cup sugar
- 1 cup milk
- 1 tablespoon Sunkist orange juice
- Sprinkling salt
Beat egg yolks thoroughly with sugar; add milk and cook over hot water until smooth. Cool and add orange juice and salt.

Orange Caramel
- 6 Sunkist oranges
- \(\frac{1}{2}\) cup sugar
- \(\frac{1}{2}\) cup water
- \(\frac{1}{2}\) cup cream
- Chopped Walnuts
Remove peel and membrane from oranges and cut into thin slices. Boil sugar and water together until a golden brown syrup is formed. Arrange layer of orange slices in glass dish, cover with syrup; repeat layers until orange slices are used. Heap with whipped cream and sprinkle with chopped walnuts.

Orange Marshmallow Pudding
- 1 cup cream
- \(\frac{1}{4}\) cup sugar
- 1 cup quartered marshmallows
- 1 cup Sunkist orange pulp and juice
Whip cream until thick, fold in sugar, marshmallows and diced orange pulp and juice. Serve cold.

Sunkist Strawberries
- 1 box strawberries
- Juice of 2 Sunkist oranges
- 1 cup sugar
- \(\frac{3}{2}\) cup cream
- 2 tablespoons powdered sugar
- \(\frac{1}{2}\) teaspoon vanilla
Wash and hull strawberries, cover with orange juice mixed with 1 cup sugar and chill thoroughly. Serve with sweetened, flavored whipped cream.

Orange Puffs
- \(\frac{1}{6}\) cup butter
- 1 cup sugar
- 2 eggs
- \(\frac{3}{4}\) cups flour
- 3 teaspoons baking powder
- \(\frac{1}{2}\) cup Sunkist orange juice
- 1 tablespoon Sunkist lemon juice
- Grated rind of orange
Cream butter and sugar and add slightly beaten eggs. Sift dry ingredients and add with fruit juices and grated rind to first mixture. Bake in cup cake pans in a moderate oven (350 degrees) for 30 minutes. Serve hot with Orange Puff Sauce or Orange Sabayan Sauce.

Baked Rhubarb and Oranges
- 2 large Sunkist oranges
- 3 cups diced rhubarb
- 2 cups sugar
- \(\frac{3}{4}\) teaspoon mace
- \(\frac{3}{4}\) teaspoon cinnamon
- 12 whole cloves
Place all ingredients together in a casserole, using grated rind, juice and diced pulp of oranges. Cover and bake until rhubarb is tender.
Orange Gelatine
2 tablespoons granulated gelatine
½ cup cold water
2 cups boiling water
3/4 cup sugar
1 cup Sunkist orange juice
2 tablespoons Sunkist lemon juice
Sprinkling salt
Soak gelatine in cold water 5 minutes.
Dissolve in boiling water. Add sugar, fruit juices and salt. Turn into molds first dipped in cold water and chill.

Lemon Gelatine
1 tablespoon granulated gelatine
2 tablespoons cold water
1 1/2 cups boiling water
1 cup sugar
Few grains salt
3/4 cup Sunkist lemon juice
Soak gelatine in cold water 5 minutes; add boiling water, sugar, salt and lemon juice. Turn into cold molds and chill.

Lemon Sponge
For Lemon Sponge, when jelly begins to stiffen, beat with egg-beater until light and frothy.

Lemon Snow
For Lemon Snow, add to lemon sponge the stiffly-beaten whites of 2 eggs.

Lemon Bavarian Cream
1 tablespoon granulated gelatine
3/4 cup water
1 cup sugar
3/4 cup Sunkist lemon juice
2 eggs
1 cup cream
Soak gelatine in 2 tablespoons cold water 5 minutes. Put 3/4 cup sugar, remainder of water and lemon juice in double boiler; when heated, add egg-yolks beaten with remaining 1/2 cup sugar. Cook, stirring occasionally, until thickened. Add gelatine; turn into cold mold and stir occasionally until cold. Fold in stiffly-beaten egg-whites and whipped cream.

Orange Bavarian Cream
1 cup Sunkist orange juice and pulp
1 tablespoon granulated gelatine
3/4 cup cold water
1 tablespoon Sunkist lemon juice
3/4 cup sugar
Sprinkling salt
1 cup cream
Soak gelatine in cold water for 5 minutes and dissolve by standing cup containing mixture in hot water. Add to orange juice and pulp. Add lemon juice, sugar and salt. Chill and fold in whipped cream; turn into cold mold to become firm.
COOKED DESSERTS

Orange Shortcake
2 cups flour
4 teaspoons baking powder
4 tablespoons sugar
1 teaspoon salt
4 tablespoons shortening
1/2 to 3/4 cups milk
Sift the dry materials until well blended. Work in shortening with fork. Cut in just enough milk to make a soft dough. Shape into two cakes, place one on top of the other in a greased pan and bake in a hot oven (450 degrees) for 15 minutes.

Filling
6 Sunkist oranges
1/2 cup sugar
Peel oranges, removing all white membrane. Cut into pieces of uniform sizes. Sprinkle with sugar and spread between layers and on top. Serve with a sauce made with the juice of 2 oranges and 3/4 cup sugar.

Lemon Crumb Pudding
2 cups milk
2 cups bread crumbs
1/4 teaspoon salt
1/4 cup sugar
1 egg
Grated rind 1 lemon
3 tablespoons Sunkist lemon juice
1 tablespoon melted butter
Pour the milk over fine dry bread crumbs; add salt and sugar, well-beaten egg, grated lemon rind, lemon juice and melted butter. Pour into buttered baking dish and bake in a slow oven (300 degrees) 40 minutes. Serve with Creamy Pudding Sauce.

Lemon Pudding
Yolks of 3 eggs
3/4 cup sugar
2 tablespoons shortening
1 1/2 cups flour
2 teaspoons baking powder
3/4 cup milk
Whites of 3 eggs
1 cup sugar
6 tablespoons sugar
Filling:
1 Sunkist lemon
1 cup sugar
1 cup boiling water
Peel the lemon, slice very thin, removing seeds. Put in baking dish, add 1 cup sugar and 1 cup boiling water and cook slowly while preparing the batter. Beat egg-yolks, add 3/4 cup sugar and melted shortening. Sift baking powder and flour into mixture, alternating with milk. Pour into baking dish with lemon syrup, but do not stir. Bake in a moderate oven (375 degrees) for 30 minutes. Spread with meringue made with whites of 3 eggs and 6 tablespoons sugar and return to oven to brown.

Orange Cream Custard
4 Sunkist Oranges
2 eggs
1/4 cup sugar
2 teaspoons flour
1/4 teaspoon salt
2 cups milk
1/2 teaspoon vanilla
5 tablespoons sugar
Beat egg-yolks, add 1/4 cup sugar, flour and salt and mix thoroughly. Add milk and cook in double boiler until thick enough to coat spoon.

ALL MEASUREMENTS ARE LEVEL
Cool, add vanilla and turn into serving dish containing peeled and sliced oranges. Beat egg-whites with 5 tablespoons sugar. Heap on top of custard and serve.

**Orange Cream Puffs**

\[
\frac{3}{4} \text{ cup butter} \\
\frac{1}{4} \text{ cup water} \\
\frac{1}{4} \text{ cup flour} \\
3 \text{ eggs}
\]

Bring butter and water to boiling point. Add flour slowly and cook until mixture leaves sides of pan, stirring constantly. Remove from fire, add unbeaten eggs, one at a time, beating thoroughly after each addition. Drop from tablespoon on cookie tin in round balls 2 inches apart. Bake 15 minutes in a hot oven (450 degrees), reduce heat to moderate (350 degrees) and continue cooking 30 minutes longer. Cool and fill with cold

**Sunkist Filling**

\[
\frac{3}{4} \text{ cup sugar} \\
2\frac{1}{2} \text{ tablespoons flour} \\
\text{Grated rind } \frac{1}{2} \text{ orange} \\
\frac{3}{4} \text{ cup Sunkist orange juice} \\
1 \text{ egg, slightly beaten} \\
1 \text{ teaspoon butter.}
\]

Cook over hot water until thick. Cover tops of Cream Puffs with Orange Butter Frosting.

**Orange Ice-Box Cake**

\[
\frac{3}{4} \text{ cup sugar} \\
1 \text{ tablespoon flour} \\
3 \text{ eggs} \\
1 \text{ cup milk} \\
1 \text{ tablespoon butter} \\
\frac{3}{4} \text{ cup Sunkist orange juice} \\
\text{Grated rind } \frac{1}{2} \text{ orange} \\
24 \text{ ladyfingers} \\
1 \text{ cup cream}
\]

Mix sugar and flour and add to beaten egg yolks; add milk and butter and cook over hot water until thick and smooth; add orange juice and rind. Remove from fire, cool slightly and add stiffly-beaten whites of eggs. Line bottom and sides of spring form with lady fingers, flat side toward the pan and close together. Cover lady fingers with a layer of filling; place ladyfingers on top of this, another layer of filling and a top layer of ladyfingers. Place in icebox for 12 hours to harden. When ready to serve, remove to platter and cover with whipped cream.

**Orange Tapioca Pudding**

\[
\frac{3}{4} \text{ cup quick cooking tapioca} \\
\frac{3}{4} \text{ cup sugar} \\
\frac{3}{4} \text{ teaspoon salt} \\
2 \text{ cups water} \\
\text{Grated rind } \frac{1}{2} \text{ orange} \\
3 \text{ Sunkist oranges}
\]

Cook tapioca, sugar and salt with water until transparent. Remove from fire and add grated orange rind. Cool slightly. Pare oranges, divide into sections, removing membrane. Pour tapioca mixture over orange sections and mix well. Serve cold with Orange Puff Sauce.

**Orange Cottage Pudding**

\[
\frac{3}{4} \text{ cup shortening} \\
\frac{3}{4} \text{ cup sugar} \\
1 \text{ egg} \\
\frac{3}{4} \text{ cup Sunkist orange juice} \\
1 \text{ tablespoon Sunkist lemon juice} \\
\frac{3}{4} \text{ cup water} \\
1 \text{ teaspoon grated orange rind} \\
2 \text{ cups flour} \\
3 \text{ teaspoons baking powder} \\
\frac{3}{4} \text{ teaspoon salt}
\]

Cream shortening and sugar; add egg and beat until light. Add orange juice, lemon juice, water and grated rind and fold in flour which has been sifted with baking powder and salt. Bake in a moderate oven (375 degrees) for 40 minutes. Serve hot with Orange Sabayan Sauce.
Lemon Ice-Box Cake

3/4 cup sugar
1 tablespoon flour
3 eggs
1 cup milk
1 tablespoon butter
3/4 cup Sunkist lemon juice
Grated rind 1/2 lemon
24 ladyfingers,
1 cup cream

Mix sugar and flour and add to beaten egg yolks; add milk and butter and cook over hot water until thick and smooth; add lemon juice and rind. Remove from fire, cool slightly and add stiffly-beaten egg-whites. Cover the bottom and sides of a wax-paper lined deep cake tin with halved ladyfingers. Turn in lemon mixture, cover with ladyfingers and set in ice-box for 12 hours or overnight. Remove to serving dish and fill center with whipped cream.

FROZEN DESSERTS

To use as desserts for company or Sunday dinners or to offer guests at afternoon or evening parties, frozen desserts containing orange and lemon juice are the choice of the hostess who wishes to serve the most delightful, refreshing fruit combinations. The addition of lemon juice to any sort of fruit brings out the flavor of the fruit and adds to its food value.

Orange Milk Sherbet

1 1/2 cups Sunkist orange juice
1 1/2 cups sugar 3 cups milk
Add the strained orange juice to the sugar; add milk and freeze.

Orange Coupe

6 Sunkist oranges
1 cup diced bananas
3/4 cup sugar
1 pint ice cream
Whites of 2 eggs

Cut slice from oranges 1 inch from top. Remove pulp, leaving inside of oranges clean. Dice pulp and mix with bananas and one-half cup sugar. Fill orange shell half full of this mixture, add a tablespoon of ice cream to each and top with meringue made of the whites of 2 eggs and 4 tablespoons sugar. Place in a hot oven or under broiler to brown meringue.

Lemon Curd

2 cups sugar
3 Sunkist lemons
1/4 cup butter
6 eggs
Cook sugar, juice and grated rind of lemons, butter and well-beaten eggs together over hot water until thick.

Lemon Milk Sherbet

1/2 cup Sunkist lemon juice
2 cups sugar
4 cups milk
Add sugar to strained lemon juice. Add milk, stir until sugar is dissolved and freeze.

Frozen Punch

1 1/2 cups water
2 cups sugar
1 small bunch min.
3 cups weak tea or ginger ale
3/4 cup Sunkist lemon juice
2 cups Sunkist orange juice
Boil sugar, water and mint together for 5 minutes. Chill, add remaining ingredients; strain and freeze.

ALL MEASUREMENTS ARE LEVEL
**Fruit Sherbet**

2 cups sugar  
2 cups water  
2 Sunkist oranges  
2 Sunkist lemons  
1 pineapple  
2 bananas  
Whites of 2 eggs  

Boil sugar and water 5 minutes; cool; add pulp and juice of oranges, juice of lemons, finely-chopped pineapple and bananas rubbed through a sieve. Freeze to a mush; add egg-whites beaten stiff and continue freezing.

**Orange Cream Sherbet**

1 teaspoon granulated gelatine  
$\frac{1}{4}$ cup cold water  
$\frac{1}{2}$ cups boiling water  
$\frac{1}{2}$ cups sugar  
Grated rind of 2 oranges  
$\frac{1}{2}$ cups Sunkist orange juice  
1 cup Sunkist lemon juice  
1 pint cream  
$\frac{1}{2}$ cup sugar  
$\frac{1}{4}$ teaspoon salt  
2 eggs  

Soak gelatine in cold water 5 minutes. Dissolve in boiling water; add $1\frac{1}{2}$ cups sugar, orange rind and juice and lemon juice. Cool and freeze to a mush. Beat cream until stiff and add $\frac{1}{2}$ cup sugar and salt. Beat yolks of eggs until light and whites until stiff and add to cream. Turn into orange mixture and continue freezing.

**Lemon and Orange Sherbet**

3 Sunkist lemons  
3 Sunkist oranges  
3 cups sugar  
3 cups water  
Whites of 3 eggs  

Mix all together except egg-whites, which are beaten until stiff and added when sherbet is half frozen.

**Lemon Ice**

$1\frac{1}{2}$ cups sugar  
3 cups water  
$\frac{1}{2}$ cup Sunkist lemon juice  

Boil sugar and water 5 minutes; add lemon juice, cool, and strain into freezer. Pack with 3 parts ice to 1 part salt; let stand 5 minutes; then freeze until stiff.

**Orange Ice**

2 cups water  
1 cup sugar  
1 teaspoon grated orange rind  
$\frac{3}{4}$ cup Sunkist lemon juice  
1 cup Sunkist orange juice  

Boil water, sugar and orange rind 5 minutes; cool; add lemon and orange juices; strain and freeze.

**Orange Ice Cream**

3 cups Sunkist orange juice  
1 cup sugar  
1 cup thick cream  
2 cups thin cream or milk  

Mix sugar and orange juice thoroughly. Add cream or cream and milk and freeze. Or add just thin cream or milk, freeze to a mush, add whipped cream and continue freezing.

**Manhattan Pudding**

$\frac{3}{4}$ cups Sunkist orange juice  
$\frac{3}{4}$ cup Sunkist lemon juice  
$\frac{1}{2}$ cups powdered sugar  
1 cup heavy cream  
2 cups chopped burnt almonds  
1 teaspoon vanilla  

Dissolve $\frac{3}{4}$ cup sugar in fruit juices. Turn into chilled mold or can of ice cream freezer. Whip cream, add remaining sugar, almonds and vanilla; pour over first mixture, seal tightly; pack in equal parts of ice and salt for 3 hours.

**Orange Pecan Cream**

Juice of 6 Sunkist oranges  
Juice of 1 Sunkist lemon  
1 cup sugar  
1 tablespoon boiling water  
1 cup minced pecans  
$\frac{1}{2}$ cups whipped cream  

Add boiling water to sugar. Add fruit juices and pecans. Fold in whipped cream. Freeze slowly.
Both orange and lemon juices are particularly adapted for the sweet sauces which add pleasing flavor and quality to the last course of the meal. These may be made in great variety to serve with all sorts of desserts, from the simplest pudding to plum pudding and ice cream.

**Lemon Sauce**

- 1 tablespoon cornstarch
- 1/2 cup sugar
- 1 teaspoon grated lemon rind
- 1 cup boiling water
- 2 tablespoons Sunkist lemon juice
- 2 tablespoons butter
- Sprinkling nutmeg
- Sprinkling salt

Mix cornstarch, sugar and grated lemon rind; add water gradually, stirring constantly. Boil 5 minutes. Remove from fire; add lemon juice, butter, nutmeg and salt. Serve hot.

**Lemon Hard Sauce**

- 1/4 cup butter
- 1 1/2 cup powdered sugar
- 2 tablespoons Sunkist lemon juice
- Grated rind 1/2 lemon

Cream butter; add sugar while beating constantly; then add grated rind and lemon juice gradually.

**Orange Marmalade Sauce**

- 1/4 cup orange marmalade
- 1/4 cup Sunkist lemon juice
- 1/2 cup sugar
- 1/4 cup water

Boil all ingredients together for 5 minutes. Serve cold.

**Cream Pudding Sauce**

- 1 egg
- 3/4 cup powdered sugar
- 1 cup cream
- 2 tablespoons Sunkist orange juice
- 1 tablespoon Sunkist lemon juice

Beat egg until light; beat in powdered sugar. Add cream whipped until stiff and fruit juices. Serve ice cold.

**Orange Syrup Sauce**

- 1 cup Sunkist orange juice
- 3/4 cup Sunkist lemon juice
- Grated rind 1/2 lemon
- 1 teaspoon grated orange rind
- 1 cup sugar

Boil all ingredients together 15 minutes. Skim and strain; serve hot or cold.

**Orange Puff Sauce**

- Whites of 2 eggs
- Few grains salt
- 3/4 cup powdered sugar
- 1 Sunkist orange
- 1/2 Sunkist lemon

Beat whites of eggs with salt until very stiff; add sugar slowly, beating constantly; then add grated rind and juice of the orange and juice of the lemon.

**Lemon Whipped Cream Sauce**

- 4 tablespoons Sunkist lemon juice
- 4 tablespoons sugar
- Grated rind 1 lemon
- 3/4 cup cream

Combine lemon juice, sugar and grated rind. Let stand until thoroughly chilled, then add whipped cream.
Orange Sabayan Sauce
Yolks of 2 eggs
$\frac{1}{4}$ cup sugar
1 cup Sunkist orange juice and pulp
Grated rind 1 orange
$\frac{1}{8}$ cup hot water
Beat yolks until thick; add sugar, orange and hot water. Cook over hot water until thickened. Serve hot.

Golden Sauce
2 eggs
3 tablespoons sugar
2 tablespoons Sunkist lemon juice
Grated rind $\frac{1}{2}$ lemon
2 tablespoons Sunkist orange juice
Beat yolks of eggs until thick, beat in 2 tablespoons sugar, lemon juice and rind and orange juice and cook over hot water until thick and creamy. Beat whites of eggs until light; add remaining sugar; add to first mixture and cook 1 minute. Cool, stirring occasionally.

Orange Sauce
1 cup sugar
2 tablespoons cornstarch
2 cups boiling water
$\frac{1}{3}$ cup Sunkist orange juice
Grated rind of 1 orange
1 tablespoon butter
Sprinkling salt
Mix sugar and cornstarch. Add water and cook until thick. Add orange juice and rind and butter with a light sprinkling of salt. Serve hot.

BREAD and BISCUITS

Raised Orange Rolls
1 yeast cake
$\frac{1}{4}$ cup lukewarm water
1 egg
1 tablespoon melted lard
1 tablespoon melted butter
1 teaspoon salt
2 tablespoons sugar
Juice and pulp 2 Sunkist oranges
Grated rind 2 oranges
3 cups flour
Dissolve yeast in lukewarm water; add well-beaten egg, lard, butter, salt, sugar, orange juice, pulp and rind and flour. Beat until smooth, adding more flour if necessary; knead until smooth and elastic and let rise 1 hour or until double in bulk; knead again and shape like Parker house roll, placing half-section of orange pulp in center. Let rise again until double in bulk, bake in a hot oven (450 degrees) 25 minutes. While hot spread between layers and on top with Orange Butter Icing.

Baking Powder Orange Rolls
2 cups flour
4 teaspoons baking powder
$\frac{3}{4}$ teaspoon salt
2 tablespoons shortening
Grated orange rind
$\frac{3}{4}$ cup milk or water
Loaf sugar
Powdered sugar
Juice of 2 Sunkist oranges
Sift flour, baking powder and salt. Work in shortening. Add 1 tablespoon grated orange rind and milk or water. Roll and cut out. Moisten half as many cubes of loaf sugar as there are biscuits with orange juice. Put between biscuits. Spread tops with powdered sugar moistened with...
orange juice, sprinkle with orange rind. Bake in a hot oven (450 degrees) 15 minutes.

**Orange Sandwich Bread**
3 cups flour
4 teaspoons baking powder
1/2 cup sugar
1/2 teaspoon salt
1/4 cup chopped walnuts
1/4 cup candied orange peel, chopped
1 cup milk
1 egg

Sift dry ingredients. Add nuts and orange peel. Add milk with well-beaten egg. Put into greased bread pan, let stand 10 minutes, then bake in a moderate oven (375 degrees) 45 minutes.

### Sandwiches, Toast and Fritters

**Orange Honey Sandwich Filling**
1 cup sugar
1/4 cup water
1/4 cup Sunkist orange juice
1/2 tablespoon Sunkist lemon juice
1/2 cup finely chopped orange peel.

Boil sugar, water, orange and lemon juice until syrup spins a thread. Add chopped orange peel. Again bring to boiling point; cool and use as a sandwich filling in whole wheat or nut bread.

**Fruit Filling for Sandwiches**
1/2 cup chopped raisins
1/2 cup chopped walnuts
1/2 tablespoon Sunkist lemon juice

Mix raisins and walnuts and moisten with lemon juice.

**Raisin Bread Sandwiches**
Peel and slice oranges and cut slices into fourths. Place on pieces of buttered raisin bread, spread with mayonnaise mixed with candied cherries and add top slice of bread.

**Candied Orange Peel Sandwiches**
1/4 cup candied orange peel
1/4 cup crystallized ginger

1/4 cup candied cherries
1/4 cup blanched almonds
1/4 cup mayonnaise

Mince orange peel, ginger, cherries and almonds and mix with mayonnaise. Spread on whole wheat bread.

**Toasted Marmalade Sandwiches**
Spread thin slices of bread with butter and Sunkist orange marmalade. Put slices together, toast, cut in halves crosswise and serve hot.

**Orange Cream Toast**
1 teaspoon cornstarch
1 tablespoon cold water
Juice 1/2 Sunkist orange
1/4 cup orange pulp
Few grains salt
Sugar
Cinnamon

Mix cornstarch and cold water; add orange juice and boil, stirring constantly, for 5 minutes. Add orange pulp and salt, pour over buttered toast and sprinkle with sugar and cinnamon.

**Orange Toast**
1/4 cup Sunkist orange juice
Grated rind 1 orange
1/2 cup sugar
6 slices buttered toast

Mix orange juice and rind with sugar. Spread on hot buttered toast and put in hot oven or under broiler to brown.

**French Toast, Orange Sauce**
Serve hot French toast with Orange Sabayan Sauce or Golden Sauce.

**Orange Fritters**
2 Sunkist oranges
1 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
2 eggs
1/2 cup milk
1 tablespoon melted butter

Sift dry ingredients. Add eggs, milk and melted butter and stir until well mixed. Dip in orange sections. Fry in deep fat.
In the search for candies which are pure, wholesome and appropriate for children, those which are made with fruit juices are found to be the most healthful form of sweets. Here are some simple candies that the children themselves may make easily; also a number of other confections which are delightful to serve with afternoon tea.

**Orange Fudge**

- 1 1/2 cups sugar
- 1/2 cup milk
- 2 tablespoons butter
- 1 tablespoon Sunkist orange juice
- 1 teaspoon grated orange rind
- 1/4 cup candied orange peel

Boil sugar and milk for 5 minutes. Add butter, orange juice and grated rind and boil until a little dropped in cold water forms a soft ball. Remove from fire, cool and beat until creamy. Add orange peel cut in small pieces. Turn into buttered pan and when cool mark into squares.

**Lemon Creams**

- 2 cups sugar
- 1/4 cup water
- 1/4 cup Sunkist lemon juice
- Yellow coloring

Mix sugar, water and lemon juice and boil without stirring until a little dropped in cold water forms a firm ball. Set in a pan of cold water and beat until the mixture begins to look cloudy; add yellow coloring and drop on waxed paper to form wafers.

**Orange Fondant**

- 2 cups sugar
- 1 1/2 cup Sunkist orange juice
- Few strips orange rind

Put sugar, orange juice and rind in saucepan and stir until well mixed. Cook without stirring until a little dropped in cold water forms a soft ball. Wipe down crystals which may form on sides of pan with wet cloth. When done remove from heat and set in pan of cold water. Remove orange rind and pour fondant out on platter wet with cold water. Work with a wooden spoon or spatula until cold enough to handle, then knead until smooth and creamy. Make into candies or bonbons.

**Uncooked Orange Fondant**

- 2 tablespoons Sunkist orange juice
- 2 teaspoons Sunkist lemon juice
- 1 teaspoon grated orange rind
- Yolk of 1 egg
- Sifted powdered sugar

Mix fruit juices and rind; let stand 30 minutes, strain and add to slightly beaten egg yolk. Add powdered sugar gradually, stirring constantly until mixture is stiff enough to hold its shape.

**Candied Oranges**

Peel oranges and divide into sections, discarding all white inner skin. Make a syrup of 2 cups granulated sugar and 2 cups water. Cook to hard ball stage. Take from fire and dip in orange sections, draining on a fine wire sieve. Let stand until cool.
Candied Orange Peel
Put peel from 8 Sunkist oranges in cold water; heat to boiling point and cook gently until very tender. Drain; put in cold water, and when cold remove membrane and soft part. Boil 1 cup sugar and 1/2 cup water until syrup spins a thread; put in peel and cook gently until syrup is evaporated and peel looks clear. Drain on wire cake cooler and leave in open air until thoroughly dried.

Candied Lemon Peel
Follow directions for Candied Orange Peel.

Lemon Taffy
2 cups sugar
4 tablespoons Sunkist lemon juice
4 tablespoons water
2 tablespoons butter
Melt butter, remove from heat, add sugar, lemon juice and water, stirring until well mixed. Cook until a little dropped in cold water becomes brittle. Pour on buttered plates and when cool pull until white and glistening. Draw into long narrow strips and cut in pieces with scissors or sharp knife.

SUNKIST ORANGEADE

FRESH FRUIT DRINKS

COOLING drinks for summer luncheons or dinners, simple refreshments for afternoon or evening parties, all call for lemon and orange juices as the basic ingredients. The pure natural fruit juices lend a fresh, appetizing flavor that is acceptable at any time of the day and at all seasons. Lemonade and orangeade are suitable for any form of service, while the more elaborate fruit punches are suggested for parties.

Sunkist Orangeade
1/2 cup sugar
2 1/2 cups water
Grated rind 1 orange
2 cups Sunkist orange juice
3 tablespoons Sunkist lemon juice
Boil sugar, water and orange rind together for 5 minutes. Chill, add fruit juice and serve.

Sunkist Lemonade
Juice 6 Sunkist lemons
3/4 to 1 cup sugar
6 cups cold water
Put sugar in cup; add iced-water. Stir until sugar is dissolved; add lemon juice and serve immediately.

Orange Egg Nog
For each portion, beat one egg thoroughly, add one-half cup Sunkist orange juice, one tablespoon Sunkist lemon juice and one tablespoon of sugar. Mix thoroughly.

Lemon Syrup
1/2 cup sugar
1/2 cup water
3/8 cup Sunkist lemon juice
Boil sugar and water together for 5 minutes; cool and add lemon juice; strain and put in refrigerator until ready to use. Dilute with 6 parts iced water to one part syrup.

ALL MEASUREMENTS ARE LEVEL
**Pineapple Punch**

1 quart water  
2 cups sugar  
2 cups chopped pineapple  
1 cup Sunkist orange juice  
3/4 cup Sunkist lemon juice  

Boil water, sugar and pineapple 20 minutes. Add fruit juices, cool, strain and dilute with iced water if necessary. Either fresh or canned pineapple may be used.

**Mint Julep**

2 cups sugar  
1 quart water  
12 sprigs fresh mint  
1 1/2 cups boiling water  
1 cup Sunkist orange juice  
Juice of Sunkist lemons  
1 cup strawberry juice  
1 pint grape juice  

Boil sugar with 1 quart water 20 minutes. Chop mint and pour over it 1 1/2 cups boiling water. Let stand 5 minutes, strain and add to syrup. Add fruit juices and chill. Pour into punch bowl, add grape juice, dilute with iced water. Serve with mint leaves in each glass.

**Ginger Ale Punch**

1 cup hot tea infusion  
1 cup sugar  
3/4 cup Sunkist orange juice  
3/4 cup Sunkist lemon juice  
1 pint ginger ale  
1 pint mineral water or ice water  
Few slices Sunkist orange  

Pour tea over sugar, cool and add fruit juices; turn into large punch bowl over blocks of ice. Just before serving add ginger ale, mineral or iced water and orange slices.

**Grape Juice Lemonade**

4 Sunkist lemons  
1 1/2 pints water  
1 pint grape juice  
1 cup sugar  

Mix lemon juice with other ingredients. Turn into pitcher half filled with ice and stir thoroughly. Let stand 10 minutes before serving.

**Hot Spiced Lemonade**

4 Sunkist lemons  
1 quart boiling water  
1 teaspoon whole cloves  
1 cup sugar  
6 cherries cut in small pieces  
1 tablespoon minced crystallized ginger  

Extract juice from 3 lemons; cut remaining lemon into thin slices, pour boiling water over sliced lemon and add remaining ingredients.

**Fruit Punch**

1/2 cup Sunkist lemon juice  
1 tablespoon grated lemon rind  
Grated rind of orange  
1 cup Sunkist orange juice  
1 quart water  
3/4 cup sugar  

Cook sugar and water for 3 minutes; cool, and add the other ingredients.

**Cider Punch**

1/2 cup Sunkist orange juice  
1/2 cup Sunkist lemon juice  
1 cup white grape juice  
1 cup cider  
1/2 cup sugar  

Mix fruit juices, cider and sugar; stir well and pour over large pieces of ice.

**Iced Tea**

1 quart boiling water  
4 teaspoons Ceylon tea  
3 Sunkist lemons  

Pour boiling water over tea, cover closely and let stand 5 minutes; strain. Pour into tall glasses half filled with ice, to each glass add 1 tablespoon lemon juice and thin slice of lemon.

**Afternoon Tea**

Make same as Iced Tea. Serve with thin half slices of orange and lemon, through each of which a clove has been stuck. Accompany with candied orange and lemon peel and crystallized ginger.
Because both oranges and lemons provide a large content of pectin, the ingredient which is essential in jelly-making, they are invaluable additions to practically all jellies, jams and conserves.

Their peculiar advantage lies in the fact that good oranges and lemons are in the market at all seasons of the year and thus it is no longer necessary to put up a whole stock of preserves against the winter’s needs. When the fruit closet inventory is running low you can make your preserves of this kind as you need them.

By adding the Lemon Pectin Extraction, for which the recipe is given here, to raspberries, peaches or other fruits which are low in pectin content, a satisfactory jelly may be procured without materially adding to the cost.

Amber Marmalade
Bitter Orange Marmalade

8 Sunkist oranges
4 Sunkist lemons
16 cups cold water
10 cups sugar

Peel oranges, removing peel in quarters; cut the pulp in slices. Scrape white membrane from the skin and cut the yellow rind in strips. Prepare lemons by the same method. Add cold water to fruit and rind and let stand overnight. Cook slowly two hours; add sugar and let stand over night. Cook again for one hour and turn into sterilized glasses or jars.

Lemon Pectin Extraction
Remove yellow outer skin of fruit carefully, peeling it off completely; remove white inner skin from juicy portion; put this white inner skin through meat grinder, cover with cold water and let stand overnight. Cook 3 hours and strain. Add two tablespoons of this extraction to juice from each cup of fruit used.

Orange Marmalade

6 Sunkist oranges
2 Sunkist lemons
12 cups cold water
7 cups sugar

Peel oranges, removing peel in quarters; slice thin. Scrape the white membrane from the skin and cut the yellow rind in thin strips with a sharp knife. Slice the lemons very thin through pulp and rind. Add cold water and let stand 24 hours. Bring to boiling point and boil 3 hours. Add sugar, boil 1 hour and pour into sterilized glasses or jars.

Strawberry Conserve

1 quart ripe strawberries
1 cup seeded raisins
4 cups sugar
2 Sunkist oranges
1 Sunkist lemon
1/2 cup chopped walnuts

Wash and drain strawberries, put into preserving kettle with raisins, sugar, grated rind and pulp of oranges and lemon. Cook slowly for 30 minutes, add walnuts and continue cooking 10 minutes longer. Turn into sterilized glasses or jars.

All measurements are level.
Prune and Orange Jam

2 cups prunes
4 Sunkist oranges
1 cup sugar
½ cup water

Wash prunes and cut pulp from pits. Put pulp through a food chopper. Peel oranges and cut in small pieces. Cut rind of 2 oranges into small pieces. Mix all together, add sugar and water; cook slowly until thick. Turn into sterilized glasses and when cool cover with paraffin.

Apple Marmalade

6 Sunkist oranges
3 Sunkist lemons
9 apples
9 cups sugar
3 cups water

Pare and slice apples and cover with lemon juice. Wash oranges and cut into thin slices. Slice lemon rind. Add sugar and water and let stand 1 hour. Cook slowly to boiling point; boil 1 hour or until of the consistency of marmalade. Turn into sterilized glasses or jars and seal when cool.

Lemon Mincemeat

4 Sunkist lemons
2 apples
1 pound currants
¼ cup raisins
¼ cup chopped nuts
½ cup melted butter
2 cups sugar
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon ground cloves
1 teaspoon ground ginger
1 teaspoon ground allspice

Squeeze juice from lemons and cook peel until soft. Put through meat-chopper and then rub through a sieve. Add chopped apples and remaining ingredients, mix well and store in jars. Use as a filling for turnovers and pies.

Carrot Marmalade

12 raw carrots
4 cups sugar
3 Sunkist lemons
1 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground allspice

Grate carrots, add sugar and let stand one hour. Add lemon juice and spices. Cook slowly for 1 hour. Turn into sterilized jars and seal when cold.

Orange Conserve

6 Sunkist oranges
1 Sunkist lemon
4 cups sliced rhubarb or cranberries
4 cups sugar
1 cup seeded raisins
1 cup walnut meats

Grate rind from oranges and lemon; cut pulp in slices, discarding white membrane and seeds. If sliced rhubarb is used, place it in a colander and pour boiling water over it; then drain thoroughly. If cranberries are used, cut them in halves, place in colander and run cold water over them. Mix fruit, grated rind, sugar and raisins. Cook slowly until thick; add nuts and cook 10 minutes longer. Turn into sterilized glasses or jars.

Orange Honey

6 Sunkist oranges
1 Sunkist lemon
1 cup hot water
6 cups sugar

Remove peel from oranges, cover with boiling water and cook until tender. Drain, remove white membrane, dry rind and put through food-chopper. Grate yellow part of lemon and add to orange rind. Cut pulp of oranges and lemons into small pieces, discarding all seeds. Bring 1 cup hot water and sugar to boiling point. Add orange and lemon pulp and rind and cook 25 minutes after boiling point is reached. Pour into sterilized glasses and cover.
Grapefruit Marmalade

2 large grapefruit
2 Sunkist oranges
2 Sunkist lemons
Cold water
Sugar

Peel fruit, discarding seed and one-half of rind. Remove white membrane from remaining rind and cut in narrow strips. Mix strips with pulp cut in slices; measure and for each cup add 3 cups of water. Let stand overnight. Bring to boiling point and boil 10 minutes. Let stand again overnight. Add 1 cup sugar for each cup of pulp. Cook two hours or until a little dropped on a cold saucer forms a jelly-like clot. Turn into sterilized glasses and when cool cover with paraffin.

Preserved Oranges

Peel large Sunkist oranges, cut in ¼ inch slices and cover with cold water, allowing 1 cup water for each orange. Let stand 24 hours. Cook in same water until tender. Add 1 cup sugar and the juice of 1 lemon for each orange. Cook until transparent. Place in glasses or jars, cover with syrup and seal.

Orange Jelly

6 Sunkist oranges
3 Sunkist lemons
Cold water
Sugar

Cut oranges and lemons in very thin slices, discarding seeds. Measure and for each cup allow 3 cups water. Bring to boiling point and boil 1 hour. Let drain in jelly-bag overnight. Measure juice and for each cup add 1 cup sugar. Boil until a little dropped on a cold saucer forms a jelly-like clot. Turn into sterilized jars and when cold cover with paraffin.

Orange Sweet Pickle

4 Sunkist oranges
2 cups sugar
1 ½ cups vinegar
1 teaspoon whole cloves
1 teaspoon stick cinnamon

Peel oranges, removing all white membrane; cut into thick slices; steam until clear and tender. Boil sugar, vinegar and spices for 25 minutes. Add fruit and simmer slowly for one hour. Place in sterilized jars and seal.

**DISHES for the SICK and CONVALESCENT**

When cooking for the sick and convalescent, the appearance and flavor of foods must be given particular care. It is usually necessary to appeal to a wavering appetite and to provide a tempting variety while still remaining within the limitations of the physician’s orders.

Oranges and lemons are acceptable to almost every palate. Their delicious, slightly acid flavor awakens and stimulates the appetite and their natural salts and acids directly assist digestion. Although known as “acid foods”, their reaction in the body is alkaline, so that they serve as a balance to eggs, fish, meat and other.
protein foods and thus act as an aid to proper nutrition which is important to the building up of the convalescent’s strength.

Oranges contain a large percentage of natural fruit sugar which provides energizing food value in an easily assimilated form. The organic salts and acids also have a slightly laxative effect, a decided advantage in sickroom diets.

For the patient on a liquid or uncooked food diet, oranges are so quickly and easily prepared for service that they may be included in every meal.

Oranges and lemons are generally accepted as two of the most valuable carriers of the important vitamins, elements which contribute vitally to the rebuilding and restoring of normal health.

In tray service, the golden hue of oranges adds a cheerful note of color, while the clear waxy skin of lemons used as a garnish increases the attractiveness of many dishes—very important features of sickroom meals.

The dietitian of a large Eastern hospital which serves its private room patients a la carte orders states that the dessert most frequently ordered is Orange Bavarian Cream. The recipe for this popular dish will be found on page 28.

Other recipes suitable for use for special diet patients are

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**Lemon Whey**

1 cup milk
2 tablespoons Sunkist lemon juice

Heat the milk in a double boiler and add the lemon juice. Cook without stirring until the whey separates. Strain through a double thickness of cheesecloth. Add sugar to taste and serve at once or chill and serve cold.

**Orange Omelet**

1 egg
Few gratings orange rind
1 tablespoon orange juice
Few grains salt
1 Sunkist orange
2 teaspoons butter
2 teaspoons powdered sugar

Beat the egg slightly, adding the orange rind and juice and salt. Peel the orange, removing all white membrane, and cut into very thin slices. Sprinkle with one teaspoon of the powdered sugar. Melt the butter in hot individual omelet pan or frying pan. Pour in the egg mixture and cook over a low heat, shaking the pan and pricking the mixture with a fork until all the mixture is cooked. Roll or fold and turn out on to serving dish. Sprinkle with remaining sugar and surround with slices of orange.

**Hot Lemonade**

2 tablespoons Sunkist lemon juice
3/4 cup boiling water
1 tablespoon sugar

Add the sugar to the boiling water and stir until dissolved. Add lemon juice and serve.

Another method for making hot lemonade is to slice a Sunkist lemon (including skin) and pour boiling water over it. Let stand 10 minutes, add sugar and serve.
THAT orange juice is the ideal fruit juice for infants practically all doctors agree. In a questionnaire sent to 118 child diet specialists by the California Fruit Growers Exchange, asking what fruits they recommended most often for children under three years of age, 93 out of the 107 who replied simply wrote "Oranges."

Some of the reasons they gave for this choice were:

Orange juice is easily digested. Its salts and acids form the best natural, mild laxative that physicians know. It is a preventive of children's disorders due to sterile or deficient food. It has a naturally corrective medicinal effect. And, not to be overlooked, all children like oranges.

Orange juice helps to build up a sound, healthy bone-and-muscle structure and gives the baby the right start.

It is particularly helpful in building good tooth structure.

Aside from its regulatory benefits, orange juice supplies a necessary element to growth—vitamines.

Probably the first food, other than mother's milk, that the naturally fed baby will receive is orange juice, beginning with a teaspoon a day diluted with an equal quantity of water, as early as the sixth week.

For the artificially fed baby, orange juice is of even greater importance, since nutrition experts have found that orange juice supplies the vitamines which are very necessary but in which even so good a food as milk is deficient when subjected to pasteurization.

It is the abundance of two of the known vitamines, and the probable presence of the third, that makes orange juice a most important factor of the child's diet.

But it is because of the great abundance of vitamine "C," which is essential to normal complete nutrition, that oranges are so important to children. The absence of the vitamine "C" causes scurvy and the milder forms of the same disease which are identified by the usual symptoms of malnutrition, such as lassitude, lack of appetite, etc.

Raw fruits, except in the form of fruit juice, should be introduced into the child's diet cautiously. Indeed, children with weak digestions should have fruit only as juice. Cooking is known to lower the vitamine "C" content of any foods. Fresh fruit juice is, therefore, preferable to a cooked juice.

In modern nutrition clinics, where the feeding of undernourished children has received the most scientific thought, the use of orange juice mixed with

SUNKIST RECIPES
It is well to buy lemons by the dozen in order that they may always be at hand. Not only do they enter into the preparation of all sorts of dishes, but they have many uses in the kitchen and laundry. Lemons purchased by the dozen are usually bought cheaper than when one gets merely three or four at a time.

Culinary Uses of Lemons

In boiling fish, add lemon juice to the water; this helps to keep it whole and thus preserves flavor and nutriment.

A few drops of lemon juice in the water in which old potatoes are cooked will keep them from discoloring.

Before using bananas for salads or desserts, roll them in lemon juice.

A few drops of lemon juice in the water in which eggs are poached will keep the eggs from separating.

When whipping cream, add three or four drops of lemon juice to a cup of cream to make it stiff and firm.

A teaspoon of lemon juice added to the water in which lamb or veal for stew is cooked will add to the flavor and tenderness of the meat.

Kitchen Uses of Lemons

Put a few drops of lemon juice in the food chopper before grinding sticky fruits, such as figs, raisins or dates, and the grinder will not only be easier to clean but the food will be saved since it will not stick to the utensil.

When aluminum kettles have become dull or black, clean them with a cloth dipped in lemon juice, then rinse in warm water.
A few drops of lemon juice in the rinsing water will give luster to glassware.

Wooden drainboards or mixing boards may be kept free from grease and cleaned by rubbing with half a lemon or lemon rind.

After the juice has been extracted, dip the rind in salt to clean tarnished copper or brass.

Immediately after dishwashing, while the hands are still a bit moist, drop a little lemon juice in the palms and rub it well over the hands, to keep them soft and white.

Laundry Uses

To remove iron rust, fruit or ink stains, rub the spots well with lemon, then cover with salt and place in the sun. If the spots are obstinate, repeat this process several times.

When towels become dingy, put them in a pan of cold water with soap and lemon juice. Heat gradually to boiling point. Rinse in lukewarm water and blue as usual.

To bleach linen or muslin, moisten with lemon juice and spread on the grass in the sun.

The juice of a lemon to a tub of water helps to break hard water.

Embroidery, laces and fine lingerie which have become badly yellowed may be made snowy white by boiling in water to which a little bluing and the juice of a lemon have been added.

To clean the white keys of the piano, rub with paste made of whitening and lemon juice.

The marks on paint made by scratching matches there may be removed by rubbing them with a cut lemon.
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Buy by the Dozen

HAVING California lemons always in the house is a useful convenience and a measure of healthfulness.

Buying them always by the dozen usually means buying them cheaper as well as taking full advantage of their handy utility.

There are many good daily uses for lemons. Try them all.

- Hot lemonade. Try it for colds
- Cold lemonade—the Aristocrat of soft drinks
- Try the tang of lemon in iced tea
- Man’s favorite dessert—real lemon pie
- Lemon juice in place of vinegar
- The ideal flavoring for all kinds of punch
- Lemon enhances the flavor of the finest teas
- The grated rind to flavor cakes, icings, etc
- The natural, healthful sauce for fish
- Delicious, cooling in a sherbet
- Fresh juicy lemons—Delicious Hollandaise
- A good looking, healthful garnish for vegetables