SUNKIST ORANGE RECIPES for Year-round Freshness!
These recipes come to you from the Sunkist kitchen, where they have been carefully tested to make certain that they will give complete satisfaction. Sunkist oranges are available every day in the year, fresh from California’s finest groves.

PREPARING SUNKIST ORANGES FOR TABLE USE

Freshly extracted Sunkist orange juice is one of the most popular and healthful of beverages. An 8-ounce glass is an important breakfast rule.

Sunkist oranges also have special value for fruit cups, salads and desserts. In addition to excellence of flavor they are practically free from seeds and of firm texture, easy to prepare in the slices and sections used for these dishes. For sections and slices, large and medium sizes are best. Smaller sizes are usually “best buys” for juice purposes.

TO PEEL: In the preparation of oranges for salads and desserts, use a sharp, stainless knife. Remove all outer peel and membrane; cut right down to the juicy sections as shown in upper left illustration.

SECTIONS: To obtain perfect sections free of membrane cut down on either side of the dividing membranes of the peeled oranges. This releases each individual section as shown.

SLICES: Thick or thin slices are easily cut from the smoothly peeled oranges.

PIECES: Cut sections or slices in pieces.

ORANGE CUPS: Fluted orange cups are simply made. The sharp knife is the only tool necessary. Pierce knife to center of unpeeled orange with zigzag strokes which meet to make points of the scallops, as illustrated. Separate the two orange halves and remove the juicy sections. See finished cup on page 24.

GRATED PEEL: For grating orange peel use a grater with holes about 1/8 inch in diameter, and about 1/4 inch apart. When this shredder-type grater is used, and only the outer, orange-colored layer of the orange, which contains the oils that give flavor, is removed, the resulting grated peel is in the form of fluffy, orange flakes. This is preferred for flavor and economy to commercially prepared extracts. Grated peel is used to flavor cakes, pies, breads, desserts, frostings, fillings and sauces. Sunkist oranges have clean skins of waxy texture best suited for this use.

CALIFORNIA FRUIT GROWERS EXCHANGE
Los Angeles, California

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Oranges are universally recognized for their important contributions toward buoyant health. California oranges assure you a rich everyday source of the important vitamin C, plus vitamins A, B₁, and B₂ for a well balanced diet. Vitamins B₁, C, and B₂ cannot be stored in the body like vitamin A and should be replenished daily.

Oranges, too, are a valuable source of minerals, particularly calcium, phosphorus and small, yet extremely available, amounts of iron. The fruit acids which give oranges their refreshing flavor are completely “burned” by the body, and leave an alkaline ash in the form of minerals. These counteract acidity. The highly assimilable fruit sugars are a quick source of food energy. The cellulose is valuable for its laxative effect.

Fresh orange juice contains an average of 0.5 milligram of vitamin C per cubic centimeter, or 15 milligrams per ounce. The daily eight ounce glass of orange juice, therefore, furnishes the 100 milligrams of vitamin C which authorities find necessary to maintain optimum vitamin C nutrition for the growing child and normal adult.

Sunkist oranges are truly a most protective food.
ORANGE JUICE

Orange juice should always be served fresh since flavor is lost when juice stands even for a short time. A good reamer or an electric or mechanical extractor and a liberal supply of oranges at all times make it possible to extract the juice fresh for each service. (See description of Sunkist Juicit on inside back cover.)

Plan to serve chilled juice. Store oranges in refrigerator for several hours or overnight, then extract the juice. This avoids flavor loss from ice dilution. Serve an 8-ounce glass for breakfast, or as an appetizer for any meal. California oranges are practically seedless and juice does not need to be strained.

Variations: Add juice of ½ lemon to each glass of juice.

Serve chilled Sunkist orange juice in tall glasses with a scoop of Orange Sherbet or Orange Ice Cream floating in each.

Garnish orange juice with orange slices, berries, cherries or mint sprigs.

SUGAR SYRUP

Boil equal amounts of sugar and water about 5 minutes. Cool, and use to sweeten beverages.

ORANGEADE

2 cups Sunkist orange juice
½ cup Sunkist lemon juice

½ cup sugar or 1 cup sugar syrup
1 cup water

Combine ingredients and stir well. Pour over cracked ice in tall glasses. Garnish with orange slices, mint sprigs and berries. (Serves 4.)

SUNKIST GINGER FLIP

2 cups Sunkist orange juice
½ cup Sunkist lemon juice

¼ cup sugar
1 pint ginger ale

Combine, adding ginger ale last. Serve at once over cracked ice in tall glasses. (Serves 6.)

ORANGE FREEZE

See Sunkist Ginger Flip. Substitute carbonated water for ginger ale and float a scoop of Orange Sherbet in each glass. Garnish with orange slices and mint. (Serves 6.)
HOT FRUIT PUNCH

2 cups boiling water
4 teaspoons tea
2 cups sugar
2 cups Sunkist orange juice
1 cup Sunkist lemon juice
1 cup grape juice or cider
10 cups boiling water
Sunkist orange and lemon slices

Prepare tea as for Catalina Cooler. Add sugar and reheat to almost boiling. Add the fruit juices, boiling water and fruit slices. Serve at once while hot.
Yield: about 1 gallon.
(Serves 16 large glasses or 32 punch glasses.)

Variations: Top hot punch with marshmallows, or spoonfuls of meringue made by beating 2 egg whites stiff with 4 tablespoons sugar, or spoonfuls of slightly sweetened whipped cream.

CATALINA COOLER

2 cups boiling water
8 teaspoons tea
1 1/2 cups sugar
5 cups Sunkist orange juice
1 cup Sunkist lemon juice
2 quarts iced water, ginger ale or charged water
Sunkist orange and lemon slices and fresh cherries, berries, or banana slices
1 quart Orange Sherbet

Steep tea in boiling water 5 minutes. Strain. Dissolve sugar in hot tea infusion. Cool. Add chilled fruit juices. Just before serving from punch bowl add iced water or carbonated beverage. Garnish with orange and lemon slices and the other fresh fruit. Float “islands” of sherbet on top. A good party punch without sherbet.
Yield: about 1 gallon.
(Serves 16 large glasses or 32 small punch glasses.)
SUMMER FRUIT CUP
Combine:
21/2 cups Sunkist orange sections
1 cup watermelon balls
1 cup fresh pear slices

With:
1 cup Sunkist orange juice
1/4 cup Sunkist lemon juice
Sugar or honey to taste
(Serves 6.)

Golden Snowcap: Top Summer Fruit Cup with Orange Sherbet.

SOUTH SEA FRUIT CUP
Combine:
2 cups Sunkist orange sections
1 cup fresh pineapple cubes
1 cup shredded coconut

With:
1 cup Sunkist orange juice
2 teaspoons grated Sunkist orange peel

Add:
1 teaspoon diced, preserved or candied ginger
If available, add one of the following fruits: cherimoya, papaya or sapote.
(Serves 6.)

ORANGE AVOCADO CUP
Mix:
3 cups Sunkist orange slices cut in wedges
1 cup avocado balls
1/2 cup diced celery

With:
1 cup Sunkist orange juice
1/2 cup Sunkist lemon juice
(Serves 6.)

BROILED FRUIT CUP
Cut in halves with zig-zag strokes:
4 Sunkist oranges

Remove sections and membrane, reserving sections for cup filling. Refill orange cups with:
1/2 cup apple slices
1/2 cup seeded grapes
Orange sections

Dot with honey and butter. Place in shallow pan on broiler rack 3 or 4 inches below flame. Broil only until heated through and the peaks begin to brown. Serve hot. These are delicious cold weather appetizers.
(Serves 8.)

YEAR 'ROUND FRESH FRUIT CUP
Combine:
21/2 cups Sunkist orange sections
1 cup banana slices
1 cup unpeeled, red-skinned apple slices

With:
1 cup Sunkist orange juice
Dash of Sunkist lemon juice
Sugar or honey to taste
Cherries for garnish
(Serves 6.)
ORANGE GINGER ALE FRUIT CUP
2 cups chilled Sunkist orange sections
2 tablespoons sugar
2 tablespoons Sunkist lemon juice
1 12-ounce bottle ginger ale
Put orange, lemon juice and sugar in cocktail glasses. Just before serving, pour over chilled ginger ale. (Serves 6.)

FROSTED SUNKIST APPETIZER
4 cups Sunkist orange juice
1/4 cup Sunkist lemon juice
Mix the chilled juices and serve in frosted cocktail glasses. Frost edge of glasses by dipping rims in 1/4 cup Sunkist orange juice and then in either granulated or powdered sugar. A few shreds of grated orange peel mixed with the sugar adds an additional fragrance to the appetizer. (Serves 4.)

ORANGE EGG MILK SHAKE
1 cup Sunkist orange juice
1 cup fresh or evaporated milk
1 egg, slightly beaten
1 tablespoon sugar
1 teaspoon grated Sunkist orange peel
Beat or shake well with ice to chill. (Serves 2.)

BREAKFAST COCKTAIL
1 cup Sunkist orange juice
1 egg yolk
1/8 teaspoon salt
1 teaspoon honey, or sugar to taste
Beat together and serve in tall glass. Excellent for breakfast as well as a nutritious midafternoon drink. It may also serve as a refreshing supplement to a light luncheon. (Serves 1.)

ORANGE ICE CREAM SODA
2 cups Sunkist orange juice
1/2 cup sugar syrup
2 cups carbonated water
Vanilla or Orange Ice Cream
Mix juice and syrup in tall glasses. Almost fill glasses with carbonated water, and top with a scoop of ice cream. (Serves 2.)

HOLLYWOOD PARADE
1 quart Sunkist orange juice
1 quart Orange Sherbet
1 quart vanilla ice cream
1 quart chilled ginger ale
Beat orange juice, sherbet and ice cream with whirl-type beater until well mixed. Add ginger ale. Stir and serve at once from punch bowl. (Serves 30.)

SUNKIST RECEPTION PUNCH
8 cups sugar
2 quarts water
1/2 cup crushed mint leaves
3 quarts Sunkist orange juice
1 quart pineapple, grape or berry juice
1 quart Sunkist lemon juice
2 quarts iced tea
2 gallons water
2 quarts ginger ale
Sunkist orange and lemon slices and mint sprigs
Boil sugar with the 2 quarts water about 5 minutes. Add crushed mint. Cool and strain. Add fruit juices, tea and water. Just before serving add ginger ale. Pour over ice in punch bowls. Garnish with fruit slices and mint sprigs. (Serves 100.)

SORORITY ORANGE SPECIAL
5 cups Sunkist orange juice
11/2 cups Sunkist lemon juice
2 1/2 cups raspberry or cranberry juice
1 cup sugar syrup
1 quart carbonated beverage
Sunkist orange and lemon slices and berries
Mix fruit juices and syrup. Just before serving add carbonated beverage and pour over cracked ice in tall glasses or a punch bowl. Garnish with orange and lemon slices and whole berries. (Serves 12.)
BAKED ORANGE-GLAZED HAM

1 tablespoon grated Sunkist orange peel
1 cup Sunkist orange juice

1 cup brown sugar
Sunkist orange slices
Parsley

Place a ham, fat side up, in uncovered roaster. Bake in slow oven (300° F.) 25 to 30 minutes per pound. 45 minutes before ham is done remove rind and pour off most of fat in pan. Score the fat surface in diagonal lines with a sharp knife. Decorate with cloves. Blend the grated peel, orange juice and sugar. Spread mixture over surface of ham. Return to oven and baste frequently with mixture in pan. Serve garnished with whole thin slices of Sunkist oranges and parsley. Allow 1/4 to 1/3 pound per serving.
FRENCH ORANGE SLICES
Cut whole, unpeeled Sunkist oranges into slices about \(\frac{1}{4}\) inch thick. Marinate 30 minutes or more in Lemon French Dressing. Broil about 3 inches from flame for 5 to 10 minutes, or until edges of slices are slightly browned. Serve hot as a meat accompaniment.

ORANGE GARNISHES FOR MEATS
Sunkist oranges, unpeeled, in thin slices are the ideal garnish for pork, veal, lamb and poultry. Try the orange slices spread with cranberry sauce, currant jelly, mint jelly, paprika and salt, chili powder, minced parsley or mint.

Orange shells, filled with Orange Cranberry Relish, cranberry sauce or mint jelly are novel and decorative fruit garnishes.

BAKED ORANGES

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\begin{align*}
4 \text{ to } 6 \text{ Sunkist oranges} & \quad 2 \text{ cups sugar} \\
\frac{3}{4} \text{ cup light corn syrup} & \quad 2 \text{ cups water}
\end{align*}
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Boil whole, unpeeled oranges in water to cover, for about 30 minutes, or until tender. Drain and cool. Cut into halves, quarters or \(\frac{1}{2}\) inch slices. Mix corn syrup, sugar and the 2 cups of water together and cook 5 minutes. Pour this syrup over the cooked oranges which have been placed in a baking dish. Cover closely and bake in moderate oven (350° F.) for \(\frac{3}{4}\) hours. If orange pieces are not completely covered with syrup, baste frequently. To keep for future use pour into sterilized jars, fill to the top with syrup and seal.

Serve Baked Oranges hot or cold as accompaniment for ham, veal, lamb, pork or roast poultry; or as a salad with cottage or cream cheese.

SUNKIST BEETS

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\begin{align*}
2\frac{1}{2} \text{ cups sliced raw beets} & \quad 1 \text{ teaspoon salt} \\
1 \text{ cup Sunkist orange juice} & \quad 1 \text{ teaspoon grated Sunkist orange peel} \\
1 \text{ tablespoon butter} & 
\end{align*}
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Peel raw beets and slice thin into buttered casserole. Pour on remaining ingredients. Cover and bake in moderate oven (350° F.) about 1 hour. (Serves 6.)

ORANGE CANDIED YAMS

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\begin{align*}
4 \text{ medium-sized yams} & \quad \frac{1}{2} \text{ cup granulated sugar} \\
1 \text{ cup Sunkist orange juice} & \quad \frac{1}{2} \text{ cup brown sugar} \\
1 \text{ tablespoon grated Sunkist orange peel} & \quad 1 \text{ tablespoon corn starch} \\
& \quad 2 \text{ tablespoons melted butter}
\end{align*}
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Wash yams and boil until tender. Peel and cut in halves lengthwise. Place in buttered baking dish. Mix remaining ingredients and pour over yams. Bake about 1 hour in slow oven (300° F.). Baste several times during baking with syrup in dish. Garnish with slices of unpeeled oranges. (Serves 4.)
**WHIPPED SWEET POTATOES IN ORANGE SHELLS**

8 Sunkist oranges  
4 cups boiled or baked sweet potatoes  
2 teaspoons salt  
2 tablespoons melted butter  
8 marshmallows

Cut off tops of oranges and remove pulp and juice with a sharp knife and spoon. Whip sweet potatoes with salt, butter and orange juice to moisten to desired consistency. Use juice secured in preparing shells. Fill orange shells and top each with a marshmallow. Brown in moderate oven until heated through.  

(Serves 8.)

**ORANGE GOLD PARSNIPS**

6 medium-sized parsnips  
1 cup brown sugar, firmly packed  
1 cup Sunkist orange juice  
½ teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon paprika  
¼ cup butter or substitute  
Slices of unpeeled Sunkist oranges

Wash and peel parsnips; boil in water to cover until tender, about 30 minutes. Drain and cut lengthwise in strips about ¼ inch thick. Place in greased baking dish and add sugar, mixed with seasonings and juice. Dot with butter. Bake in moderate oven (350° F.) 30 minutes, or until heated through. Garnish with orange slices.  

(Serves 6.)
SUNKIST SHORTCAKE
Bake your favorite shortcake as one large cake or as individual cakes. Split while warm and place 4 cups sweetened Sunkist orange sections between layers and on top. Serve with Shortcake Sauce. Garnish with thin slices of Sunkist oranges.

Shortcake Sauce
1 cup Sunkist orange juice
1 cup sugar, or honey to taste
2 tablespoons grated Sunkist orange peel

Blend well. This sauce is good on waffles and French toast. (Serves 6.)

HOT BREAD HINTS
To a Sally Lunn recipe add 2 teaspoons grated Sunkist orange peel. Remove from oven. Sprinkle immediately with a mixture of granulated sugar and grated orange peel.

Substitute Sunkist orange juice for half the milk in waffle batter. Add 1 teaspoon grated orange peel. Bake as usual.
ORANGE HONEY BREAD

2 tablespoons shortening
1 cup honey
1 egg
1 1/2 tablespoons grated Sunkist orange peel
2 1/2 cups sifted flour
2 1/2 teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon salt
3/4 cup Sunkist orange juice
3/4 cup chopped nuts

Cream shortening and honey together thoroughly. Add well beaten egg and grated orange peel. Sift flour with baking powder, soda and salt. Add the flour mixture to the creamed mixture alternately with the orange juice. Add the nuts. Bake in greased loaf pan in moderate oven (325° F.) for 70 minutes.

Variation: Omit nuts and substitute 3/4 cup candied orange peel cut into bits.

This is an excellent tea loaf, using cream cheese and orange marmalade as a filling for the sandwiches. It is also ideal for school lunch sandwiches.

ORANGE BRAN MUFFINS

1/2 cup shortening
1/2 cup sugar
1 egg
1/2 cup all bran cereal
1 teaspoon grated Sunkist orange peel
1/2 cup Sunkist orange juice
1/4 cup milk
1 1/2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon soda

Blend shortening and sugar thoroughly. Add egg and beat until creamy. Stir in the cereal, orange peel, orange juice and milk. Sift flour with baking powder, salt and soda; add to first mixture and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in a moderately hot oven (400° F.) about 30 minutes. Yield: 8 to 12 muffins.

ORANGE TOAST

1/4 cup Sunkist orange juice
1 teaspoon grated Sunkist orange peel
1/2 cup sugar
6 slices buttered toast

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

ORANGE COFFEE CAKE

Top Crumb Mixture

1 cup flour
2 tablespoons melted shortening
2 tablespoons Sunkist orange juice
3/4 cup brown sugar
1 1/2 teaspoons grated Sunkist orange peel
1/2 teaspoon cinnamon

Blend the ingredients for the Crumb Mixture with a fork. Put aside to spread over dough.

Coffee Cake Mixture

2 cups sifted flour
1/4 teaspoon salt
1/2 cup sugar
4 teaspoons baking powder
4 tablespoons shortening
1 1/2 teaspoons grated Sunkist orange peel
1 egg
1/2 cup Sunkist orange juice
1/2 cup milk

Sift together the 2 cups flour, salt, sugar and baking powder. Add the 1 1/2 teaspoons grated orange peel. Cut in shortening with a pastry blender until mixture is like a fine corn meal. Combine the well beaten egg, orange juice and milk. Add to flour mixture, mixing with a fork. Spread dough evenly in well greased 9 inch square pan. Cover with Top Crumb Mixture. Bake in a hot oven (400° F.) about 30 minutes.
ORANGE MARMALADE
3 cups thinly sliced unpeeled Sunkist oranges
3 cups thinly sliced unpeeled Sunkist lemons
18 cups water
Sugar

Combine fruit and water; let stand 24 hours. Boil 10 minutes; again let stand 24 hours. Divide the mixture and cook only 2 cups of it at a time. Add 2 cups sugar for each 2 cups of fruit. Boil vigorously until syrup gives the jelly test of thick, reluctant drops which sheet together from a spoon. The time may vary from 12 to 18 minutes. When a wide kettle is used and evaporation is rapid the shorter cooking time will suffice. Cool a few minutes, and stir to prevent fruit from floating. Pour into hot, sterilized jelly glasses. Seal immediately with paraffin.

CANDIED ORANGE PEEL
Remove peel in quarters from 3 Sunkist oranges. Cover with water and boil 1/2 hour. Drain. Cover again with water. Boil 1/2 hour longer or until tender. Drain. Cut peel in strips. Bring 1 cup sugar, 2 tablespoons light corn syrup and 1/2 cup water to boil. Add the peel and cook gently in syrup to cover until peel is clear. Cool in syrup several hours or overnight. Reheat. Drain. Roll in granulated sugar.

ORANGE HONEY JELLY
Blend 2 1/2 cups full-flavored, strained, light colored honey with 3/4 cup strained Sunkist orange juice. Bring to a full, rolling boil. Add 1/2 cup liquid fruit pectin, stirring constantly. Heat to a full boil again. Remove from heat. Skim, and pour into clean, hot glasses. Cover with paraffin. Especially good with hot breads.

SPICED ORANGE PEEL
4 cups Sunkist orange peel, cut in strips
3 cups sugar
1 1/2 cups water
1/2 cup vinegar
1/4 cup preserved or candied ginger
12 whole cloves
1 or 2 pieces stick cinnamon

Cover orange peel with boiling water. Boil until tender, changing water twice. Drain. Prepare a syrup of sugar, water, vinegar and spices. Add peel and cook about 3/4 hour until syrup is thickened and peel is well seasoned. Seal in sterilized jars. Yield: about 2 pints.
SUNKIST ORANGE ROLLS

2 compressed yeast cakes
¼ cup lukewarm water
1 egg, well beaten
6 tablespoons melted shortening
2 teaspoons salt
½ cup sugar

¾ cup Sunkist orange juice
1 teaspoon grated Sunkist orange peel
4 cups sifted flour (about)

Combine ingredients in order given and beat until smooth, stirring in enough of the flour to make a soft dough. Turn onto floured board; knead until smooth and elastic. Place in greased bowl; brush with melted shortening. Cover; let rise in warm place until double in size. Knead again.

Parkerhouse Rolls: Roll dough ¼ inch thick. Cut in 2 inch rounds with floured biscuit cutter. Crease center of each with dull edge of knife. Brush with melted shortening, place an orange section on each; fold over and press lightly. Place close together on greased pan. Brush with melted shortening.

Clover Leaf Rolls: Shape dough into small balls and place 3 in each section of greased muffin pans. Brush with melted shortening.

For either the Clover Leaf or Parkerhouse Rolls cover and let rise in warm place until very light and doubled in size. Bake in hot oven (400° F.) about 20 minutes. Remove from oven. Spread tops of Parkerhouse rolls with Orange Icing. Yield: about 24 rolls.

Orange Icing

1 cup powdered sugar
Sunkist orange juice
1 teaspoon grated Sunkist orange peel

Mix sugar with enough orange juice to spread. Add grated orange peel.

Orange Refrigerator Rolls: After first rising of Sunkist Orange Rolls, knead the dough again. Store in a greased and covered bowl in the refrigerator. Two hours before baking time take out as much dough as needed. Let rise in a warm, greased bowl about an hour. Shape into rolls. Cover and let rise until double in size. Bake as directed above.
ORANGE SALAD BOWL

Serve your favorite salad green, or combination of greens with 6 sliced Sunkist oranges. Toss lightly with Lemon French Dressing. (Serves 4-6.)

Salad greens should always be crisp. One may choose from a wide variety, such as lettuce, romaine, watercress, endive or chicory, the inside leaves of raw spinach, parsley, mint, Chinese cabbage, and for a special color note, leaves of red cabbage. A color contrast of dark and light green leaves is attractive.

Fruits should also be chosen for color contrast. Sunkist oranges with their colorful, translucent meat, their few or no seeds, and their ease of slicing and sectioning, are the base for many decorative fresh fruit salads.
**SUNKIST CHEF’S SALAD BOWL**

2 cups mixed salad greens—lettuce, romaine, watercress, spinach or chicory
2 cups Sunkist orange slices

1/2 cup ham slivers
1/2 cup celery pieces
1/2 cup Lemon French Dressing
2 hard cooked eggs

Cut the cold, crisp salad greens into small sized pieces, and the orange slices into fourths. Combine with ham, celery and dressing in large salad bowl. Toss lightly together. Garnish with slices of hard cooked eggs. (Serves 6.)

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**SUNKIST FIESTA SALAD**

Sunkist oranges
Bermuda onion

Stuffed olives
Salad greens

Cut peeled oranges in 1/2 inch slices. Arrange sandwich fashion with a thin slice of onion between each two orange slices. Garnish with stuffed olives and serve on crisp salad greens with Lemon French Dressing.

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**CALIFORNIA COLESLAW**

2 cups Sunkist orange sections
2 cups shredded cabbage

Sour Cream Dressing

Shred crisp, fresh cabbage quite fine. Mix with the orange sections and enough Sour Cream Dressing to moisten. Garnish with whole orange slices. (Serves 6.)

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**SANTA ANITA SALAD**

2 medium-sized avocados
Ripe olives
12 unhulled strawberries

2 cups Sunkist orange sections
1 cup sliced strawberries

Watercress

Cut slices of unpeeled avocado to represent horseshoes and arrange 3 on each salad plate. Dot with pieces of ripe olive for “nails.” In center of each horseshoe place an unhulled strawberry. Orange sections and sliced strawberries complete the salad arrangement. Garnish with watercress. Serve with Lemon French Dressing. (Serves 4.)
ORANGE ROSETTE SALAD

2 cups Sunkist orange sections
1 cup banana slices
Salad greens
Cherries or berries

Arrange orange sections and banana slices on salad greens as illustrated. Top with banana slice and cherry or berry. Serve with Sweet French Dressing. (Serves 4.)

SUNKIST SALAD BOWL

2 cups Sunkist orange pieces
1 cup watermelon balls
1 cup honeydew melon balls
1 cup sliced strawberries
Salad greens
Sweet French Dressing

Combine fruits and greens with Sweet French Dressing in salad bowl. Arrange additional orange slices, melon slices and balls, and unhulled strawberries over top as illustrated. (Serves 8.) Substitute other fruits in season but retain orange for flavor base.

ORANGE CHRYSANTHEMUM

6 Sunkist oranges
1 cup unpeeled apple slices
Lemon Mayonnaise
Salad greens

Cut tops from oranges. Remove meat in pieces. Cut orange shell to imitate petals of chrysanthemum. Combine orange, apple and dressing. Fill shells. (Serves 6.)
ORANGE LUNCHEON SALAD

2 cups cold roast meat —
lamb, veal, chicken or duck
2 cups Sunkist orange pieces

1/2 cup diced celery
Salad greens
Toasted almonds

Cut meat into slivers. Combine with orange pieces and celery. Marinate in a little
Lemon French Dressing. Serve on salad greens with Lemon Mayonnaise. Garnish
with toasted almonds. (Serves 6.)

ORANGE CRANBERRY RELISH SALAD

2 Sunkist oranges
1 Sunkist lemon
2 apples

1 pound (4 cups) fresh
2 1/2 cups sugar
cranberries

Quarter unpeeled oranges, lemon and apples, remove seeds and core and put through
food chopper. Put cranberries through food chopper. Combine, add sugar and blend.
Let stand a few hours. Use as a relish with meats, hot or cold.
Substitute 1 3/4 cups of relish for orange pieces, grapes and peach in Orange Frosted
Grape Salad.

ORANGE FROSTED GRAPE SALAD

1 tablespoon gelatin
2 tablespoons cold water
1/2 cup Sunkist orange juice,
heated
3/4 cup Sunkist orange juice,
unheated
1/4 cup sugar

1 tablespoon Sunkist lemon
juice
1 cup Sunkist orange pieces
1/4 cup seedless grapes
1/2 cup sliced fresh peaches
Sunkist orange sections
Frosted grapes

Soften gelatin in water 5 minutes. Dissolve in the heated orange juice. Cool. Add the
unheated orange juice, lemon juice and sugar. Chill. When slightly thickened add
orange pieces, grapes and sliced peaches. Pour into individual molds; chill until firm.
Unmold and garnish with orange sections and clusters of frosted grapes. (Dip bunches
of grapes in slightly beaten egg white, then in granulated sugar. Spread on paper
to dry.) Serve with Lemon Mayonnaise. (Serves 6.)
CLUB FRUIT PLATE

6 Sunkist oranges, peeled and sliced
3 bananas, cut in sixths
3 cups melon or avocado balls
Walnuts

1 pound (2 cups) cottage cheese
1 3-ounce package cream cheese
Salad greens

Arrange fruits, cottage cheese and walnut bonbons on salad greens as illustrated above for individual servings. Serve with Lemon French Dressing. (Serves 6.)

Walnut Bonbons: Place balls of cream cheese between walnut halves.

ORANGE ALL-SEASON SALAD

1 cup Sunkist orange pieces
2 cups diced apple

1/2 cup diced celery
1/2 cup walnuts

Combine and serve in lettuce cups with Lemon Mayonnaise or Sunkist Special Salad Dressing. (Serves 4.)
FROZEN FRUIT SALAD

- 2 3-ounce packages cream cheese
- 1/3 cup Lemon Mayonnaise
- 2 tablespoons Sunkist lemon juice
- 1 cup Sunkist orange sections
- 1/2 cup stoned fresh cherries
- 2 teaspoons candied ginger
- 1/2 cup toasted almonds
- 1 cup whipping cream

Mix cheese, mayonnaise and lemon juice until smooth. Cut fruit, ginger and nuts into smaller pieces and add to cheese mixture. Fold in the whipped cream. Turn into freezing tray of automatic refrigerator. Freeze 2 or 3 hours, or until firm. Serve on salad greens. Garnish with Lemon Mayonnaise. (Serves 8.)

SUNKIST COTTAGE SALAD

Combine 1 pound (2 cups) cottage cheese with sections from 2 Sunkist oranges. Heap in salad bowl on bed of salad greens. Sprinkle liberally with coconut, preferably fresh, and top with slices from 4 Sunkist oranges. (Serves 6.)

SUNKIST APPETIZER SALAD

Arrange sections of 6 Sunkist oranges in flower-petal pattern (1 orange to each serving) on crisp, cold salad greens. This is an ideal year-round first course. (Serves 6.)

Variations: Orange sections may be alternated with grapefruit sections, slices of avocado, peach or pear.

ORANGE AVOCADO HALF SHELL

3 medium-sized avocados
3 cups Sunkist orange sections

Salad greens
Pimiento
Ripe olives

Cut avocados in half lengthwise and remove seed. Place each avocado half shell on bed of salad greens, and fill with orange sections. Surround with remaining orange sections and garnish as illustrated with pimiento strips and ripe olives. (Serves 6.)
ORANGE DESSERT SALAD
Cut in halves and remove seeds from 3 well-chilled melons. Fill with mixture of:

- 1/2 cup banana slices
- 1/2 cup fresh berries
- 1/2 cup Sunkist orange pieces

Circle edge of each melon cup, as illustrated, with 5 or 6 Sunkist orange slices. Garnish with clusters of fresh cherries, berries, and mint sprigs. Instead of salad dressing, top with Orange Sherbet. (Serves 6.)

CAROTENE SALAD
Toss together lightly with 2 forks:

- 1 1/2 cups Sunkist orange pieces
- 1 1/2 cups finely cut carrot
- 1/2 cup raisins

Add desired salad dressing to moisten. Serve on lettuce or shredded cabbage and garnish with:

- 1/2 cup chopped peanuts

(Serves 6.)

ORANGE PEAR SALAD
Place half a Bartlett pear in a lettuce cup on each individual salad plate. Pile centers with cottage cheese. Cover each pear half with 1/2 cup Sunkist orange sections. Serve with Fruit Salad Dressing.

(Serves 1.)

SUNKIST ORANGE BANANA SPLIT
Slice a ripe banana lengthwise and lay on a salad plate. Over it lay the thin slices of one Sunkist orange. Garnish with salad greens. Serve with Fruit Salad Dressing.

(Serves 1.)

For a dessert omit the greens and add one or two portions of Orange Sherbet or Orange Ice Cream.

OUT WEST FRUIT PLATE
On a bed of salad greens alternate:

- 2 cups Sunkist orange sections
- 1 cup unpeeled apple slices

Around them group, as illustrated:

- 1 cup raisins
- 1 cup dates
- 1 cup prunes

The prunes and dates may be stuffed with nuts or cheese. Arrange on large plate for buffet or on individual plates. Serve with preferred dressing.

(Serves 6.)
SUNKIST SPECIAL SALAD DRESSING

3 tablespoons flour  
2 tablespoons sugar  
3/4 teaspoon mustard  
1/2 teaspoon salt  
1 cup Sunkist orange juice  
2 egg yolks  
1 tablespoon butter  
1/4 cup Sunkist lemon juice

Mix the flour, sugar, mustard and salt together thoroughly. Add the orange juice and well beaten egg yolks. Cook in double boiler until thickened. Add the butter and lemon juice. Remove from heat and chill. Yield: about 1 1/2 cups.

LEMON FRENCH DRESSING

1/2 cup Sunkist lemon juice  
1/2 cup salad oil  
1 teaspoon each salt and paprika  
2 tablespoons sugar or honey

Shake well before serving. Yield: about 1 cup.

Sweet French Dressing: To Lemon French Dressing add 1/2 cup red jelly or an additional 1/2 cup honey.

LEMON MAYONNAISE

1 egg or 2 egg yolks  
1/4 cup Sunkist lemon juice  
1 teaspoon mustard  
1 teaspoon salt  
1 tablespoon sugar  
Dash of pepper or paprika  
2 cups salad oil

Beat the egg or egg yolks, 2 tablespoons lemon juice and seasonings thoroughly. Add the salad oil very slowly until mixture begins to get very thick; then add remaining lemon juice. Gradually beat in the rest of the oil and continue beating until well combined. Yield: about 2 1/2 cups.

Orange “Marmalaise”: To 1 cup Lemon Mayonnaise add 1/4 cup Orange Marmalade and fold into 1/2 cup cream, whipped.

Palm Springs Dressing: Just before serving on a fruit salad add to Lemon Mayonnaise the following ingredients: grated Sunkist orange peel, chopped toasted almonds, dates cut into slivers, and finely cut candied ginger.

SUNKIST SOUR CREAM DRESSING

3 tablespoons Sunkist lemon juice  
1 teaspoon salt  
1/4 teaspoon mustard  
1 cup evaporated milk

Mix lemon juice, salt and mustard. Stir slowly into milk.

SOUR CREAM DRESSING

3/4 cup sour cream  
1/4 cup Sunkist lemon juice  
1/2 teaspoon salt  
1 pimiento, cut fine  
1 tablespoon sugar

Mix ingredients and chill. 1 teaspoon minced chives may be added.

FRUIT SALAD DRESSING

1/2 cup Sunkist orange juice  
3 tablespoons Sunkist lemon juice  
1/4 teaspoon salt  
1/4 teaspoon paprika  
Few grains nutmeg

Shake well or stir just before serving. A delicious fresh fruit dressing, excellent for those who do not care for oil.
Ambrosia

6 Sunkist oranges  
1/2 cup grated coconut  

Powdered sugar, if desired  
Cherries

Peel and slice oranges. Arrange half the slices in a serving dish. Sprinkle with half the coconut. Cover with the remaining orange slices, and top with coconut. Sweeten with powdered sugar, if desired. Garnish with cherries, strawberries or mint sprigs.  

(Serves 6.)

Ambrosia is a favorite dessert of young and old, east, west, north and south. In some sections the oranges are cut into small pieces and shredded fresh coconut is mixed through them. Syrups or fruit juices are sometimes poured over the Ambrosia.

Orange Arabian: Substitute 1/4 cup chopped almonds and 3/4 cup shredded dates for sugar and coconut.
ORANGE BAVARIAN

1 tablespoon gelatin
11/2 cups Sunkist orange juice
1/2 cup sugar
1/2 cup evaporated milk or whipping cream, thoroughly chilled
1 tablespoon Sunkist lemon juice

Soften gelatin in 1/4 cup of the orange juice and liquefy over hot water. Combine remaining 7/4 cups orange juice with sugar. Add gelatin and set in cold place, stirring occasionally to dissolve sugar. When mixture is set to a soft jelly, whip milk or cream stiff. Fold in lemon juice, then orange-gelatin mixture. Pour into a mold to set.

(Serves 8.)

SUNNY BREAD PUDDING

3 eggs, beaten
11/2 cups sugar
1/2 teaspoon salt
11/2 cups Sunkist orange juice
4 cups cubes from day-old bread
1/4 cup grated coconut
2 tablespoons raisins

Combine eggs, sugar, salt and orange juice. Pour over bread. Stir in raisins and coconut. Bake in buttered baking dish (350° F.) about 30 minutes, or until set. Increase heat (450° F.) to brown peaks. Serve with orange sauce. (Serves 6.)

Orange Pudding Sauce

1 tablespoon cornstarch
1/2 cup sugar
1 teaspoon grated Sunkist orange peel
1 cup Sunkist orange juice
1 tablespoon Sunkist lemon juice
2 tablespoons butter

Mix cornstarch, sugar, peel and orange juice. Boil 5 minutes. Remove from fire. Add lemon juice and butter. Serve hot. (Serves 4-6.)

CALIFORNIA ORANGE GRAPE CUP

4 Sunkist oranges
Sugar or honey
1 cup seeded or seedless grapes

Flute two of the oranges with a sharp knife by piercing to center of orange with zig-zag strokes that meet to make points of the scallops. Separate the two orange halves and remove pulp. Peel and section the two remaining oranges. Cut sections in half. Combine with the pieces of orange taken from shells and grapes. Sweeten to taste with sugar or honey. Serve well chilled in the orange cups. (Serves 4.)
ORANGE SOUFFLÉ WITH ORANGE CREAM CUSTARD

4 egg whites  
4 tablespoons sugar

Fold the sugar slowly into stiffly beaten egg whites, and gradually fold in the marmalade. Pour into the top part of double boiler placed over boiling water. Cover and cook 50 minutes. Serve hot with Orange Cream Custard. Decorate with slices of unpeeled orange.  
(Serves 6.)

ORANGE CREAM CUSTARD

4 egg yolks  
1/3 cup sugar  
1 tablespoon flour or cornstarch  
1/4 teaspoon salt

1 cup Sunkist orange juice  
1 cup cream or top milk  
1 teaspoon grated Sunkist orange peel

Add sugar, flour, salt, juice and cream or milk to the well beaten egg yolks. Cook in double boiler until thickened, or until mixture coats metal spoon. Add grated orange peel. Cool quickly. Serve as a simple dessert or as a dessert sauce. Undiluted evaporated milk may be substituted for the cream or milk.

COCONUT ORANGE JUMBLES

3/4 cup butter or other shortening  
11/4 cups sugar  
2 eggs  
1 cup shredded coconut

2 1/2 cups sifted all-purpose flour  
3/4 teaspoon salt  
3/4 teaspoon baking soda  
3/4 cup Sunkist orange juice  
Grated Sunkist orange peel

**ORANGE CHIFFON PIE**

1 tablespoon gelatin  
1/4 cup cold water  
1 cup sugar  
3 eggs, separated  
1/4 teaspoon salt

1 cup Sunkist orange juice  
1 teaspoon grated Sunkist orange peel  
2 tablespoons Sunkist lemon juice

Soften gelatin in 1/4 cup cold water. Mix sugar, beaten egg yolks, salt and orange juice in top of double boiler. Place over boiling water and cook until thickened, 10 to 15 minutes. Add softened gelatin and grated orange peel to hot mixture. Stir and cool. Add lemon juice. When mixture begins to thicken fold in stiffly beaten egg whites. Pour into prepared 9 inch shell of Orange Pastry, or a crumb shell. Chill in refrigerator until firm enough to cut. Serve with or without whipped cream.

**SUNKIST ANGEL PIE**

**Crust**

4 egg whites  
3/4 cup sugar

1/4 teaspoon cream of tartar

Beat egg whites until frothy and add cream of tartar. Gradually add sugar and continue beating until stiff. Spread in 9 inch ungreased pie plate. Bake 1 hour in slow oven (300°F.). Cool.

**Filling**

4 egg yolks  
1/2 cup sugar  
Few grains salt  
2 tablespoons Sunkist orange juice  
1 tablespoon Sunkist lemon juice

1 teaspoon grated Sunkist lemon peel  
1 teaspoon grated Sunkist orange peel  
1 cup cream, whipped  
2 tablespoons powdered sugar

Beat egg yolks, sugar, salt, orange and lemon juice and peel in upper part of double boiler. Place over hot water. Stir and cook until thick. Whip cream with powdered sugar, and spread half of it over crust. Spread with filling, and then cover with remaining whipped cream. Chill in refrigerator 12 to 24 hours.

**CALIFORNIA RICE**

2 cups fluffy, cooked rice  
1/2 pint whipping cream  
1 cup Sunkist orange juice

3/4 cup sugar  
1 tablespoon grated Sunkist orange peel

Sprinkle 1 teaspoon of the grated peel over the rice. When cold fold the rice into the whipped cream. Serve with sauce made by combining the orange juice, sugar and remaining grated peel. Stir to dissolve sugar. (Serves 6.)

**ORANGE REFRIGERATOR CAKE**

1/4 cup Sunkist orange juice  
1 tablespoon gelatin  
1/2 cup sugar  
1/2 cup boiling water  
3/4 cup Sunkist orange juice

12 marshmallows  
1/4 cup Sunkist orange pieces  
1 cup whipping cream  
24 ladyfingers or sponge cake

Soften gelatin in the 1/4 cup orange juice. Add the sugar and boiling water. Stir to dissolve. Add 3/4 cup orange juice. While gelatin mixture cools, combine marshmallows cut into bits, and orange pieces. When gelatin begins to stiffen, beat until fluffy. Fold in orange pieces, marshmallows and the whipped cream. Line a spring pan with waxed paper. Arrange a layer of ladyfingers or sponge cake on bottom and sides, with ladyfingers rounded side out. Pour in filling. Chill in refrigerator overnight. Unmold and garnish with whipped cream and orange sections. (Serves 8.)
ORANGE ICE CREAM

1 cup coffee cream
1 cup sugar
1 cup water
1 cup Sunkist orange juice
3 tablespoons Sunkist lemon juice
1 tablespoon grated Sunkist orange peel

Freeze cream quite firm in freezing tray. Bring sugar and water to boil. Cool and add orange and lemon juice and grated peel. Freeze. Whip the frozen cream. Beat frozen fruit mixture. Combine with cream. Finish freezing. (Serves 6.)

ORANGE SPANISH CREAM

2 tablespoons gelatin
2 cups milk
1/2 cup sugar
3 eggs, separated
1/4 teaspoon salt
1 teaspoon grated Sunkist orange peel
1 teaspoon grated Sunkist lemon peel
1 cup Sunkist orange juice
2 tablespoons Sunkist lemon juice
Strawberries—or other berries
Sunkist orange slices

Soften gelatin in milk 5 minutes. Heat in top of double boiler. When gelatin is dissolved add sugar. Pour hot mixture slowly over slightly beaten egg yolks. Return to double boiler and cook about 5 minutes, stirring constantly. Remove from heat. Add salt, grated peel, orange and lemon juice. Fold in stiffly beaten egg whites. Chill in mold until firm. Unmold and garnish with berries and orange slices. Dessert will separate into a clear layer and a layer of creamy sponge. (Serves 6-8.)
**JELLYED ORANGE FRUIT CUP**

1 tablespoon gelatin
1/2 cup cold water
1/2 cup Sunkist orange juice, heated
3/4 cup Sunkist orange juice, unheated
2 tablespoons Sunkist lemon juice
1/2 cup sugar
1/8 teaspoon salt
1 cup Sunkist orange pieces
1/2 cup sliced bananas
1/2 cup raspberries, or other fresh fruit

Soften gelatin in water 5 minutes. Add the hot orange juice. Stir to dissolve gelatin. Add cold orange juice, lemon juice, sugar and salt. Stir. When slightly thickened add orange pieces, banana slices and raspberries. Pour into shallow pan. Chill. When set serve in dessert glasses. Garnish with additional orange sections and berries.

(Serves 8.)

**ORANGE FROSTED DOUGHNUTS**

3 tablespoons butter
2 cups powdered sugar
1/8 teaspoon salt
2 teaspoons grated Sunkist orange peel
4 tablespoons Sunkist orange juice (about)

Cream butter. Gradually stir in sugar, salt and grated orange peel. Add enough orange juice for proper consistency to spread. Frost doughnuts liberally. A good frosting for cake or may be used as a hard sauce.

**ORANGE SHERBET**

1 tablespoon gelatin
2 tablespoons cold water
1 1/2 cups sugar
1 cup water
2 egg whites
2 tablespoons sugar
2 cups Sunkist orange juice
3 tablespoons Sunkist lemon juice

Soften gelatin in 2 tablespoons water. Boil the 1 1/2 cups sugar and 1 cup water 5 minutes to make a syrup. Dissolve gelatin mixture in the hot syrup. Beat the egg whites until frothy and add the 2 tablespoons sugar. Continue beating until stiff. Beat the syrup into egg whites, slowly; then mix in fruit juices. Pour into freezing tray and set cold control for fast freezing. Beat once after sherbet has frozen quite firm, and return to refrigerator to finish freezing. Yield: about 1 quart.

(Serves 8.)

**ORANGE MARSHMALLOW DESSERT**

Combine:

2 1/2 cups Sunkist orange slices
1 1/2 cups banana slices
1/2 cup quartered marshmallows
1/2 cup Sunkist orange juice

Chill and serve.

(Serves 6.)
ORANGE MERINGUE PIE

<table>
<thead>
<tr>
<th>1 cup sugar</th>
<th>3 egg yolks</th>
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<tr>
<td>5 tablespoons cornstarch</td>
<td>1 tablespoon butter</td>
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<tr>
<td>1/4 teaspoon salt</td>
<td>2 tablespoons Sunkist lemon juice</td>
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<tr>
<td>1 tablespoon grated Sunkist orange peel</td>
<td>3 egg whites</td>
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<tr>
<td>2 cups Sunkist orange juice</td>
<td>6 tablespoons sugar</td>
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Mix sugar, cornstarch, salt and grated peel in top part of double boiler. Add the orange juice and cook over boiling water about 15 minutes, or until thickened, stirring frequently. Stir in beaten egg yolks and cook 2 minutes. Remove from heat. Add butter and lemon juice. Cool slightly. Pour into baked 9 inch Orange Pastry Shell. Cover with meringue made by beating 3 egg whites until frothy, and gradually beating in the 6 tablespoons sugar. Place in moderate oven (325° F.) about 15 minutes, or until delicately browned.

ORANGE PAstry

<table>
<thead>
<tr>
<th>1 1/2 cups sifted flour</th>
<th>1 teaspoon grated Sunkist orange peel</th>
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<tr>
<td>1 tablespoon sugar</td>
<td>1/2 cup shortening</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td>1/4 cup Sunkist orange juice (about)</td>
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Sift dry ingredients and add orange peel. Cut in shortening until pieces are about the size of small peas. Add orange juice a small amount at a time, mixing lightly with fork only enough to make the particles hold together. Continue until all ingredients are mixed and there are neither sticky nor crumbly portions. Handle as little as possible. Wrap in waxed paper and chill thoroughly. Roll out on lightly floured board. Fit into 9 inch pie plate, prick bottom and sides; or fit second pie plate inside on crust to hold crust in shape. Bake in hot oven (450° F.) 15 minutes, or until browned.
ORANGE LAYER CAKE

| 2/3 cup shortening | 3 teaspoons baking powder |
| 1 1/2 cups sugar | 1/4 teaspoon salt |
| 3 eggs | 3/4 cup Sunkist orange juice |
| 3 cups sifted cake flour | 1/4 cup water |

Cream shortening and sugar until light and fluffy. Add whole eggs one at a time, beating well after each addition. Sift together flour, baking powder and salt. Combine orange juice and water. Add flour mixture alternately with orange juice to creamed mixture. Beat only until well blended. Do not overbeat. Bake in moderate oven (375° F.) for 25 minutes. Yield: 3 (8 inch) or 2 (9 inch) layers. Put together with Sunkist Filling and cover with Sunkist Frosting.

SUNKIST FILLING

| 6 tablespoons sugar | 1 tablespoon butter |
| 3 tablespoons cornstarch | 1/2 teaspoon grated Sunkist orange peel |
| 1 egg yolk | 1 cup Sunkist orange juice |

Mix sugar and cornstarch in upper part of double boiler. Add beaten egg and orange juice. Place over boiling water and cook 10 to 15 minutes, until thickened, stirring frequently. Remove from heat and add butter and grated orange peel. Cool. Yield: sufficient filling for 3 layer cake.

SUNKIST FROSTING

| 1 teaspoon light corn syrup | 3 tablespoons Sunkist orange juice |
| 7/8 cup sugar | Few grains salt |
| 1/4 teaspoon grated Sunkist orange peel | 1/2 teaspoon Sunkist lemon juice |
| 1 egg white | |

Beat together in top part of double boiler all ingredients except lemon juice. Place over rapidly boiling water and beat constantly with rotary beater 6 to 7 minutes, until stiff enough to stand in peaks. Remove from heat. Add lemon juice. Continue beating until of consistency to spread. Yield: frosting for top and sides of cake.

ORANGEADE CAKE

| Sunkist orange peel | 3/4 cup Sunkist orange juice |
| 1 cup raisins or dates | 1/2 teaspoon salt |
| 1/2 cup nuts | 1 teaspoon soda |
| 1/2 cup shortening | 2 cups sifted cake flour |
| 1 cup sugar | 1 cup sugar |
| 2 eggs | 1/2 cup Sunkist orange juice |
| 1 teaspoon maple flavor | |

With sharp knife remove the outer, bright colored layer of orange peel from 1 Sunkist orange. Combine with raisins or dates and nuts. Put through food chopper using finest knife. Cream shortening and sugar thoroughly. Add eggs and maple flavor, beating in well. Add chopped fruit and nut mixture. Sift salt and soda with flour and add alternately with orange juice. Turn into greased pan measuring 8 x 13 inches and bake in a moderate oven (350° F.) for about 1 hour. While still very hot spread with the 1 cup sugar mixed with the 1/8 cup orange juice. This orange mixture forms a tempting sugar coating on cake. Serve warm; or cool in the pan and serve.
**ORANGE SPONGE CAKE**

5 egg yolks  
1 1/4 cups sugar  
1/2 cup Sunkist orange juice  
1/2 cup water  
2 cups sifted cake flour

2 teaspoons baking powder  
1/2 teaspoon salt  
1 tablespoon grated Sunkist orange peel  
5 egg whites

Beat egg yolks, sugar and orange juice for 10 minutes with a rotary hand or electric beater. Add water and beat 2 minutes. Add flour, sifted with baking powder and salt. Beat about 1 minute, or only until dry ingredients have been quickly and thoroughly blended into mixture. Fold in grated peel, and egg whites beaten stiff but not dry. Bake in 9 inch ungreased tube pan in moderate oven (350° F.) for 70 minutes. Invert pan until cake is cold. Remove. Cut crosswise in 3 equal layers.

**California Gold Topping**

1/4 cup cold water  
1 tablespoon gelatin  
4 egg yolks  
3/4 cup sugar  
1 cup Sunkist orange juice

1 teaspoon grated Sunkist orange peel  
4 egg whites  
1/4 cup sugar  
Sunkist orange sections

Soften gelatin in water. Cook egg yolks, sugar and orange juice in top of double boiler until thickened, about 10 minutes. Add gelatin, stirring to dissolve. Add grated peel. Cool. Beat egg whites until stiff, gradually adding the 1/4 cup sugar. Fold into cooked orange mixture. Spread between layers and on top of cake. Chill in refrigerator. Decorate with fresh orange sections just before serving or sprinkle with coconut.
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HOW TO BUY ORANGES

QUALITY in oranges has no relation to size. Small oranges are just as fine in flavor and give proportionately as much juice as larger fruit. The most economical sizes are those most abundant — sometimes large, sometimes small. Ask your dealer.

QUANTITY BUYING usually results in a saving. Anticipate your needs, and buy two or three dozen, half a box or a box at a time.

CALIFORNIA ORANGES have special advantages in year-round sunshine, fertile soils and constant care. You can see the difference — in the deeper-colored juice. You can taste the difference — in its finer flavor. Science proves the difference — in extra vitamins and minerals. California Oranges are easy to peel, slice, section.

CALIFORNIA NAVELS in season from November to May, are seedless.

CALIFORNIA VALENCIAS (May to November) are practically seedless. The skin of some late-season fruit turns back to greenish at the stem end. Inside, however, these oranges are actually at the peak of color, juiciness and flavor.

"Sunkist" trademarked on the skin is always your guide to top quality — the finest fruit produced by 14,000 cooperating California-Arizona growers. Sunkist Oranges are fully tree-ripened, thoroughly washed, individually inspected — They are—Best for Juice and Every use!

Sunkist Juicet (facing page) is the perfected electric extractor for homes, with automatic oscillating strainer or stationary strainer. Compact. Easy to run and clean. At electrical or department stores — or write Sunkist.