THERE ARE sound health reasons for the widespread practice of serving oranges for breakfast. The fruit stimulates the appetite, often sluggish at this meal, and aids digestion. Being an alkaline-ash food, it balances other customary breakfast foods—cereals, toast, meat and eggs—which, while good and necessary foods, are acid-ash in reaction.

Ease of slicing and of separating into sections, freedom from seeds, and the clean, bright skins of Sunkist oranges make them best for breakfast use.

Orange Juice: Always serve fresh. Strain or not, as preferred. Chill if desired by setting glass in bowl of ice.

Halved Orange: Cut fruit crosswise; remove core; cut each section between membrane and completely loosen pulp from peel with a sharp knife. Garnish center with cherry or mint if desired. Serve two halves on plate with orange spoon.

Breakfast Fruit Cup: Combine orange pulp with small pieces of other fruits in season: bananas, fresh pineapple, strawberries, raspberries, cantaloupe and so on. Chill, and sweeten to taste. Serve in sherbet glasses.

Orange Sections: Remove all membrane. (See page 4.) Chill and arrange star or flower-petal fashion on plate.

Sliced Orange: Slices should be thin and even. Serve on glass plate. Sweeten if desired. A delightful variation is to sweeten with maple syrup or honey, allowing 2 tablespoons to a serving.

Orange Juice with Prepared Cereal: Use ½ cup Sunkist orange juice in place of milk on uncooked cereals. Add ½ orange sliced or sectioned.
SUNKIST RECIPES
FOR EVERY DAY

Copyright 1931
CALIFORNIA FRUIT GROWERS EXCHANGE
LOS ANGELES, CALIFORNIA
EVERY DAY SUGGESTIONS FOR
For other suggestions consult index, pages 35 and 36.

Because they furnish necessary and protective food elements in a most
appetizing form, fruits, and especially fresh fruits, should be eaten in
some form, every day. Among fresh fruits available for year 'round serving are
oranges, lemons and grapefruit, which are marketed every day in the year from
California. These fruits, moreover, have other dietetic qualities which make
them valuable in the daily dietary (see page 4).

Practical suggestions for including fruits in the daily menu are given below
as an aid to the home-maker who plans healthful meals for her family. A good
rule for her to remember and to follow is:

*To serve fruit in two or more of these ways each day, being sure that
oranges or lemons in fresh form are included at least once each day.*

BREAKFAST
The customary acid-ash breakfast
foods—cereals, breads, meats and eggs
—while good and necessary, require the
alkaline-ash balance provided by many
fruits. Two fruit servings (at least one
of fresh fruit) are recommended.

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LUNCHEON (or SUPPER) and DINNER

Fruit may be served in some form for
each of the courses of the Luncheon and
Dinner meals. If this form is sufficient-
ly varied, it may without undesirable
repetition even appear in several courses
of the same meal.

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<td>Orangeade and Other Fresh Fruit Drinks</td>
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*These dishes should be supplemented with other servings of fruit.
THE USE OF FRUIT IN THE MENU

SPECIAL REFRESHMENTS

Oranges and lemons are popular with every one, and so are well adapted for guest service. The following recipes, while good at all times, are dishes that "dress up" the guest meal or party refreshments.

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*CHILD’S DIET

The dietetic qualities of fruit, especially of oranges and lemons, make them important parts of the diet of the growing child.

Breakfast, Luncheon (or Supper), Dinner

Select from dishes on page 2 under these meals, choosing simpler ones, suited to the age of the child.

Mid-Meal Lunch

Fruit is especially adapted to the mid-morning and mid-afternoon lunch given undernourished children. It stimulates the appetite for the next meal and promotes weight gain.

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<td>Jellied Salads (pack in paper cups or jelly glasses)</td>
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INVALID DIET

Citrus fruit dishes tempt sick-room appetites with dietetically valuable foods.

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*For additional fruit recipes for the child’s diet, together with feeding schedules for the infant and child, write for "Feeding the Child for Health," addressing: Dietetic Research Department, The California Fruit Growers Exchange, Box 530, Station C, Los Angeles, California.
THE FOOD AND HEALTH VALUE OF CITRUS FRUITS

Oranges and Lemons are valuable and necessary parts of the well-balanced diet, because:

1. They aid digestion.
2. They build body resistance.
3. They prevent and correct acidosis.
4. They promote the retention of calcium, phosphorus and certain other food elements.
5. They promote normal functioning for healthy mouth and perfect teeth.
6. They stimulate growth in children.

These beneficial results are partially due to the fact that oranges and lemons contribute to the diet:

1. Vitamins: The protective food elements necessary for health and proper growth. These fruits contain Vitamins A, B and C, being particularly rich in Vitamin C, which prevents scurvy. This vitamin is destroyed by heat in cooked foods. Oranges, lemons and grapefruit supply it in an uncooked and easily secured form. Vitamin C cannot be stored in the body, and some food containing it should be eaten daily.
2. Alkaline Salts: Which leave an alkaline-ash in the process of digestion valuable in balancing the acid-ash which comes from other good and necessary but acid-ash foods, such as meats, eggs, fish, fowl, breads and cereals.
3. Minerals: That build strong bones and teeth, rich blood, nerve tissue and help to regulate the body. Oranges contain calcium, phosphorus and iron.
4. Fruit Sugar: Furnishing heat and energy. A large orange will supply 100 calories. The sugar in an orange is very easily digested and oranges furnish a healthful form of sweets.
5. Fruit Acids: These give oranges and lemons their delicious, refreshing flavor and stimulate the appetite. They also aid digestion and are slightly laxative in effect.
6. Cellulose: (Where the whole fruit is eaten.) Cellulose is valuable for its laxative effect.
7. Water: Mother Nature has bottled pure water in oranges, lemons and grapefruit in germ-proof containers. Fresh fruit drinks made from these fruits are better than artificial beverages.

HOW TO "SECTION" SUNKIST ORANGES FREE FROM MEMBRANE

Sunkist oranges are the easiest to peel, slice and separate into sections for salads, desserts, or other services. Pare oranges, removing all thin inside membrane down to juicy pulp. With a sharp knife cut on either side of each membrane and remove pulp, section by section.
FRESH FRUITS included in appetizers served at the beginning of the meal fill a valuable purpose by stimulating the digestive juices. Oranges and lemons are particularly effective because of their fruit acids.

Fruit appetizers may take the form of canapés, cocktails, fruit cups or appetizer salads. Or the now popular service of hors d'oeuvres is followed out attractively with fruits.

**Fruit Hors d'Oeuvres Plate**

Arrange groups of the following on a serving plate or platter, allowing each person to help himself. For fruits given, other fruits may be substituted in season, as pears, peaches, persimmons, berries, fresh pineapple, etc. Serve very cold on bed of shredded lettuce.

**Orange Sections:** Remove all membrane from Sunkist orange sections (see page 4). If desired roll in toasted cocoa-nut. The translucence of the fruit is attractive without cocoa-nut, however. **Or Orange Slices:** Cut slices of peeled Sunkist oranges with scissors on each place where sections join, spreading sections apart flower fashion. Center with a pat of mayonnaise and slices of stuffed olive.

**Berries or Apricot Halves:** Roll in chopped mint.

**Pineapple Sections:** Roll in chopped nuts.

**Banana Sections:** Marinate in Sunkist lemon juice. Decorate with a star of whipped cream from pastry tube and garnish with red jelly or rubyettes.

**Dates and Prunes:** Remove stones. Stuff with cream cheese and ground nuts, moistened with Sunkist lemon juice.

**Lemon Baskets:** Make from Sunkist lemon rind and fill with salted nuts or Candied Orange Peel (recipe, page 10).

**Fruit Hors d'Oeuvres (Buffet Russe)**

If preferred, an individual fruit hors d'oeuvres plate may be prepared for each service. A special decorative motif is often carried out with these, when they are known as buffet russe.

**Plate 1:** Make a star of Sunkist orange sections. Place cantaloupe balls, rolled in fine cocoanut between star points. Center with cherry.

**Plate 2:** Make a star of Sunkist orange sections. Make a second star of pineapple sections outside first star. Place at star points, banana slices cut ¼ inch thick and rolled in ground nuts, then dashed with paprika. Put a mint sprig in center.

**Orange Avocado Canapé (Serves 1)**

Peel large Sunkist orange, cut in ½ inch slices. As base of each canapé, use slice of orange. On this heap whipped avocado, made by beating avocado pulp with Sunkist lemon juice and a dash of French mustard. Garnish, if desired, with slices of stuffed olive.

**Suggestions for First Course Salads (Quantities given serve 1)**

The first course salad is an increasing-ly popular California custom.

Arrange on a bed of head lettuce and serve with French or French Fruit Dressings (see recipes, page 16) any of the following combinations:

- ½ Sunkist orange, 1 slice canned pineapple, 3 grapefruit sections
- ½ Sunkist orange, ½ banana, 6 red or canned California cherries
- ½ Sunkist orange, ½ cup cantaloupe balls or cubes, 6 white grapes
Lemon Cocktail Sauce for Shell-fish
(Serves 6)

1 tablespoon prepared horseradish
3 tablespoons tomato catsup
1 teaspoon salt
6 tablespoons Sunkist lemon juice
3/4 teaspoon tabasco sauce
Oysters or clams

Mix sauce ingredients thoroughly and pour over oysters or clams arranged in cocktail glasses.

Or sauce may be served in baskets made from Sunkist lemon rinds, the fish being served on the half shell. Serve very cold.

Frozen Fruit Cocktail
(Serves 6-8)

1/2 cup crushed pineapple
2 cups Sunkist orange pulp
3/4 cup Sunkist grapefruit pulp
1 1/2 to 2 cups powdered sugar

Drain pineapple and add to orange and grapefruit pulp. Add powdered sugar and stir until dissolved. Pour into mold and pack in 4 parts ice and 1 part salt. Let stand for 3 hours until frozen.

Orange Fruit Cup
(Serves 6-8)

1/2 cup Sunkist orange juice
2 tablespoons Sunkist lemon juice
2 tablespoons pineapple syrup
Sugar
3/4 cup Sunkist orange pieces
3/4 cup diced pineapple
3/4 cup of one of the following fruits: white grapes, strawberries, peaches, pears, cherries, cantaloupe, bananas.
6-8 maraschino cherries, if desired.

Combine fruit juices and sweeten to taste, keeping rather tart. Add mixed fruits. Place on ice. Serve very cold in cocktail or sherbet glasses. Garnish each serving with maraschino cherry if desired.

Oranges should have all membrane removed. If grapes are used, seeds should be removed. If strawberries are used, cut in half. Peaches or pears, if used, should be diced; cherries should be stoned; cantaloupe or bananas should be cut in balls or small sections.

Holiday Fruit Cup
(Serves 12)

6 Sunkist oranges
2 small Sunkist grapefruit
1 cup white cherries
6 tablespoons Sunkist lemon juice
2 cups powdered sugar
Rubyettes and emrelettes

Peel oranges and grapefruit and separate sections, removing all membrane. Mix with cherries, which have been stoned. Sprinkle lemon juice and sugar over fruit. Chill about an hour and add rubyettes and emrelettes.

The color note of the red and green garnishes may be further developed by serving fruit in double cocktail glasses with finely chopped green or red-tinted ice in outer glass. Ice is made in iceless refrigerator from water to which vegetable coloring has been added.

Sunkist Cocktail
(Serves 8-10)

1/4 cup Sunkist lemon juice
1/4 cup Sunkist orange juice
1/4 cup Sunkist grapefruit juice
1/4 cup sugar
Few grains salt
1 cup mineral or iced water
Cracked ice
Mint sprigs

Combine fruit juices, sugar, salt and water. Pour over cracked ice in cocktail glasses and serve garnished with mint sprigs.

Iced Orange Appetizer
(Serves 8)

2 tablespoons gelatine
4 tablespoons cold water
3 cups Sunkist orange juice
3/4 cup sugar
2 tablespoons Sunkist lemon juice
1 cup Sunkist orange pieces free of membrane
Mint sprigs

ENTRÉES
AND MAIN COURSE DISHES
INCLUDING SAUCES

As flavor accompaniments, oranges and lemons offer many possibilities for entrées, especially entrée sauces, and main course dishes. With meats, fish and fowl, they provide dietetic balance, the alkaline reaction of the fruit counteracting the acid reaction of these other good and necessary foods.

Ham With Orange
(Serves 6)

6 servings fried ham
2 tablespoons flour
2 cups Sunkist orange juice
Parsley
2 to 3 Sunkist oranges for sections

Fry ham. For this number of servings a ham steak of about 1 1/2 pounds will be required. Add flour to 2 tablespoons of fat from frying ham and cook until lightly browned. Add orange juice, stirring well to avoid lumps. Cook 5 minutes or until sauce is thick. Pour sauce around ham on serving dish. Garnish with parsley and cover steak with orange sections.

Lamb Chops With Oranges
(Serves 6)

6 lamb, veal or pork chops
Melted butter
Sliced Sunkist oranges
Salt
Pepper
Paprika

Trim fat from thick chops and dip in melted butter. Oil broiler well and broil chops 8 minutes. Turn and place a thick slice of peeled orange on each chop. Broil 8 or 10 minutes longer. Sprinkle generously with the seasonings. Serve hot.

Lemon Sauce
(Serves 6-8)

1 1/2 cups water or meat stock
3 tablespoons Sunkist lemon juice
1 tablespoon finely chopped parsley

Melt butter, mix well with flour, salt and paprika and add water or meat stock. Bring to boiling point, stirring constantly, add lemon juice and parsley and serve.

Egg Sauce
(Serves 6-8)

Add 2 chopped hard cooked eggs to Lemon Sauce.

Cumberland Sauce for Duck
(Serves 4-6)

1/4 cup Sunkist orange juice
1/4 cup Sunkist lemon juice
1 cup powdered sugar
2 tablespoons currant jelly
Grated rind 1 Sunkist orange
Grated rind 1 Sunkist lemon
1 tablespoon grated horseradish

Mix ingredients; beat thoroughly; heat and serve.

Baked Orange Relish for Meat
(Serves 6-8)

2 large Sunkist oranges
3 or 4 slices canned pineapple
1 teaspoon cinnamon
8 whole cloves
1/8 teaspoon nutmeg
1/2 cup pineapple juice
1/2 cup sugar
1 tablespoon Sunkist lemon juice

Slice oranges thin, using skin and pulp. Cut up pineapple. Combine all ingredients and place in glass or earthen baking dish. Bake in moderate oven for 2 to 2 1/2 hours. This is a delicious relish with meats.
Baked Whole Oranges I.
(Without Syrup)
(Serves 6-8)

6 to 8 Sunkist oranges

Preparation of Fruit: Slightly grate skin of whole oranges. Boil oranges 30 minutes. Cool. This is to make skin tender. Cut slice off blossom end of each orange. Remove core.

Filling: Crowd into each orange 1 teaspoon butter and 1 tablespoon sugar.

Method of Baking: Place in a covered baking dish (glass or earthenware is best). Fill two-thirds full of water. Bake closely covered about 1½ hours in moderate oven (375° F.). Time will depend on size of oranges. Remove oranges and serve hot or cold with a Sauce: Made by adding 1 tablespoon cornstarch and ¼ cup orange juice to each ⅛ cup remaining liquid. Heat and stir until thickened.

These oranges are an excellent meat accompaniment or for a Dessert Variation: Brown a marshmallow on each orange before serving.

Baked Orange Slices
(Serves 6-8)

3 Sunkist oranges

Slightly grate skin of whole oranges. Boil 30 minutes. Cool. Cut into ½ inch slices. Lay these in bottom of baking dish. On each put 1 teaspoon sugar and ¼ teaspoon butter. Cover with water and bake at moderate temperature (375° F.) for 1 hour. Remove from liquid, sprinkle generously with sugar and brown slightly under broiler.

Serve, if wished, with Sauce as for Baked Whole Oranges I.

Dessert Variation: Sprinkle with coconut.

Orange Mint Sauce for Lamb
(Serves 4-6)

¼ cup finely chopped mint
¼ cup Sunkist orange juice
¼ cup Sunkist lemon juice
1 tablespoon powdered sugar

Combine and stand in warm place ½ hour.

Baked Whole Oranges II.
(With Syrup)
(Serves 6-8)

6 to 8 Sunkist oranges

Follow directions for preparation of fruit and filling given in Baked Whole Oranges I.

Method of Baking: Cover oranges with a syrup of 2 parts water to 1 part sugar. Bake closely covered at a moderate temperature (375° F.) 1½ to 3 hours, depending upon desired color of product. (Longer baking gives a darker fruit and one more like a preserve, with a thicker syrup.) If oranges are not completely covered by syrup, baste frequently. Serve as a meat accompaniment or dessert with or without Sauce: Of remaining syrup.

Variations: Color syrup red.
Flavor syrup with maple.
Flavor syrup with spice.

Meat and Fish Salads
See under Salad Recipes, page 14.

Fish With Lemon

Fish with lemon is a standard food combination, desirable both for flavor and dietetic balance. The lemon may be served as:

Garnish: (See illustration, page 18.)

Lemon Butter: An especially good accompaniment for white fish, which lack fat.

Sauces: Such as Hollandaise or Tartare Sauce. Or Lemon Cocktail Sauce for Shell-fish. (See page 6.)

Juice: The juice of ½ Sunkist lemon and ½ teaspoon salt added to 1 quart of water in which fish is boiled, keeps fish white. Lemon juice is also often used in preparing fish for baking or frying.

Lemon Butter for Meat or Fish
(Serves 6-8)

3 tablespoons butter
¼ teaspoon salt
Few grains paprika
2 tablespoons Sunkist lemon juice
1 tablespoon parsley, finely chopped

Cream butter. Add remaining ingredients. Serve on hot fish or steak.
**Tartare Sauce**  
*(Serves 6-8)*

1 cup Mayonnaise (see recipe, page 16)  
½ teaspoon onion juice, or  
1 tablespoon chopped chives  
2 tablespoons chopped sweet pickles or green relish  
1 teaspoon chopped parsley  
Sunkist lemon juice  

Combine ingredients and thin to desired consistency with lemon juice.  


**Hollandaise Sauce**  
*(Serves 4)*

3 tablespoons butter  
½ tablespoon flour  
¼ teaspoon salt  
½ teaspoon pepper  
¼ teaspoon mustard  
¼ cup water  
2 tablespoons Sunkist lemon juice  
1 egg yolk  

Melt 2 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.

**Lemon White Sauce for Vegetables**  
*(Serves 6)*

2 tablespoons butter  
2 tablespoons flour  
½ teaspoon salt  
1 cup liquid from vegetable (or milk)  
1 to 2 tablespoons Sunkist lemon juice  

Melt butter, blend with flour and salt. Add vegetable water or milk, (evaporated milk may be used). Cook till smooth and creamy, stirring constantly. Add lemon juice. Serve over 2 cups hot cooked vegetables.

**Lemon Butter for Vegetables**  
*(Serves 6-8)*

2 tablespoons butter  
½ teaspoon salt  
Few grains paprika  
½ cup Sunkist lemon juice  

Cream ingredients together. Serve with 3 cups hot diced vegetables.

**Lemon With Vegetables**  
*(Recipes serve 6)*

Vegetables although valuable foods, need proper seasoning and flavor to be relished. Lemon juice combines with many vegetables to increase flavor, while lemon garnishes (such as those shown on page 18) add a decorative note that makes these dishes more appetizing. The following recipes for lemon with certain vegetables will give suggestions for other combinations.

**General Suggestions:** For refreshing wilted vegetables add juice of 1 Sunkist lemon to pan of water. To keep such vegetables as old potatoes or cauliflower white during cooking, boil in water to which a slice of lemon or a little lemon juice has been added.

**Asparagus in Lemon Rings:** Cut 6 thick slices of Sunkist lemon, remove pulp and in rings of rind, insert 3 or 4 stalks of cooked asparagus. Serve hot with Lemon Butter or Hollandaise Sauce.

**Beets with Lemon-Orange Dressing:** Cover 8 small or 6 medium sized beets boiled and sliced thin, with 1 tablespoon sugar to which has been added juice of 2 Sunkist oranges and of 2 small Sunkist lemons.

**Cold Slaw or Lettuce with Lemon Dressing:** Mix thoroughly ¼ teaspoon salt, dash pepper, 1½ tablespoons sugar, 6 tablespoons coffee cream and 3 tablespoons Sunkist lemon juice. Combine with chopped or shredded cabbage or lettuce. Serve cold.

**New Potatoes with Lemon:** Boil 18 medium sized new potatoes, drain. Add ¼ cup Sunkist lemon juice to 3 tablespoons browned butter. Pour over potatoes.

**Spinach with Lemon:** Add Sunkist lemon juice to cooked spinach, allowing 1 tablespoon lemon juice to each cup cooked vegetable. Melted butter may also be added. Or spinach may be served with Sunkist lemon garnishes, allowing each person to use lemon juice as desired.
MARMALADES AND
CONFECTIONS

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marmalades, jellies and jams are healthful sweets and should be liberally included in the diet. They are especially desirable for growing children. Since oranges and lemons are in the market every day in the year, marmalades may be made in winter when other fruits are not available.

Doubly useful are candied orange, lemon and grapefruit peels, which are at once wholesome confections and a source of flavor for cakes, cookies and fillings.

Marmalades use the whole fruit, including the skin. Be sure to use fruit with bright, clean skins, such as are found on Sunkist oranges, lemons and grapefruit.

Candied Orange Peel I. (Confection)

Peel from 3 Sunkist oranges
Remove peel in quarters. Cover with water to which 1 teaspoon salt has been added. Boil 30 minutes. Drain. Cover with fresh water and boil till peel is tender, about 3/4 hour longer. Drain. Bring 1 cup sugar and 1/2 cup water to boil. Add peel. Boil gently till syrup is nearly absorbed. Drain. Roll in sugar. Cut with scissors into strips for serving.

Colored Peel: Red or green vegetable coloring may be added to syrup to tint peel.

Spiced Candied Peel: A little cinnamon, clove or ginger may be added to syrup to vary flavor. Whole spices tied in cloth will prevent darkening in the color of the peel.

Chocolate Coated Peel: Coat the strips of candied peel with melted dipping chocolate. Allow to harden.

Candied Lemon and Grapefruit Peel

Use peel from 2 Sunkist grapefruit or 4 Sunkist lemons and follow same recipe as for Candied Orange Peel I.

Candied Orange Peel II. (For Flavor or Cooking Uses)

Peel from 3 medium Sunkist oranges
Remove peel in quarters. Cover with water. Boil 20 minutes. Drain. Bring 1 cup sugar and 1/2 cup water to boil. Cook peel in this till saturated with syrup. Drain. Roll in granulated sugar. When cold store in tightly covered jar. Use for flavoring cakes, breads, and so on. When needed, cut into strips or small bits with scissors.

Quick Orange Jam
(Makes 2 glasses)

2 cups Sunkist orange pulp and juice
1 Sunkist lemon, pulp and juice
1 1/2 cups sugar
Boil quickly about 10 minutes or until syrupy and clear. Very good served warm on hot biscuits.

Lemon Curd or Cheese
(Makes 1 pint or 3 glasses)

6 eggs
2 cups sugar
3/4 cup Sunkist lemon juice
3/4 cup butter
Beat eggs well. Add other ingredients. Cook over hot water until thick. Pour into sterilized glasses. Use for filling for tarts or cakes or as a spread for toast and hot biscuits.
**Orange Marmalade**  
*(Makes 12-18 glasses)*

- 4 medium sized or 3 large Sunkist oranges
- 4 Sunkist lemons

Slice halves or quarters of unpeeled fruit very thin. Measure quantity of sliced fruit. Add five times as much cold water. This will require a generous sized receptacle. At once or any time during next 24 hours boil hard for 50 to 60 minutes. This should reduce quantity one-half.

Measure into 2 or 4 cup lots. Do not cook amounts of more than 4 cups, since a better flavor and color result if marmalade is cooked in small quantities. If oranges were rather sweet, add additional lemon juice at this stage—about 1 tablespoon to 1 cup of fruit. Bring to boiling point. Boil 5 to 10 minutes. Add ¾ cup sugar for each cup of fruit.

Boil the first lot rapidly till it gives the jelly test of thick reluctant drops from the side of the spoon—not more than 10 minutes. If longer time is required the next lot should be boiled correspondingly longer before sugar is added.

Pour into sterilized glasses. Cover with paraffin when cold.

*Causes for variation:* Sweetness or tartness of fruit and ripeness of fruit cause variation. Fruit is richer in pectin when not fully ripe, needs less cooking and will, therefore, produce the maximum number of glasses. Variations in clearness of finished product are due chiefly to this fact, since the shorter the time required, the clearer and more delicate the jelly.

Time of cooking and size and shape of cooking vessel also cause variation.

Recooking of marmalade tends to darken and to make the flavor strong. If it does not quite jelly on first cooking, stand in sunshine, without paraffin for 24 to 36 hours.

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**Citrus Marmalade**  
*(Makes 20-24 glasses)*

- 4 medium sized or 3 large Sunkist oranges
- 1 Sunkist grapefruit
- 2 Sunkist lemons

Follow method given for Orange Marmalade.

**Bitter Orange Marmalade**  
*(Makes 6-8 glasses)*

- 1 Sunkist grapefruit
- 2 Sunkist oranges
- 1 Sunkist lemon
- ¾ cup Sunkist lemon juice

Slice unpeeled fruit very thin. Add three times as much water as fruit. Boil 20 minutes. Measure. Bring to boiling point. Add ¾ cup sugar for each cup of fruit. Boil 25 minutes or until it gives the jelly test. Just before removing from fire add ¾ cup lemon juice. Pour into sterilized glasses; cover with paraffin when cold.

**Orange Jelly and Marmalade**  
*(Makes about 4 glasses jelly and 2 glasses marmalade)*

- 2 Sunkist oranges
- 1 Sunkist lemon

Slice unpeeled oranges and lemons very thin. Measure and for each cup allow 4 cups water. Bring to boil. Boil 30 minutes.

*For Jelly:* Strain off 4 cups of clear juice. Bring this juice to boil. Add ¾ cup sugar for each cup juice. Boil hard till it gives the jelly test of thick sheet-like drops from the side of the spoon. Pour into sterilized glasses. Cover with paraffin when cold.

*For Marmalade:* Take remaining fruit and liquid, add ¾ cup sugar for each cup and proceed as when making jelly.

*Note:* This makes a thick marmalade with much orange peel and is especially good for cooking purposes where the marmalade is used for flavor.

If marmalade is not desired, strain off all clear juice after first boiling and make into jelly.
CHIEF among the contributions that oranges and lemons make to the menu is their salad use. They rightly rank foremost among salad fruits.

As uncooked foods, they provide a welcome source of needed dietetic elements. They are rich in Vitamin C, a daily requirement of the body, and contain minerals and alkaline salts which balance acid-reaction foods.

Not only do they have a delightful flavor of their own, they develop the flavor of many other salad ingredients, combining readily with them. Every day in the year you will find oranges, lemons and grapefruit available for your use in easily prepared salads of all types: vegetable, meat, fish, jellied and frozen, as well as in fruit combinations proper.

Preparation of Oranges for Salads

Unless the orange shell is to be scooped out and used as a basket to hold the salad mixture, the orange is pared like an apple. This removes all the outer skin and membrane, leaving the juicy pulp exposed.

For Sections: Separate sections, free from membrane as described on page 4. For Slices: Cut fruit thick or thin as desired. Slices are easier to handle with a fork if they are halved or quartered, or if the whole slice is served cut on each section division with scissors for about ½ inch. Pull sections apart flower-petal fashion. For Pieces (or Pulp): Cut sections in two or three pieces or cut fruit in thick slices and cut out each section, free from membrane.

Juice: Save any escaping juice and use to marinate other fruits that may turn dark in color, as bananas, or apples (see Fruit Juice for Salad Marinade, page 17). Or use in salad dressing where French Fruit Dressing (see page 16) is served.

Lemon Pulp in Salads

Sunkist lemon pulp may be used in salads calling for such ingredients as fish, eggs, lettuce and so on to replace chopped pickle. So used, it furnishes a delightful variation of flavor. Cut the lemon in small pieces, using a sharp knife or scissors. Remove all the membrane possible, save juice and use with chopped pulp. Use ¼ cup lemon pulp and juice to 1 cup shredded lettuce. Cabbage may replace the lettuce.

For a fish salad using the lemon pulp, see Fish Salad Californian (recipe, page 14).

First Course Salads

For first course or appetizer salads, see page 5.

Sunkist Orange Salad
(Serves 6)

6 Sunkist oranges  
Lettuce  
Maraschino cherries

Pare oranges and cut into ¼ inch slices. Cut slices in halves. Arrange on lettuce-covered salad plates. Top with Mayonnaise or Cream Mayonnaise (see recipes, page 16). Garnish with maraschino cherries.

Orange and Grapefruit Salad
(Serves 6)

6 Sunkist oranges  
3 to 4 Sunkist grapefruit  
Lettuce  
⅔ cup apple cubes (or avocado cubes)

Peel oranges and grapefruit, separate into sections. Place alternate sections of orange and grapefruit on a bed of lettuce leaves. In center place cubed apple (or avocado). Serve with any desired dressing.
DECORATIVE SALADS

Orange Chrysanthemum Salad  
(Serves 6)
6 small Sunkist oranges  
Lettuce  
Apples  
Cut through the skin of oranges three-quarters of the way down and in very fine strips, being careful not to break strips apart. Remove orange pulp and cut in pieces. Place each orange skin in a bed of lettuce leaves and fill center with orange pieces and long slender pieces of apple. Serve with any desired dressing.

California Poinsettia Salad  
(Serves 6)
3 Sunkist oranges  
6 tablespoons cream cheese  
Paprika  
2 red pimientos  
Peel oranges and separate into sections. Make cheese into 6 balls, and sprinkle with paprika. Cut pimientos into long, narrow strips. Place a cheese ball in center of each salad plate and arrange orange sections radiating out from it like the petals of a flower. Place strips of pimiento between orange sections. Pour French Dressing over all.

Spanish Salad  
(Serves 6)
2 large tomatoes  
2 green peppers  
2 Sunkist oranges  
1 tablespoon minced onion  
Cut each tomato into 3 slices. Take seeds from green peppers and cut each one into 3 rings. Peel oranges and cut in small pieces. On each salad plate arrange tomato slice topped with pepper ring. Fill center of ring with orange. Add minced onion to French Dressing. Pour over salad.

Salad Straws  
For Orange and Lemon Salad Straws to serve as salad accompaniments, see recipes, page 27.

DESSERT SALADS

Orange Cherry Frozen Salad  
(Serves 6-8)
1 tablespoon gelatine  
2 tablespoons cold water  
1 cup whipping cream  
¼ cup powdered sugar  
1 tablespoon Sunkist lemon juice  
1 cup Mayonnaise  
1½ cups drained Sunkist orange pieces  
½ cup chopped cherries (maraschino or candied)  
Lettuce hearts  
Soak gelatine in cold water and dissolve over boiling water. Whip cream, add sugar, dissolved gelatine, lemon juice and Mayonnaise. Mix well and fold in oranges and cherries. Pour in mold and pack in alternate layers of ice and salt for 4 hours. Or put in tray of iceless refrigerator and chill until firm. Serve garnished with crisp hearts of lettuce. If desired, garnish also with additional Mayonnaise or whipped cream.

Fruit Salad in Orange Cups  
(Serves 6)
3 large Sunkist oranges  
2 slices pineapple, diced  
12 marshmallows, quartered  
½ cup broken nut meats  
½ cup strawberries, halved  
Lettuce  
Cut oranges in two; remove pulp carefully leaving shell clean. Mix pineapple, marshmallows, nuts and strawberries with orange pulp. Fill orange cups, cover with Cream Mayonnaise and garnish with nuts. Serve on lettuce.

Orange Prune Dessert Salad  
(Serves 6)
18 prunes  
Sunkist orange juice  
Walnut meats  
30 Sunkist orange sections  
Celery tips  
Soak prunes in a little orange juice for 2 hours, remove pits and stuff with walnut meats. Marinate orange sections in Salad Marinade for ½ hour. (See recipe, page 17.) Drain, arrange on individual salad plates, piling prunes in center. Pour over French Honey Dressing. Garnish with celery.
**Jellied Salads**

*Jellied Fruit Salad*  
*(Serves 8-10 in individual molds)*

**Gelatine Base**

2 tablespoons gelatine  
6 tablespoons cold water  
1½ cups boiling water  
1 cup Sunkist orange juice  
6 tablespoons Sunkist lemon juice  
¼ cup sugar  
½ teaspoon salt  

Soak gelatine in cold water 5 minutes. Add boiling water, orange and lemon juice, sugar and salt. Cool.

When beginning to stiffen, add:  
1 cup Sunkist orange pieces, drained  
1 cup diced bananas  
1 cup diced canned pineapple, drained  

Pour into individual molds and chill until firm. Serve with Mayonnaise or Cream Mayonnaise.

*Jellied Vegetable Salad*  
*(Serves 8-10)*

Follow directions for making gelatine base as given in Jellied Fruit Salad. When beginning to stiffen, add:  
1 cup cooked peas  
1 cup diced cooked beets  
1 cup cooked carrots, diced  

Serve with Mayonnaise or Boiled Dressing.

*Orange Shrimp Jellied Salad*  
*(Serves 8-10)*

Follow directions for making gelatine base as given in Jellied Fruit Salad. When beginning to stiffen, add:  
1 cup Sunkist orange pieces  
1 cup shrimps cut in pieces  
1 cup chopped celery  

Serve with Mayonnaise.

*Orange Cheese Jellied Salad*  
*(Serves 8-10)*

Follow directions for making gelatine base as given in Jellied Fruit Salad. When beginning to stiffen, add:  
1 cup Sunkist orange pieces  
1 cup celery  
1 cup cream cheese balls  

Serve with Mayonnaise.

*Orange Cheese Salad*  
*(Serves 6)*

4 Sunkist oranges  
2 packages of Philadelphia cream cheese  
1 cup toasted cocoanut  
1 head lettuce (inside leaves)

Pare oranges and separate sections. Mash cream cheese. Make into balls and roll in toasted cocoanut. On lettuce covered salad plates, place orange sections with 2 or 3 cheese balls. Top with a spoon of Mayonnaise.

*Orange Meat Salad*  
*(Serves 6)*

2 cups cold roast lamb (veal, chicken or duck)  
4 Sunkist oranges  
Lettuce

Cut the meat (lamb, veal, chicken or duck) into small pieces and marinate in Salad Marinade (see recipe, page 17). Peel oranges and cut in small pieces. Combine oranges and meat and serve on crisp lettuce leaves with French Dressing.

*Orange Crab Salad*  
*(Serves 8)*

2 cups Sunkist orange pieces  
2 cups crab meat  
1 cup diced cucumbers  
1 cup chopped celery  
Lettuce

Combine oranges, crab meat, cut in small pieces, cucumbers and celery. Serve on lettuce with French Dressing or Mayonnaise.

*Fish Salad Californian*  
*(Serves 6)*

½ cup Sunkist lemon pulp and juice  
2 cups shredded lettuce  
2 cups canned salmon (or tuna)  
3 tablespoons minced pimiento

Pare lemons, saving all juice, and cut in small pieces, as free as possible from membrane. Mix with lettuce. Add fish, which has been flaked, and pimiento. Mix thoroughly. Serve with Mayonnaise. The lemon pulp replaces the chopped pickle often used in fish salads.
THE EASE with which California Sunkist oranges are peeled, sliced and separated into sections, makes this fruit the basis of many "ten-minute" salads.

To Prepare the Following Salads:

Arrange ingredients on lettuce on individual salad plates; serve with any desired dressing unless otherwise specified.

Winter Salad Combinations

California Sunkist oranges are marketed the year 'round, providing fresh fruit winter salads when other fruits are out of season. The fruit salad is especially valuable to balance the foods of the winter menu. Following are salad combinations good for year 'round serving, although we have named them "Winter Salads" because the ingredients used are available during winter months.

Winter Orange Fruit Combination: 
1/2 Sunkist orange cut in pieces; 1/2 banana sliced; 1 slice canned pineapple, diced; 1 tablespoon broken walnut meats. Mix well.

Orange, Date and Nut: 5 to 7 Sunkist orange sections; 3 or 4 dates stoned and stuffed with walnut or almond meats.

Orange, Prune and Cottage Cheese: 5 to 7 Sunkist orange slices, halved; 4 prunes cooked until tender and stuffed with cottage cheese.

Orange and Onion: 2 Sunkist orange slices, cut 1/2-inch thick. Arrange sandwich fashion with a thin slice of Bermuda onion in center. Garnish with sliced stuffed olives.

Orange and Cranberry: 3 or 4 Sunkist orange slices. Cut in halves and circle around individual mold of cranberry jelly.

Orange, Honey and Cocoanut: 4 or 5 Sunkist orange slices. Dip in slightly warmed honey which has been placed in a flat bowl or saucer. Then dip both sides of slices in cocoanut. Arrange on a bed of lettuce and garnish with dots of canned or maraschino cherry pieces.

Summer Salad Combinations

Sunkist oranges add a refreshing juicy element to summer salads. They bring out the flavor of other fruits and give their own delicious flavor element.

Summer Orange Fruit Combination: 4 or 5 Sunkist orange sections; 3 or 4 peach slices; 3 or 4 pear slices; 1/2 slice pineapple cut in 3 or 4 pieces. Mix well.

Orange and Melon: 1 Sunkist orange, cut in thin slices; 1/4 cup watermelon balls; 1/4 cup cantaloupe balls. Serve with a French Dressing.

Orange and Peach: 5 or 6 Sunkist orange sections; 1/2 large peach, sliced. Alternate orange sections and peach slices. Garnish with 4 walnut halves.

Orange and Strawberry: 3 or 4 Sunkist orange slices, halved; 1 slice of pineapple, quartered. Garnish with 4 large, ripe, unhulled strawberries. Top with a marshmallow half.

Orange, Pear and Grape: 5 or 6 Sunkist orange sections; 1/2 large pear, cored and sliced lengthwise. Alternate orange sections and slices of pear. Garnish with 5 or 6 grapes, peeled and seeded.

Orange and Cherry: 3 or 4 large Sunkist orange sections. Arrange around edge of a lettuce cup made by cutting a small head of lettuce in two and scooping center from one half. Fill center of cup with stoned cherries. Serve with Mayonnaise or Boiled Dressing.

Orange and Cucumber: 6 to 8 thin slices from small Sunkist orange. Arrange in circle on plate, alternating each slice with a thin crisp slice of cucumber. Serve with Cheese Dressing.
THE DELICATE and appetizing flavor and food value of lemon juice make it the preferred source of tartness for salad dressings of all types—cooked dressings, French dressings and mayonnaise (or "lemon-naise"). Its ability to bring out the flavor of other foods suits it ideally to the "marinade," or dressing added to salad ingredients before they are combined in the salad.

French Dressing
(Makes about ½ cup)
3 tablespoons Sunkist lemon juice
6 tablespoons salad oil
½ teaspoon salt
¼ teaspoon paprika
Stir or shake thoroughly before serving.

French Honey Dressing
(Makes about ¾ cup)
To French Dressing add ¼ cup strained honey. Serve on fruit salads.

French Fruit Dressing
(Makes about ½ cup)
3 tablespoons Sunkist lemon juice
3 tablespoons Sunkist orange juice
4 tablespoons oil
½ teaspoon salt
1 tablespoon sugar
Mix all ingredients thoroughly.

Cheese Dressing
(Makes about ¾ cup)
To French Dressing add gradually 2 tablespoons of some cheese of piquant flavor as Roquefort or snappy cheese which has been rubbed to a cream. Blend until smooth.

Lemon Juice
Sunkist lemon juice with a sprinkling of salt is liked by many as a dressing for such salads, as: avocado, sliced tomato, sliced cucumber, combination vegetable, and so on. (It is excellent for reducing diets.)

Lemon juice mixed with two-thirds as much sugar makes a dressing for lettuce that is liked especially by children.

"Lemon-naise"
(Mayonnaise With Lemon Juice)
(Makes 2½ cups)
1 egg yolk
½ teaspoon salt
2 tablespoons Sunkist lemon juice
2 cups salad oil
Stir egg yolk, salt and 1 tablespoon lemon juice until well mixed. Beat in oil, slowly at first until ¼ cup is added, using a whirl type beater. Then add oil more rapidly. When dressing becomes thick, add remaining lemon juice and proceed with remainder of oil.

For a sharper, thinner dressing, add 2 extra tablespoons Sunkist lemon juice just before serving.

Cream Mayonnaise
(Makes about 1 ½ cups)
To 1 cup "lemon-naise" add ½ cup whipped cream and ¾ tablespoon Sunkist lemon juice. This is an excellent fruit salad dressing.

Boiled Salad Dressing
(Makes 1 ¾ cups)
2 eggs
4 tablespoons flour
2 tablespoons sugar
1 teaspoon salt
½ teaspoon mustard
½ teaspoon paprika
1 ¼ cups cold water
½ cup Sunkist lemon juice
1 tablespoon butter
This is a salad dressing without oil and is liked especially by children.
A SMART SUGGESTION for making salads, from the French, the marinade adds that flavor and juiciness that salads need and often lack.

Fruit Juice for Salad Marinade
Sunkist orange juice, lemon juice, and grapefruit juice make excellent marinades for certain salad ingredients:

Fruits such as bananas and apples are marinated (allowed to stand) in orange or lemon juice to keep from darkening and to improve flavor.

Raisins or prunes are marinated in orange juice for flavor; dates in grapefruit juice.

Marshmallows gain flavor by being soaked in orange juice before combining in salad.

Salad Marinade
(Makes about 1/2 cup)
6 tablespoons Sunkist lemon juice
3 tablespoons oil
1 teaspoon salt
1/4 teaspoon pepper
Mix thoroughly.

Fruits, cooked vegetables, meats and fish are marinated in this dressing; that is, the dressing is added to the salad ingredients which are allowed to stand for an hour or so until well seasoned. Each salad ingredient is marinated separately. The ingredients are then drained and combined and the salad is served with additional dressing, French, Mayonnaise or a cooked dressing.

Add 1/2 teaspoon onion juice to marinade if desired. Or if garlic flavor is desired, rub bowl in which marinade is made with cut clove of garlic.
THE DAINTY FRESHNESS of a lemon garnish adds a pleasing decorative note and lends piquant flavor to many services of foods: shell fish, clear soups, fish, meats, vegetables, salads and beverages.

The dietetic value of lemon juice makes it important that lemon garnishes be eaten as well as seen. To be at once practical and decorative, they must be large enough to furnish an ample amount of juice.

Lemon quarters (the fruit cut lengthwise) or lemon baskets (from the halved fruit) provide plenty of juice and should be included with the always decorative lemon slices, which may be cut plain or in fancy shapes.

Ideas for a number of novelties are given in the accompanying illustration. To heighten the effect, the lemon may be itself garnished with parsley, chopped mint, pimiento strips or paprika.

California Sunkist lemons and oranges are particularly suited for garnish purposes because they have clean skins of high color and waxy texture, are easy to slice, practically seedless, and of fine flavor.
THE RUSSIAN CUSTOM OF SERVING LEMON WITH TEA IS NOW UNIVERSALLY ACCEPTED AS CORRECT.

Tea service should include a plate of lemon slices cut from the unpeeled fruit. It is a courtesy to have quartered lemons also, for those who wish more of the lemon flavor.

Iced tea is served with a Sunkist lemon slice or quarter slipped over the rim of the glass, or garnished as lemonade in any of the manners suggested on the page following.

Grated orange or lemon rind may be used in the brewing of tea, imparting even to ordinary teas an unusual and delicate flavor reminiscent of the rare and expensive blends. Add 1 teaspoon grated rind for each 4 to 6 cups. Place in teapot with tea (any blend) and add boiling water.

Other tea accompaniments include candied peels, lump sugar rubbed over Sunkist orange or lemon rind to absorb the flavoring oil, and sandwiches of Orange Bread.
MODERN USAGE DICTATES that beverages shall appeal to the eye as well as to the taste. The tall glasses, coasters, sippers and garnish of the illustration are correct.

**Sunkist Lemonade**  
*(Serves 6)*

- 6 Sunkist lemons
- 3/4 to 1 cup sugar
- 6 cups cold water
- Sunkist lemon slices

Extract lemon juice, add sugar to taste, and stir until dissolved. Then add water and serve immediately, pouring into glasses over crushed ice. Place a lemon slice over the rim of each glass.

**Orange and Lemon Beverage Garnishes**

*Sunkist Orange or Lemon Slices:* Serve, slipped over the rim of the glass, with lemonade, iced tea or fruit drinks.

**Fancy Orange Slices:** Float orange slices cut in quarters, halves or fancy shapes, on bowl of punch. Combine, if desired, with other sliced fresh fruits.

**Garnish in Ice Cubes:** Freeze small, fancy orange and lemon slices in ice cubes. Cubes may be tinted for variety.

**Lemon Icebergs:** Dissolve 2 cups sugar in 3 cups boiling water. Cool. Add 3/4 cup Sunkist lemon juice. Tint green with vegetable coloring. Garnish as above and freeze in cubes.
Fresh Fruit Drinks

Fresh fruit drinks, with orange and lemon juice as their base, are now served on all occasions. The breakfast glass of orange juice is a national health habit, while other meals and social events have their own citrus fruit beverages. Freshly extracted juices furnish fruit acids needed for flavor and body in the drink, together with essential vitamins and minerals of dietetic importance. Eggs or milk may be added where a higher food energy value is desired.

A good reamer or electric extractor and a liberal supply of oranges and lemons at all times make it possible to serve these delicious and healthful drinks—easily and quickly—whenever you wish.

Orange Juice
For service of Sunkist Orange Juice, see inside front cover.

Sunkist Orangeade
(Serves 6)
4 cups Sunkist orange juice
2 cups iced water
Sugar
Cracked ice
Combine orange juice and water. Sweeten to taste and chill as desired.

Orange Ginger Ale
For each person served, combine 2/3 cup Sunkist Orange Juice with 1/3 cup ginger ale. Pour over cracked ice in glass and serve immediately.

Grape Lemonade
(Serves 8-10)
Add 2 cups grape juice and 1 cup Sunkist orange juice to Lemonade recipe.

Dinner Punch
(Serves 4-6)
2 Sunkist oranges, juice of
2 Sunkist lemons, juice of
or
1 Sunkist grapefruit, juice of
2 cups water
Sugar or honey to taste
Mix thoroughly.

For Variation: Add to the above mixture 1 cup of the juice of another fruit, such as grape juice, raspberry juice, loganberry juice, pineapple juice, cider or the juice from any canned fruit.

Or add 1 cup of a purée made by forcing peaches, pears, apricots, bananas or berries through a potato ricer or coarse sieve.

Half and Half
(Serves 8)
2 cups Sunkist orange juice
1 cup Sunkist lemon juice
3/4 to 1 cup sugar
5 cups iced water
Cracked ice
Combine fruit juices with sugar to taste, and iced water. Pour over cracked ice in glasses.

Frosted Orange Juice
(Serves 1)
Into a large glass pour a cup of Sunkist orange juice. Add a dip of vanilla ice cream and stir until partially dissolved. Serve immediately.

Frozen Fruit Punch
(Serves 6-8)
2 cups sugar
1 1/2 cups water
1 small bunch mint
3 cups weak tea or ginger ale
1/2 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.
Sunkist Freeze  
(Serves 1)
To Lemonade, Orangeade or other fruit beverage, add a dip of Lemon or Orange Ice, placed in the glass at serving time. The beverage should be cold. The fruit ice replaces the service of crushed ice in the glass.

Fruit Punch for a Crowd  
(Makes about 4 gallons—60 large glasses, 120 small)
2 quarts sugar
1 quart water
2 quarts tea infusion
1 quart Sunkist lemon juice
1 quart Sunkist orange juice
1 quart grape juice
1 quart grated pineapple
2½ gallons iced water
1 cup strawberry slices
2 cups fancy Sunkist orange slices

Make syrup of sugar and 1 quart water. Make tea infusion by pouring 2 quarts (8 cups) boiling water over 5 tablespoons tea. Cool. Combine syrup, tea, fruit juices and water. Add strawberry slices and orange slices, which may be cut in fancy shapes or simply halved or quartered.

Punch may be strained before adding strawberry and orange slices but this will lessen quantity made. Less water may be used and punch poured over block of ice in punch bowl. When strawberries are out of season the strawberry slices may be replaced by another cup of orange slices. Recipe may be halved or quartered to serve a smaller group.

Cream Orange  
(Serves 1)
1 egg yolk
¾ cup Sunkist orange juice
¼ cup thin cream
Sugar, if desired

Beat egg yolk until light, add orange juice and blend thoroughly. Pour into glass and stir in cream. Sweeten to taste. Serve at once.

This is an excellent mid-meal or bedtime drink for the underweight. Egg yolk may be omitted if desired. Evaporated milk may be used in place of cream.

Lemon Juice Bracer  
(Serves 1)
Add juice of 1 Sunkist lemon to a glass of water. Sweeten or not as desired. Drink on rising in the morning.

Breakfast Cocktail  
(Serves 1)
1 egg yolk
2 Sunkist oranges, juice of
1 teaspoon honey or sugar to taste
Pinch of salt
Beat together and drink every morning.

Sunkist Lemon Milk  
(Serves 2)
1 to 2 Sunkist lemons, juice of
1 pint milk
Beat juice of lemons and milk together with a whirl type beater or put in a glass jar and shake well. Serve immediately.

This is a substitute for buttermilk and makes a healthful drink tolerated by weak digestions. It must be mixed each time served as curd and whey of milk will separate if allowed to stand. More or less lemon juice may be added depending upon sourness desired for drink.

Lemon Egg-Nog  
(Serves 1)
6 tablespoons milk
½ cup cold water
1 egg
2 tablespoons sugar
2 tablespoons Sunkist lemon juice
Grated nutmeg

Combine milk, water, egg and sugar. Beat thoroughly, pour in lemon juice and mix vigorously. Serve in a large glass topped with a grating of nutmeg.

Hot Lemonade  
(Serves 1)
1 tablespoon sugar
¾ cup boiling water
2 tablespoons Sunkist lemon juice
Add sugar to boiling water and stir until dissolved. Add lemon juice and serve.

Another method for making hot lemonade is to slice a lemon (including skin) and pour boiling water over it. Let stand 10 minutes, add sugar and serve.
FRUIT DESSERTS

The easily prepared fresh fruit dessert is always popular—and more than certain of welcome if it contains oranges and lemons. Sliced oranges or a combination of oranges and other fruits supply vitamins often lost in cooking and so serve to balance the cooked portion of the meal. Fruits may also appear in the more elaborate desserts such as gelatines and frozen desserts.

Orange Ambrosia
(Serves 6)
6 Sunkist oranges  
\( \frac{1}{2} \) cup powdered sugar  
\( \frac{1}{2} \) cup grated coconut
Peel and slice oranges. Cut slices into halves or quarters. Arrange in serving dishes, sprinkle with sugar and coconut.

Fruit Cup Dessert
(Serves 6)
1 cup Sunkist orange pieces  
1 cup diced pineapple  
1 cup halved strawberries (or white grapes)  
\( \frac{1}{2} \) cup powdered sugar  
6 maraschino cherries
Combine fruits and sugar. Serve very cold in sherbet glasses with a maraschino cherry for garnish.

Orange Nut Whip
(Serves 6-8)
1 cup whipping cream  
1 cup peanut brittle rolled fine (3 oz.)  
1 cup Sunkist orange pieces
Whip cream and fold in powdered peanut brittle and orange pieces. Serve very cold.

This dessert may be made in the iceless refrigerator. Freeze orange pieces with \( \frac{1}{2} \) cup sugar to a mush. Fold in cream and peanut brittle. Let stand till frozen again but no longer. Serve.

Orange Arabian
(Serves 6)
6 Sunkist oranges  
\( \frac{3}{4} \) cup chopped almonds  
\( \frac{3}{4} \) cup shredded dates
Peel and slice oranges, cutting slices into halves or quarters. Arrange in serving dishes, sprinkling layers of fruit with almonds and dates.

Orange Marshmallow Fluff
(Serves 6-8)
1 cup cream  
\( \frac{3}{4} \) cup sugar  
1 cup quartered marshmallows  
1 cup Sunkist orange pulp and juice
Whip cream until thick, fold in other ingredients. Serve cold.

Baked Orange Marie
(Serves 8)
8 Sunkist oranges  
8 dates, stoned and chopped  
1 tablespoon coconut  
1 tablespoon raisins  
1 tablespoon chopped walnut meats
Cut off tops of oranges. With a sharp paring knife hollow out a small portion of each orange near the top. Then work the knife around to lift out pieces of the remaining pulp, until orange shell is clean. Mix orange pulp with dates, coconut, raisins and nut meats. Return to orange shells. Place oranges in a baking dish with \( \frac{1}{2} \) inch of water in bottom of pan. Bake in a slow oven for 45 minutes. Take out of oven and put on each orange a spoonful of meringue made from:

1 egg white, stiffly beaten  
1 teaspoon sugar
Sprinkle meringue with coconut and return oranges to oven to brown. Serve hot or cold. A marshmallow may be used to top each orange in place of meringue.
Baked Oranges

Several baked orange suggestions lend themselves to dessert service. See recipes, page 8.

Orange Cream Custard
(Serves 6)

2 eggs
1/4 cup sugar
2 teaspoons flour
3/8 teaspoon salt
2 cups milk
1/2 teaspoon vanilla
5 tablespoons sugar
4 Sunkist oranges

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. 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.

Lemon Tapioca
(Serves 6-8)

1/2 cup quick cooking tapioca
3 cups boiling water
1/4 teaspoon salt
Rind 1 Sunkist lemon
1 cup sugar
1/2 cup Sunkist lemon juice
2 egg whites

Combine the first four ingredients and cook 20 to 30 minutes. Remove lemon rind and add sugar and lemon juice. Beat egg whites stiff, fold them lightly in, chill thoroughly and serve in sherbet glasses.

Manhattan Pudding
(Makes about 1 1/2 quarts)

1 1/2 cups powdered sugar
1 3/4 cups Sunkist orange juice
3/4 cup Sunkist lemon juice
1 cup heavy cream
2 cups chopped burnt almonds
1 teaspoon vanilla

Dissolve 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 Frappé
(Makes about 1 1/2 quarts)

2 cups sugar
3 cups water
2 cups Sunkist orange juice
1/2 cup Sunkist lemon juice

Boil sugar and water 10 minutes. Cool, add fruit juices. Freeze to a mush.

Lemon Sherbet
(Makes about 1 3/4 quarts)

3 cups sugar
1 quart water
3 1/4 cups Sunkist lemon juice
2 egg whites

Boil sugar and water together for 5 minutes to make syrup. Add lemon juice, cool and freeze to a mush. Add stiffly beaten egg whites and finish freezing.

Sunkist Fruit Sherbet
(Makes 2 quarts)

1/4 cup Sunkist orange juice
1/2 cup Sunkist lemon juice
2 1/2 cups sugar
1 quart milk
1 cup any one of following fruits: crushed strawberries, crushed raspberries, apricot pulp, mashed peaches, mashed bananas, apple sauce.

Mix and freeze. If mixture curdles it will freeze smooth again.

Orange Ice Cream
(Makes 2 quarts)

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

Mix orange juice and sugar 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.

Orange Maple Sundae
(Makes 2 cups—Serves 12-15)

1 cup water
2 1/2 cups sugar
1/2 cup corn syrup
1 cup Sunkist orange pieces
1 teaspoon maple flavoring
2 quarts vanilla ice cream

Boil water, sugar, corn syrup, orange pieces and maple flavoring together for 20 minutes or until syrup is of desired consistency. Cool. Serve over vanilla ice cream.
Orange Coupe
(Serves 6)

6 Sunkist oranges
1 cup diced bananas
3/4 cup sugar
1 pint vanilla ice cream
2 egg whites

Cut slice from top of oranges. Remove pulp, leaving inside of oranges clean. Dice pulp and mix with bananas and 1/2 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 1/4 cup sugar. Place in a hot oven or under broiler to brown meringue.

Orange Gelatine
(Serves 6)

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 Sunkist orange rind
1/2 teaspoon salt

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. Turn into molds and chill.

Orange Jelly Party Cake
(Serves 6)

Make Orange Gelatine. Pour into cake-shaped mold. When firm, unmold and press animal crackers into sides to make border around top and bottom.

Orange Bavarian Cream
(Serves 6-8)

1 tablespoon granulated gelatine
1/4 cup cold water
1 cup Sunkist orange juice and pulp
1 tablespoon Sunkist lemon juice
1/2 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. When it begins to jelly fold in whipped cream; turn into cold mold to become firm.

Lemon Gelatine
(Serves 4)

1 tablespoon granulated gelatine
2 tablespoons cold water
1 1/2 cups boiling water
1 cup sugar
Few grains salt
1/4 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
(Serves 4)

Make Lemon Gelatine. When jelly begins to stiffen, beat with egg beater until light and frothy.

Lemon Snow
(Serves 4-6)

Make Lemon Sponge, adding the stiffly beaten whites of 2 eggs.

Sunkist Ice-Box Cake
(Serves 8-10)

1/4 cup Sunkist orange juice
2 tablespoons gelatine (1 envelope)

Soak 5 minutes and liquefy over hot water. Add:
1/3 cup sugar dissolved in
1/2 cup boiling water
3/4 cup Sunkist orange juice
Cool. Mix:
12 marshmallows, cut into eighths
1/2 cup Sunkist orange pieces
Let stand while gelatine mixture cools. When gelatine begins to stiffen, beat till fluffy. Fold in orange pieces and marshmallows, and lastly:
1 cup whipping cream, beaten stiff

Line bottom of spring form with halves of ladyfingers. Cut one round end from enough halves of ladyfingers to stand up around edge of form. The cut ends touch the bottom of the pan. Allow:
24 ladyfingers

Pour in half the filling. Lay on any pieces or extra ladyfingers and cover with rest of filling. Leave in ice-box overnight or until thoroughly chilled. Remove sides of spring form when ready to serve. Decorate, if desired, with additional whipped cream or dust top with finely cut Candied Orange Peel, red sugar or finely chopped nuts.
PIES, CAKES AND COOKIES

PIES, with lemon pie as first choice, are known as the favorite dessert of masculine America, while cakes are popular with all. For both pies and cakes, oranges and lemons may be called Nature's own flavoring extracts. In pie fillings, they combine readily with other customary ingredients—fruits, custards and creams. For cakes, notably layer cakes, they flavor filling and frosting as well as the cake batter itself. More pronounced flavor is obtained by the use of grated orange or lemon peel.

Orange Meringue Pie
(Makes 1 pie)

1 cup sugar
1/2 cup flour
1/4 teaspoon salt
Grated rind 1 Sunkist orange
1 cup Sunkist orange juice
2 tablespoons Sunkist lemon juice

Mix dry ingredients, add fruit juices and cook in double boiler 10 minutes, stirring until thickened. Add:
2 tablespoons butter
3 egg yolks, beaten light
Cook 2 minutes longer. Cool and turn into baked pie shell. Cover with meringue made of:
3 egg whites
3/4 cup sugar
1/4 teaspoon baking powder

Beat egg whites until frothy, add sugar and baking powder and continue beating until stiff. Put in moderate oven (325° F.) for 15 minutes to brown.

English Lemon Cheese Cakes
Fill baked patty shells with Lemon Curd (see recipe, page 10). Dust with chopped almonds and powdered sugar.

Lemon Meringue Pie
(Makes 1 pie)

1 1/2 cups boiling water
Sift dry ingredients, add water, and cook in double boiler until thick (about 15 minutes). Add:
3/4 cup Sunkist lemon juice
Grated rind 1 Sunkist lemon
2 egg yolks, beaten slightly
Cook 2 minutes longer. Cool and turn into a baked pie shell. Cover with meringue made of:
2 egg whites
3/4 cup sugar
3/4 teaspoon baking powder

Beat egg whites until frothy, add sugar and baking powder and continue beating until stiff. Put in moderate oven for 15 minutes to brown.

Orange Pastry
(Makes 1 pie shell)

1 cup flour
4 tablespoons shortening
1/2 teaspoon salt
1/2 teaspoon grated Sunkist orange rind
1 tablespoon sugar
Sunkist orange juice

Work fat gently into dry ingredients with finger tips or cut in with pastry cutter. Reserve one-fourth of mixture and add orange juice to rest to make the usual consistency of pie dough. Roll out to about 6 inches in diameter. Spread over about one-third the dry mixture reserved at first, fold it in shape of an envelope, roll again and repeat until dry mixture is used up. Bake over outside of pie tin in a quick oven.

This makes an excellent crust for any orange pie, where baked pie crust is used, as Orange Meringue, Orange Bavarian and so on.
Orange Salad Straws
Make pastry as in Orange Pastry, spreading 1 tablespoon of butter over dough at last folding. Cut into strips of any desired shape and width and bake in a quick oven. Serve with fruit salads.

Lemon Salad Straws
Make pastry as in Orange Pastry, using 1 tablespoon Sunkist lemon juice and water in place of orange juice, and grated lemon rind in place of orange rind. Spread 1 tablespoon butter over dough at last folding. Cut into strips and bake in a quick oven. Serve with vegetable or fruit salads.

Orange Crumb Pie
(Makes 1 pie)

- ¼ cup melted butter
- 2 cups fine zwiebach crumbs (Melba toast or graham cracker crumbs may be used)
- ½ cup sugar
- 1 teaspoon cinnamon

Mix well. Press two-thirds of mixture into bottom and against sides of a pie tin, using additional butter on sides if crumbs do not adhere easily. Bake 10 minutes in a slow oven. For filling, use:

- 2 egg yolks, beaten
- ½ cup flour
- ⅛ cup sugar
- ½ teaspoon salt

Mix well and add:

- 1 ½ cups milk
- 1 cup Sunkist orange juice
- 1 teaspoon grated Sunkist orange rind

Cook in double boiler 15 minutes, stirring frequently. Cool. Pour into pie shell made of the crumbs. Cover with meringue made of:

- 2 egg whites beaten stiff with
- 2 tablespoons sugar

Pile remaining crumbs over meringue. Bake 15 to 20 minutes in a slow oven to set meringue. When cold serve if desired with whipped cream.

Lemon Fluff Pie
(Makes 1 pie)

- 3 eggs
- ½ cup Sunkist lemon juice
- Grated rind 1 Sunkist lemon
- 3 tablespoons hot water
- ½ teaspoon salt
- 1 cup sugar

Beat yolks of eggs very light. Add lemon juice and grated rind, hot water, salt and ½ cup sugar. Cook in double boiler until thick. Add ½ cup sugar to stiffly beaten egg whites and fold into cooked mixture. Fill baked pie shell and brown in moderate oven.

Lemon Wafers
(Makes 7 to 8 dozen wafers)

- 1 cup shortening
- 1 ½ cups sugar
- 3 eggs, beaten
- 2 tablespoons Sunkist lemon juice
- 1 teaspoon grated Sunkist lemon rind
- 5 cups flour
- ½ teaspoon salt

Candied Orange Peel; coconut; chopped nuts; raisins or sugar

Cream fat and sugar. Add eggs, lemon juice, rind, flour and salt. Roll very thin. Cut into fancy shapes. Bake in a quick oven (425° F.) until delicately browned. Decorate with: Candied Orange Peel; coconut; chopped nuts; raisins; or sugar, as desired.

The dough may be shaped into a roll, covered with paraffin (or wax) paper, kept in the ice box, sliced and baked as needed.

Orange Fairy Sponge Cake
(Makes 1 cake)

- 1 ½ cups sugar
- 2 tablespoons corn syrup
- 6 tablespoons Sunkist orange juice
- 6 eggs
- 1 teaspoon grated Sunkist orange rind
- 1 cup flour

Boil first three ingredients to short thread (240° to 242° F.). Beat egg whites till stiff but not dry. Continue beating while pouring hot syrup over the whites. Fold in well beaten yolks, grated rind and lastly the flour. Bake in an ungreased tube pan 45 minutes to 1 hour in a slow oven (300° to 325° F.). Frost with Boiled Orange Icing (see recipe, page 30). Store in air-tight cake tin.
Orange Layer Cake
(Makes 1 two-layer cake)
4 tablespoons shortening
1 cup sugar
2 eggs
1 1/2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup Sunkist orange juice
Cream fat and sugar. Add beaten egg yolks. Mix well. Sift dry ingredients together. Add alternately with orange juice. Fold in stiffly beaten egg whites. Bake in 2 layers in a moderate oven (375° F.) for 15 to 20 minutes. Put layers together with Orange Filling and frost with Orange Frosting (see recipes, page 29). Decorate with orange sections if desired.

Variations: Filling may be varied by adding one of following: 1/4 cup drained fresh orange cubes; 2 tablespoons Orange Marmalade; 1/4 cup finely cut Candied Orange Peel; or 1/4 cup cream whipped.

Black-Eyed Susan Cake
(Makes 1 two-layer cake)
Make Orange Layer Cake. Put together with Orange Date Filling and cover with Orange Frosting or Sunkist Butter Icing (see recipes, page 29). Decorate top with Sunkist orange sections to simulate flower petals, centering with chopped dates.

Orange Marshmallow Cake
(Makes 1 two-layer cake)
Make Orange Layer Cake. Put together with Orange Marshmallow Filling and cover with Orange Frosting (see recipes, page 29).

Orange Pineapple Cake
(Makes 1 two-layer cake)
Make Orange Layer Cake, put together with Orange Pineapple Filling, and cover with Orange Frosting (see recipes, page 29).

Orange Cocoa Cake
(Makes 1 two-layer cake)
Make Orange Layer Cake, spread between layers and on top with Orange Cocoa Frosting (see recipe, page 30).

Little Lemon Cakes
(Makes 8-10 cakes)
1/2 cup shortening
3/4 cup sugar
1/2 teaspoon grated Sunkist lemon rind
3 tablespoons Sunkist lemon juice
2 eggs
1 1/4 cups flour
2 1/2 teaspoons baking powder
1/4 teaspoon salt
Cream shortening and sugar and add lemon rind and juice 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° F.) 20 minutes. Cool and cut into 2 layers. Spread Lemon Cream Filling (see recipe, page 29), between layers and dredge each cake with powdered sugar.

Sunkist Fruit Baskets
Remove centers from 8 Little Lemon Cakes. Fill with 1 cup of Sunkist orange pieces and 1/2 cup crushed pineapple, mixed, first draining fruit juice and pouring it over cakes. Decorate with whipped cream and candied cherries.

Lemon Coconut Cake
(Makes 1 three-layer cake)
1/2 cup shortening
1 1/2 cups sugar
3 eggs
2 1/4 cups flour
3 teaspoons baking powder
1/8 teaspoon salt
1/2 cup water
1/4 cup Sunkist lemon juice
Cream fat and sugar. Add well beaten egg yolks. Add sifted dry ingredients alternately with water and lemon juice. Fold in stiffly beaten egg whites. Bake in 3 layers in a moderate oven (375° F.) 15 to 20 minutes.

When cool put together with Lemon Coconut Filling and cover top with Lemon Icing (see recipes, page 29). Sprinkle icing with cocoanut.

Orange Shortcakes
For recipes, see Bread Section, page 31
THE PLEASING FLAVORS of orange and lemon juices contribute largely to the success of many cake fillings and frostings and dessert sauces. They may furnish all the flavor or be used as a base to develop the flavor of other ingredients.

**Orange Filling**  
* (Sufficient for 1 two-layer cake)  
1 egg  
6 tablespoons sugar  
2 1/2 tablespoons cornstarch  
1/2 cup water  
1/2 cup Sunkist orange juice  
1/2 teaspoon grated Sunkist orange rind  
1 tablespoon butter  

**Orange Date Filling**  
* (Sufficient for 1 two-layer cake)  
Add 1/2 cup chopped dates to Orange Filling.

**Orange Marshmallow Filling**  
* (Sufficient for 1 two-layer cake)  
Make Orange Filling, adding to it 8 marshmallows which have been quartered.

**Orange Pineapple Filling**  
* (Sufficient for 1 two-layer cake)  
Make Orange Filling, and add to it 1/4 cup drained shredded pineapple.

**Lemon Icing**  
* (Sufficient for 1 three-layer cake)  
2 cups powdered sugar  
3/4 cup melted butter  
3 tablespoons water  
1 1/2 tablespoons Sunkist lemon juice  
1/2 teaspoon grated Sunkist lemon rind  
Mix all together, stirring till creamy. Spread at once.

**Orange Frosting**  
* (Sufficient for 1 cake)  
7/8 cup sugar  
1/4 teaspoon grated Sunkist orange rind  
1 egg white  
3 tablespoons Sunkist orange juice  
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.

**Sunkist Butter Icing**  
* (Sufficient for 1 two-layer cake or 36 rolls)  
3 tablespoons butter  
1 1/2 cups powdered sugar  
2 tablespoons Sunkist lemon juice  
2 tablespoons Sunkist orange juice  
1 teaspoon grated Sunkist orange rind  
Cream butter and sugar together. Add fruit juices and rind.

**Lemon Cream Filling**  
* (Sufficient for 1 three-layer cake)  
1 egg  
1 cup sugar  
4 tablespoons cornstarch  
1 cup water  
1/2 cup Sunkist lemon juice  
1/2 teaspoon grated Sunkist lemon rind  
1 tablespoon butter  
Beat egg, add sugar and cornstarch. Mix well. Add water, lemon juice and rind. Cook in double boiler 15 minutes, stirring frequently. Add butter. Cool before spreading on cake.

**Lemon Cocoanut Filling**  
* (Sufficient for 1 three-layer cake)  
Make Lemon Cream Filling and add 1/2 cup cocoanut.
Boiled Orange Icing
(Sufficient for 1 cake)
1 cup sugar
$\frac{1}{3}$ cup water
2 egg yolks
1 tablespoon Sunkist orange juice
1 teaspoon grated Sunkist orange rind
Mix sugar and water well. Cook as a syrup to a long thread. Beat yolks well and continue beating while pouring syrup over them. Add juice and rind and beat till of a consistency to spread. If necessary thin with orange juice. This is an excellent icing for a sponge or angel cake.

Orange Cocoa Frosting
(Sufficient for filling and icing for 1 two-layer cake)
2 tablespoons melted butter
2 cups powdered sugar
Grated rind 2 Sunkist oranges
$\frac{1}{2}$ cup cocoa
6 tablespoons Sunkist orange juice
$\frac{1}{2}$ cup Candied Orange Peel (or 2 tablespoons Orange Marmalade). (See recipes, pages 10 and 11.)
Cream butter and sugar and add grated orange rind, cocoa and enough orange juice to soften sugar. Stir in finely cut Candied Orange Peel. Orange Marmalade may be substituted for the peel. This is an excellent icing for angel, sponge or butter cakes.

Lemon Whipped Cream Sauce
(Serves 6)
4 tablespoons Sunkist lemon juice
4 tablespoons sugar
Grated rind 1 Sunkist lemon
$\frac{3}{4}$ cup cream
Combine lemon juice, sugar and grated rind. Let stand until thoroughly chilled, then add whipped cream.

Orange Sabayon Sauce
(Serves 4-6)
2 egg yolks, beaten thick
$\frac{1}{4}$ cup sugar
1 cup Sunkist orange juice and pulp
Grated rind 1 Sunkist orange
$\frac{3}{4}$ cup hot water
Combine and cook over hot water until thickened. Serve hot.

Lemon Hard Sauce
(Serves 6)
$\frac{1}{4}$ cup butter
$\frac{1}{2}$ cups powdered sugar
Grated rind $\frac{1}{2}$ Sunkist lemon
2 tablespoons Sunkist lemon juice
Cream butter; add sugar while beating constantly; then add grated rind and lemon juice gradually.

Orange Puff Sauce
(Serves 6)
2 egg whites
Few grains salt
$\frac{3}{5}$ cup powdered sugar
1 Sunkist orange
$\frac{1}{2}$ 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. Serve at once.

Lemon Sauce
(Serves 4)
1 tablespoon cornstarch
$\frac{3}{4}$ cup sugar
1 teaspoon grated Sunkist 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.

Orange Sauce
(Serves 6)
Grated rind 1 Sunkist orange
$\frac{1}{2}$ cup sugar
2 tablespoons cornstarch
$\frac{3}{4}$ cup boiling water
2 tablespoons butter
1 egg
$\frac{3}{4}$ 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 fruit juices, beat well and cool.
Orange Waffle Shortcake  
(**Serves 8-12**)  
1 teaspoon sugar  
*2 tablespoons melted butter  
2 eggs  
2 cups sweet milk  
2 tablespoons cornmeal  
1/2 teaspoon salt  
4 teaspoons baking powder  
2 cups flour  
Mix sugar and butter, add eggs and beat thoroughly. Add milk and sifted dry ingredients. Cook in well greased waffle iron. Use 2 waffles for a shortcake. Fill, and top with sweetened orange sections. Makes 4 to 6 waffles.  
*Note: If waffles are made on an electric waffle iron, 5 or 6 tablespoons of melted butter should be used in the batter, since electric irons are not greased.

Orange Shortcake Filling  
(**Sufficient for 1 two-layer biscuit dough or waffle cake**)  
6 Sunkist oranges  
Powdered sugar  
Whipped cream or Sunkist orange juice sauce  
Peel orange, removing all white membrane. Separate into sections. Sweeten with sugar; spread between layers and on top. Serve with whipped cream, or sauce made with juice of 2 oranges and 3/4 cup sugar.

Orange Shortcake  
(**Biscuit Dough**)  
(**Serves 6-8**)  
Make regular biscuit dough for shortcake. Bake in 2 cakes, placed one on top of the other. Spread between layers and on top with Orange Shortcake Filling.

Orange Cinnamon Toast  
Slice Orange Bread (see recipe, page 32). Toast one side. Spread other side with butter, sugar and cinnamon. Set under broiler to glaze.

Orange Rolls  
(**Yeast**)  
(**Makes 3 dozen rolls**)  
2 cakes compressed yeast  
1/4 cup sugar  
4 tablespoons butter  
2 teaspoons salt  
2 cups hot water  
6 cups sifted flour  
1 tablespoon grated Sunkist orange rind  
36 Sunkist orange sections  
Crumble yeast and cover with sugar. Add butter and salt to hot water. Stir till butter is melted. Cool to lukewarm. Add yeast and sugar, flour and orange rind. Beat well. Let rise in a warm place till double in bulk. Stir down and let rise again till double in bulk. Stir and let rise a third time.  
Pat out pieces of dough about the size of an egg into 3-inch squares. Keep dough as soft as possible, using only enough flour on board and hands to prevent sticking. On each square place an orange section which has been rolled in sugar. Fold over dough, completely enveloping the orange. Roll in melted butter and pack closely together in a well-buttered baking pan, 2 or more inches deep. Let rise till very light. Bake in a hot oven (450° F.) 15 to 20 minutes. Brush generously with Sunkist Butter Icing (for recipe, see page 29), as soon as removed from oven. The entire process may be completed in 3 to 4 hours.

Lemon Toast  
Spread Lemon Curd (see recipe, page 10), on hot buttered toast.
Orange Bread
(Yeast Bread)
(Makes 1 loaf)
1 yeast cake
1 tablespoon sugar
1 cup Sunkist orange juice
1 teaspoon salt
1 tablespoon butter
½ cup sugar
1 teaspoon grated Sunkist orange rind
3½ cups flour
½ cup finely cut Candied Orange Peel

Let yeast cake and 1 tablespoon of sugar stand a few minutes. Heat orange juice to lukewarm, add salt, butter, sugar, grated rind and yeast cake. Add 3 cups of flour and beat well. Let rise till doubled in bulk. Put ½ cup flour on board and knead this in with the Candied Orange Peel. (See recipe, page 10.) Shape into a loaf. Let rise till light. Bake in a moderate oven (375°F.) for 30 to 40 minutes.

Orange Baking Powder Biscuits
(Makes about 18 biscuits)
2 tablespoons shortening
2 cups flour
4 teaspoons baking powder
¾ teaspoon salt
Grated Sunkist orange rind
¾ cup milk or water
Loaf sugar
2 Sunkist oranges, juice of
Powdered sugar

Work shortening into sifted dry ingredients. 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 hot oven (450°F.) for 15 minutes.

Orange Toast
(Serves 6)
¼ cup Sunkist orange juice
Grated rind 1 Sunkist orange
½ cup sugar
6 slices buttered toast

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

Sandwich Suggestions
Sunkist Lemon Juice is an important flavoring ingredient in meat, fish, egg and other sandwich fillings where added tartness and liquid are desired. Moisten filling with lemon juice to taste or use Lemon Butter (see directions for making, page 34), to spread bread before filling is added. Lemon Mayonnaise (see recipe, page 16), used to moisten sandwich fillings often needs additional lemon juice for tartness.

Sunkist Orange Juice combines especially well with dried fruits, such as chopped raisins, figs, dates and with chopped nuts to make flavorful fillings.

The following fillings will give suggestions for many other delicious sandwich combinations using Sunkist orange and lemon juice:

Orange Cheese Fillings: Combine 1 part Sunkist orange juice with 2 parts cream cheese; beat to consistency of thick cream.

Orange Marmalade Fillings: Spread one slice of sandwich with Orange Marmalade (see recipe, page 11), one slice with cottage cheese, with cream cheese or with peanut butter. Toast sandwiches if desired. Orange Bread with Orange Marmalade also makes a delightful sandwich.

Orange Marshmallow Filling: Combine ¾ cup marshmallows cut into small pieces and soaked for several hours in ¼ cup Sunkist orange juice, with ¼ cup chopped almonds and ¼ cup chopped candied cherries. Spread between buttered slices of Boston brown bread.

Shrimp Butter: Combine 1 cup butter and 1 cup cooked shrimps pounded soft. Season with salt and cayenne to taste and moisten with ¼ cup Sunkist lemon juice.

Tuna Salad Sandwich Filling: Combine 1 small can white meat tuna, minced; ½ cup finely chopped celery; 1 bell pepper, minced; 2 tablespoons Sunkist lemon juice; and Mayonnaise to spread. A very good filling for toasted sandwiches.
In Cooking Meats: Tough meats will be made tender by adding a teaspoon of Sunkist lemon juice to water in which they are boiled.

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 spots are obstinate, repeat this process several times.

To Bleach Linen or Muslin: Moisten with lemon juice and spread on the grass in the sun.

Kitchen Uses of Lemons

For Aluminum Ware: When aluminum ware becomes dull or black, clean with a cloth dipped in lemon juice. Then rinse in warm water.

For Copper and Brass: After juice has been extracted, dip lemon rinds in salt to clean tarnished copper or brass.

For the Hands: Immediately after dishwashing, drop a little lemon juice in the palms and rub well over hands to keep them soft and white.

Flavor Uses of Orange and Lemon Peel

Grated Orange and lemon rind are used by the best cooks to flavor cakes, pies, breads, desserts, frostings, fillings, sauces and other foods.

In grating, only the yellow portion of the rind should be removed. This yellow portion contains the oil cells from which come the volatile oils that give the flavor. The grated rinds are preferred by many to the commercially prepared extracts, which while made from the same oils, frequently lose their flavor more readily when heated.

Sunkist oranges and lemons have clean skins of waxy texture, especially suited for grated rind and ground peel.
**ENTERTAINMENT SUGGESTIONS**

**SUGGESTIONS FOR SPECIAL REFRESHMENTS**

Foods set before the invited guest, as at a dinner, tea, party, or other special occasion, should be of a type liked by every one. Fruit recipes fill this requirement. They also furnish many different types of dishes and add a decorative motif that enhances these special refreshments.

For suggestions for such dishes see page 3.

**SUGGESTIONS FOR QUANTITY SERVINGS**

Recipes for fruit cocktails, beverages, salads or any dish where ingredients are uncooked in the foregoing pages, may be increased to serve a larger number of people by doubling or trebling quantities of ingredients. In estimating foods for serving large numbers, the following may be helpful:

**Sandwiches**

- Sandwiches, Bread and Butter—1 pound sandwich loaf makes 16 to 18 sandwiches; spread with \( \frac{1}{2} \) pound of butter creamed.
- Lemon Butter for Sandwiches—1 tablespoon of Sunkist lemon juice may be creamed with \( \frac{1}{2} \) pound butter for meat, fish, egg and similar fillings. Grated lemon or orange peel added to this butter makes an excellent spread for brown bread sandwiches.
- Orange Marmalade or Other Jelly, Jam, etc.—1 cup (average jelly glass) spreads 10 to 12 sandwiches.

**Salads and Dressings**

- Fruit or Other Salad Mixture—18 cups serves 24 persons for main course (\( \frac{3}{4} \) cup to a serving) or 36 persons for other courses (\( \frac{1}{2} \) cup to a serving).
- Mayonnaise—1 pint serves 20 to 30 salads.
- Whipping Cream—1 pint serves 25.

**Beverages and Accompaniments**

- Lemonade—Allow \( \frac{1}{2} \) to 1 Sunkist lemon to a serving, depending on size.
- Orangeade—allow 1 to 3 Sunkist oranges to a serving, depending on size.
- Fruit Punch—1 quart serves 8 to 12 in small punch glasses.
- Tea—\( \frac{3}{8} \) cup with 4 \( \frac{1}{2} \) quarts water serves 24 persons.
- Lemon for Tea or Garnish—1 large Sunkist lemon makes 6 to 10 slices; allow 1 or 2 cloves to a slice for tea service.
- Orange for Garnish—1 Sunkist orange makes from 6 to 12 slices, depending upon size. These may be cut in half.
- Candied Peel (Served with Tea)—1 pound serves 12 persons.

**Miscellaneous**

- Fruit Cocktails—3 quarts serves 24 to 36 persons; allowing \( \frac{1}{2} \) to \( \frac{1}{2} \) cup to a serving.
- Creamed Fish, Eggs, Vegetables, etc.—12 cups vegetables, eggs, fish, etc., and 4 cups white sauce serve 24 persons.
- Ice Cream or Ice—1 quart in bulk makes 8 dips for service with fruit punch, fruit sundaes, etc.
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The name “Sunkist” stamped on the skin and wrapper of oranges and on the wrapper of lemons, regardless of the size of the fruit, is the guarantee of uniformly good and dependable quality. Size does not determine quality in California citrus fruits. Small fruit is equally as sweet and juicy as the larger sizes. Judge oranges and lemons by the trade-mark, not by the dimensions.

After passing inspection for quality, Sunkist oranges and lemons are carefully graded for size and packed in standard boxes. Citrus fruit sizes are designated by the number of fruits to the box.

Supply and demand govern price. The thrifty housewife “shops for size” when buying oranges and lemons. She knows when small oranges are most plentiful and therefore the cheapest, and vice versa. By watching prices and learning the size situation from your fruit merchant you can make worthwhile savings.

It is advisable, too, to buy in as large quantities as you can use. Lemons are more economical by the dozen than in smaller quantities, and oranges may well be bought by the half box or, in large families, by the box.

California oranges and lemons are picked fresh every day in the year and are never out of the market. You may rely upon them for a dependable supply and on the name “Sunkist” for uniformly good quality—regardless of size.
FRUIT DRINK SUGGESTIONS

Fresh orange juice has become a standard part of any and every meal—and for between-meals refreshment as well. Everyone likes it and knows of its healthfulness.

Orange juice has an alkaline reaction in the body and counteracts the condition known as "Acidosis." Because of its value in balancing the diet, specialists recommend orange juice as a regular part of the menu.

The juice of a Sunkist lemon mixed with the glass of orange juice, adds flavor and vitamins.

Orangeades are a pleasant variation, particularly for large gatherings, as are lemonades and fruit punches.

To make it easy for you to prepare orange and lemon juice quickly whenever you want it, Sunkist sponsors two highly efficient extracting devices for home use. They are on sale everywhere.

The hand-operated Sunkist Reamer is illustrated on page 33. The correctly shaped reamer, large capacity bowl, oversize handle and strong glass construction make it easy to use and clean. Three colors: white, green and pink.

To use the electrically operated Sunkist Junior, illustrated above, halve an orange or lemon, flip the switch, press the fruit against the reamer. Sunkist Junior gets every bit of juice and pours it into the waiting glass.