PREPARATION OF ORANGES

Ease of slicing and segmenting, freedom from seeds, and the clean bright skins of Sunkist oranges make them best for these uses.

ORANGE SLICES
Peel Sunkist oranges, removing all outer skin and enveloping membrane. Cut in thin, even slices. Halve or quarter these for easier handling with fork.

ORANGE SEGMENTS
Peel Sunkist oranges. Cut on either side of each dividing membrane and remove pulp, segment by segment, as shown.

BREAKFAST SERVINGS
Arrange slices or segments in attractive design on individual serving plates. If desired, chill and sweeten each serving with 2 tablespoons honey or maple syrup.

ORANGE JUICE
For preparation, see directions on back cover.
SUNKIST RECIPES
for Every Day

FRUIT CUPS
AND COCKTAILS
FRUIT SALADS
& SALAD DRESSINGS
FRUIT DESSERTS
FRUIT BEVERAGES
FRUIT IN VARIED USES

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CALIFORNIA FRUIT GROWERS EXCHANGE
LOS ANGELES, CALIFORNIA
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.

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 sufficiently varied, it may without undesirable repetition even appear in several courses of the same meal.

APPETIZERS

Fruit Hors d’Oeuvres
First Course Salads
Fruit Cocktails and Fruit Cups

FISH COURSE

Fish with Lemon Suggestions

MAIN COURSE AND ENTREE

Ham with Orange

*These dishes should be supplemented with other servings of fruit.
SPECIAL REFRESHMENTS

Oranges and lemons are popular with everyone, 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.

Lunch-Box Suggestions

Orange Whole Fruit (loosen peel for easier eating)
Orange Juice (in thermos bottle)
Jellied Salads (pack in paper cups or jelly glasses)
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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: California Fruit Growers Exchange, Box 530, Station C, Los Angeles, California.
ORANGES and lemons are valuable and necessary parts of the well-balanced diet, because:

1. They aid digestion.
2. They supply vital food elements.
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. Thus 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.
APPETIZERS

FRESH fruits included in appetizers served at the beginning of the meal fill a valuable purpose by stimulating appetite. 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.

Citrus Fruit Cup
(Serves 4)

3 Sunkist oranges
1 Sunkist grapefruit
2 tablespoons powdered sugar
Mint sprigs

Segment oranges and grapefruit (see inside front cover), and mix with sugar. Serve very cold in cocktail glasses, garnished with mint.

Variations: Use maraschino cherries, strawberries or other berries for garnish in place of mint.

Orange Avocado Canapé
(Serves 1)

As base of each canapé, use ½-inch 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.

First Course Salads
For first course or appetizer salads, see page 11.

Fruit Hors d’Oeuvres Plate
(See illustration)

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, apricots, etc. Serve very cold on bed of shredded lettuce.

Orange Segments: Remove all membrane from Sunkist orange segments (see inside front cover). If desired roll in toasted coconut. The translucence of the fruit is attractive without coconut, however. Or

Orange Slices: Cut slices of peeled Sunkist oranges with scissors on each place where segments join, spreading apart flower fashion. Center with a pat of mayonnaise and garnish with slices of stuffed olive.

Berries: Frost tips with fondant made of powdered sugar thinned with water to spreading consistency. If strawberries are used do not remove hulls.

Pineapple Sections: Roll in chopped nuts.

Banana Sections: Marinate in Sunkist lemon juice. Decorate with rosettes 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. Serve on orange slices.

Lemon Baskets: Make from Sunkist lemon rind and fill with salted nuts or Candied Orange Peel (recipe, page 31).

[5]
Lemon Cocktail Sauce for Shell-fish
(Serves 6)
1 tablespoon prepared horseradish
3 tablespoons tomato catsup
1 teaspoon salt
6 tablespoons Sunkist lemon juice
⅛ teaspoon tabasco sauce
Mix sauce ingredients thoroughly and pour over oysters or clams arranged in cocktail glasses. Serve very cold.
Or serve sauce in baskets made from Sunkist lemon rinds, with fish on the half shell.

Frozen Fruit Cocktail
(Serves 6-8)
⅓ cup crushed pineapple, drained
2 cups Sunkist orange pulp
⅔ cup Sunkist grapefruit pulp
1⅔ to 2 cups powdered sugar
Mix thoroughly. Freeze in mold packed with 4 parts ice and 1 part salt for 3 hours.

Orange Fruit Cup
(Serves 6-8)
⅔ cup Sunkist orange juice
2 tablespoons Sunkist lemon juice
2 tablespoons pineapple syrup
Sugar
⅔ cup Sunkist orange pieces
⅔ cup diced pineapple
⅔ cup of one of the following diced fruits: 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. Serve very cold in cocktail glasses. Garnish each serving with maraschino cherry if desired.

Sunkist Cocktail
(Serves 8-10)
⅛ cup Sunkist lemon juice
⅛ cup Sunkist orange juice
⅛ cup Sunkist grapefruit juice
⅛ cup sugar
Few grains salt
1 cup mineral or iced water
Combine and pour over cracked ice in cocktail glasses. Garnish with mint sprigs.

Lemon Fruit Cocktail Sauce
(Serves 6-8)
½ cup sugar
1 cup water
2 tablespoons any red jelly
Boil for 5 minutes. Cool. Add:
⅛ cup Sunkist lemon juice
Pour over:
2 cups any diced fruit mixture or melon balls
Serve chilled in cocktail glasses.
Variation: For jelly, substitute ⅛ teaspoon each of cinnamon and nutmeg in above recipe.

Holiday Fruit Cup
(Serves 12)
6 Sunkist oranges
2 small Sunkist grapefruit
1 cup white cherries, stoned
6 tablespoons Sunkist lemon juice
2 cups powdered sugar
Rubystones and emrellettes
Segment oranges and grapefruit (see inside front cover). Combine fruits and sprinkle with lemon juice and sugar. Chill well and add rubystones and emrellettes.
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.

Iced Orange Appetizer
(Serves 8)
2 tablespoons gelatine
4 tablespoons cold water
3 cups Sunkist orange juice
⅛ cup sugar
2 tablespoons Sunkist lemon juice
1 cup Sunkist orange pieces
Mint sprigs
ENTRÉES
AND MAIN COURSE DISHES
INCLUDING SAUCES

AS FLAVOR
accompaniments, oranges
and lemons offer
many possibilities
for entrées, espe-
cially entrée
sauces, and main
course dishes.

With meats, fish and fowl, they pro-
vide dietetic balance, the alkaline reac-
tion of the fruit countering the acid
reaction of these other good and neces-
sary foods.

Ham with Orange
(See illustration)
(Serves 6)
6 servings fried ham
2 tablespoons flour
2 cups Sunkist orange juice
Parsley
2 to 3 Sunkist oranges for slices

Fry ham. For this number of servings
a ham steak of about 1½ pounds will
be required. Add flour to 2 tablespoons
of fat from frying ham and cook until
lightly browned. Add orange juice, stir-
ring well to avoid lumps. Cook 5 min-
utes or until sauce is thick. Pour sauce
around ham on serving dish. Garnish
with parsley and orange slices.

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)
2 tablespoons butter
3 tablespoons flour
½ teaspoon salt
¼ teaspoon paprika
1 ½ 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.

Orange Mint Sauce for Lamb
(Serves 4-6)
3/4 cup finely chopped mint
3/4 cup Sunkist orange juice
3/4 cup Sunkist lemon juice
1 tablespoon powdered sugar

Combine and stand in warm place
1/2 hour.

Fish and Meat Salads
See under Salad Recipes, page 15.
Lemon Garnishes

A lemon garnish decorates and lends piquant flavor to many services of foods: shell-fish, clear soups, fish, meats, vegetables, salads and beverages.

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, as shown.

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.

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 above.)

**Lemon Butter:** An especially good accompaniment for white fish, which lack fat. (See page 9.)

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

**Juice:** The juice of \( \frac{3}{2} \) Sunkist lemon and \( \frac{1}{2} \) 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.

---

Hollandaise Sauce

*(Serves 4)*

3 tablespoons butter
\( \frac{7}{4} \) tablespoon flour
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{4} \) teaspoon pepper
\( \frac{1}{4} \) teaspoon mustard
\( \frac{7}{4} \) 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.

Tartare Sauce

*(Serves 6-8)*

1 cup "Lemon-naise" (see recipe, page 17)
\( \frac{3}{2} \) 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.

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

3 tablespoons butter, creamed
1/4 teaspoon salt
Few grains paprika
2 tablespoons Sunkist lemon juice
1 tablespoon parsley, finely chopped

Cream ingredients. Serve on hot fish or steak.

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

2 tablespoons butter
1/2 teaspoon salt
Few grains paprika
1/2 cup Sunkist lemon juice

Cream ingredients together. Serve with 3 cups hot diced vegetables. For certain vegetables, such as carrots, a small amount of sugar may be added.

Lemon White Sauce for Vegetables
*(Serves 6)*

2 tablespoons butter
2 tablespoons flour
1/2 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 until smooth and creamy, stirring constantly. Add lemon juice. Serve over 2 cups hot cooked vegetables.

Orange Candied Sweet Potatoes
*(Serves 6)*

1 cup Sunkist orange juice
1/2 teaspoon grated Sunkist orange rind
1 cup water
1/2 cup sugar
3 tablespoons light corn syrup
1/2 teaspoon salt
1/4 cup butter
6 to 8 sweet potatoes or yams

Combine first 7 ingredients and pour over peeled uncooked sweet potatoes arranged in casserole or baking dish. Bake covered in a moderate oven (375°-400° F.) until tender, 30 to 40 minutes. Baste occasionally. Remove lid last 10 minutes to brown or put under blazer.

*Variation:* Just before removing from oven, add a layer of marshmallows and brown.

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 8) 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 3/4 teaspoon salt, dash pepper, 1 1/2 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 1/4 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.
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 1 1/2 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 1/4 cup orange juice to each 3/4 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 1/2-inch slices. Lay these in bottom of baking dish. On each put 1 teaspoon sugar and 1/4 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.

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.) 1 1/2 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.

Baked Orange Relish for Meat
(Serves 6-8)

2 large Sunkist oranges
3 or 4 slices canned pineapple
1 teaspoon cinnamon
8 whole cloves
1/2 teaspoon nutmeg
1/2 cup pineapple juice
1/4 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.
ORANGES and lemons 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 oranges, lemons and grapefruit are 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 Orange for Salads
For Slices and Segments: See directions on inside front cover. Large fruit segments well, small fruit slices better.
For Pieces (or Pulp): Cut segments in two or three pieces or cut fruit in thick slices and cut out each segment, free from membrane.
Juice: Save any escaping juice and use to make salad dressings (see recipes, pages 16, 17); to moisten such ingredients as cheese; or to marinate other ingredients. Juice prevents discoloration of such salad fruits as apples or bananas when they are allowed to stand in it for a few minutes.
Shells: Attractive baskets for service of fruit salads are made from the clean waxy-textured skins of Sunkist oranges and grapefruit.

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 15).

Suggestions for First Course Salads
(Quantities given serve 1)
The first course salad is an increasingly popular California custom.
Arrange on a bed of head lettuce and serve with French or French Fruit Dressings (see recipes, page 17) any of the following combinations:
Orange Pineapple Grapefruit: Segments from ½ Sunkist orange; 1 slice pineapple; 3 Sunkist grapefruit segments.
Orange Melon Grape: ½ Sunkist orange, sliced; ½ cup cantaloupe balls or cubes; 6 white grapes.
Orange Celery Pepper: ½ Sunkist orange, sliced. Sprinkle with 1 tablespoon each minced celery and green pepper. (Or substitute onion for green pepper.)
"TEN-MINUTE" FRUIT SALADS
FOR EVERY DAY
IN THE YEAR
(Quantities given serve 1)

Orange, Grapefruit, and Avocado Salad. (See this page.)

Orange and Romaine Salad. (See Sunkist Orange Salad, page 13.)

THE ease with which California Sunkist oranges are peeled, sliced and separated into segments, 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: ½ Sunkist orange cut in pieces; ¼ banana sliced; 1 slice canned pineapple, diced; 1 tablespoon broken walnut meats.

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

Orange and Onion: 2 Sunkist orange slices, cut ½-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 Grapefruit Avocado: Arrange 5 Sunkist orange segments, 5 Sunkist grapefruit segments and 5 slices avocado alternately in flower-petal pattern. Garnish with maraschino cherries.

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 segments; 3 or 4 peach slices; 3 or 4 pear slices; ½ slice pineapple cut in 3 or 4 pieces.

Orange and Melon: 1 Sunkist orange, cut in thin slices; ¼ cup watermelon balls; ¼ cup cantaloupe balls. Serve with a French Dressing.

Orange and Peach: 5 or 6 Sunkist orange segments; ½ large peach, sliced. Alternate orange segments 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 segments; ½ large pear, cored and sliced lengthwise. Alternate orange segments and slices of pear. Garnish with 5 or 6 grapes, peeled and seeded.

Orange and Cherry: 3 or 4 large Sunkist orange segments. 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 "Lemon-naise."
Sunkist Orange Salad  
*(Serves 6)*

- 6 Sunkist oranges  
- Lettuce  
- Maraschino cherries

Pare oranges. Separate segments, free from membrane. Arrange on lettuce-covered salad plates. Top with “Lemon-naise” or other dressing (see recipes, pages 16, 17). Garnish with maraschino cherries.

*Variation:* Serve orange on romaine in place of lettuce, omitting garnish (see illustration, page 12).

Golden Salad  
*(Serves 6)*

Sprinkle 2 tablespoons each of grated coconut and grated raw carrot over each serving of Sunkist Orange Salad.

Orange and Grapefruit Salad  
*(Serves 6)*

- 6 Sunkist oranges  
- 3 to 4 Sunkist grapefruit  
- Lettuce  
- ¾ cup apple cubes

Peel oranges and grapefruit, separate into segments. Place alternate segments of orange and grapefruit on a bed of lettuce leaves. In center place cubed apple. Serve with any desired dressing.

Orange Prune Cheese Salad  
*(See illustration, page 11)*  
*(Serves 4)*

- 4 to 5 Sunkist oranges, peeled and sliced  
- Lettuce  
- 20 prunes, cooked  
- 1 cup cottage cheese

Arrange 5 orange slices in circle on lettuce-covered salad plate. Center each with a prune stuffed with cheese. Serve with any desired dressing.

*Variations:* Stuff prunes with cream cheese or peanut butter, moistened with orange juice.

Orange Banana Salad  
*(See illustration)*  
*(Serves 6)*

- 3 Sunkist oranges  
- Lettuce  
- 2 bananas  
- 3 tablespoons Sunkist lemon juice  
- Walnut meats


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<table>
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<th>FRUIT SALAD MENU GUIDE</th>
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<tr>
<td><strong>Course</strong></td>
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<td>First (or Appetizer)</td>
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<tr>
<td>Separate (or with Meat)</td>
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<tr>
<td>Main*</td>
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<tr>
<td>Dessert*</td>
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*The main dish or dessert salad is often served for special refreshments.*
**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 “Lemon-naise.”

**California Poinsettia Salad** *(Serves 6)*

3 Sunkist oranges  
6 tablespoons cream cheese  
2 red pimientos  
Paprika  

Peel oranges and separate into segments. 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 segments radiating out from it like the petals of a flower. Place strips of pimiento between orange segments. 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.

**DESSERT SALADS**

**Orange Cherry Frozen Salad** *(Serves 6-8)*

1 tablespoon gelatine  
2 tablespoons cold water  
1 cup whipping cream  
3/4 cup powdered sugar  
1 tablespoon Sunkist lemon juice  
1 cup “Lemon-naise”  
1 1/2 cups drained Sunkist orange pieces  
1/2 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 “Lemon-naise.” 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 “Lemon-naise” or whipped cream.

**Fruit Salad in Orange Cups** *(Serves 6)*

6 large Sunkist oranges  
12 marshmallows, quartered  
1 cup diced pineapple  
1 cup banana slices (or other fruit: pears, peaches, strawberries, cherries, white grapes)  
Lettuce  


**Orange Honey Ambrosia Salad** *(Serves 1)*

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

**Salad**  
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 “Lemon-naise.”

**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 any desired 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 “Lemon-naise.”

**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 “Lemon-naise.”

**Main Dish Salads**

**Fruit Meal Salad**  
*(Serves 1)*

On lettuce-covered salad plate, center a mound of cottage cheese (1½ tablespoons). Around this at equal distances arrange 3 piles of Sunkist orange slices. In spaces between orange, place 3 or 4 stoned dates (first space); 1 dessert spoon seeded raisins (second space); 5 walnut meat halves (third space).

Serve with French Dressing. With buttered roll and a beverage this makes a very well-balanced luncheon.

**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 16). Peel oranges and cut in small pieces. Combine oranges and meat and serve on crisp lettuce leaves with French Dressing.

**Fish Salad Californian**  
*(Serves 6)*

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

Combine ingredients. Serve with “Lemon-naise.”
SALAD DRESSINGS

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.

Sunkist orange juice, lemon juice, and grapefruit juice make excellent marinades for certain salad ingredients.

Lemon juice with sugar or salt is a quickly prepared dressing, excellent on many salads.

"Lemon-naise"
Salad Marinade
(Makes about ½ cup)
6 tablespoons Sunkist lemon juice
3 tablespoons oil
1 teaspoon salt
¼ teaspoon pepper
Mix thoroughly.
(See directions in Fruit Salad Dressing Guide below.)
Add ½ 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.

FRUIT SALAD DRESSING GUIDE

<table>
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<th>Serve With</th>
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<td>Sunkist Lemon Juice (with salt)</td>
<td>-Avocado, sliced tomatoes, combination vegetable salad, etc.</td>
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<tr>
<td></td>
<td>(Excellent in reducing diets)</td>
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<tr>
<td>Sunkist Lemon Juice (with sugar)</td>
<td>-Lettuce or grated carrots or grated apple</td>
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<td>(Popular with children)</td>
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<tr>
<td>Sunkist Lemon or Orange Juice Marinade (juice only)</td>
<td>-Bananas, apples, etc. (to prevent discoloration), or raisins, dates and other dried fruits; or marshmallows</td>
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<tr>
<td>Marinade (lemon juice with oil and seasonings)</td>
<td>-Add to ingredients separately (cooked vegetables, meat, fish, etc.). Let stand until well seasoned. Drain. Serve an additional dressing</td>
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<tr>
<td>French Dressing</td>
<td>-All types of salads, especially light salads</td>
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<tr>
<td>Mayonnaise (&quot;Lemon-naise&quot;)</td>
<td>-Heartier types of salads. Thin with orange juice for fruit salad</td>
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<tr>
<td>Cooked Dressings</td>
<td>-Heartier types of salads or fruit salads, all types</td>
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<tr>
<td>Whipped Cream</td>
<td>-Fruit salads</td>
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</table>
**French Dressing**  
*(Makes about 1/2 cup)*  
3 tablespoons Sunkist lemon juice  
6 tablespoons salad oil  
1/4 teaspoon salt  
1/4 teaspoon paprika  
Stir or shake thoroughly before serving.

**Sweet French Dressing**  
*(Makes about 3/4 cup)*  
To French Dressing add 1/4 cup red jelly or strained honey. Serve on fruit salads.

**French Fruit Dressing**  
*(Makes about 1/2 cup)*  
3 tablespoons Sunkist lemon juice  
3 tablespoons Sunkist orange juice  
4 tablespoons oil  
1/4 teaspoon salt  
1 tablespoon sugar  
Mix all ingredients thoroughly.

**Cheese Dressing**  
*(Makes about 3/4 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.

**Sunkist Special Salad Dressing**  
*(Makes about 1 1/2 cups)*  
In top of double boiler, melt  
3 tablespoons butter  
Add and cook over direct flame 1 minute:  
3 tablespoons flour  
Return to double boiler and add:  
2 tablespoons sugar  
1/4 teaspoon dry mustard  
1/2 teaspoon salt  
1/6 cup Sunkist orange juice, heated to boiling point  
Cook 5 minutes. Add:  
2 egg yolks, beaten well with  
2 tablespoons Sunkist orange juice  
Cook 1 minute. Remove from fire, stirring in:  
1/4 cup Sunkist lemon juice  
Blend thoroughly. Cool and use on fruit salads.

**“Lemon-naise”**  
*(Mayonnaise with Lemon Juice)*  
*(Makes 2 1/4 cups)*  
1 egg yolk, slightly beaten  
1/2 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 1/4 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.

For fruit salad dressing: Thin with 1/6 as much Sunkist orange juice.

**One Minute “Lemon-naise”**  
*(Makes 1 1/2 cups)*  
Put in a pint jar:  
1/2 cup Sunkist lemon juice  
1/2 cup sweetened condensed (not evaporated) milk  
1/2 cup salad oil  
1 egg yolk (unbeaten)  
1 teaspoon dry mustard  
1/2 teaspoon salt  
Fasten top on jar tightly and shake vigorously for a minute.

**Cooked “Lemon-naise”**  
*(Makes over 1 pint)*  
Cook until translucent:  
3 tablespoons cornstarch  
1 cup of hot water  
In mixing bowl, place:  
1/6 cup Sunkist lemon juice  
1 egg  
1 1/2 teaspoons salt  
1 teaspoon mustard (dry or paste)  
2 tablespoons sugar  
Dash paprika  
1 1/4 cups salad oil  
Add hot cornstarch mixture and beat with a whirl-type beater until consistency of mayonnaise. Use like mayonnaise. An excellent dressing for potato salad.
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.

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.

Grape Lemonade  
(Serves 8-10)

Add 2 cups grape juice and 1 cup Sunkist orange juice to Lemonade recipe.

Orange Juice

For service of Sunkist Orange Juice, see back cover.

Orange-Lemon Juice  
(Serves 1)

For a beverage of increased flavor, add juice of 1/2 Sunkist lemon to a glass of Sunkist orange juice. Chill if desired. Serve at once.

Orangeade  
(Serves 1)

Combine 2/3 cup Sunkist orange juice, 1/6 cup iced water, sugar and ice to taste.

Frozen Lemon Syrup for Lemonade  
(Serves 8-10)

1 1/2 cups sugar
1 cup Sunkist lemon juice
1 3/4 cups water

Combine in order given and stir until sugar is completely dissolved. Freeze in mechanical refrigerator until syrup forms a snow. Stir 3 or 4 tablespoons into a glass of water to make lemonade as needed. A quick and convenient method of making summer lemonades at any minute.

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.
Dinner Punch  
(Serves 4-6)  
1 cup Sunkist orange juice  
½ cup Sunkist lemon juice  
½ cup Sunkist grapefruit juice  
2 cups water  
5 tablespoons sugar or honey  
Sunkist orange slices  
Blend thoroughly. Chill if desired.  
Variations: 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 puree made by forcing peaches, pears, apricots, bananas or berries through a potato ricer or coarse sieve.

Orange Ginger Ale  
For each person served, combine ¾ cup Sunkist orange juice with ½ cup ginger ale. Pour over cracked ice in glass and serve immediately.

Frozen Fruit Punch  
(Serves 6-8)  
2 cups sugar  
1½ cups water  
1 small bunch mint  
3 cups weak tea or ginger ale  
½ 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.

Hot Spiced Lemonade  
(Serves 6)  
Make Sunkist Lemonade recipe, using boiling water. Add ⅔ teaspoon each of ground ginger and ground cloves. Garnish, if desired, with a cut maraschino cherry.

Lemon Tea Oriental  
Use hot tea in place of water in making Hot Spiced Lemonade.

Half and Half  
(Serves 1)  
Combine ¼ cup Sunkist orange juice with 2 tablespoons Sunkist lemon juice, 1½ to 2 tablespoons sugar, cracked ice to chill, and water to fill glass.

Frosted Orange Juice  
(Serves 1)  
To a glass of chilled Sunkist orange juice, add a dip of vanilla ice cream. Stir until partially dissolved. Serve at once.

Lemon With Tea  
(See illustration)  
The Russian custom of serving lemon with tea is now universally accepted as correct.  
Tea service should include a plate of Sunkist 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.  
Grated orange or lemon rind gives tea an unusual and delicate flavor reminiscent of 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.  
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 page 18.  
Other tea accompaniments include candied peels, marmalades, lump sugar rubbed over Sunkist orange or lemon rind to absorb the flavoring oil, and sandwiches of Orange Bread. (See illustration, page 31.)
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
2 1/4 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.

Lemon Egg-Nog
(Serves 1)
1 egg
2 tablespoons Sunkist lemon juice
2 tablespoons sugar
Milk (fresh or evaporated)
Grated Sunkist lemon rind

Beat egg yolk with lemon juice and 1 tablespoon sugar. Pour into a tall glass. Beat egg white very stiff with 1 tablespoon sugar. Fold three-fourths of egg white into egg yolk mixture. Add milk to almost fill glass. Stir well with a spoon. Top drink with remainder of beaten egg white. Grate a bit of lemon rind onto this. Serve at once.

Orange Egg-Nog
(Serves 1)
Follow directions for Lemon Egg-Nog, using 1/4 cup Sunkist orange juice and orange rind in place of lemon.

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.

Cream Orange
(Serves 1)
1 egg yolk
3/4 cup Sunkist orange juice
1/4 cup thin cream (or evaporated milk)
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.

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 since 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.

Hot Lemonade for a Cold
(Serves 1)
To juice of 2 Sunkist lemons, add 1 cup boiling water. Sweeten to taste with 1 to 3 tablespoons sugar or honey.
FRUIT DESSERTS

THE easily prepared fresh fruit dessert is always popular, especially 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
(See illustration)
(Serves 6)
6 Sunkist oranges
3/4 cup powdered sugar
3/4 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)
3/4 cup powdered sugar
6 maraschino cherries

Combine and serve very cold in sherbet glasses with maraschino cherry 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 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
1/4 cup chopped almonds
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.

Baked Orange Marie
(See illustration on front cover)
(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 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 10.)
Orange Cream Custard
(See illustration)
(Serves 6)
Mix together thoroughly and cook in double boiler until thickened:
- 2 egg yolks, beaten
- ⅔ cup sugar
- 2 tablespoons flour
- ⅛ teaspoon salt
- 1 cup Sunkist orange juice
- 1 cup cream (or evaporated milk)
Add:
- 1 teaspoon grated Sunkist orange rind
Cool and turn into serving dish over:
- ½ cup Sunkist orange slices
Chill. Cover with meringue made of:
- 2 egg whites, stiffly beaten with
- 4 tablespoons sugar
Decorate with additional orange slices.

Lemon Tapioca
(Serves 6-8)
⅔ cup quick cooking tapioca
3 cups boiling water
⅔ teaspoon salt
Rind 1 Sunkist lemon
1 cup sugar
⅔ 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 1½ quarts)
1½ cups powdered sugar
1½ cups Sunkist orange juice
⅔ cup Sunkist lemon juice
1 cup heavy cream
2 cups chopped burnt almonds
1 teaspoon vanilla
Dissolve ¾ 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 Marshmallow Fluff
(Serves 6-8)
1 cup cream
¾ cup sugar
1 cup quartered marshmallows
1½ cups Sunkist orange segments
Whip cream until thick, fold in other ingredients. Serve cold.
Variation: Use colored marshmallows—pink, green, orange—and add 1 small bottle maraschino cherries. Cut cherries in half.

Lemon Sherbet or Ice
(Makes about 1¼ quarts)
3 cups sugar
1 quart water
¾ cup 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)
¾ cup Sunkist orange juice
¾ cup Sunkist lemon juice
2½ 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 milk
Mix orange juice and sugar thoroughly. Add cream and milk and freeze.

Lemon Ice Cream
(Makes about 1½ quarts)
¾ cup Sunkist lemon juice
2 cups sugar
3 cups milk
1 cup cream
Combine ingredients. Stir until sugar is dissolved and freeze.
Orange Ice  
(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.

Orange Gelatine  
(Serves 6)
2 tablespoons granulated gelatine  
1/2 cup cold water  
2 cups Sunkist orange juice  
1 tablespoon Sunkist lemon juice  
1/4 cup sugar  
1/2 teaspoon grated Sunkist orange rind  
1/4 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)  
(See illustration, page 33)
Make Orange Gelatine. Pour into cake-shaped mold. When firm, unmold and press animal crackers into sides to make border around top and bottom.

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.

Orange Bavarian Cream  
(Serves 6-8)
1 tablespoon granulated gelatine  
3/4 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.

Sunkist Ice-Box Cake  
(See illustration)  
(Serves 8-10)  
3/4 cup Sunkist orange juice  
2 tablespoons gelatine (1 envelope)  
Soak 5 minutes and liquify over hot water. Add:  
3/4 cup sugar dissolved in  
3/4 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 until 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 and orange segments.
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
\( \frac{3}{4} \) cup flour
\( \frac{3}{4} \) 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
\( \frac{3}{4} \) cup sugar
\( \frac{3}{4} \) 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.

Lemon Meringue Pie
(See Illustration)
(Makes 1 pie)

1 cup sugar
3 tablespoons flour
3 tablespoons cornstarch
1 teaspoon salt
1 1/2 cups boiling water

Sift dry ingredients, add water, and cook in double boiler until thick (about 15 minutes). Add:

\( \frac{3}{4} \) 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
\( \frac{3}{4} \) cup sugar
\( \frac{3}{4} \) 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.

Lemon Sponge Pie
(Makes 1 pie)

3 egg yolks, beaten thick
5 tablespoons Sunkist lemon juice
1 teaspoon grated Sunkist lemon rind
1 cup sugar
3 tablespoons flour
\( \frac{1}{2} \) teaspoon salt
1 tablespoon melted butter
1 1/4 cups milk
3 egg whites
Uncooked pastry

Combine all ingredients, folding in last stiffly beaten egg whites. Turn into pie tin lined with uncooked pastry and put into hot oven (450° F.). After 10 minutes reduce heat to moderate (350° F.) and bake 20 minutes longer, or until filling is firm.
California Ice-Box Lemon Pie
(Makes 1 pie)
Mix thoroughly.
1 1/4 cups sweetened condensed (not evaporated) milk
1/2 cup Sunkist lemon juice
Grated rind 1 Sunkist lemon
2 egg yolks, beaten
Pour into pie shell, 8-inch size. Cover with meringue made of:
2 egg whites beaten stiff with
2 tablespoons sugar
Bake in a moderate oven (350° F.) until meringue is brown (6 to 12 minutes). Chill before serving.

Orange Crumb Pie
(Makes 1 pie)
1/4 cup melted butter
2 cups fine zwieback crumbs (Melba toast or graham cracker crumbs may be used)
1/2 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
1/2 cup flour
1/4 cup sugar
1/4 teaspoon salt
Mix well and add:
1 1/2 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
1/2 cup Sunkist lemon juice
Grated rind 1 Sunkist lemon
3 tablespoons hot water
1/2 teaspoon salt
1 cup sugar
Beat yolks of eggs very light. Add lemon juice and grated rind, hot water, salt and 1/2 cup sugar. Cook in double boiler until thick. Add 1/2 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 1/2 cups sugar
3 eggs, beaten
2 tablespoons Sunkist lemon juice
1 teaspoon grated Sunkist lemon rind
5 cups flour
1 1/2 teaspoon salt
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 1/4 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 until 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 28). 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 27). Decorate with orange segments or strips of Candied Orange Peel, if desired.

Variations: Filling may be varied by adding one of following: ¹/₄ cup drained fresh orange cubes; 2 tablespoons Orange Marmalade; ¹/₂ 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 27). Decorate top with Sunkist orange segments 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 27).

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 28).

Orange Shortcakes
For recipes, see Bread Section, page 29.

Little Lemon Cakes
(Makes 8-10 cakes)
¹/₂ cup shortening
¹/₂ cup sugar
¹/₄ teaspoon grated Sunkist lemon rind
3 tablespoons Sunkist lemon juice
2 eggs
1 ¹/₂ 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 27), 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
¹/₄ 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 27). Sprinkle icing with coconut.
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 1/4 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.

Lemon Icing
(Sufficient for 1 three-layer cake)
2 cups powdered sugar
1/4 cup melted butter
3 tablespoons water
1 1/2 tablespoons Sunkist lemon juice
1/2 teaspoon grated Sunkist lemon rind

Mix all together, stirring until creamy. Spread at once.

Lemon Coconut Filling
(Sufficient for 1 three-layer cake)
Make Lemon Cream Filling and add 1/2 cup coconut.

Orange Layer Cake
(See page 26)

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.
Boiled Orange Icing  
(Sufficient for 1 cake)  
1 cup sugar  
½ 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 until 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  
½ cup cocoa  
6 tablespoons Sunkist orange juice  
½ cup Candied Orange Peel (or 2 tablespoons Orange Marmalade). (See recipes, pages 31 and 32.)  
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  
¾ 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  
¼ cup sugar  
1 cup Sunkist orange juice and pulp  
Grated rind 1 Sunkist orange  
¾ cup hot water  
Combine and cook over hot water until thickened. Serve hot.

Lemon Hard Sauce  
(Serves 6)  
¼ cup butter  
1½ cups powdered sugar  
Grated rind ½ 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  
¾ cup powdered sugar  
1 Sunkist orange  
½ 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  
⅓ 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  
½ cup sugar  
2 tablespoons cornstarch  
¾ cup boiling water  
2 tablespoons butter  
1 egg  
¾ 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.
**BREADS, BISCUITS AND SANDWICHES**

**Orange Waffle Shortcake**

*(See illustration)*

*(Serves 8-12)*

1 teaspoon sugar
2 tablespoons melted butter
2 eggs
2 cups sweet milk
2 tablespoons cornmeal

$\frac{1}{2}$ teaspoon salt
4 teaspoons baking powder
2 cups flour


*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 oranges, removing all white membrane. Separate into segments. Sweeten with sugar; spread between layers and on top. Serve with whipped cream, or sauce made with juice of 2 oranges and $\frac{1}{4}$ 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 Frosted Doughnuts**

Frost doughnuts with Sunkist Butter Icing (see recipe, page 27). Color deeper orange with vegetable coloring.

**Orange Rolls**

*(Yeast)*

*(Makes 2½ dozen medium sized rolls)*

1 yeast cake
$\frac{1}{4}$ cup lukewarm water
1 egg, well beaten

6 tablespoons melted shortening
1 teaspoon salt
$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup Sunkist orange juice
1 teaspoon grated Sunkist orange rind
3 cups flour

Combine ingredients in order given and beat until smooth, adding more flour if necessary. Knead until smooth and elastic. Let rise until double in bulk. Knead again and shape like Parker House rolls, placing half segments of orange pulp in center. Let rise again until double in bulk, bake in a hot oven (450°F.) 15 to 20 minutes. Serve warm, liberally covered with Sunkist Butter Icing (see recipe, page 27).

**Lemon Tea Biscuits**

*(Makes 30 medium sized biscuits)*

3 cups flour
6 tablespoons shortening
1 teaspoon salt
4 teaspoons baking powder
$\frac{1}{2}$ teaspoon soda
1 teaspoon grated Sunkist lemon rind

Mix thoroughly. Moisten with:

1 cup milk (fresh or evaporated) soured with

$\frac{1}{4}$ cup Sunkist lemon juice

Pat out on floured board. Brush with melted butter. Bake in hot oven (400°-450°F.) 10 to 12 minutes. The lemon peel gives a pleasing flavor. Biscuits resemble the fluffy old-time sour milk biscuits.

Lemon soured milk may be used for sour milk in many recipes (see suggestion, page 34).
Orange Bread
(Yeast Bread)
(Makes 1 loaf)

1 yeast cake
1 tablespoon sugar
1 cup Sunkist orange juice
1 teaspoon salt
1 tablespoon butter
1 1/2 cup sugar
1 teaspoon grated Sunkist orange rind
3 1/2 cups flour
1/2 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 until doubled in bulk. Put 1/2 cup flour on board and knead this in with the Candied Orange Peel. (See recipe, page 31.) Shape into a loaf. Let rise until 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
3/4 teaspoon salt
Grated Sunkist orange rind
3/4 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 a hot oven (450° F.) 15 minutes.

Orange Toast
(Serves 6)

1/2 cup Sunkist orange juice
1 teaspoon grated Sunkist orange rind
1/2 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 33), to spread bread before filling is added. “Lemon-naise” (see recipe, page 17), 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 Filling: 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 32), 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 3/4 cup marshmallows cut into small pieces and soaked for several hours in 1/4 cup Sunkist orange juice, with 3/4 cup chopped almonds and 1/4 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 1/4 cup Sunkist lemon juice.

Tuna Salad Sandwich Filling: Combine 1 small can white meat tuna; minced; 1/2 cup finely chopped celery; 1 bell pepper, minced; 2 tablespoons Sunkist lemon juice; and “Lemon-naise” to spread. A very good filling for toasted sandwiches.
MARMALADES AND CONFECTIONS

ORANGE and lemon marmalades, jellies and jams are wholesome 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.

Candied orange, lemon and grapefruit peels are also wholesome confections as well as sources of flavor for cakes, cookies and fillings.

For recipes using peel, be sure to choose fruit with bright, clean skins, such as Sunkist oranges, lemons and grapefruit have.

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 ½ cup water to boil. Cook peel in this until saturated with syrup. Drain. Roll in granulated sugar. When cold store in tightly covered jar. Use for flavoring cakes, breads, and so on, cut into strips or small bits.

Lemon Curd or Cheese
(Makes 1 pint or 3 glasses)
6 eggs
2 cups sugar
¾ cup Sunkist lemon juice
¾ 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.

Tea Accompaniments (see page 19).

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 until peel is tender, about ½ hour longer. Drain. Bring 1 cup sugar and ½ cup water to boil. Add peel. Boil gently until syrup is nearly absorbed. Drain. Roll in sugar. Cut with scissors into strips for serving.

Candied Lemon and Grapefruit Peel:
Substitute peel from 2 Sunkist grapefruit or 4 Sunkist lemons for orange peel.

Colored Peel: Red or green vegetable coloring, added to syrup, will tint peel.

Spiced Candied Peel: A little cinnamon, clove or ginger, added to syrup, will vary flavor. Tie spices in cloth to prevent darkening peel.

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

Quick Orange Jam
(Makes 2 glasses)
2 cups Sunkist orange pulp and juice
1 Sunkist lemon, pulp and juice
1½ cups sugar
Boil quickly about 10 minutes or until syrupy and clear. Very good served warm on hot biscuits.
Orange Marmalade  
(Makes 12-18 glasses)

4 medium sized or 3 large Sunkist oranges, halved and sliced thin
4 Sunkist lemons, sliced thin

Measure fruit and add five times as much cold water. 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. Cooking 4 cups or less at one time gives a better flavor and color. 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 until 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, boil next lot 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. The shorter the time, 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.

Use for: Cooking, to flavor cakes, pies, breads, puddings, frostings, fillings and sauces; spread on quick breads, toast, waffles and on sandwiches; filling for cakes or pies; sundae sauce for ice cream, pudding sauce; meat accompaniment.

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 ¼ 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 until 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.
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 everyone. 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

In estimating foods for serving large numbers, the following may be helpful:

<table>
<thead>
<tr>
<th>Amount</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemonade</td>
<td>1/2 to 1 Sunkist lemon (depending on size)</td>
</tr>
<tr>
<td>Orangeade</td>
<td>1 to 3 Sunkist oranges (depending on size)</td>
</tr>
<tr>
<td>Fruit Punch</td>
<td>1 quart (in small punch glasses)</td>
</tr>
<tr>
<td>Tea</td>
<td>1/4 cup tea with 41/2 quarts water</td>
</tr>
<tr>
<td>Coffee</td>
<td>2 cups coffee with 1 gallon water</td>
</tr>
<tr>
<td>Lemon for Tea or Garnish</td>
<td>1 large Sunkist lemon (1 slice to a serving)</td>
</tr>
<tr>
<td>Orange for Garnish</td>
<td>1 Sunkist orange (1 slice to a serving)</td>
</tr>
<tr>
<td>Candied Peel with Tea</td>
<td>1 pound</td>
</tr>
<tr>
<td>Main Course Salads</td>
<td>41/2 quarts (3/4 cup to a serving)</td>
</tr>
<tr>
<td>Other Salad Courses</td>
<td>41/2 quarts (1/2 cup to a serving)</td>
</tr>
<tr>
<td>Fruit Cocktail or Cup</td>
<td>3 quarts (1/4 to 1/2 cup to a serving)</td>
</tr>
<tr>
<td>&quot;Lemon-naise&quot; or Cooked Dressings</td>
<td>1 pint</td>
</tr>
<tr>
<td>French Dressing</td>
<td>1 pint</td>
</tr>
<tr>
<td>Bread and Butter</td>
<td>1 pound sandwich loaf; 1/2 pound creamed</td>
</tr>
<tr>
<td>Lemon Butter</td>
<td>1 tablespoon lemon juice creamed with 1/2</td>
</tr>
<tr>
<td>Orange Marmalade or Any Jelly</td>
<td>1 average jelly glass (spreads sandwiches)</td>
</tr>
</tbody>
</table>

Note: Any standard tested recipe such as those in this book for fruit beverages, cocktails, cups, salads or uncooked desserts may be increased to serve a larger number of people by doubling or trebling amounts of each ingredient.
HOUSEHOLD USES OF LEMONS

THE lemon is the most useful of all fruits. Not only does it enter into the preparation of all sorts of dishes, but it has many uses in the kitchen and laundry. It is well for this reason to buy lemons by the dozen, so that they may always be at hand.

Household Uses for Lemons

To Sour Milk: Lemon juice added to sweet fresh milk or evaporated milk, will sour it suitably for cooking. Add ¼ cup Sunkist lemon juice to 1 cup milk.

To Replace Vinegar: Lemon juice may be substituted for vinegar in any recipe that calls for the latter, except pickling.

For Stewing Dried Fruits: Add a small amount of lemon juice and grated lemon rind in stewing such dried fruits as prunes, figs, peaches and so on.

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. Repeat process if necessary.

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.

Grated Peels: Crate only the yellow portion which contains the oil cells. Use fresh or mix with sugar and keep in a tightly covered jar.

Ground Peels: Where the whole peel is used, it is ground fine, mixed with sugar, and used in the same manner as the grated rind.

Candied Orange Peel: See recipe, Candied Orange Peel II, on page 31.

Orange Marmalade: The flavor of the orange or lemon peel may also be given by the use of a heavy orange or lemon marmalade, such as the marmalade in the Orange Jelly and Marmalade recipe, on page 32.
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[36]
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 a thorough scrubbing, Sunkist oranges and lemons are carefully graded for quality 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 always in 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 34. 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.