

Mrs Greenkeeper's



Own Corner

with Ann Mawson

As we all know grapefruit are very good for you. Here is a good tonic and pick-me-up.

Grapefruit Champagne

Cut up 7 grapefruit, place in a large bowl. Pour over a gallon cold water. Let it stand for 10 days then add 4 lb. of sugar, stir well. Let it stand another 10 days, stirring every day, strain into another bowl, and remove all scum. As it rises, let it stand a few more days. Bottle off. Ready for drinking in 4 weeks.

Grapefruit Salad

Mustard and cress, 2 large grapefruit, a bunch of watercress and home-made salad dressing.

Peel the grapefruit, removing all the white pith. Cut into slices across,

remove pips, if any. Cut the slices into quarters, put them in a shallow dish. Pour the home-made salad dressing over the fruit and arrange the mustard and cress and watercress attractively round the edge. This salad is delicious with cold duck.

Grapefruit and Pineapple

2 large grapefruit, about 6 oz. of diced fresh pineapple, a little sugar, a few cherries and a sprig of mint.

Cut the grapefruit into halves, remove the pulp, mix with the pineapple, add sugar to taste, pile back into the grapefruit, decorate with mint sprigs and cherries. Serves 4.

This is very good if you are watching your calories.

—Until July . . .

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