



Citrus recipes for every day

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PUBLICATION DATE

01-01-1938

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[10536/DRO/DU:30145000](#)

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CITRUS RECIPES



O R A N G E S

G R A P E F R U I T

L E M O N S

M A N D A R I N S

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Citrus Recipes

For Every Day



With the Compliments of
Murray Citrus Growers'
Co-op. Association (Aust.) Ltd.
87 Brookman Building,
Grenfell St., Adelaide.

HELP US TO HELP YOU

The . . .

Citrus Fruit

Habit—*Give it a Trial*

A few days' trial will
prove to you that this
FRUIT HABIT PAYS.

One dish of fruit, one
glass of juice won't do
it. But in nine cases
out of ten repeated use
will bring results that
you can feel and see.

Eat More **Citrus
Fruit!**

What more attractive way
to improve your diet,
which means to improve
yourself? . . . Be bright-
eyed, fresh complex-
ioned, clear-minded.

Get the
**Citrus Fruit
Habit**



Citrus Fruits *for* Health !

ALL fruits are good for health, but there are none better than the citrus fruits—oranges, lemons, mandarins, and grapefruit.

In recent years scientists have come to recognise the great value of citrus fruits in providing vitamins, mineral salts and organic acids, which act as body regulators. They have demonstrated by experiments the beneficial effect of citrus foods upon the blood, and can now actually determine vitamin content of citrus fruits.

“Vitamins,” declared an eminent specialist, “are nothing more nor less than stored sunlight, and oranges and lemons contain a higher percentage of stored sunlight than any other fruit in the world.”

In addition to providing a sufficient quantity of food—sufficient protein, carbohydrate and fat for the maintenance of health, the diet must supply the essential organic acids, mineral salts, and vitamins.

While meat, potatoes and bread are necessary for active men and women and for growing boys and girls, they must be supplemented by an abundance of *raw vegetables* and *fruit* in order that the *necessary* mineral salts and vitamins may not be lacking, for unless food contains a plentiful supply of vitamins good health is impossible.

In many cases, acute stomach and intestinal disorders might have been avoided entirely if the diet had contained the proper amount of fresh foods, and some nutritionalists have suggested that 50 per cent. of the daily food may well be in the form of fresh raw fruits and vegetables. “Too many cooked foods, too few raw,” is a frequent comment of the scientist on the eating habits of the modern family.

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

A glass of water with a squeeze of lemon juice taken regularly on rising is an important aid in preventing constipation.

Oranges were once considered a luxury. Very few of them were produced, and they were consequently high in price.

Gradually the orange is becoming an article of daily diet. It is becoming less expensive to buy and better to eat.

The importance of serving fresh fruit every day in the year cannot be over-emphasized, because such fruit gives a relish to a meal and because of its great healthfulness.

At breakfast oranges may be served plain or in combination with other fruits.

Luncheon may be made appetizing by a salad which includes oranges. Oranges may, with advantage, form part of the school, office, or workshop lunch.

At dinner, as salad or dessert, oranges may appear in any number of delicious forms.

Lemon squash is always refreshing and most healthful.

Refreshments at afternoon and evening parties must be inviting in appearance and flavour, but must not be too substantial. Fruit salads and desserts, which include citrus fruits, meet these requirements perfectly.

Eating oranges daily is a habit worth acquiring for its valuable aid to health. It helps to preserve the teeth by promoting the flow of saliva which washes them naturally.

Fruit Recipes for Every Meal

IN this book, recipes are given for the use of oranges at every meal of the day. There are salads and desserts for the busy housewife, who wishes to serve her family with the best possible food at the smallest expenditure of time and money. There are "whole-meal" salads which need only the accompaniment of bread and butter to provide an entire luncheon.

There are salads, desserts and fresh fruit drinks for afternoon and evening parties; there are appetizers and sauces to include in the formal luncheon or dinner. For keeping the pantry shelves well stocked at all seasons of the year, there are jellies, jams and conserves.

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

The necessity for using accurate measurements cannot be too strongly emphasized. All measurements are level. Bring the edge of a knife across heaped spoons or cups as indicated.

Accuracy in time and temperature for baking is also essential for good results in cooking.

The "Reducing" Diet

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

While oranges are satisfying and nourishing, they are not rich in fat-building material and are, therefore, valuable in a "reducing" diet. A "reducing" diet must cause the body to draw on *the fat of the body itself* for the daily requirements of energy.

Under "Ways to Serve Oranges for Breakfast" and "Ten-Minute Salads" will be found a number of recipes suitable for "reducing" menus. Each salad may be served without dressing or with a simple dressing of lemon juice and salt or lemon juice alone.

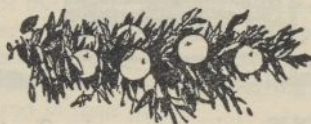
Raw fruit dishes are particularly appropriate for the "reducing" diet.

To Increase Weight

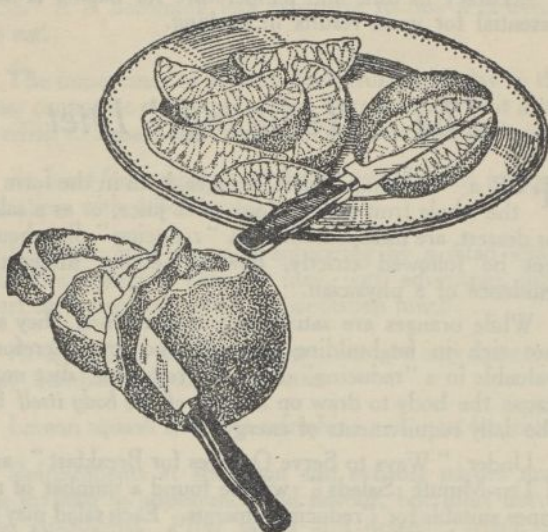
UNDERWEIGHT is often due not to insufficient food, but to wrong combinations of foods. A "weight-increasing" diet will include milk, eggs, cheese, and starchy vegetables, which provide energizing and fat-building materials, but must be generous also in green vegetables and fresh fruit in order that the essential *mineral salts* and *vitamins* may not be lacking.

Eat some vegetables each day.

Eat one or more oranges every day.



To Remove Pulp from Oranges



PEEL the orange with a sharp knife, removing every particle of the pith and the thin inside membrane with the peel. This will leave the orange pulp exposed. Hold the orange over a plate, so that any juice which may drop will be saved. Now cut out the pulp from each section by working the knife in towards the centre along both sides of the dividing membranes. This will free the whole sections, leaving them complete in shape and entirely free from membrane.

A sharp serrated knife is suitable for this purpose.

Ways to Serve Oranges for Breakfast



A DELICIOUS, juicy orange is the best possible beginning for the first meal of the day. Served whole, or cut in halves—in fact, with scarcely any preparation—it is ready for the earliest breakfast or for the

tardy late-comer. It may be sliced or divided into segments to provide a most appetizing first course. It may have the top cut off and be eaten with a teaspoon as one eats a boiled egg.

Orange juice, strained, sweetened and iced if desired, or just plain as it comes from the squeezer, is as acceptable to grown-ups as it is to children, and starts the day right by providing organic salts and acids which are such an essential constituent of the diet.

Marmalade of oranges, lemons or grapefruit, with toast and butter, makes an ever popular breakfast course.

Grapefruit marmalade could be more widely used in Australia.

Sliced Oranges, Canadienne

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

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

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

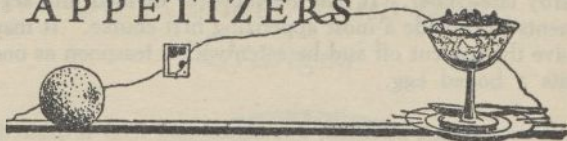
Oranges cut into small pieces may be combined with other fresh fruits in almost endless varieties to vary the breakfast menu, or for light desserts. Oranges and bananas, oranges and strawberries, oranges and red raspberries, oranges and apples, oranges and fresh pineapple are suggested combinations.

To Prepare Grapefruit for Breakfast or as an Appetizer for Luncheon

Wash and cut the grapefruit in halves crosswise; cut around the outer edge of the pulp with a grapefruit knife. Snip the connecting membrane with sharp scissors, and remove it with the centre membrane, leaving the sections of pulp whole and in their places.

If desired sweet, sprinkle with sugar, add a crystallized cherry and let stand for two hours before serving. It can be served without sugar, if very ripe.

APPETIZERS



THE introductory course of the formal or informal luncheon or dinner is planned to meet two requirements ; to attract the eye and stimulate the appetite. The bright golden colour of oranges makes them always inviting whether served alone or in combination with other fruits ; waxy lemons cut in pleasing forms garnish the simplest cocktail or savoury, while both the alluring flavour of the orange and the delicious tang of the lemon never fail to stimulate the appetite. The grapefruit, too, has become a very popular appetizer because of its crisp, sharp flavour which freshens the palate and prepares it for the foods to follow.

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

Fruit Juice Cocktails

Iced Orange Juice.

Put in finely crushed ice to fill ice glasses half full. Pour over it orange juice sweetened to taste.

Serve on small plates covered with d'oyleys.

Honey Orange Cocktail.

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

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

Ginger Cocktail.

6 tablespoons ginger syrup	$\frac{1}{2}$ cup mineral or ice water
4 tablespoons lemon juice	Few grains salt
4 tablespoons orange juice	

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

Grapefruit Cocktail.

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

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

Fruit Cocktails

Mint Cocktail.

2 oranges
6 slices pineapple

12 mint cherries

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

Fruit Cup.

1 cup orange sections
1 cup white grapes
1 cup pineapple dice
 $\frac{1}{2}$ cup orange juice

$\frac{1}{2}$ cup pineapple syrup
Few grains salt
 $\frac{1}{2}$ cup sugar

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

Grapefruit Cup, No. 1.

Remove the pulp from three large grapefruit. Cut each section in thirds, or halves, according to size. Sprinkle with sugar, and chill. Serve plain or with a garnish of mint leaves, with one tablespoon of grape juice poured over each serving.

Grapefruit Cup, No. 2.

3 grapefruit
6 Maraschino cherries, shredded
6 tablespoons sugar

$\frac{1}{2}$ cup seeded and quartered
grapes
1 tablespoon lemon juice

Peel the grapefruit and remove the sections, cutting each one in thirds; add the sugar, grapes and lemon juice and let stand, covered, in cold place for one hour. Pour into frappe glasses and decorate with shredded cherries.

Grapefruit Cup, No. 3.

2 large grapefruit
Granulated sugar

4 tablespoons candied ginger
4 canned-pear halves

Prepare the grapefruit and cut the pulp in small pieces. Sweeten and add the other ingredients and let stand in a cold place to chill. Serve in glass cups, and sprinkle with a little extra ginger for a garnish.

Strawberry and Orange Cocktail.

2 oranges
1 cup small strawberries

3 tablespoons lemon juice
6 tablespoons castor sugar

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

Orange, Cherry and Melon Cocktail.

1½ cups deep red cherries
3 cups melon balls or cubes
1½ cups diced orange pulp

½ cup orange juice
½ cup lemon juice
3 tablespoons sugar

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

Small Salads Suitable for Appetizers.

Orange Savoury.

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

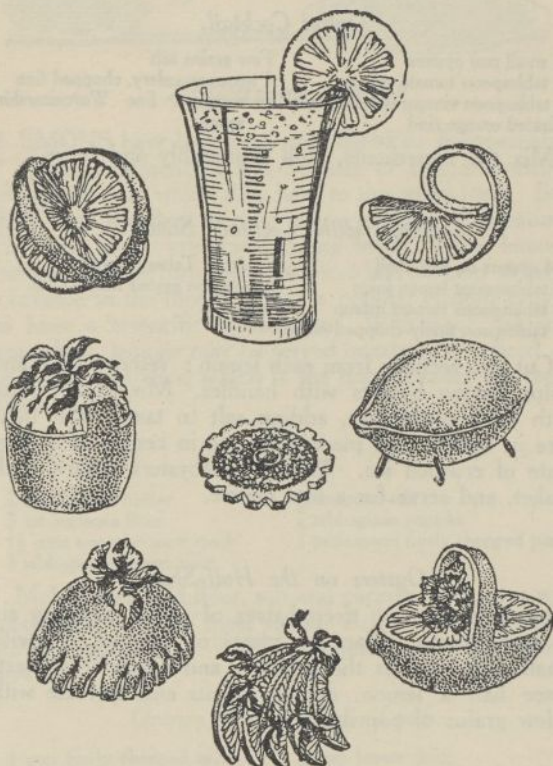
Pineapple Savoury.

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

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



Lemon Garnishes



GARNISHING with lemons makes foods look better and taste better and so makes them *better foods*, because those foods which are attractive in appearance stimulate the appetite, and in this way initiate the first step in digestion. Good cooks are as much concerned with the digestibility as with the flavour and appearance of the dishes they prepare. The lemon is also of value in the diet because of its richness in organic salts and acids, and vitamin C.



Oysters and Fish Suggestions

Oyster Cocktail.

6 small raw oysters	Few grains salt
$\frac{1}{2}$ tablespoon tomato catsup	1 teaspoon celery, chopped fine
$\frac{1}{2}$ tablespoon vinegar or lemon juice	$\frac{1}{2}$ teaspoon fine Worcestershire sauce
Grated orange rind	

Mix the ingredients, chill thoroughly and serve.

Oysters, with Cocktail Sauce.

24 oysters on half-shell	12 drops Tabasca sauce
3 tablespoons lemon juice	$\frac{1}{2}$ teaspoon grated horseradish
2 tablespoons tomato catsup	4 lemons
1 tablespoon finely-chopped onion	

Cut two sections from each lemon; remove juice and pulp, leaving baskets with handles. Mix lemon juice with other seasonings, adding salt to taste. Put mixture in basket, and place each one in centre of a deep plate of crushed ice. Arrange six oysters around each basket, and serve for a first course.

Oysters on the Half-Shell.

Leave oysters on deep halves of shells, allowing six to each person. Place on plates of crushed ice, with small ends towards the centre; and where they meet, place half a lemon, cut in points and sprinkle with a few grains of paprika.

Lemon with Fish.

Fish of every kind may be served with a lemon garnish or a sauce flavoured with lemon.

Lemon juice added to the water in which fish is boiled helps to keep the fish white.



SAUCES for Meat, Fish and Vegetables



Appetizing Sauces

LEMONS have long been considered an indispensable accompaniment of fish because of the contrasting piquant flavour which they lend to this good food. But there is an excellent dietetic reason for this combination. Fish and meat are acid-forming foods, while lemons contain alkaline forming substances and so help to keep a balance in the blood. Thus a popular custom proves to have a scientific explanation. With meat, fish and vegetables, lemons may be served quartered or sliced or in the form of juice, which is the natural sauce for these foods.

Lemon Sauce.

2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
3 tablespoons flour	$\frac{1}{4}$ tablespoon paprika
$1\frac{1}{2}$ cups water or meat stock	1 tablespoon finely chopped parsley
3 tablespoons lemon juice	

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

Orange Mint Sauce for Lamb.

$\frac{1}{2}$ cup finely chopped mint	$\frac{1}{4}$ cup lemon juice
$\frac{1}{4}$ cup orange juice	1 tablespoon castor sugar

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

Hollandaise Sauce.

3 tablespoons butter	$\frac{1}{4}$ teaspoon mustard
$\frac{1}{2}$ tablespoon flour	$\frac{1}{8}$ cup water
$\frac{1}{4}$ teaspoon salt	2 tablespoons lemon juice
$\frac{1}{8}$ teaspoon pepper	Yolk of one egg

Melt two tablespoons of butter, add flour, salt, pepper and mustard; mix well and add water and lemon juice. Bring to boiling point, stirring constantly. Add remaining butter with slightly beaten egg yolk and cook two minutes longer.

Parsley Butter Sauce.

3 tablespoons butter	2 tablespoons lemon juice
$\frac{1}{4}$ teaspoon salt	1 tablespoon finely chopped parsley
$\frac{1}{8}$ teaspoon pepper	

Work butter until creamy, add salt and pepper, then lemon juice and parsley. Serve on hot fish, steak or vegetables.

Savoury Lemon Butter.

- | | |
|--------------------------------|--------------------------|
| $\frac{1}{2}$ cup butter | 1 tablespoon lemon juice |
| $\frac{1}{4}$ teaspoon paprika | |

Cream the butter and paprika together, and then add lemon juice, drop by drop, stirring constantly, until the lemon juice is blended with butter.

Cumberland Sauce for Duck.

- | | |
|--------------------------------|---------------------------------|
| $\frac{1}{2}$ cup orange juice | Grated rind 1 orange |
| $\frac{1}{2}$ cup lemon juice | Grated rind 1 lemon |
| 1 cup castor sugar | 1 tablespoon grated horseradish |
| 2 tablespoons currant jelly | |

Mix ingredients ; beat thoroughly ; heat and serve.

Raisin Sauce for Ham.

- | | |
|-------------------------|--------------------------------|
| 1 cup seedless raisins | 2 tablespoons lemon juice |
| 1 cup cold water | $\frac{1}{2}$ cup orange juice |
| $\frac{1}{2}$ cup sugar | |

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

Mint Jelly.

- | | |
|----------------------------------|-------------------------------|
| 8 sprigs mint | $\frac{1}{2}$ cup sugar |
| 1 cup water | $\frac{1}{4}$ teaspoon salt |
| 1 tablespoon granulated gelatine | $\frac{1}{4}$ cup lemon juice |
| $\frac{1}{4}$ cup cold water | Green colour paste |

Boil sprigs of mint and one cup water for five minutes. Soak gelatine in quarter cup cold water. Add to boiling mint and water, with sugar, salt and lemon juice. Colour a delicate green with vegetable colour paste ; strain into small moulds ; chill and serve with roast lamb or lamb chops.

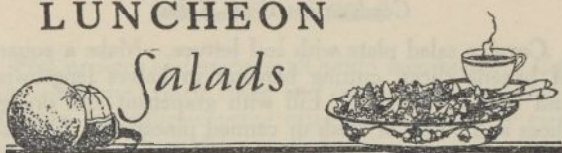
Mousseline Sauce.

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|-----------------------------|-------------------------------|
| Yolks of 2 eggs | $\frac{1}{8}$ teaspoon nutmeg |
| $\frac{1}{2}$ cup cream | 2 teaspoons lemon juice |
| $\frac{1}{2}$ teaspoon salt | 2 tablespoons butter |

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



LUNCHEON



The Delicious Salad

IN the last ten years salad has come into its own as the main dish for luncheon.

Fruit may be combined with lettuce, as savoury salads served with a dressing.

Jellied Fruit Salad.

2 tablespoons granulated gelatine	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup cold water	1 cup orange juice and pulp
$2\frac{1}{2}$ cups boiling water	1 cup diced banana
6 tablespoons lemon juice	1 cup diced canned pineapple
$\frac{1}{2}$ cup sugar	

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

Jellied Vegetable Salad.

1 tablespoon granulated gelatine	1 teaspoon salt
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ cup shredded cabbage
$\frac{1}{4}$ cup boiling water	1 cup diced celery
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup canned peas
6 tablespoons lemon juice	$\frac{1}{2}$ cup small cucumber cubes

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

Lamb and Orange Salad.

2 cups cold roast lamb (or veal, chicken or duck)	4 oranges
	$\frac{3}{4}$ cup French dressing

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

Mock Lobster Salad.

2 cups cooked haddock	1 cup mayonnaise
2 cups diced celery	2 tablespoons minced pimento
2 tablespoons lemon juice	

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

Combination Fruit Salad.

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

Orange Salad.

Peel oranges, carefully removing all pith and fibre, and cut into slices. Mix with French dressing, and arrange in crisp lettuce leaves.

Orange and Tomato Salad.

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

Peanut Rice Salad.

3 tablespoons rice	1 cup orange juice
$\frac{1}{2}$ cup finely chopped peanuts	Cream cheese balls

Wash rice and cook for seven minutes in boiling salted water; drain. Cover with orange juice and cook in double boiler until rice is tender. Cool, mix with finely-chopped peanuts; sprinkle with salt and arrange on lettuce leaves with cream cheese balls. Serve with cream mayonnaise or French fruit dressing.

Ten Minute Salads

HERE are some recipes for salads which may be prepared in ten minutes.

Orange Salad.

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

Apple and Orange Salad.

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

Grapefruit and Orange Salad.

Peel oranges and grapefruit and divide into segments, rejecting all white membrane. Arrange a circle of orange segments on a lettuce-covered salad plate and fill centre with grapefruit segments.

Date and Orange Salad.

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

Celery, Apple and Orange Salad.

Peel oranges and remove all white membrane. Cut into one-fourth inch slices and cut each slice into halves. Dice celery and apple and mix with mayonnaise. Arrange a circle of half-slices of oranges on a lettuce-covered salad plate, fill centre with apple and celery mixture. Garnish with celery tips.

Pineapple and Orange Salad.

Peel oranges and remove all white membrane. Cut into one-fourth inch slices. Arrange four slices on each lettuce-covered salad plate. Place one slice of pineapple in centre. Top with mayonnaise and garnish with cherries cut into fourths.

Cranberry and Orange Salad.

Mould cranberry jelly in individual moulds. Peel and slice oranges, cutting each slice in halves. Place mould of cranberry jelly on lettuce-covered salad plate ; circle with half-slices of orange.

Peach and Orange Salad.

Peel oranges and cut into one-fourth inch slices. Arrange on lettuce-covered salad plates, alternately with canned sliced peaches. Garnish with walnut-halves.

Cabbage and Orange Salad.

Peel oranges, removing all white membrane. Cut into one-fourth inch slices and then into segments. Cover salad plates with finely shredded cabbage. Sprinkle with orange segments. Serve with French dressing.

Onion and Orange Salad.

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

Cheese and Orange Salad.

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

Prune and Orange Salad.

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

Pineapple, Orange and Grapefruit Salad.

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

Orange, Banana and Cherry Salad.

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

Orange, Grape and Cantaloupe Salad.

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

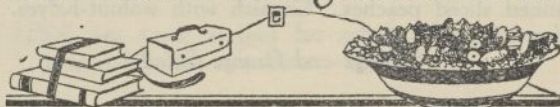
Orange, Pineapple and Cucumber Salad.

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

Orange, Tomato and Pepper Salad.

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

SALADS that Children Like



CHILDREN generally like the fruits and vegetables which go into salads, and these are very good for them; but they rarely care for dressings made with oil. The following salads and salad dressing made without oil will be sure to meet their favour.

The development of the salad habit in children is a great step in the right direction for proper nutrition.

In each of these salads the mixture is served in crisp lettuce leaves.

Peanut and Orange Salad.

Sliced oranges and peanuts.

Popcorn and Orange Salad.

Sliced oranges and buttered popcorn.

Banana and Orange Salad.

Sliced oranges and bananas, served with lemon juice and sugar.

Raisin and Orange Salad.

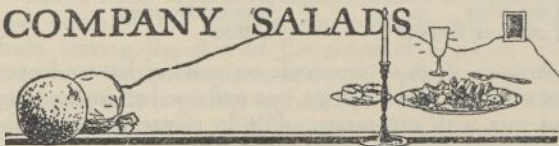
Sliced oranges and seedless raisins, served with sauce.

Salad Dressing

Lemon Juice and Sugar.

Mix juice of one lemon with two tablespoons granulated or castor sugar.

COMPANY SALADS



FOR afternoon or evening party refreshments, fruit salad frequently forms the most important part of the menu. For this reason salads must be attractive in appearance, bountiful and distinctive. The quantities here are sufficient to serve four large or six medium-sized portions.

Ginger Ale Salad.

- | | |
|-----------------------------------|------------------------------|
| 2 tablespoons granulated gelatine | 2 tablespoons sugar |
| $\frac{1}{2}$ cup water | 1 cup diced canned pineapple |
| $1\frac{1}{2}$ cups ginger ale | 1 cup orange juice and pulp |
| 2 tablespoons lemon juice | 1 cup seeded white grapes |

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

Salad Dessert.

- | | |
|--|-------------------------------|
| $\frac{3}{4}$ tablespoon granulated gelatine | $\frac{3}{4}$ cup milk |
| 2 tablespoons cold water | $\frac{1}{2}$ cup lemon juice |
| 1 tablespoon butter | 2 tablespoons orange juice |
| 1 egg | 1 cup diced orange pulp |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ cup cherries |
| 1 teaspoon salt | 1 cup cream |
| $\frac{1}{4}$ teaspoon paprika | |

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

Lemon Jelly Fruit Salad.

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

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

Pineapple and Orange Salad.

4 slices pineapple	2 oranges
$\frac{1}{2}$ cup celery	Cream mayonnaise
$\frac{1}{2}$ cup nuts, chopped	Lettuce

Arrange slices of pineapple on nests of lettuce leaves. Cut celery in slender strips, one and one-half inches long, and mix with nut-meats. Pile in centre of pineapple, and garnish with four sections of orange, free from membrane, laid symmetrically on pineapple. Serve dressing separately.

Ginger Ale Fruit Salad.

$1\frac{1}{2}$ tablespoons gelatine	$\frac{1}{2}$ cup white grapes
2 tablespoons cold water	$\frac{1}{2}$ cup diced apple
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ cup celery
1 cup ginger ale	$\frac{1}{2}$ cup canned pineapple cubes
2 tablespoons sugar	$\frac{1}{4}$ cup preserved ginger
Few grains salt	Cream mayonnaise dressing
Juice 1 lemon	

Soak gelatine in cold water ; dissolve in boiling water ; add ginger ale, sugar, salt and lemon juice. When jelly begins to set, fold in white grapes (skinned and seeded), apples (pared, cored and cut in small pieces), celery (cut in small strips), pineapple (shredded) and ginger (cut fine). Turn into a ring mould ; chill, and serve on lettuce leaves.

Frozen Fruit Salad.

1 tablespoon melted butter	$\frac{2}{3}$ cup milk
2 egg yolks	$\frac{1}{3}$ cup lemon juice
1 tablespoon flour	Orange
3 tablespoons sugar	Cherries
1 teaspoon salt	Pineapple
$\frac{1}{8}$ teaspoon paprika	Banana
Few grains cayenne	1 cup cream

Put butter in double boiler ; add well-beaten egg yolks and flour, mixed with sugar, salt, paprika and cayenne. Then add milk and lemon juice ; cook, stirring constantly, until mixture thickens. Strain into bowl ; beat two minutes ; then cool. Add one cup mixed fruit, cut in small pieces ; fold in stiffly-beaten cream ; put into a pint brick mould or baking-powder boxes ; cover with buttered paper and tin cover ; pack in ice and salt, and let stand two hours. Cut in slices, and serve on lettuce.

Orange Salad.

2 oranges
Few grains mustard

French dressing
Watercress

Pare oranges, cut in very thin slices, and slices in quarters. Marinate with French dressing, to which are added a few grains of mustard, and serve on a bed of watercress.

Banana Canoes.

2 oranges
4 bananas
2 slices pineapple

Salad dressing
Berries or candied cherries

With a sharp knife cut a section of skin from the concave curve of the bananas, and carefully take out the fruit, leaving the skin in the shape of a canoe. Pare oranges; remove sections, and cut in pieces; mix with pineapple (cut in pieces) and an equal amount of banana pulp (cut in pieces). Fill canoes with fruit; cover with mayonnaise or French dressing; sprinkle generously with paprika; lay on bed of shredded lettuce, and garnish with berries or candied cherries.

SALAD DRESSINGS



LEMON juice is the natural base for salad dressings, boiled, French or mayonnaise. It gives a dainty tang, a delicious flavour—and it has a more healthful effect than vinegar because of its mineral salts and acids and vitamins. Lemon is a *food* while vinegar is merely a condiment. Lemon juice brings out the flavour of all of the ingredients in the salad without adding any dominating sharp taste.

French Dressing.

3 tablespoons lemon juice
6 tablespoons oil

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon paprika

Mix ingredients and stir or shake thoroughly just before serving.

French Fruit Dressing.

3 tablespoons lemon juice
3 tablespoons orange juice
4 tablespoons oil

$\frac{1}{2}$ teaspoon salt
1 tablespoon sugar

Mix all ingredients thoroughly.

Mayonnaise.

$\frac{1}{2}$ teaspoon mustard	$\frac{1}{8}$ teaspoon paprika
$\frac{1}{2}$ teaspoon sugar	Yolk 1 egg
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup oil
2 tablespoons lemon juice	

Sift dry ingredients ; add egg-yolk and one-half teaspoon lemon juice. While beating constantly, add one tablespoon oil drop by drop ; then add oil in a fine steady stream, continuing the beating, and thinning occasionally with lemon juice until all of the oil and lemon juice is used.

Cream Mayonnaise.

1 cup mayonnaise	2 tablespoons lemon juice
2 tablespoons castor sugar	$\frac{1}{4}$ cup cream

Beat cream until stiff and fold into other ingredients.

Thousand Island Dressing.

1 cup mayonnaise	2 tablespoons chili sauce
2 hard-cooked eggs	2 tablespoons pimento stuffed olives
2 tablespoons tomato catsup	2 tablespoons pickled onions

To the mayonnaise add all of the other ingredients finely chopped.

Boiled Salad Dressing.

$\frac{1}{8}$ cup lemon juice	2 tablespoons sugar
4 tablespoons flour	$\frac{1}{2}$ teaspoon mustard
1 teaspoon salt	$1\frac{1}{2}$ cups boiling water
$\frac{1}{4}$ teaspoon paprika	2 eggs

Mix and sift dry ingredients. Add water gradually, stirring constantly. Cook in double boiler until thick and smooth. Beat eggs slightly ; pour cooked mixture slowly over them. When well blended, return to double boiler ; cook two minutes ; add lemon juice ; remove from stove, beat well.

Cream Dressing.

2 eggs	1 teaspoon sugar
$\frac{1}{2}$ teaspoon salt	4 tablespoons lemon juice
$\frac{1}{4}$ teaspoon paprika	1 cup whipped cream

Beat eggs until light ; add dry ingredients well mixed ; stir in lemon juice. Cook over hot water until thick. Cool, and when ready to serve add whipped cream.

Peanut Salad Dressing.

$\frac{1}{2}$ teaspoon sugar	2 tablespoons peanut butter
2 tablespoons lemon juice	$\frac{1}{2}$ teaspoon salt
2 tablespoons cream	

Beat all ingredients together.

Orange Salad Dressing.

$\frac{1}{4}$ cup sugar	$\frac{1}{8}$ teaspoon paprika
4 tablespoons flour	1 cup orange juice
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter
$\frac{1}{2}$ teaspoon mustard	$\frac{1}{4}$ cup lemon juice

Mix dry ingredients, add orange juice slowly, and cook over hot water until thick. Add butter, and when melted add lemon juice. Remove from stove, beat until smooth. Cool.

Fruit Salad Dressing.

2 tablespoons pineapple juice	1 tablespoon sugar
2 tablespoons lemon juice	Sprinkling salt
2 tablespoons orange juice	

Mix well together.

Boiled Fruit Salad Dressing.

1 tablespoon cornflour	$\frac{3}{4}$ cup pineapple juice
2 tablespoons sugar	$\frac{1}{2}$ cup orange juice
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup lemon juice
2 eggs	$\frac{3}{4}$ cup whipped cream

Sift dry ingredients and add to beaten eggs. Add pineapple juice, and cook in double boiler until thickened. Remove from fire, add orange and lemon juices, and when cold fold in whipped cream.

Golden Salad Dressing.

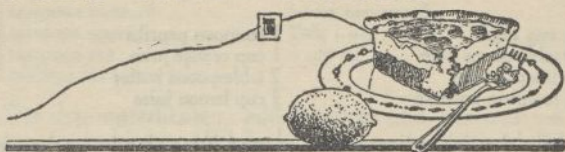
$\frac{1}{4}$ cup pineapple juice	2 egg yolks
$\frac{1}{4}$ cup orange juice	$\frac{1}{8}$ cup sugar
2 tablespoons lemon juice	2 egg whites
$\frac{1}{8}$ teaspoon salt	

Mix pineapple juice, orange and lemon juice, and salt, and heat in a double boiler. Beat egg yolks until thick and lemon-coloured, gradually adding one-half the sugar, then, while beating constantly, add hot fruit juices; return to double boiler, and cook, stirring constantly until thick and smooth. Beat whites of eggs until stiff; add remaining sugar, and combine with first mixture just before removing from fire.

Orange Sauce.

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

PIES AND TARTS



LEMON "pies" or deep tarts are becoming popular. Both lemons and oranges are peculiarly appropriate for use in pie filling, because of their own delicious flavours and the readiness with which they may be combined with other fruits, custards and creams.

Lemon Tart.

6 ozs. of short crust
2 ozs. butter
4 ozs. sugar
3 tablespoons water

Grated rind and juice of 2 lemons
1 tablespoon arrowroot
2 eggs
2 tablespoons castor sugar

Make pastry and line a greased tart tin with it. Prick bottom well with a fork. Bake 15 to 20 minutes. Blend arrowroot with water, put into saucepan with the butter, sugar, grated rind and juice of the lemon. Stir over fire till thick and boil 2 minutes. Add beaten egg yolks, and cook for a few minutes without boiling. Allow to cool. Fill the cold pastry case with the mixture. Beat white stiffly, fold in castor sugar. Pile meringue on tart and brown in a quick oven.

Lemon Fluff Pie.

3 eggs
 $\frac{1}{2}$ cup lemon juice
Grated rind of 1 lemon

3 tablespoons hot water
 $\frac{1}{4}$ teaspoon salt
1 cup sugar

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

Deep Dish Orange and Apple Pie.

4 apples
2 tablespoons lemon juice
Grated rind $\frac{1}{2}$ lemon
2 tablespoons orange juice

2 tablespoons finely minced orange
peel
1 cup sugar

Peel apples and cut in thin slices; mix with remaining ingredients and place in deep baking dish. Cover with good short pastry and bake in a moderate oven (350 degrees) forty minutes.

Orange Meringue Pie.

1 cup sugar
 $\frac{1}{2}$ cup flour
 $\frac{1}{4}$ teaspoon salt
Grated rind 1 orange

1 cup orange juice
2 tablespoons lemon juice
2 tablespoons butter
3 eggs

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

Boston Cream Pie, with Orange Filling.

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

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

Sliced Lemon Pie.

$1\frac{1}{2}$ lemons	$\frac{1}{2}$ cup water
2 eggs	1 tablespoon melted butter
$1\frac{1}{4}$ cups sugar	$\frac{1}{8}$ teaspoon salt

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

Chiffon Pie.

$1\frac{1}{4}$ cups sugar	3 eggs
$\frac{1}{2}$ cup flour	Juice of 1 lemon
$\frac{1}{2}$ teaspoonful salt	Juice and grated rind of 1 orange
$1\frac{1}{4}$ cups boiling water	

Mix sugar, flour and salt ; add boiling water, stirring constantly. Cook fifteen minutes. Add well-beaten egg yolks, rind and juice of fruit, and cook until thick. Cool. Make meringue of the whites of the eggs, half cup castor sugar and one teaspoon lemon juice. Whip one-fourth of meringue into custard mixture and turn into baked pie shell. Cover with remaining meringue and brown in moderate oven.

Lemon Cake Pie.

3 eggs	3 tablespoons flour
3 tablespoons lemon juice	$\frac{1}{2}$ teaspoon salt
1 teaspoon grated lemon rind	1 tablespoon melted butter
1 cup sugar	$\frac{1}{4}$ cup milk

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

Orange Gelatine Pie.

2 tablespoons granulated gelatine	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ teaspoon grated orange rind
2 cups orange juice	$\frac{1}{4}$ teaspoon salt
1 tablespoon lemon juice	1 cup cream

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

Raisin Pie.

Grated rind and juice of 2 lemons	2 cups seeded raisins
Grated rind and juice of 1 orange	$1\frac{3}{4}$ cups water
1 cup light brown sugar	5 tablespoons flour

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

Lemon Tarts.

$\frac{1}{2}$ cup butter	1 cup finely chopped almonds
4 eggs	$\frac{1}{4}$ teaspoon salt
3 lemons	6 teaspoons raspberry jam
1 cup sugar	

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

Lemon Pie.

1 cup sugar	1 teaspoon salt
$1\frac{1}{2}$ cups boiling water	2 eggs (yolks)
3 tablespoons cornflour	Grated rind of 1 lemon
3 tablespoons flour	$\frac{1}{2}$ cup lemon juice

Sift dry ingredients, add water and cook in double boiler until thick (15 minutes). Add slightly beaten egg yolks and cook 2 minutes longer. Cool, and turn into baked pie shell. Cover with meringue.

Delicious Grapefruit Pie.

Juice $1\frac{1}{2}$ grapefruit
Juice $\frac{1}{2}$ orange
Juice $\frac{1}{2}$ lemon
 $1\frac{1}{4}$ cups sugar
1 cup hot water

4 level tablespoons cornflour
1 teaspoon butter
2 egg yolks
Meringue

Mix cornflour and sugar, add boiling water, stirring constantly. Cook 2 minutes, add butter, egg yolks (slightly beaten), and the strained fruit juices. Cool, and put into a baked shell and cover with a meringue made with the stiffly-beaten whites of the eggs, 2 level tablespoons powdered sugar, 1 teaspoon lemon juice. Bake 15 minutes in slow oven until meringue is set and delicately browned.

Meringue.

2 eggs (whites)
4 tablespoons sugar

$\frac{1}{4}$ teaspoon baking powder

Beat egg whites until frothy, adding sugar and baking powder. Continue beating until stiff. Cover pie. Put into moderate oven (325 degrees) for 15 minutes to brown.

Pastry.

$1\frac{1}{4}$ cups flour
4 tablespoons lard
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup cold water
3 tablespoons butter

Mix flour and salt, and gently rub in lard with tips of fingers. Add cold water to make dough; turn on floured cloth, and knead two minutes. Pat with rolling-pin; lift to prevent sticking, and roll out to a long, rectangular piece. Spread two-thirds of it with the butter, which has been washed in cold water to free it from buttermilk; fold over in three layers; turn it one-quarter of the way round; pat, lift, roll, fold and turn (do this three times). Roll, to fit pie-plate, and bake. This is a particularly good paste for turnovers and tartlet shells.

CAKES *and* COOKIES



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

Lemon Filled Cake.

Make a plain One-Egg Cake, baking it in two thin round layers. When cold, put together with a filling made as follows:—

Mix $3\frac{1}{2}$ tablespoons cornflour with 6 tablespoons sugar. Add $1\frac{1}{4}$ cups boiling water, and cook two minutes stirring constantly. Then add 1 tablespoon butter, 1 egg yolk and 2 tablespoons of lemon juice, beaten together, and stir until well-thickened, about five minutes. Cool somewhat, and then put between the layers, spread on top and cover with a meringue made from the egg whites, whipped with 1 tablespoon of powdered sugar. Set in a slow oven to brown, and serve cold, preferably the next day, when the filling will have permeated the cake.

Orange Date Cake.

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup orange juice
1 cup sugar	$1\frac{1}{2}$ cups flour
2 eggs	2 teaspoons baking powder
$\frac{1}{4}$ teaspoon soda	1 cup stoned and quartered dates
Grated rind $\frac{1}{2}$ orange	

Cream the butter, and stir in the orange rind, salt, sugar and eggs, well beaten; add the soda to the orange juice. Sift the baking powder into the flour and mix the dates with two tablespoons of extra flour. Add the flour mixture alternately to the batter with the orange juice, stir in the dates, and bake in two layer-cake pans in a moderate oven. Put together with orange filling. If one of the layers is sprinkled with finely-chopped candied orange peel before baking, there will be no necessity for icing the cake.

Orange Layer Cake.

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

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

Little Lemon Cakes.

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

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

California Fruit Cake.

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

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

Orange Jumbles.

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

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

Orange Sponge Cake.

2 eggs	$\frac{1}{4}$ teaspoon grated orange rind
$\frac{1}{4}$ cup orange juice	1 cup flour
1 tablespoon lemon juice	$\frac{1}{4}$ teaspoon soda
$\frac{3}{4}$ cup sugar	

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

Orange Fruit Cake.

$\frac{1}{4}$ cup butter	$\frac{1}{8}$ teaspoon soda
$\frac{1}{3}$ cup sugar	$\frac{1}{8}$ teaspoon cinnamon
1 egg	$\frac{1}{8}$ teaspoon cloves
$\frac{3}{4}$ cup orange marmalade	$\frac{1}{3}$ cup chopped raisins
2 cups flour	$\frac{1}{3}$ cup chopped nut-meats
1 teaspoon baking powder	

Cream the butter ; add gradually one-half the sugar ; beat egg until light ; add remaining sugar, and combine mixtures ; then add the marmalade. Sift together the flour, soda, baking-powder, cinnamon and cloves, and add to mixture with raisins and nuts. Bake in one loaf in a moderate oven.

Orange Shortcake.

2 cups flour	1 teaspoon salt
4 teaspoons baking powder	4 tablespoons shortening
4 tablespoons sugar	$\frac{1}{2}$ to $\frac{3}{4}$ cup milk
Grated orange rind	

Sift the dry materials until well blended. Work in shortening with fork. Put in just enough milk to make a soft dough. Shape into two cakes, place one on top of the other in a greased pan, and bake in a hot oven (450 degrees) for 15 minutes.

Orange and Raspberry Shortcake.

Make shortcake as for Orange Shortcake. Pare four oranges ; remove sections from membrane ; cut each section in three pieces, and sprinkle with sugar. Split shortcake, spread generously with butter, then with raspberry jam ; cover with oranges ; replace top of shortcake ; cover with whipped cream, and serve.

Boiled Orange Wafers.

$\frac{1}{2}$ cup butter	1 tablespoon cold water
1 cup sugar	$\frac{1}{2}$ cup orange juice
Grated rind 1 orange	2 cups flour
1 teaspoon soda	

Cream butter ; gradually add sugar and orange rind, beating until light ; dissolve soda in cold water ; add to orange juice, then add, alternately with flour, to first mixture. Spread mixture on well-buttered sheet in the thinnest possible layer, and bake in a moderate oven. When baked, cut in squares ; quickly roll each square, while hot, over handle of a wooden spoon, and arrange on a d'oyley-covered plate.

Lemon Drop Cookies.

$\frac{1}{2}$ cup butter	2 tablespoons hot water
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tablespoon lemon juice
1 egg	Grated rind 1 lemon
$\frac{1}{4}$ teaspoon soda	$\frac{3}{4}$ cup flour

Cream butter ; add sugar gradually, and egg (beaten until thick and light), soda dissolved in hot water, lemon juice, grated lemon rind, and flour. Mix well, drop from tip of teaspoon on to buttered baking sheet, and bake in a quick oven.

To make crisp cookies, use one and a half cups flour when mixing ; chill thoroughly, roll very thin, sprinkle lightly with sugar, cut out, and bake.

Orange Cakes.

1 $\frac{1}{4}$ cups flour	$\frac{1}{2}$ cup milk
2 teaspoons baking powder	1 egg
$\frac{1}{2}$ cup sugar	1 tablespoon butter
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon grated orange rind

Sift flour, baking powder, sugar and salt into mixing-bowl ; add milk gradually, egg well beaten, melted butter and orange rind. Beat two minutes ; pour into greased muffin-pans, and bake twenty to thirty minutes in moderate oven.

Orange Ice-box Cake.

$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup orange juice
1 tablespoon flour	Grated rind $\frac{1}{2}$ orange
3 eggs	24 lady-fingers
1 cup milk	1 cup cream
1 tablespoon butter	

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

Lemon Ice-box Cake

May be made by substituting lemon for orange in the above recipe.

FILLINGS *and* FROSTINGS



Orange Frosting.

$\frac{7}{8}$ cup sugar	3 tablespoons orange juice
$\frac{1}{2}$ teaspoon grated orange rind	$\frac{1}{2}$ teaspoon lemon juice
White of 1 egg	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 seven minutes. Remove from heat, add lemon juice and salt ; beat thoroughly and spread on cake.

Orange Filling.

Grated rind 1 orange	2 tablespoons butter
$\frac{1}{2}$ cup sugar	1 egg
2 tablespoons cornflour	$\frac{2}{3}$ cup orange juice
$\frac{2}{3}$ cup boiling water	1 teaspoon lemon juice

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

Golden Orange Frosting.

Grated rind 1 orange	1 teaspoon lemon juice
3 tablespoons orange juice	Yolk 1 egg
Icing sugar (approx. $\frac{1}{2}$ lb.)	

Mix grated orange rind with fruit juices and let stand 15 minutes. Strain into beaten egg yolk and add enough sifted icing sugar to spread.

Mandarin Decoration.

Mandarins peeled and divided into sections, may be used for decorating small iced cakes, and are more effective used in decorating orange cakes than orange sections.

Lemon Filling.

1 egg	$\frac{1}{2}$ cup lemon juice
1 cup sugar	Grated rind 1 lemon

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

Lemon Curd.

2 cups sugar	$\frac{1}{2}$ cup butter
3 lemons	6 eggs

Cook sugar, juice and grated rind of lemons, butter and well-beaten eggs together over hot water until thick.

Lemon Butter Icing.

$\frac{1}{2}$ cup butter	3 tablespoons lemon juice
$\frac{1}{4}$ teaspoon grated lemon rind	Sifted icing sugar

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

Emergency Icing.

Juice of 1 lemon	Icing sugar (approx. 1 lb.)
Juice of 1 orange	

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

Lemon Coconut Filling.

1 cup grated cocoanut	$\frac{1}{2}$ cup lemon juice
$\frac{1}{4}$ teaspoon salt	2 cups sugar
2 cups water	7 tablespoons cornflour

Cook all ingredients together in double boiler for 45 minutes. Fill cake while filling is still warm.

Lemon Boiled Icing.

1 cup sugar	2 teaspoons lemon juice
$\frac{1}{4}$ cup water	2 stiffly beaten egg whites

Boil sugar, water and 3 or 4 drops lemon juice without stirring until syrup spins a permanent thread. Remove from heat and let stand while beating egg whites. Pour syrup slowly over beaten egg whites, beat, add rest of lemon juice and continue beating until frosting is stiff enough to spread.

Orange Boiled Icing.

1½ cups sugar
½ cup orange juice

Whites of 2 eggs

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

Orange Butter Icing.

1½ cups sifted icing sugar
4 to 6 tablespoons orange juice

1 tablespoon melted butter

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

Filling (a pie filling).

Oranges

½ cup sugar

Wash the oranges, remove the skin, cutting off all white membrane. Cut the orange in half, and cut in cubes of uniform size. Sprinkle with sugar, then spread between the prepared crusts. Serve with a sauce made with the juice of two oranges and three-fourths cup sugar.

Orange Filling.

½ cup sugar
2½ tablespoons flour
Grated rind ½ orange

1 egg slightly beaten
1 teaspoon butter
¼ cup orange juice

Cook over hot water until thick.

Orange Filling.

½ cup sugar
3 tablespoons flour
¼ teaspoon grated orange rind
¼ cup orange juice

1 tablespoon lemon juice
Yolks of 2 eggs
1 teaspoon butter

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

Orange Honey Sandwich Filling.

1 cup sugar
½ cup water
½ cup orange juice

½ tablespoon lemon juice
½ cup finely chopped orange peel
¼ cup candied orange peel

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

Fruit Filling for Sandwiches.

½ cup chopped raisins
½ cup chopped walnuts

½ tablespoon lemon juice

Mix raisins and walnuts and moisten with lemon juice.

Lemon Mincemeat.

4 lemons	1 teaspoon salt
2 apples	1 teaspoon ground cinnamon
1 pound currants	1 teaspoon ground nutmeg
$\frac{1}{2}$ cup raisins	1 teaspoon ground cloves
$\frac{1}{2}$ cup chopped nuts	1 teaspoon ground ginger
$\frac{1}{2}$ cup melted butter	1 teaspoon ground allspice
2 cups sugar	

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

Lemon Honey.

6 tablespoons butter	3 egg yolks
1 cup sugar	1 large lemon

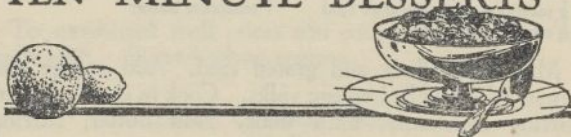
Cream butter; add sugar gradually; then heat in double boiler until butter is melted. Add yolks of eggs beaten until thick and lemon-coloured, and grated rind of lemon. Stir until it begins to thicken; add juice of the lemon, and continue stirring until the consistency of honey. Turn into two sterilized jelly glasses, and cover.

Lemon Cocoanut Cream.

Juice $\frac{1}{2}$ lemon	1 egg yolk
Grated rind 1 lemon	$\frac{1}{2}$ cup shredded cocoanut
Cup castor sugar	

Put lemon juice, rind, and sugar, in a double boiler, and add egg yolks slightly beaten. Cook ten minutes, stirring constantly, then add cocoanut. Cool, and use as a filling for light cake.

TEN MINUTE DESSERTS



BUSY days do not afford much time for the preparation of desserts; yet desserts are essential to form the proper ending for dinner. Men particularly like desserts. Here are a number, any one of which requires not more than ten minutes' time spent in actual preparation. Several which require no cooking are very appropriate for rush dinners. Bavarian creams and other light desserts are particularly pleasing for afternoon or evening parties.

Oranges and Cocoanut.

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

Orange Caramel.

6 oranges
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup water

$\frac{1}{2}$ cup cream
Chopped walnuts

Remove peel and membrane from oranges and cut into thin slices. Boil sugar and water together until a golden brown syrup is formed. Arrange layer of orange slices in glass dish, cover with syrup; repeat layers until orange slices are used. Heap with whipped cream, and sprinkle with chopped walnuts.

Strawberry Dessert.

1 box strawberries
Juice 2 oranges
1 cup sugar

$\frac{1}{2}$ cup cream
2 tablespoons castor sugar
 $\frac{1}{4}$ teaspoon vanilla

Wash strawberries and remove stems, cover with orange juice mixed with one cup sugar, and chill thoroughly. Serve with sweetened, flavoured whipped cream.

Orange Puffs.

$\frac{1}{2}$ cup butter
1 cup sugar
2 eggs
 $1\frac{1}{2}$ cups flour

$\frac{1}{2}$ cup orange juice
3 teaspoons baking powder
1 tablespoon lemon juice
Grated rind 1 orange

Cream butter and sugar, and add slightly beaten eggs. Sift dry ingredients, and add with fruit juices and grated rind to first mixture. Bake in cup cake pans in a moderate oven (350 degrees) for thirty minutes. Serve hot with Orange Puff Sauce or Orange Sabayan Sauce.

Baked Rhubarb and Oranges.

2 large oranges
3 cups diced rhubarb
2 cups sugar

$\frac{1}{2}$ teaspoon mace
 $\frac{1}{2}$ teaspoon cinnamon
12 whole cloves

Place all ingredients together in a casserole, using grated rind, juice and diced pulp of oranges. Cover with water and bake until rhubarb is tender.

Orange Gelatine.

2 tablespoons granulated gelatine
 $\frac{1}{2}$ cup cold water
2 cups boiling water
 $\frac{2}{3}$ cup sugar

1 cup orange juice
2 tablespoons lemon juice
Sprinkling salt

Soak gelatine in cold water five minutes. Dissolve in boiling water. Add sugar, fruit juices and salt. Turn into moulds first dipped in cold water, and chill.

Lemon Gelatine.

1 tablespoon granulated gelatine
2 tablespoons cold water
 $1\frac{1}{2}$ cups boiling water

1 cup sugar
Few grains salt
 $\frac{1}{4}$ cup lemon juice

Soak gelatine in cold water five minutes, add boiling water and dissolve gelatine, then add sugar, salt and lemon juice. Turn into cold moulds and chill.

Lemon Sponge.

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

Lemon Snow.

For Lemon Snow, add to Lemon Sponge the stiffly-beaten whites of two eggs.

Lemon Bavarian Cream.

1 tablespoon granulated gelatine	$\frac{1}{2}$ cup lemon juice
$\frac{1}{2}$ cup water	2 eggs
$\frac{3}{4}$ cup sugar	1 cup cream

Soak gelatine in two tablespoons cold water five minutes. Put half cup sugar, remainder of water and lemon juice in double boiler; when heated, add egg yolks beaten with remaining half cup sugar. Cook, stirring occasionally, until thickened. Add gelatine; turn into cold mould and stir occasionally until cold. Fold in stiffly-beaten egg whites and whipped cream.

Orange Bavarian Cream.

1 cup orange juice and pulp	1 tablespoon lemon juice
1 tablespoon granulated gelatine	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup cold water	Sprinkling salt
1 cup cream	

Soak gelatine in cold water for five minutes and dissolve by standing cup containing mixture in hot water. Add to orange juice and pulp. Add lemon juice, sugar and salt. Chill and fold in whipped cream; turn into cold mould to become firm.

Bavarian Cream.

1 tablespoon gelatine	1 tablespoon lemon juice
$\frac{1}{2}$ cup cold water	1 cup heavy cream
1 cup orange marmalade	

Soak gelatine in cold water for five minutes; dissolve by setting the dish of gelatine in one of hot water. When dissolved, add the orange marmalade in which the peel has been finely chopped; add lemon juice, and fold in the cream, beaten stiff. Mould, chill, and serve with raspberry or strawberry jam, or with fresh strawberries.

For individual service, pin a piece of stiff white paper around paper charlotte russe cups or punch-glasses, making them one inch higher. Put in Bavarian Cream until cup is two-thirds full; add a layer of raspberry jam; then enough Bavarian Cream to come to top of paper. When firm, remove the paper and garnish with whole strawberry from the jam, pieces of orange peel from orange marmalade, and whipped cream, sweetened, flavoured, and forced through pastry-bag and tube.

Jellied Oranges, Cut in Sections.

Remove a piece one-inch in diameter from the navel end of oranges. Remove juice and pulp with a teaspoon, and strain through cheesecloth. With first two fingers take out as much as possible of the white inner membrane from the orange skin. Use juice to make orange jelly, and fill orange skins. Place in upright position in a pan of crushed ice, and leave until firm. Cut in halves, then in thirds, and serve with or without whipped cream.

COOKED DESSERTS



Lemon Sago.

4 tablespoons sago
2 cups water
1 lemon

2 tablespoons sugar
1 tablespoon golden syrup

Wash sago, and soak in the water 15 minutes. Boil till clear, stirring frequently. Add sugar, golden syrup, grated rind and juice of lemon. Cook 2 minutes. Pour into wet mould, set in a cool place. Turn out on a glass dish. Serve with boiled custard or cream.

Orange Fritters.

2 oranges
1 cup flour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt

2 tablespoons sugar
2 eggs
 $\frac{1}{2}$ cup milk
1 tablespoon melted butter

Sift dry ingredients. Add eggs, milk and melted butter, and stir until well mixed. Dip in orange sections. Fry in deep fat.

Sweet Croquettes.

1 cup stale cake crumbs
 $\frac{1}{4}$ cup chopped, blanched almonds
or shredded cocoanut
Grated rind $\frac{1}{2}$ lemon

$\frac{1}{2}$ tablespoon lemon juice
 $\frac{1}{2}$ cup orange juice
1 egg yolk
1 egg white

Mix first four ingredients in saucepan; add orange juice to moisten and let stand ten minutes. Heat to boiling point; remove from fire; add egg yolk, and cool. Shape as croquettes; dip in egg white, beaten slightly, with one tablespoon cold water; roll in sifted dry bread or cake crumbs, and fry in deep fat. Sprinkle with castor sugar, and serve with chocolate sauce.

Marmalade and Vermicelli Pudding.

3 ozs. vermicelli
 $\frac{3}{4}$ pint milk
2 eggs

1 tablespoon marmalade
1 oz. raisins
1 oz. sugar

Cook the vermicelli in milk till tender; add the stoned raisins, beaten eggs, sugar and marmalade. Turn into greased bowl, cover with greased paper, steam gently about 1 hour. Turn out the pudding and serve with marmalade sauce.

Lemon Crumb Pudding.

2 cups milk	1 egg
1 cup bread crumbs	Grated rind 1 lemon
$\frac{1}{2}$ teaspoon salt	3 tablespoons lemon juice
$\frac{1}{4}$ cup sugar	1 tablespoon melted butter

Pour the milk over fine, dry bread crumbs ; add salt and sugar, well-beaten egg, grated lemon rind, lemon juice and melted butter. Pour into buttered baking dish and bake in a slow oven (300 degrees) 40 minutes. Serve with Creamy Pudding Sauce.

Lemon Pudding.

Yolks of 3 eggs	6 tablespoons sugar
$\frac{3}{4}$ cup sugar	2 teaspoons baking powder
2 tablespoons shortening	$\frac{1}{2}$ cup milk
$1\frac{1}{2}$ cups flour	Whites of 3 eggs

Filling.

1 lemon	1 cup boiling water
1 cup sugar	

Peel the lemon, slice very thin, removing seeds. Put in baking dish, add one cup sugar and one cup boiling water, and cook slowly while preparing the batter. Beat egg yolks, add three-quarters cup of sugar and melted shortening. Sift baking powder and flour into mixture, alternating with milk. Pour into baking dish with lemon syrup, but do not stir. Bake in a moderate oven (375 degrees) for thirty minutes. Spread with meringue made with whites of three eggs and six tablespoons sugar, and return to oven to brown.

Orange Cream Custard.

4 oranges	$\frac{1}{8}$ teaspoon salt
2 eggs	2 cups milk
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
2 teaspoons flour	5 tablespoons sugar

Beat egg yolks, add one-quarter 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 five tablespoons sugar. Heap on top of custard and serve.

Orange Tapioca Pudding.

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

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

Orange Cottage Pudding.

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

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

Orange Cup.

6 oranges	1 pint ice cream
1 cup diced bananas	Whites of 2 eggs
$\frac{3}{4}$ cup sugar	

Cut slice from oranges one inch from top. Remove pulp, leaving inside of oranges clean. Dice pulp and mix with bananas and one-half cup sugar. Half fill orange shell with this mixture, add a tablespoon of ice cream to each, and top with meringue made of the whites of two eggs and four tablespoons sugar. Place in a moderately hot oven or under griller for a few seconds to brown meringue.

Orange Bread Pudding.

1 cup bread crumbs	$\frac{1}{2}$ cup sugar
2 tablespoons butter	Juice 2 oranges
2 cups scalded milk	Grated rind 2 oranges
2 egg yolks	

Soak bread crumbs, butter, and scalded milk thirty minutes ; then add egg yolks, beaten with sugar, and orange juice and rind. Pour into a buttered pudding dish, and bake in a moderate oven until firm.

Mandarin Chartreuse.

1 pint mandarin jelly	Rich custard or bavaroise colour-
4 mandarins	ings, sap green, carmine
$\frac{1}{2}$ oz. gelatine	

Peel mandarins, and divide them. Set them round the sides of a tin mould in a thin layer of the jelly. Decorate the bottom of the mould in the same way. Make a rich custard or bavaroise, and stir in $\frac{1}{2}$ oz. gelatine. Divide into three portions. When cool, pour one portion into prepared mould. Colour another portion of custard pink, and pour that on the first layer when it is set. Colour the last portion with a sap green, and add to the set mould. When set, fill the mould with the balance of any mandarin jelly, and let all thoroughly set. Turn out on to a glass dish. This is a very pleasing supper dish.

Orange Roly-Poly.

2 cups flour	$\frac{1}{2}$ cup sugar
4 teaspoons baking powder	4 oranges
1 teaspoon salt	Grated rind 1 orange
4 tablespoons butter	$\frac{1}{2}$ cup water
$\frac{3}{4}$ cup milk	

Mix and sift flour, baking powder and salt. With tips of fingers rub in two tablespoons butter, and mix to a dough with milk. Roll out one-half inch thick, and cover with small pieces of orange pulp. Mix sugar, orange rind, and remaining butter, and sprinkle two-thirds of it over the orange. Roll up; pinch ends together; place in baking-dish; sprinkle with remaining sugar; surround with water, and bake about thirty minutes. Serve with an orange or lemon sauce.

Citrus Souffle.

1 tablespoon butter	4 egg whites
$\frac{7}{8}$ cup sugar	2 tablespoons chopped nuts
Juice 2 lemons	Grated rind 1 lemon
4 egg yolks	

Cream butter; add sugar gradually, and yolks of eggs, beaten until thick and lemon-coloured, strained lemon juice, and grated lemon rind, and beat. Fold in stiffly-beaten whites of eggs and nuts. Pour into a well-buttered pudding-dish, set in a pan of hot water, and bake from thirty to forty minutes in a moderate oven. Serve immediately, sprinkle with castor sugar.

Orange Charlotte.

1 tablespoon gelatine	$\frac{1}{2}$ tablespoon lemon juice
$\frac{1}{4}$ cup cold water	$1\frac{1}{2}$ cups strained orange juice
$\frac{1}{2}$ cup boiling water	$1\frac{1}{2}$ cups heavy cream
$\frac{1}{2}$ cup sugar	Lady-fingers

Soak gelatine for five minutes in cold water; dissolve in boiling water, and add strained orange and lemon juice and sugar. Set dish containing mixture in a pan of crushed ice, and stir until it begins to thicken. Fold in cream, beaten until stiff; line mould with lady-fingers; pour mixture into the centre, and set on ice to stiffen.

Orange Compote.

6 navel oranges	2 cups granulated sugar
1 lemon	2 cups apricot juice
$\frac{1}{2}$ cup water	

Separate the oranges into sections without breaking the membrane. Make a syrup of the water, sugar, apricot and lemon juice, boiling five minutes, or until it threads. Add oranges, cover and cool. Chill at least an hour before serving.

Orange and Rhubarb Tartlets.

2 pounds rhubarb	1 tablespoon granulated gelatine
2 oranges	1 tablespoon cold water
$1\frac{1}{2}$ cups sugar	

Wash rhubarb, cut into inch pieces ; peel oranges, removing membrane with peel, and cut in small pieces ; put rhubarb, orange and sugar in an earthenware or glass baking dish, and bake about one hour. Dissolve gelatine in cold water, add to rhubarb mixture, and when cool, fill individual pastry shells with sauce, and decorate with whipped cream, through pastry-bag and tube.

Orange Jelly.

2 tablespoons granulated gelatine	1 cup sugar
$\frac{1}{2}$ cup cold water	$1\frac{1}{2}$ cups orange juice
$1\frac{1}{2}$ cups boiling water	3 tablespoons lemon juice

Soak gelatine five minutes in cold water, dissolve in boiling water, strain, and add to sugar and orange juice. Turn into mould, and chill.

Lemon Snow.

1 pint milk	2 lemons
3 tablespoons cornflour	2 egg whites
4 tablespoons sugar	

Cut two or three slices from one lemon and decorate sides and bottom of a mould. Blend cornflour and sugar with a little cold milk. Heat rest of milk, remove from fire, stir in the cornflour and stir over fire till boiling. Cook two minutes. Cool slightly, add lemon juice and fold in the stiffly-beaten whites of eggs. Pour into the mould. When cold turn out and serve with boiled custard.

Lemon Jelly.

$1\frac{1}{2}$ cups cold water	1 tablespoon gelatine
1 cup sugar	2 tablespoons cold water
4 cloves	$\frac{1}{2}$ cup lemon juice
$\frac{1}{2}$ -inch stick cinnamon	Few grains salt

Put sugar, water, cloves and cinnamon in saucepan ; place on range ; stir until sugar has dissolved, and bring to boiling point. Add gelatine which has soaked in cold water five minutes. Stir until gelatine has dissolved ; then add lemon juice and salt. Strain into a mould, dipped into cold water, and chill. Spices may be omitted.

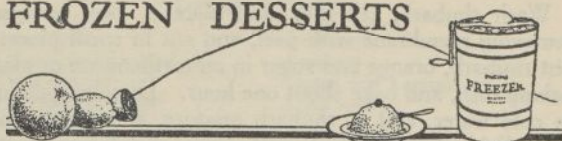
For Macedoine Pudding, add, when jelly begins to stiffen, a mixture of fruits, cut in pieces and drained. Mould and chill.

For Lemon Sponge, when mixture begins to stiffen, beat with egg-beater until very light and frothy. Mould and chill.

For Jelly in Layers, divide jelly into three portions, and put one portion in bottom of mould. When firm, decorate it, if desired, with candied cherries, and cover with a second portion, beaten until light. When that is firm, cover with a layer of plain jelly. Mould, chill, cut in slices, and serve. The different layers may be coloured pink and green.

For Snow Pudding, add to lemon sponge the stiffly-beaten whites of two eggs. Mould, chill, and serve with boiled custard.

FROZEN DESSERTS



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

Orange Milk Sherbet.

1½ cups orange juice	3 cups milk
1½ cups sugar	

Add the strained orange juice to the sugar ; add milk and freeze.

Lemon Milk Sherbet.

½ cup lemon juice	4 cups milk
2 cups sugar	

Add sugar to strained lemon juice. Add milk, stir until sugar is dissolved, and freeze.

Frozen Punch.

2 cups sugar	3 cups weak tea or ginger ale
1½ cups water	½ cup lemon juice
1 small bunch mint	2 cups orange juice

Boil sugar, water and mint together for five minutes. Chill ; add remaining ingredients ; strain and freeze.

Mixed Fruit Sorbet.

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

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

Orange Cream Sherbet.

1 teaspoon granulated gelatine	1 cup lemon juice
½ cup cold water	1 pint cream
1½ cups boiling water	½ cup sugar
1½ cups sugar	¼ teaspoon salt
Grated rind of 2 oranges	2 eggs
1½ cups orange juice	

Soak gelatine in cold water for five minutes. Dissolve in boiling water ; add 1½ cups sugar, orange rind and juice and lemon juice. Cool and freeze to a mush. Beat cream until stiff, and add half cup sugar and salt. Beat yolks of eggs until light and whites until stiff ; and add to cream. Turn into orange mixture and continue freezing.

Lemon and Orange Sherbet.

3 lemons
3 oranges
3 cups sugar

3 cups water
Whites of 3 eggs

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

Lemon Water Ice or Sorbet.

1 pint water
6 lemons

$\frac{1}{2}$ lb. loaf sugar

Put water and sugar into saucepan. Bring to the boil and boil ten minutes, removing scum as it rises. Peel three lemons very thinly and rub the sugar over outside of lemons. Pour boiling water over lemon rind. Strain lemon juice and add. Allow to stand until quite cold. Strain; then freeze.

Orange Nut Mousse.

Juice 4 oranges
Juice 2 lemons
1 pint heavy cream

Castor sugar to taste, about
 $1\frac{1}{2}$ cups
1 cup chopped walnut meats

Whip the cream, add the fruit juices gradually, sweeten and stir in the nuts. Pour in a mould, seal and pack in equal parts of ice and salt for four hours.

Orange Ice.

2 cups water
1 teaspoon grated orange rind
1 cup sugar

$\frac{1}{2}$ cup lemon juice
1 cup orange juice

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

Orange Ice Cream.

3 cups orange juice
1 cup sugar

1 cup thick cream
2 cups thin cream or milk

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

Orange Sundae.

Put a large spoonful of orange syrup sauce, coloured red, or made with blood oranges, in bottom of a long-stemmed glass, and add a spoonful of vanilla ice-cream. Make a depression in the ice-cream, and put there a spoonful of fresh or preserved fruit; cover with ice-cream, then with heavy cream, beaten stiff. Over all pour more orange sauce, and serve at once.

Manhattan Pudding.

1½ cups orange juice
¼ cup lemon juice
1½ cups castor sugar

1 cup heavy cream
2 cups chopped burnt almonds
1 teaspoon vanilla

Dissolve three-quarters cup of sugar in fruit juices. Turn into chilled mould 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 three hours.

Mandarin Jelly.

7 cups water
13 sheets thin gelatine
1 cup mandarin juice
2½ cups sugar

1 teaspoon citric acid
A drop of yokene, if necessary,
to colour

Soak gelatine in water half-hour. Lift into a basin, and pour on boiling water ; add sugar and acid ; stir till dissolved. When cool, add fruit juice and colouring, if necessary. Allow to set on ice (or overnight in the cool). It may be poured into wetted moulds to set, or left in basin, and served in rough pieces in jelly glasses.

SAUCES *for* DESSERTS



BOTH orange and lemon juices are particularly adapted for the sweet sauces which add pleasing flavour and quality to the last course of the meal. These may be made in great variety to serve with all sorts of desserts, from plum pudding to ice cream.

Lemon Sauce.

1 tablespoon cornflour
½ cup of sugar
1 teaspoon grated lemon rind
1 cup boiling water

2 tablespoons lemon juice
2 tablespoons butter
Sprinkling nutmeg
Sprinkling salt

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

Lemon Hard Sauce.

¼ cup butter
1½ cups castor sugar

2 tablespoons lemon juice
Grated rind ½ lemon

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

Orange Marmalade Sauce.

$\frac{3}{4}$ cup orange marmalade	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup lemon juice	$\frac{1}{4}$ cup water

Boil all ingredients together for five minutes. Serve cold.

Cream Pudding Sauce.

1 egg	2 tablespoons orange juice
$\frac{3}{4}$ cup castor sugar	1 tablespoon lemon juice
1 cup cream	

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

Orange Syrup Sauce.

1 cup orange juice	1 teaspoon grated orange rind
$\frac{1}{4}$ cup lemon juice	1 cup sugar
Grated rind $\frac{1}{2}$ lemon	

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

Orange Puff Sauce.

Whites of 2 eggs	1 orange
Few grains salt	$\frac{1}{2}$ lemon
$\frac{2}{3}$ cup powdered sugar	

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

Lemon Whipped Cream Sauce.

4 tablespoons lemon juice	Grated rind 1 lemon
4 tablespoons sugar	$\frac{3}{4}$ cup cream

Combine lemon juice, sugar and grated rind. Let stand until thoroughly chilled, then add whipped cream.

Orange Sabayan Sauce.

Yolks of 2 eggs	Grated rind 1 orange
1 cup orange juice and pulp	$\frac{1}{3}$ cup hot water
$\frac{1}{4}$ cup sugar	

Beat yolks until thick; add sugar, orange and hot water. Cook over hot water until thickened. Serve hot.

Golden Sauce.

2 eggs	Grated rind $\frac{1}{2}$ lemon
3 tablespoons sugar	2 tablespoons orange juice
2 tablespoons lemon juice	

Beat yolks of eggs until thick, beat in two tablespoons sugar, lemon juice and rind and orange juice, and cook over hot water until thick and creamy. Beat whites of eggs until light; add remaining sugar; add to first mixture and cook one minute. Cool, stirring occasionally.

Orange Sauce.

1 cup sugar	Grated rind of 1 orange
2 tablespoons cornflour	1 tablespoon butter
2 cups boiling water	Sprinkling salt
$\frac{1}{2}$ cup orange juice	

Mix sugar and cornflour. Add water, and cook until thick. Add orange juice and rind and butter with a light sprinkling of salt. Serve hot.

Georgette Pudding Sauce.

2 eggs	1 tablespoon water
$2\frac{1}{2}$ tablespoons sugar	Grated rind $\frac{1}{2}$ lemon
Juice $\frac{1}{2}$ lemon	

Beat yolks of eggs until thick and lemon-coloured, beat in one and one-half tablespoons sugar, add lemon juice and rind and boiling water, and cook in double boiler, stirring constantly, until thick and creamy. Beat whites of eggs until light; then beat in gradually the remaining sugar. Combine mixtures; cook one minute; stir occasionally until cool; use on cottage pudding, or serve as a dessert in small glasses, lined with lady-fingers or thin slices of sponge cake.

Orange Fairy Fluff.

4 egg yolks	Juice 1 lemon
4 tablespoons sugar	2 tablespoons hot water
$\frac{3}{4}$ cup orange juice	4 egg whites
Grated rind 1 orange	2 tablespoons sugar
Grated rind 1 lemon	Lady-fingers

Beat egg yolks with four tablespoons sugar; add orange juice and grated rind, lemon juice and grated rind, and hot water, and cook in double boiler until mixture thickens, stirring constantly. Beat egg whites until stiff, add two tablespoons sugar, and fold into first mixture. Chill; line sherbet glasses with lady-fingers; fill with orange mixture, and serve.

Iced Orange Sauce.

Rind of 2 oranges	1 tablespoon cold water
$\frac{1}{2}$ cup sugar	Juice 2 oranges
$\frac{1}{2}$ cup water	1 tablespoon maraschino syrup
1 teaspoon gelatine	$\frac{1}{4}$ teaspoon vanilla

Cut the thin yellow peel of two oranges in fine threads; boil in water five minutes, and drain. Boil sugar with one-half cup water five minutes; add gelatine, soaked in one tablespoon cold water; then add orange juice and maraschino syrup, and strain. Add the shredded orange peel and vanilla, and serve ice cold.

Creamy Lemon Sauce.

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup castor sugar
1 tablespoon lemon juice	Grated rind $\frac{1}{2}$ lemon

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

If desired, this sauce may be warmed over hot water beaten thoroughly, and used as a liquid sauce.

Orange Custard Sauce

Yolks 2 eggs
 $\frac{1}{2}$ cup sugar
1 cup milk

1 tablespoon orange juice
Sprinkling salt

Beat egg yolks thoroughly with sugar ; add milk and cook over hot water until smooth. Cool and add orange juice and salt.

BREAD and ROLLS



Raised Orange Rolls.

1 yeast cake
1 cup lukewarm water
1 egg
1 tablespoon melted lard
1 tablespoon melted butter

1 teaspoon salt
2 tablespoons sugar
Juice and pulp 2 oranges
Grated rind 2 oranges
3 cups flour

Dissolve yeast in lukewarm water ; add well-beaten egg, lard, butter, salt, sugar, orange juice, pulp and rind and flour. Beat until smooth, adding more flour if necessary ; knead until smooth and elastic and let rise one hour or until double in bulk ; knead again and shape, placing half-section of orange pulp in centre. Let rise again until double in bulk ; bake in a hot oven (450 degrees) 25 minutes. While hot, spread between layers and on top with orange butter icing.

Baking Powder Orange Rolls.

2 cups flour
4 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
2 tablespoons shortening
Grated orange rind

$\frac{3}{4}$ cup milk or water
Loaf sugar
Castor sugar
Juice of 2 oranges

Sift flour, baking powder and salt. Work in shortening. Add one tablespoon grated orange rind and milk or water. Roll and cut out. Moisten with orange juice half as many cubes of loaf sugar as there are biscuits. Put between biscuits. Spread tops with castor sugar moistened with orange juice, sprinkle with orange rind. Bake in hot oven (450 degrees) fifteen minutes.

Orange Sandwich Bread.

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

$\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{2}$ cup candied orange peel, chopped
1 cup milk
1 egg

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

Sandwiches and Toast

Raisin Bread Sandwiches.

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

Candied Orange Peel Sandwiches.

$\frac{1}{2}$ cup crystallised ginger	$\frac{1}{2}$ cup blanched almonds
$\frac{1}{2}$ cup candied cherries	$\frac{1}{2}$ cup mayonnaise
Orange peel	

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

Toasted Marmalade Sandwiches.

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

Orange Cream Toast.

1 teaspoon cornflour	Few grains salt
1 tablespoon cold water	Sugar
Juice 1 orange	Cinnamon
$\frac{1}{2}$ cup orange pulp	

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

Orange Toast.

$\frac{1}{2}$ cup orange juice	$\frac{1}{2}$ cup sugar
Grated rind 1 orange	6 slices buttered toast

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

Lemon Honey Sandwiches.

4 tablespoons lemon honey	Cream cheese
Bread	

Work the cheese with a silver fork until it is soft ; add lemon honey, and mix. Cut bread in thin slices ; spread with mixture ; put together in pairs, and cut in triangles or strips. This mixture can be spread on thin crackers, and sprinkled with chopped nuts.

Orange Honey Sandwiches.

1 cup sugar
 $\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup orange juice

$\frac{1}{2}$ cup finely chopped orange peel
 $\frac{1}{2}$ teaspoon vanilla

Boil sugar, water, and orange juice until syrup will spin a thread when dropped from tip of spoon. Add orange peel, from which the white must be removed before peel is chopped, and one-half teaspoon vanilla. Again bring to boiling point; cool, and use as sandwich filling between thin slices of buttered bread.

CANDIES *and* CONFECTIONS



IN the search for confectionery which is pure, wholesome and appropriate for children, those which are made with fruit juices are found to be the most healthful form of sweets. Here are some simple candies that the children themselves may make easily; also a number of other confections which are delightful to serve with afternoon tea.

Orange Fudge.

$\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups sugar
2 tablespoons butter

1 tablespoon orange juice
1 teaspoon grated orange rind
 $\frac{1}{4}$ cup candied orange peel

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

Lemon Creams.

2 cups sugar
 $\frac{1}{4}$ cup water

$\frac{1}{8}$ cup lemon juice
Yellow colouring

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

Orange Fondant.

2 cups sugar
 $\frac{1}{2}$ cup orange juice

Few strips orange rind

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

Orange Fondant—Another Method.

Put sugar, orange juice and a few pieces of yellow orange rind in saucepan; boil to 238 degrees, or until syrup spins a long thread.

Pour on to a marble slab or a large white agate tray or platter, and leave until cool. Remove orange rind, and work syrup with a broad spatula, or a wooden butter-hand, until it gets white and creamy; then knead until smooth. Keep covered in a glass jar until wanted, colouring with yellow colour paste, if a deeper colour is desired.

Orange Bonbons.—For the centres, shape fondant in small balls, and leave on paraffin paper several hours or overnight. Place more fondant in small saucepan, over hot water, and stir until melted. Drop centres, one at a time, in the melted fondant, removing with candy-dipper, or a two-pronged fork, to paraffin paper. Nuts, candied cherries, or orange straws may be dipped in the fondant. Fondant balls may be dipped in melted chocolate.

Orange Cocoanut Creams.—Melt one cup orange fondant over hot water; stir in one cup shredded cocoanut, using, if possible, the long shreds for sale by wholesale confectioners. Drop from two-pronged fork, in irregular mounds, on paraffin paper.

Orange Mints.—Melt orange fondant over hot water; then drop from tip of spoon in perfect rounds on paraffin paper.

Candied Orange.

Peel oranges and divide into sections, discarding all white membrane. Make a syrup of two cups granulated sugar and two cups water. Cook to hard ball stage. Take from fire and dip in orange sections, draining on a fine wire sieve. Let stand until cool.

Lemon Taffy.

2 cups sugar
1 tablespoon lemon juice

6 tablespoons water
2 tablespoons butter

Follow directions for Candied Orange Peel. Melt butter, remove from heat, add sugar, lemon juice to moisten, and let stand ten minutes. Heat until a little dropped in cold water becomes brittle. Pour on buttered plates and when cool pull until white and glistening. Draw into long narrow strips and cut in pieces with scissors or sharp knife.

Turkish Delight.

2 oz. sheet gelatine
1½ cups cold water
1 cup sugar
Grated rind 1 orange

Grated rind 1 lemon
Juice 1 orange
Juice 1 lemon
1 cup nut-meats

Soak gelatine in one-half cup cold water two hours. Dissolve sugar in remaining water, bring to boiling point ; add soaked gelatine, and boil twenty minutes, stirring until gelatine dissolves and occasionally afterwards. Add juice and rind of orange and lemon ; strain ; add chopped nut-meats ; pour into buttered pan, and when cool, cut in squares. Roll each piece in confectioner's sugar.

If the knife sticks when cutting the paste, dip the knife in hot water.

FRESH FRUIT DRINKS



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

Orangeade.

$\frac{1}{2}$ cup sugar	2 cups orange juice
$2\frac{1}{2}$ cups water	3 tablespoons lemon juice
Grated rind 1 orange	

Boil sugar, water and orange rind together for five minutes. Chill, add fruit juice, and serve.

Lemonade.

Juice 6 lemons	6 cups cold water
$\frac{3}{4}$ to 1 cup sugar	

Put sugar in cup ; add iced water. Stir until sugar is dissolved ; add lemon juice, and serve immediately.

Orange Egg Nog.

For each person, beat one egg thoroughly, add one-half cup orange juice, one tablespoon lemon juice and one tablespoon of sugar. Mix thoroughly.

The calorie and vitamin content of such a drink is very high, and taken as a light between-meal luncheon it is an excellent addition to the diet of the thin person who is trying to gain weight. It is an exceptionally good between-meal luncheon for the child.

Lemon Syrup.

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup water

$\frac{3}{4}$ cup lemon juice

Boil sugar and water together for five minutes ; cool and add lemon juice ; strain and put in refrigerator until ready to use. Dilute with six parts iced water to one part syrup.

Pineapple Punch.

1 quart water
2 cups sugar
2 cups chopped pineapple

1 cup orange juice
 $\frac{1}{2}$ cup lemon juice

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

Mint Julep.

2 cups sugar
1 quart water
12 sprigs fresh mint
 $1\frac{1}{2}$ cups boiling water

1 cup orange juice
Juice 8 lemons
1 cup strawberry juice
1 pint grape juice

Boil sugar with one quart water twenty minutes. Chop mint and pour over it $1\frac{1}{2}$ cups boiling water. Let stand five minutes, strain and add to syrup. Add fruit juices and chill. Pour into punch bowl, add grape juice, dilute with iced water. Serve with mint leaves in each glass.

Ginger Ale Punch.

1 cup hot tea infusion
1 cup sugar
 $\frac{3}{4}$ cup orange juice
 $\frac{1}{2}$ cup lemon juice

1 pint ginger ale
1 pint mineral water or iced water
Few slices orange

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

Grape Juice Lemonade.

4 lemons
 $1\frac{1}{2}$ pints water

1 pint grape juice
1 cup sugar

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

Hot Spiced Lemonade.

4 lemons
1 quart boiling water
1 teaspoon whole cloves
1 cup sugar

6 cherries cut in small pieces
1 tablespoon minced crystallized ginger

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

Fruit Punch.

$\frac{1}{2}$ cup lemon juice	1 cup orange juice
1 tablespoon grated lemon rind	1 quart water
Grated rind $\frac{1}{2}$ orange	$\frac{3}{4}$ cup sugar

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

Cider Punch.

$\frac{1}{2}$ cup orange juice	1 cup cider
$\frac{1}{2}$ cup lemon juice	$\frac{1}{2}$ cup sugar
1 cup white grape juice	

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

Iced Tea.

1 quart boiling water	3 lemons
4 teaspoons Ceylon tea	

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

Afternoon Tea.

Make same as Iced Tea. Serve with thin half-slices of orange and lemon through each of which a clove has been stuck. Accompany with candied orange and lemon peel and crystallized ginger.

Pineapple Lemonade.

1 pint water	1 tin grated pineapple
1 cup sugar	Juice of 3 lemons
2 bottles ginger ale	

Boil the sugar and water for ten minutes. Add the grated pineapple and lemon juice. Strain, cool, and add the ginger ale just before serving. Serves 8 persons.

Grape Cup.

1 bunch fresh mint	$\frac{1}{2}$ cup water
Juice 5 lemons	1 pint grape juice
1 level cup sugar	2 pints ginger ale

Shake a bunch of mint under the tap, remove leaves, reserving tips of sprays for garnish, and put leaves with lemon juice, sugar and water. Let stand thirty minutes, strain, add grape juice and ginger ale. Pour over a large block of ice and serve in glasses with reserved mint leaves and slices of lemon. Makes $7\frac{1}{2}$ glasses ; 22 punch glasses

Rhubarb Punch.

1 quart chopped rhubarb	$1\frac{1}{2}$ cups sugar syrup
1 quart water	Few grains salt
$\frac{1}{3}$ cup orange juice	1 pint mineral water
4 tablespoons lemon juice	

Cut rhubarb in small pieces, cook with water until fruit is soft. Strain through double thickness of cheesecloth, add orange juice, lemon juice, sugar syrup, and salt. When ready to serve, pour over a cake of ice in a punch bowl, add mineral water and allow to get very cold. Makes 8 glasses ; 24 punch glasses.

Egg Lemonade.

1 egg	2 tablespoons crushed ice
2 tablespoons castor sugar	$\frac{1}{4}$ cup cold water
2 tablespoons lemon juice	

Beat egg and sugar ; add water and lemon juice, and strain over crushed ice.

Fruit Punch for Fifty.

1 cup water	Juice 5 lemons
2 cups sugar	Juice 5 oranges
1 cup tea infusion	1 tin grated pineapple
2 cups strawberry syrup	1 cup maraschino cherries
$\frac{1}{2}$ quart charged water	

Make syrup by boiling water and sugar ten minutes ; add infusion made from English breakfast tea ; strawberry syrup, lemon juice, orange juice, and pineapple ; let stand thirty minutes, strain, and add ice water to make one and one-half gallons of liquid. Add cherries and charged water. Serve in punch bowl with large block of ice. This quantity will fill 50 punch glasses.

Ginger Punch.

1 cup orange juice	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup lemon juice	1 quart cold water
$\frac{1}{2}$ cup preserved ginger	

Chop ginger. Add water and sugar and boil 15 minutes. Add fruit juices, cool, strain, and dilute with crushed ice. Makes 4 large glasses.

Loganberry Punch.

Juice 3 oranges	1 cup loganberry juice
Juice 2 lemons	1 banana
1 quart water	1 cup sugar

Mix orange juice, lemon juice, water, loganberry juice and sugar. Add banana cut in thin slices, and serve cold. Makes 7 glasses.

Lemon Fizz.

Carbonated water	Lemon
Sugar	

Half fill a glass with plain carbonated water, and squeeze into it the juice of half a lemon. Stir into it a teaspoonful of castor sugar, and serve while effervescing. (Serves 1 person.)

Other very attractive drinks can be made from the above by floating a layer of grape juice or loganberry juice on top and garnishing with a slice of orange or sprig of mint leaves.

Orange Pineapple Cup.

Juice of 3 oranges	1 pint of water
Juice of 1 lemon	$\frac{3}{4}$ cup sugar
1 cup pineapple juice	1 quart ice water

Boil one pint of water with $\frac{3}{4}$ cup sugar for 5 minutes. Cool. Add remaining ingredients, and serve very cold. Makes 9 glasses.

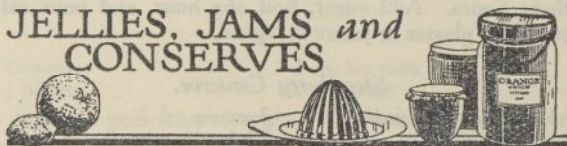
Pineapple Julep.

1 quart canned pineapple
Juice 2 lemons
Juice 2 oranges
1 cup sugar

$\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup raspberry syrup
1 pint soda water

Cut pineapple in small pieces and add lemon juice, orange juice, sugar and water. Bring to the boiling point, and let boil seven minutes. Add raspberry syrup, cool, strain into a punch bowl over a large piece of ice, and add soda water. Makes 8 glasses; 24 punch glasses.

JELLIES, JAMS *and* CONSERVES



BECAUSE both oranges and lemons provide a large content of pectin, the ingredient which is essential in jelly-making, they are invaluable additions to practically all jellies, jams and conserves.

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

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

Amber Marmalade.

8 oranges
4 lemons

16 cups cold water
10 cups sugar

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

Lemon Pectin Extraction.

Remove yellow outer skin of fruit carefully, peeling it off completely; remove white membrane from juicy portion; put this white membrane through meat grinder, cover with cold water and let stand overnight. Cook three hours and strain. Add two tablespoons of this

extraction to juice from each cup of fruit used. With mildly acid fruits, such as peaches and pears, it is also advisable to add 1 teaspoonful of lemon juice to each cup of fruit.

Orange Marmalade.

6 oranges
2 lemons

12 cups cold water
7 cups sugar

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

Strawberry Conserve.

1 quart ripe strawberries
1 cup seeded raisins
4 cups sugar

2 oranges
1 lemon
 $\frac{1}{2}$ cup chopped walnuts

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

Prune and Orange Jam.

2 cups prunes
4 oranges

1 cup sugar
 $\frac{1}{2}$ cup water

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

Apple Marmalade.

6 oranges
3 lemons
9 apples

9 cups sugar
3 cups water

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

Carrot Marmalade.

12 raw carrots
4 cups sugar
3 lemons
3 cups water

1 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground allspice

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

Orange Conserve.

6 oranges	4 cups sugar
1 lemon	1 cup seeded raisins
4 cups sliced rhubarb or cran- berries	1 cup walnut meats

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

Orange Honey.

Oranges	1 cup hot water
1 lemon	6 cups sugar

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

Grapefruit Marmalade.

2 large grapefruit	Cold water
2 oranges	Sugar
2 lemons	

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

Preserved Oranges.

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

Orange Jelly.

6 oranges	Cold water
3 lemons	Sugar

Cut oranges and lemons in very thin slices, discarding seeds. Measure, and for each cup allow three cups water. Bring to boiling point, and boil one hour. Let drain in

jelly-bag overnight. Measure juice, and for each cup add one cup sugar. Boil until a little dropped on a cold saucer forms a jelly-like clot. Turn into sterilized jars, and when cold cover with paraffin.

Grapefruit Preserve.

Remove outer yellow rind and most of the white by peeling very thickly. Halve the fruit, and with sharp knife cut out the core. Then slice across and place pulp in saucepan with very little water, and cook at moderate heat. When at boiling point, add three-fourths pint of sugar to each pint of fruit pulp and juice; then cook slowly 15 minutes. Seal in small jars.

Conserve.

2 pounds rhubarb	1 orange
3 cups sugar	$\frac{1}{2}$ lemon
$\frac{1}{2}$ cup seeded raisins	1 cup walnut meats

Wash rhubarb; cut in one-inch pieces; sprinkle with sugar; add raisins, and orange and lemon, cut in thin slices, rejecting seeds. Let stand until juice accumulates, then boil gently, until thick, stirring frequently, to prevent burning. Add nut-meats, boil two minutes, and pour into glasses or jars.

One and one-half pounds of plums, one quart of cranberries, with one quart cold water, or grapes, from which the seeds are removed, may be used in place of the rhubarb.

Orange and Lemon Marmalade.

3 oranges	5 cups sugar
2 lemons	5 cups water

Wipe fruit, and cut crosswise, in as thin slices as possible, removing seeds. Put into preserving pan, add water, and let stand thirty-six hours. Place on range, bring to boiling point, and let boil (not simmer) two hours. Add sugar, and boil one hour. Turn into glasses, let stand until firm, and cover with melted paraffin.

Candied Orange or Lemon Peel.

Put peel from eight oranges or lemons in cold water; heat to boiling point, and cook gently, until very tender. Drain; put in cold water, and, when cold, remove membrane and soft portion. Boil one cup sugar and one-half cup water until syrup spins a thread; put in peel, and cook gently, until syrup is evaporated and peel looks clear. Drain on wire cake cooler, and leave in open-air until thoroughly dry. Store, and use as required in cakes and puddings.

Orange Straws.

Follow directions for candied orange peel, cutting peel in thin strips with scissors after the first cooking. When dry, roll in granulated sugar, and store in glass jars.

DISHES *for the* SICK *and* CONVALESCENT



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

Oranges and lemons are acceptable to almost every palate. Their delicious, slightly acid flavour awakens and stimulates the appetite, and their natural salts and acids directly assist digestion.

The natural fruit sugar contained in oranges is of value as a source of energy, being of an easily assimilated form.

The organic salts and acids also have a slightly laxative effect, a decided advantage in sick-room diets.

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

Oranges and lemons are generally accepted as two of the most valuable sources of vitamins, substances which are essential for the re-building and restoring of normal health.

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

Other recipes which may be suitable for use in special diets are :—

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Orange Omelet.

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

Beat the egg slightly, adding the orange rind and juice and salt. Peel the orange, removing all white membrane, and cut into very thin slices. Sprinkle with one teaspoon of the castor sugar. Melt the butter in hot individual

omelet pan or frying pan. Pour in the egg mixture, and cook over a low heat, shaking the pan and pricking the mixture with a fork until all the mixture is cooked. Roll or fold and turn out on to serving dish. Sprinkle with remaining sugar and surround with slices of orange.

Hot Lemonade.

2 tablespoons lemon juice
 $\frac{3}{4}$ cup boiling water

1 tablespoon sugar

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

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

Lemon Whey.

1 cup milk

2 tablespoons lemon juice

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

Baked Orange for a Cold.

Cut a slice, not quite through, for a lid, across the top of an orange. With a sharp French knife remove the core, and put in a teaspoon, each, of orange syrup and lime juice; bake until heated through; place a cream peppermint candy in the centre, and serve.

For BABIES



THAT orange juice is the ideal fruit juice for infants practically all doctors agree. In a questionnaire sent to 118 child diet specialists by the California Fruit Growers' Exchange, asking what fruits they recommended most often for children under three years of age, 93 out of the 107 who replied wrote "Oranges."

Some of the reasons they gave for this choice were :

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

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

It is particularly helpful in building good tooth structure.

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

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

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

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

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

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

In modern nutrition clinics, where the feeding of under-nourished children has received the most scientific thought, the use of orange juice mixed with milk is advocated. One-fourth cup of orange juice is added to three-fourths cup milk and shaken up well. Children like the pleasant, distinctive flavour of this drink. The vitalizing qualities of the orange juice added to the food properties of the milk make a combination which is not only delightful but highly nutritious. The orange juice breaks up the milk curd into smaller particles, making it easier to digest.

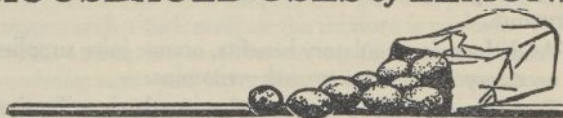
When used with evaporated milk, one-third cup orange juice is sweetened slightly, and combined with one-half cup evaporated milk diluted with one-half cup water.

The Victorian Baby Health Centres Association advises expectant and nursing mothers to eat oranges daily. Babies may be given a few drops of orange juice any time after they are six weeks old. The juice should be diluted in boiled water.

It is important that artificially fed babies should have orange juice daily from when they are six weeks old. The amount should be gradually increased from a few drops until the baby can take the juice of a whole orange.

The juice should be strained through muslin before being used.

HOUSEHOLD USES of LEMONS



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

Culinary Uses of Lemons.

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

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

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

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

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

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

Squeeze lemon juice over pancakes and fritters.

Kitchen Uses of Lemons.

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

When aluminium kettles have become dull or black, clean them with a cloth dipped in lemon juice, then rinse in warm water.

A few drops of lemon juice in the rinsing water will give lustre to glassware.

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

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

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

Laundry Uses of Lemons.

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

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

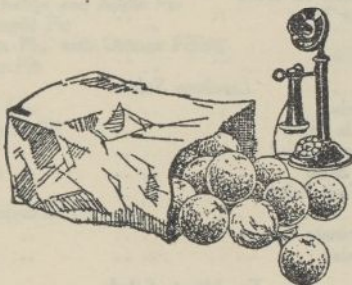
To bleach linen or muslin, moisten with lemon juice and spread on the grass in the sun.

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

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

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

The marks on paint made by striking matches there may be removed by rubbing them with a cut lemon.



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*M*OST of the matter in this booklet is reprinted by courtesy of the "California Fruitgrowers' Exchange," Los Angeles, California, U.S.A., but for several of the recipes shown we are indebted to Miss R. Chisholm, Principal, The Emily McPherson College of Domestic Economy, cr. Russell and Victoria Streets, Melbourne. Revised and tested by the Victorian Railways Dietitian.

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—*Try Them all!*

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*Authorised by the
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