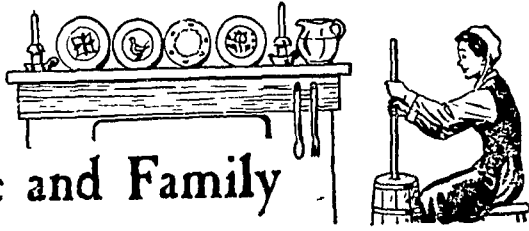


For the  
Farm Wife and Family



**Our Bodies Don't Store Vitamin C;  
We Should Restore It Daily**

Every day in the year golden oranges and lemons heap the fruitman's stand. Every day in the year, orange and lemon trees work to give us these golden foods.

Years ago, when people ate few fresh fruits and vegetables, scurvy was a common disease. Today we know that the scurvy-preventing factor in citrus fruits is vitamin C. Our bodies do not store this vitamin. We should eat foods every day that provide it. Oranges, lemons and the grapefruit are such foods. They furnish vitamin C in many, appetizing forms and are available the year round.

First let us show you some ways in which you can use fresh oranges, orange juice and the rind of the orange daily.

**ORANGE SALADS** — Orange salads offer a fresh food in which the vitamin C. has not been destroyed by cooking. Serve them

often. Salad greens make decorative backgrounds for colorful fruit salads. Be sure that they are clean, fresh and crisp. Use a variety — lettuce, romaine, curly endive, watercress, mint, chard, cabbage, and raw young mustard, beet and spinach leaves. Greens are rich in vitamins and minerals. It is wasteful not to eat them.

Meatless meals may have a substantial salad as their main course, such as:

**THREE SALAD PLATE**

- On a large plate, group:
  - A pepper ring, filled with potato salad
  - Cucumber and egg salad in a lettuce cup.
  - A pear half, holding cottage cheese and chopped walnuts. Top cheese with a walnut half. Circle pear with arnge slices.

Try one of these salad suggestions:

**HALF-ORANGE SALAD:** Arrange orange slices on bed of lettuce and curly endive or other greens. This is a year 'round appetizer salad.

**ORANGE APPLE SALAD:** Alternate slices of oranges and unpeeled, red skinned apple. Garnish with romaine or other salad greens.

**ORANGE CHEESE GRAPE SALAD:** On bed of greens, make a circle of orange slices. Top with cottage cheese mixed with seedless grapes.

**FRUIT SALAD BOWL:** In individual salad bowl, group:
 

- A peeled fresh peach half.
- A mound of raspberries.
- Two quarts of a pear, unpeeled. A peeled and sliced orange.

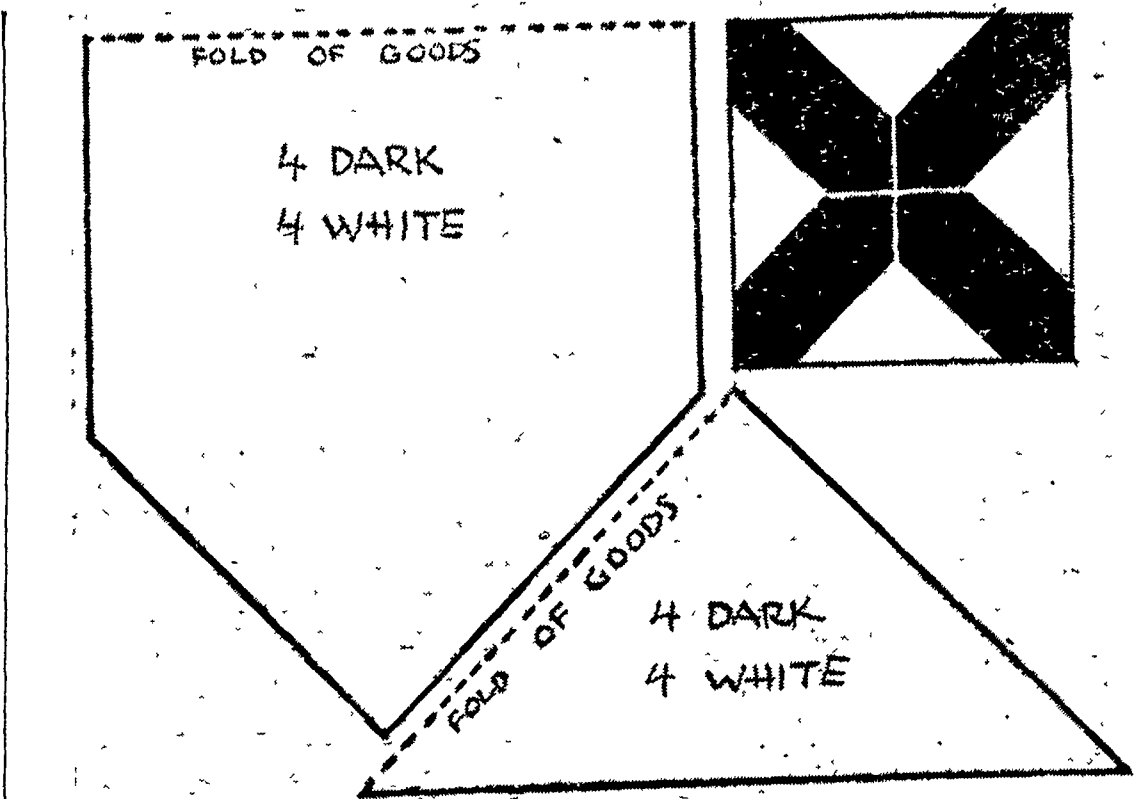
 May be served as a dessert

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SIMPLE AND effective is the design of "A Cross Is Mother's Choice." This pattern might be a good one for the beginning

quiltmaker to start on. Be sure to allow for seams when cutting material. (Copyright: Weekly Star Farmer)

**ORANGE MEAT SALAD BOWL**

- 2 cup diced or shredder cold ham — ham, roast lamb, veal or fowl
- 2 cups orange pieces
- 1 cup diced celery
- 4 cup shredded salad greens
- Lemon French dressing to blend

Combine and serve in salad bowl, decorating top with orange slices. Serve for lunch or a buffet supper main course. Serves six.

Fresh orange flavor in cookies or cakes can't be beat. The following cake recipe uses fresh orange juice.

**FRESH ORANGE LAYER CAKE**

- 2 1/4 cups sifted cake flour
- 1 1/2 cups sugar
- 2 teaspoon double acting baking powder
- 1/4 teaspoon salt
- 1/2 cup shortening
- 1 cup liquid (1/4 cup un-

(Continued on page 9)



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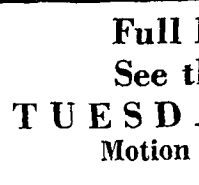
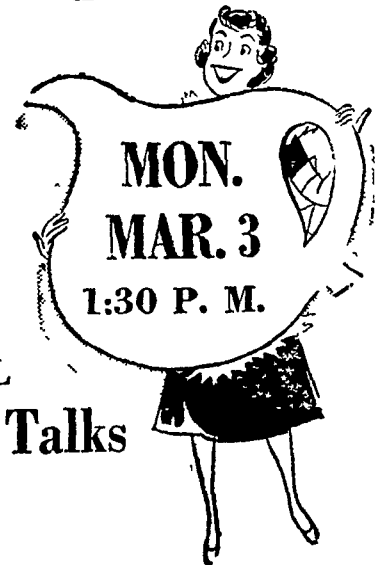
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