

Oranges and Lemons

by Mrs. Richard C. Spence

Oranges and lemons are standard on well-planned family menus because of their delightful flavor and because they are the most important items of a basic food group—the group rich in vitamin C,—the vitamin that's needed daily because it can't be stored by the body.

However they're consumed, oranges are pleasing to the palate and healthful, but some ways are far better than others. The infinite care that goes into their selective growing, packing and shipping can miss its ultimate

mark unless they're used to their best advantage.

Oranges can be served in a variety of tempting ways. In salads, fruit cups, cakes, desserts, punches. Sliced and sprinkled with coconut, they're ambrosia. And they are never to be overlooked in Dad's or the children's lunch boxes.

Uses of the lemon are almost endless. It is also rich in bioflavonoids, vitamin C and other health values. Lemon and water is the healthful beverage that sends thousands of people off to a good start in the morning.

Lemonade—zesty and refreshing—is loaded with energy-building vitamin C. It

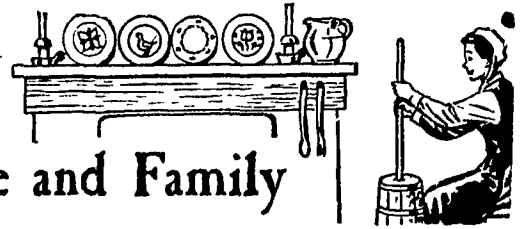
is the pure, natural fruit drink for all the family. A fresh lemon is one of the most versatile of fruits, blending with many foods and drinks, accentuating their particular flavors while contributing its own—to fish, seafoods, meats, vegetables, other fruits and fruit juices—tomato juice—and with tea, hot or iced Lemon pie is the grand finale to any lunch, dinner or supper.

Oranges prove their tastiness when used as an ingredient in a salad while lemons do their bit by adding zest to the dressing. We have below a few suggestions for some salads and snappy dressings.

ZESTY SALADS

1. Add chilled orange pieces to tossed green, chef's waldorf and cole slaw salads—gives a tangy, refreshing note you'll enjoy.
2. Marinate green onions in lemon juice while tossing the rest of the green salad. Add onions at last minute for subdued flavor.
3. To keep salad greens crisp, freshen in cold water with a little lemon juice.
4. Make up a package of orange gelatin, using fresh orange juice as the liquid. Fold in bite size orange pieces for a salad or dessert children will love.
5. Fresh orange slices and creamy cottage cheese makes

For the Farm Wife and Family



a tempting salad for those on reducing diets.

6. Stuffed cooked prunes or dates go well with large orange slices for a quick, nutritious salad.

SNAPPY DRESSINGS

1. Thin mayonnaise with orange or lemon juice and add a bit of grated peel—delightful for fruit salads.

2. Lemon French dressing adds zest and sparkle to any salad—crumble in a bit of roquefort cheese or toss in a few celery or poppy seeds; or stir in some red jelly or honey to vary.

3. Dip bite-size pieces of fresh orange in chopped nutmeats or coconut for fruit salad garnish.

4. Hollow out lemon halves—fill with mayonnaise thinned with lemon juice and sparked up with a bit of grated peel—especially good with fish salads.

5. Dribble honey or maple syrup over orange slices for dessert-salad.

MOLDED ORANGE SALAD

- 1 tablespoon unflavored gelatin
- ¼ cup lemon juice
- ¾ cup hot water
- ¼ cup sugar
- ¼ teaspoon salt
- 1 cup orange juice
- 1 3 ounce package cream cheese
- ½ cup crushed pineapple, well drained
- 3 to 4 oranges, peeled and sliced

Soften gelatin in lemon juice. Add water, sugar, salt; stir until gelatin dissolves. Add orange juice; blend into cheese. Chill. When slightly thick, fold in pineapple. Pour into 8-inch ring mold; chill. Fill center with oranges; serve with Lemon Mayonnaise.

LEMON MAYONNAISE

- 1 egg
- ¼ cup lemon juice
- 1 teaspoon mustard
- 1 teaspoon salt

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