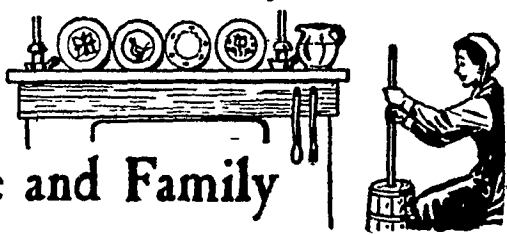


For the Farm Wife and Family



Good Eating With Oranges

By Mrs. Richard C. Spence

Golden oranges are one of nature's most delightful "packages." Sealed in their protective orange "wrappings", they are fresh and bright, packed with good taste and high nutritional benefits. Oranges are easy to use, too. Just unzip the orange, prepare it in seconds as you prefer, and it is ready to add fresh, tangy flavor to dozens of dishes.

For better health, it's a sound idea to eat a whole fresh orange every day. Eating the "meat" of fresh oranges provides the greatest nutritive value—vitamin C, pro-vitamin A, inositol, the bio-flavonoids and protopectins, which are so important to good health.

Growing children have special need for vitamin C to build strong bones, teeth and other body tissues. It helps promote healing of cuts and bruises — builds resistance to diseases — is important in promoting over all good health.

Fresh oranges are ideal practical sources of Vitamin C. For a teenager, one medium orange provides 75% to 100% of the National Research Council Recommended Daily Dietary Allowance.

For maximum food values, orange juice should not be strained. This is because the "structural" portions of an orange (the membrane and juice sacs) contain many nutrients which are left behind when the juice is strained.

Dictionary of Orange Serving Terms:

Navel Oranges are in season November through May. With a small "navel" formation at the blossom end, they are smooth and round, sweet and juicy, and have no seeds

Valencia Oranges are on the market May through November. They have no navel — are slightly oblong in shape. Sweet and juicy, they are practically seedless.

Two Ways to Peel an Orange: (1) The round and round method: With a slight sawing motion, cut the peel

away in a continuing spiral. The white inner portion which clings naturally to the "meat" is rich in vitamins, minerals, bio-flavonoids and protopectins. It should not be removed. (2) The basketball method: Slice off the stem end of the orange. Without cutting into the "meat" score the peel with a knife so that it looks like the sections on the outside of a basketball. Pull the peel away with your fingers, again leaving the white inner skin which clings to the "meat".

Either way — it takes a sharp knife. A sharp knife is one of the cook's most useful tools. For speed and ease in preparing oranges, a sharp knife is especially important.

Some Ways To Slice Oranges

CARTWHEELS - peeled or unpeeled. Slice orange crosswise in any thickness. For **HALFWHEELS**, cut cartwheels in two.

CHUNKS - peeled or unpeeled. Remove caps. Cut orange in half lengthwise. Place half orange cut side

down and cut lengthwise again. Slice crosswise.

BITE SIZE PIECES - Cut peeled orange in half lengthwise. Place half orange cut side down and cut lengthwise three more times. Slice crosswise 4 or 5 times.

SEGMENTS - Peel orange, gently separate into natural divisions.

SECTIONS - Peel orange. Cut sections halfway between segment walls so that membrane is in the center of the "meat".

WEDGES - Place unpeeled orange on end, cut into six equal pieces.

ORANGE FLOWER - Place unpeeled orange on end. Cut

into eighths, slicing almost to the bottom peel. Spread "petals" gently.

HALVES - Simply cut unpeeled orange in two and eat the meat with a small spoon, as you would grapefruit.

SHELLS - Score orange around middle with knife point; peel away from fruit with spoon handle. OR: use reamed halves. Edges can be notched with scissors.

GRATED PEEL - Wash orange. Using medium grater, remove only the outer, orange-colored layer, which contains flavor-giving oils.

Ideas For Serving Oranges

1. Orange chunks make

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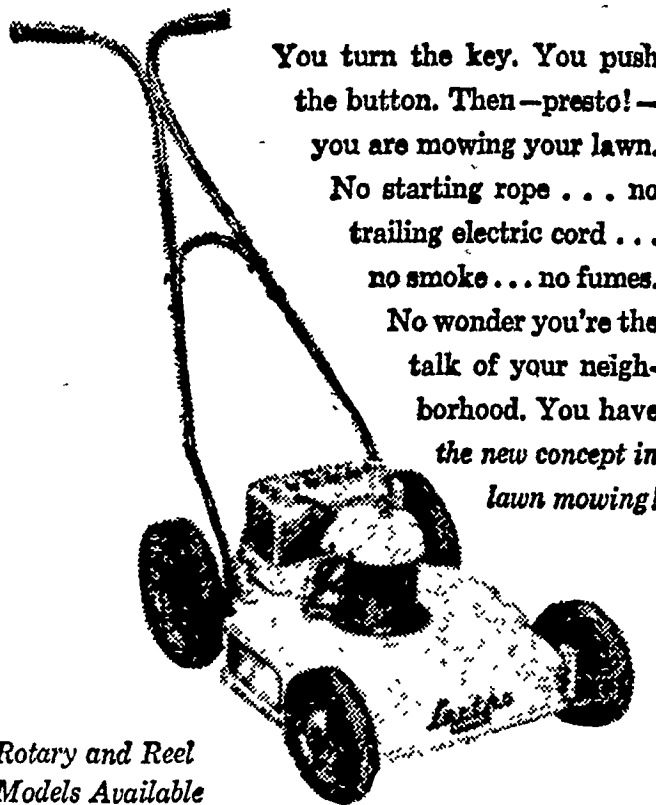
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