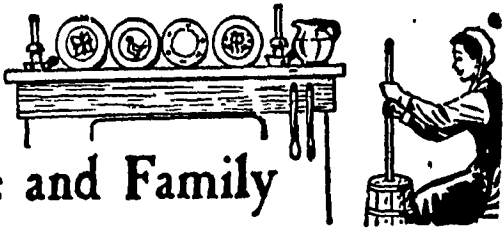


For the Farm Wife and Family



Citrus Is Packed With Minerals

By Mrs. Richard O. Spence



SPENCE

Fresh oranges contain many minerals. The ones in largest amounts are potassium, calcium, phosphorus and magnesium. Each is essential to human nutrition — potassium is needed for the body's muscle; magnesium, as well as calcium and potassium, is important in building bones and teeth. It has been found that it is the woman of the American family who is most apt to get less calcium in her diet than other members of the family, and less than the amount recommended for her. Because women do not drink milk regularly, fruits and vegetables have to provide their daily calcium quota. When using orange it is best to eat the whole fresh orange for the peeled fruit has 4 times as much calcium as the same amount of strained juice. Peeled

fresh citrus fruits, melons, hearts, figs and berries have more calcium than most other fruits. In fresh fruits and vegetables, calcium is available with a minimum of calories and in most cases, no fat. An orange suitable for dessert has only 62 calories. This may be a worthwhile consideration to men and women who are watching their weight or their

The refrigerator is the place we all look when we are hungry for a snack. Keep a few oranges in front, even though oranges don't need refrigeration. Many people think they are more appetizing when they're cold. And you will find it's easier to get the family to

eat the foods you think, they need, if you put them in a place that's handy.

Use oranges often in your cooking. Their delicious flavor lends much to meats, salads and desserts.

WESTERN ROASTED CHICKEN

- 2 cups soft bread crumbs
- 2 tablespoons chopped onion
- 2 tablespoons finely chopped green pepper
- ¼ cup finely chopped celery
- ¼ teaspoon salt
- ¼ teaspoon ground ginger
- 1 teaspoon soy sauce
- 2 tablespoons butter or margarine, melted
- ½ large orange, peeled, diced
- ¼ to ½ cup hot water
- 1 2½ to 3-pound ready-to-cook broiler-fryer

Orange Basting Sauce*

Combine bread crumbs, onion, green pepper, and celery in a bowl. Blend salt, ginger, soy sauce, melted butter, orange pieces and hot water; stir through bread mixture. Stuff chicken lightly with orange dressing and truss. Brush chicken well with Orange Basting Sauce. Place on wire rack in shallow baking pan breast side up. Roast uncovered at 325 degrees 1½ to 2 hours or until tender, brushing occasionally with Orange

Basting Sauce.

*ORANGE BASTING SAUCE

- 1 teaspoon grated orange peel
- ½ cup orange juice
- ½ cup salad oil
- ¼ teaspoon seasoned salt
- 1 teaspoon soy sauce
- ½ teaspoon sugar

Combine ingredients, blending well. Makes ½ cup.

CURRIED LAMB WITH ORANGES

- 3 oranges, peeled, cut into bite-sized pieces
- 2 tablespoons brown sugar
- 2 pounds boned lamb shoulder
- 2 tablespoons shortening
- 2 teaspoons curry powder
- ¼ teaspoon ground ginger
- ½ teaspoon powdered dry mustard
- ¼ teaspoon ground cardamom
- ½ teaspoon salt
- 1 cup water
- ¼ cup orange juice
- 1 tablespoon cornstarch
- 2 tablespoons orange juice

Steamed rice
½ cup flaked coconut
½ cup chopped nuts, cashews, almonds or peanuts

Sweeten orange pieces with brown sugar; set aside. Trim fat from lamb and cut meat into 1-inch cubes. Brown in shortening on all sides, about

10 minutes. Add curry powder, ginger, mustard, cardamom, salt, water and ¼ cup orange juice; simmer covered until tender, about 30 to 40 minutes. Blend cornstarch and 2 tablespoons orange juice; stir through lamb. Simmer 1 minute until thickened and translucent. Stir in undrained, sweetened orange pieces; heat. Serve on hot fluffy rice. Pass accompaniments; flaked coconut and chopped nuts.

ORANGE CANDIED SWEET POTATOES

- 1½ pounds sweet potatoes
- ¼ cup boiling water
- 1 tablespoon orange juice
- ½ teaspoon grated orange peel
- 1 cup light brown sugar
- 1 orange, peeled and sliced
- 2 tablespoons butter

Boil sweet potatoes until tender. Remove from heat and peel. Combine remaining ingredients except butter. Pour over potatoes. Dot with butter. Spread in shallow baking dish lightly oiled, and bake in hot oven at 400 degrees until glazed or pan-glaze on top of range over low heat, for about 15 minutes. Baste frequently and turn potatoes at least once.

(Continued on Page 7)



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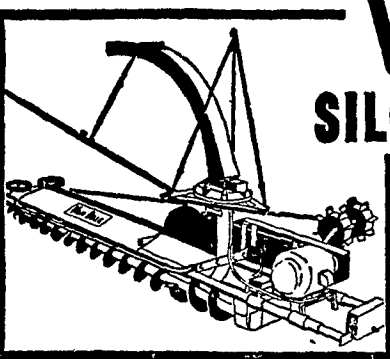
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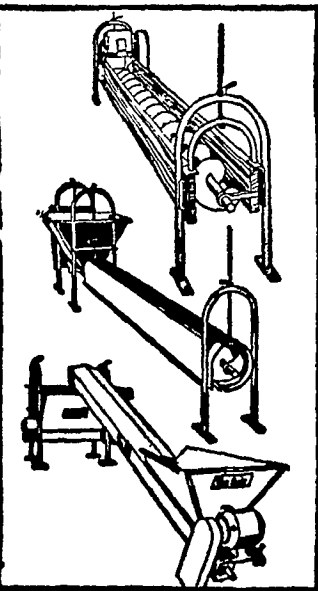


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