

FOR THE **FARM** WIFE AND **FAMILY**

Take A Fresh Look At Citrus

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co or—plus extra vitamin C

steaks, sparerrbs chops and poul- and party punches tiv A generous sainish of oran ge or lemon adds a fresh color ful touch to all

Citrus adds fresh taste and valety to vegetables—lemony holandais and orange sauces g azes, citius butters, or just a squeeze of fresh lemon juice for low calorie servings

Fresh citius makes for salad success Oranges combined with a'ı salad makıngs-fiuits vege tab'es, fish poultry-add fresh-

by Mrs Richard C. Spence ness year round Lemon juice Lemon, and oranges and are creates distinctive dressings and area saucepan. Add spices gin- 1

desser's d-nks-'he special fla- in diained fruits and orange Flesh lemons are manufactoring of treship trus presents a pieces. Serve waim with dollop v. . fish and sea food As in series of deligniful desserts and of sour cream or whipped cream g en ents in fish dishes and spec. dinks Fresh lemon makes mat. Makes 8 to 10 servings la sauces temon juice and gratichless lemon meringue pie as e peel ping out the del care well as many other pies cakes fise flavor As garnish lemon puddings fillings and frostings 1 envelope unflavored gelatine wedges and last mirute zest and Fresh oranges make spectacular 14 cup cold water cakes fillings frostings, along 34 cup boiling water Fresh oranges and lemons can with memorable ambrosia pudd- 12 cup sugar do ots for meat and poultry— ings and pies Fresh lemon is 1 teaspoon grated orange peel souces and glazes for ham and best for lemonade and iced tea 12 cup orange juice duck-mar.nades fo. lamb and It also livens up tomato juice. 18 teaspoon salt beet kebebs—basting sauces for other vegetable and fruit juices 2 egg whites

The grapefruit offers a fresh-

ptentiful vitamin C-and has sugar grated peel orange juice, pieces, brush with oil Place in fur to-pee, fun-to-eat fruit It is writes suff but not dry gently on juice. Top each serving with also low in calories and nigh in fold in chilled zelatine mixture an onion and lemon slice. At vitamin C

colorful and versatile ways with

FRESH FRUIT COMPOTE

- (1 pound-13 ounce) can fruits for salad
- (I pound) can white sweet cherries
- 14 teaspoon whole cloves
- 12-inch stick cinnamon 2 teaspoons crystalized ginger
- cup brown sugar tablespoons white wine
- vinegar large oranges, cut into bite- 3 size pieces

Drain juice from canned fruit 6 ger v nega- Br ng to boil then Cirus also makes delicious simmer 5 minutes Carefully mix 1

FRESH ORANGE SNOW

- oranges, sliced thin

Soften gelatine in cold water

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ing orange slices 6 servings

HALIBUT IN CELERY-DILL SAUCE

- 1 cup celery pieces, 12 inch each
- (1 pound) packages frozen 3 eggs halibut, partially thawed tablespoons vegetable oil
- Salt and pepper 14 teaspoon dill weed tablespoons lemon juice
- thin onion slices thin lemon slices pimiento, cut in narrow
- strips celery soup
- cup milk Simmer celeix, covered, in a on well-greased griddle Serve

little water for 5 to 10 minutes

tusting way to vary the diet, has dissolve in boiling water. Add Drain Cut fish into vix serving similar low-calorie qualities to salt Chill to consistency of un- 212 quart casserole; sprinkle the orange The tangerine is a beaten ezz white. Beat egg with salt, pepper, dill weed, lem Spoon half into dessert dishes range celery and pimiento Cut naif of orange slices into around fish Cover with soup, Ard now for some quick, quarters, arrange on the snow, diluted with milk Bake, covered, then top with rest of mixture in 350 degree oven about 30 Chill well Garnish with remain- minutes, until fish flakes easily with fork. Makes 6 servings

GOLDEN NUGGET FRENCH TOAST

4 to 6 oranges

- 14 cup sugar or honey
- ½ teaspoon salt
- 2 tablespoons sugar
- ½ cup orange juice
- ½ cup milk

6 slices bread Peel oranges, cut into bite size pieces Stir 1/1 cup sugar or hone, into orange pieces, set aside Beat eggs slightly, add salt 2

(1012 ounce) can cream of tablespoons sugar, orange juice, and milk Dip bread slices in egg mixture, brown both sides

(Continued on Page 21)

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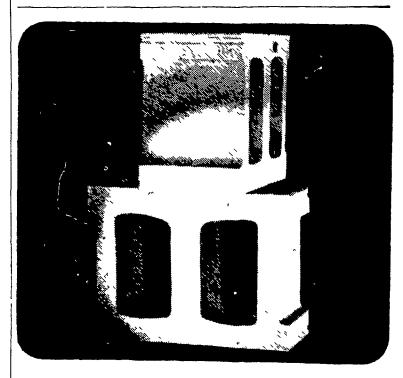
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