

While Oranges Are Plentiful

ORANGES, lemons, New Zealand grapefruit—all citrus fruits are very healthful, being rich in the three vitamins A, B, and C,—especially C! And as Vitamin C is easily destroyed by heat, these fruits are particularly convenient, because they are so delicious to eat in their natural uncooked state. Few people need much persuasion to eat an orange, and while they are plentiful, children should have one every day. Though orange and lemon drinks are excellent, it is even better to eat an orange, because its cellulose is so valuable to the body. Oranges also supply fruit sugar, which is very easily digested and supplies energy so quickly; and that is why one feels so refreshed and “picked up” after an orange. Our grapefruit, though not as sweet as the Californian, are very delicious if cut open and drenched with honey for a few minutes before serving; this makes a splendid overture to breakfast!

In an article on diet which I read lately, I saw this striking sentence: “Mother Nature has bottled pure water in germ-proof containers in the form of oranges, lemons and grape-fruit.”

All these fruits are most useful in cooking, too, even if some of their vitamins are weakened thereby. For salad dressings, lemon juice has now largely taken the place of vinegar; and orange juice is also very often added, the combination giving a delicious flavour.

“Daily Health Drink”

Orange juice should not stand too long, or it will lose some of its flavour, so make this “cocktail” just when you are ready for breakfast. One egg-yolk and the juice of 2 oranges, beaten together and sweetened with honey. This is wonderfully strengthening; one orange will do if it is not convenient to use two.

Orange Banana Salad

On an individual salad plate, place first some broken lettuce leaves. Put two slices of peeled orange, quarter of an inch thick, on the lettuce. Cover with two halves of a banana (cut lengthwise) which have been sprinkled with lemon juice and rolled either in chopped nuts or grated coco-nut. Top with another slice of orange and garnish with a spoonful of mayonnaise, and a crystallised cherry.

Orange Salad Dressing

Mix together the following: 3 tablespoons of flour, 2 tablespoons of sugar, ¼ teaspoon of dry mustard, ½ teaspoon of salt, 1 cupful of orange juice, and 2 egg-yolks, beaten well. Cook this in a double boiler until thickened. Then add 1 tablespoon of butter, and ¼ cup of lemon juice. Stir well, put in a very cold place, and use with fruit salad.

Orange Bread Pudding

Two tablespoons of butter, 1½ cups of scalded milk, 2 cups of fine stale breadcrumbs, the grated rind of 1

orange, 3 egg yolks, the juice of 2 oranges, ½ cup sugar, 3 egg whites.

Add the butter to the scalded milk. Pour over the breadcrumbs. Stand until the bread is soft, and then beat up. Add the orange rind and juice, beaten egg yolks, and sugar. Fold in the gently beaten egg whites. Put in to a well-greased pie-dish, and bake 20 minutes. Serve hot with cream or sauce.

Orange Sponge Custard

One tablespoon of butter, ½ cup of sugar, 1 tablespoon of flour, a pinch of baking powder, the juice of 2 oranges, and the grated rind of one, 1½ cups of milk, and 2 eggs.

Cream the butter and sugar, add the flour, the orange juice and the grated rind, and mix well. Then add the milk

Rhubarb and Apricot Jam

Soak one pound of dried apricots in one quart of water for 24 hours. Heat together 4lb. of prepared rhubarb and 4lbs. of sugar; stir, and boil for 20 minutes. Add apricots and the water in which they are soaking. Boil until apricots are well softened and cooked. Bottle and cover. A very nice “between season” jam

and the beaten yolks of the eggs. Whip the whites to a stiff froth, and fold in lightly. Pour into a pie-dish or casserole and stand in a dish of water in a good oven. It will be a light spongy top with a creamy custard underneath.

Orange Foam

This is a South African recipe. Put into a saucepan 2 cups of hot water and 1 cup of sugar. Wet with cold water two tablespoons of cornflour, and add it to the sugar and water. Stir and let boil for five minutes, then add the juice of 2 oranges and of 1 lemon. When done, pour into a large basin and leave till cold. Then add to it the stiffly-beaten whites of 3 eggs, and beat together until light and fluffy. Set in a cool place. Make a custard with the 3 egg yolks, a pint of milk, a tablespoon of sugar and ½ teaspoon of vanilla. Serve very cold, with the custard poured round the orange foam.

Orange Cake

One teacup of sugar, ¼lb. of butter, 3 eggs, 1 teacup flour, 1 teaspoon cream of tartar, ½ teaspoon baking soda, the grated rind of an orange, and half the juice. Beat the butter and sugar to a cream, add the eggs well-beaten, then the grated rind and juice, and lastly the flour warmed a little and sifted with the cream of tartar and soda. Bake in 2 sandwich tins, and use the following filling and icing: 2oz. melted butter, stir in 6oz. of smooth icing sugar, add a little brandy or sherry, and ornament

with walnuts. This is a New Plymouth recipe. If you cannot procure cream of tartar, use baking powder and of course no soda—a teaspoonful will be enough.

Orange Layer Cake

Cream together 4 tablespoons of butter and one cup of sugar. Add the beaten yolks of 2 eggs and mix well. Sift together 1½ cups of flour, 2 teaspoons of baking powder and a pinch of salt, and add to the mixture alternately with ½ cup of orange juice. Fold in the stiffly-beaten egg-whites and bake in sandwich-tins in a moderate oven for 15 to 20 minutes. Put together with orange filling, ice with orange icing, and decorate with segments of orange.

ORANGE FILLING: Mix together the following ingredients: One egg, beaten, 6 tablespoons of sugar, 2½ level tablespoons of cornflour, ½ cup water, ½ cup orange juice, ½ teaspoon grated

orange rind. Cook in a double boiler for 15 minutes, stirring frequently. Add 1 tablespoon of butter and cool before spreading on the cake. A few chopped dates added to this filling makes it delicious.

Orange Sponge Cake

Four ounces of butter, 2 eggs, the grated rind of a Poorman orange, ¼ cup of sugar, ½ cup warm milk, 2 cups of flour, 3 teaspoons of baking powder. Cream butter and sugar, add first beaten eggs then warm milk and orange rind. Then add the dry ingredients. Bake in a moderate oven in a square baking dish or tin. Ice while still hot with icing sugar and orange juice. This makes a nice big cake.

Canadian Orange Cake

This is always a favourite. Cream ½ cup of butter, add 1 cup of sugar, 2 well-beaten eggs, 1 teaspoon of vanilla, (Continued on next page)

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