

# DID YOU KNOW ?



THAT lemons are a foremost source of vitamin C. They are also a good source of vitamin B and contain vitamin A.

DESPITE their acid taste, lemons produce an alkaline reaction in the body. They contribute to the needed mineral supplies of calcium, phosphorous and potassium.

THE pleasantly tart fruit acid (citric) of lemon juice stimulates the appetite and promotes digestion, and serves as a non-habit forming regulator.

LEMON juice and honey provide a soothing and easily prepared home remedy used for relief of throat tickling coughs. Combine equal parts of honey and lemon juice.

LEMON juice, with a small amount of salt, may be served with sliced tomatoes, sliced cucumbers, lettuce, combination vegetables or other salads. Substitute lemon juice for rich sauces on fish.

LEMON juice may replace vinegar in almost any recipe calling for the latter.

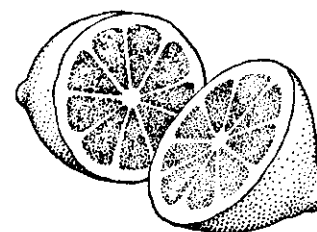
KEEP half a lemon in a saucer, cut side down, and apply it to the hands immediately after using kitchen soap or cleansing powder. This will neutralize the alkali, remove stains, destroy onion and fish odors.

A mouthwash has become part of our daily routine. Did you ever try half lemon juice and half water as a mouthwash? It is delightfully refreshing.

EACH morning wash your face with warm water and soap. Rinse with cold water into which has been squeezed the juice of half a lemon. This removes every trace of soap, softens the water, and leaves the skin in its normal state.

AFTER washing the hair, rinse with clean water to which has been added lemon juice—it adds lustre and beauty to all shades of hair.

TO remove lipstick stains use lemon juice, full strength, on white wash fabrics—diluted on coloured.



# LEMONS

*are plentiful just now*