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Homemaker News

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(Digest of Market Basket for December 2, 1942)

BUMPER CROP OF WINTER CITRUS ALLOWS FOR GENEROUS USE OF FRESH FRUIT

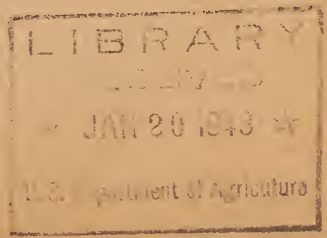
This is a year to give fresh citrus fruit an important place in your winter meals. A bumper citrus crop is going to market from Florida, Texas, and Arizona and a very large crop from California. The tangerine crop is breaking all records this winter. Grapefruit and tangerines are Victory Food Specials (tangerines in Eastern states only) for December 3 through December 12.

Along with appetite appeal and good keeping qualities, citrus fruit has unusual vitamin value, according to _____.
(Name) (Title) (Place)
Oranges and grapefruit are tops for vitamin C, which everyone needs every day and especially in winter. The results of lack of vitamin C may be such common winter ills as aches in bones and joints, a rundown feeling, lingering colds, or sore gums. A large orange or grapefruit a day will help keep such ills away. People of any age, from the infant a few weeks old to the great-grandmother of the family, may count on citrus fruit to help supply their vitamin C needs. Old people and young babies who cannot take raw vegetables, such as cabbage, for vitamin C may enjoy and thrive on orange or grapefruit juice.

Tangerines are not so rich in vitamin C as oranges and grapefruit, but they are richer in vitamin A. Of all citrus fruits, tangerines are the easiest to eat out of hand and the most convenient to carry in a lunch box.

Because the whole fruit contains much more vitamin C than the strained juice, slicing oranges and grapefruit or serving in halves is more economical than squeezing and straining. The outer peel, too, contains vitamin C and may well be used for marmalade, relishes, and grated peel for flavoring desserts, cookies, and breads.

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