

MINERALS IN FRUITS

Calcium Aids in Building Bones

Fruits furnishing Calcium:

Rhubarb	Lemons	Grapefruit	Figs
Strawberries	Raspberries	Peaches	Pineapple
Oranges	Currants	Cranberries	

Phosphorous Helps to Build All the Tissues of the Body

Fruits furnishing Phosphorous:

Rhubarb	Strawberries	Raspberries	Currants
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Iron Helps to Build Red Corpuscles in the Blood

Fruits furnishing Iron:

Dried Apricots	Lemon	Prunes	Oranges
Rhubarb	Currants	Cranberries	Raisins
Strawberries	Dates	Pineapple	Raspberries

Daily Requirement — Eat Fruit at Least Twice a Day.

When Should We Eat Fruits?

For Breakfast:

There is no better way to start the day than with fruit or fruit juice. Raw, unsweetened fruits are particularly appetizing in the morning. Cooked fruits may be served alone or with cereal. Serve a baked or coddled apple in the centre of a bowl of cereal. Prunes may be put on the top of cereal. Prepared cereals may be served on the halves of peaches or pears, or with berries.

For Dinner:

A fruit cup served as an appetizer or as a dessert is an ideal dish for any dinner. Fruit may be served with the meat in the form of jelly or sauce; as a salad, either with the meat or in a salad course, or as a dessert; in other desserts, e.g. apple dumpling, prune, peach or strawberry whip, souffles or bavarian creams, fruit pies, stewed figs, etc.

For Supper:

Fruit salads are attractive and offer an easy way of including fruits in the supper menu. Fruits may be combined in salads in many ways and served as a dessert for supper, or as a main dish. All fruits, whether cooked, fresh or canned, and fruit puddings made with milk and eggs or gelatine, are splendid for supper desserts.

Remember
Fruits For Every Day
and
Fruits in Every Way.

How Should We Serve Fruits?

Choose fruit that is sound, neither under-ripe nor over-ripe. Wash carefully in clean water and drain on a clean cloth in a sieve or colander. The appearance of certain fruits, such as apples and pears, is improved by wiping and polishing with a clean cloth. Fruits that are to be peeled should be served on a small plate with a fruit knife.

Grapefruit:

1. Wash grapefruit and cut in halves crosswise. Remove seeds and loosen flesh from the membrane by running a sharp curved knife down the side of each piece. Cut through membranes of the sections around central core; cut core at bottom and remove. Chill. Add sugar or honey just before serving.

2. Wash grapefruit and cut in half crosswise. Remove seeds and cut around each fleshy section with a sharp curved knife, separating the flesh from the membrane. With scissors cut down each membrane from edge to core; then cut core from fruit shell. Lift out the membrane in one piece. Chill. Add sugar or honey just before serving. A red cherry dropped in the centre adds an attractive bit of colour.

Oranges:

1. *Halved Orange.* Cut fruit crosswise; remove core; cut each section between membrane and completely loosen pulp from peel with a sharp knife. Serve two halves on a plate with spoon.

2. *Orange Sections.* Pare orange, removing peel down to juicy pulp. With a sharp knife cut on either side of each membrane, removing pulp section by section. Arrange attractively on a plate.

3. *Orange Slices.* With a sharp knife remove all skin and membrane down to juicy meat. Cut in thin even slices. Segments and slices also form base for many fruit cups, salads and desserts.

4. *Orange Juice.* This may be prepared by using a lemon squeezer or fruit extractor. Serve soon after preparing, as orange juice is apt to lose its fresh flavour and some of its vitamin content if allowed to stand.

Grapes:

Put bunches in colander and pour over cold water, drain, chill if possible, and arrange on serving dish. Imperfect grapes, as well as those over-ripe or under-ripe, should be removed.

Berries:

Remove stem. Wash, drain, serve with sugar and cream. Standing in sugar causes the berries to shrink, toughen and become watery.

Strawberries:

Large, perfect berries may be served on the stem. Wash carefully in cool water to remove all sand. Drain and arrange in attractive pile on a small plate for each person. A small mound of powdered sugar may be placed on the side of the plate. Served in this way, they may be the appetizer at the beginning of a meal, or the dessert at the end, or they may be the light refreshments served in the afternoon or evening. If strawberries are to be served without the stem, the berries should always be washed before they are stemmed.

Sweet Cherries:

Wash and chill. Serve as breakfast fruit or with cold desserts or in salads.

Peaches:

Serve with prepared cereals and in cornstarch and custard puddings.

HINTS FOR COOKING FRUITS

Stewed:

Put prepared fruit in a saucepan with enough water to keep it from burning. Cover closely and boil gently until tender, stirring occasionally. Add sugar and let boil a minute longer.