

# Luscious California Oranges!

## -Buy Them Now

**S**WEET, juicy, SUNKIST Oranges—California's delicious fruits—are in plentiful supply at all first-class stores.

Taste them—see how good they are. Use them in the several ways described below. Eat more oranges and less of heavier foods. Let them help to keep the family well.

Buy a dozen and keep them within reach—in your pantry, in a bowl on your sideboard, in a dish in the living room, on a plate in the bedroom to eat just before retiring.

Get the habit of eating at least one orange daily. Start it now.

## Let Oranges Serve You in These Ways

### Busy-day Desserts For Shopping and Sewing Days



Delicious dishes—tempting, dainty, and attractive in appearance—are prepared in a jiffy when you have oranges at hand.

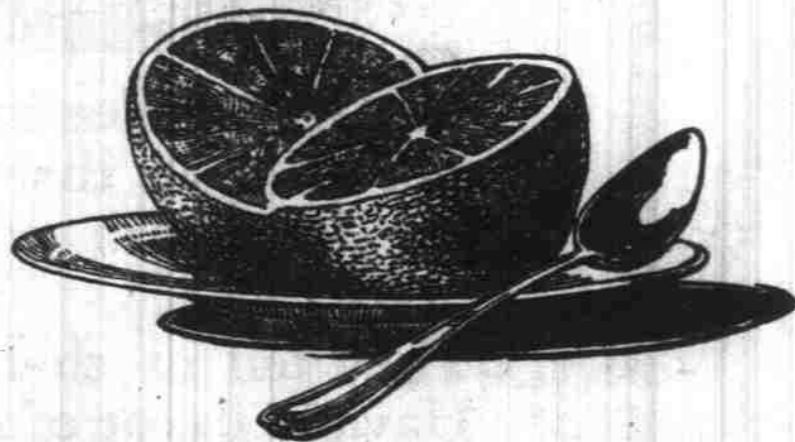
You simply slice, cut or chop them, and serve them plain, or with cocoanut, bananas or other fruit or nuts for the greater variety. Such food is both salad and dessert. And, best of all, it's the healthful kind.

You don't have to cook these dainty dishes. Serve them often and save time.

### A Man's Breakfast Fruit

Note the men who are always bright-eyed and alert. They are usually the lovers of fresh fruit.

Oranges are a real man's breakfast fruit—see that your men folks get the healthful salts and acids of the orange every morning.



### 93 Doctors' Opinions About Baby's Food



**H**ERE are some facts about the feeding of children that every mother will be glad to know. We asked this question of 118 physicians—"What fruit is best for children under three years of age?"

One hundred and seven mentioned oranges as one of the most beneficial fruits.

Ninety-three of the 107, or nearly 87 per cent, designated oranges without referring to other fruits.

"Oranges (juice) form a valuable article in the dietary of the infant and child, and one that is with difficulty replaced by any other fruit," said one.

"I know of no other fruit that is so excellent for the human being from infancy to old age," was another's view.

"Some fruit juice should be given to most healthy children every day. . . . The best fruit juice is that of the orange, which should be fresh and sweet." The last is the belief of one of America's most renowned baby specialists.

We could add endless comment. But, better than that, we refer you to your own physician. Show him these statements. Ask him what he thinks and be guided by his advice.

The following is quoted from the "Keep Well Series," circulated by the Government through the Treasury Department, United States Public Health Service:

"Bottle-fed babies should have orange juice each day after the first month."

### Five-minute Lunches For Busy Women

You can make a meal of oranges—a quick, delicious meal. There's nothing else so good, and there's no cooking, fuss or trouble.

Five minutes, and you have a luscious fruit dish, a cup of tea and bread and butter. And that's as healthful and as nourishing a noon repast as any woman wants on busy days.



### For Easy Entertaining



Orange salads and desserts are the handiest dishes of all when entertaining. It is easy to keep a dozen in the house, and it is easy to prepare them in different and attractive ways.

Sunkist oranges, being practically seedless and meaty, slice easiest and look best in salads and desserts.

Send coupon below for free book of "Sunkist Recipes," by Alice Bradley, principal Miss Farmer's School of Cookery, Boston.

# Sunkist

## Uniformly Good Oranges

Eat more oranges. They are good, and good for you. Serve them sliced, halved or extract the juice for breakfast. Serve them in salad for lunch and in desserts at dinner. Let the whole family have the benefit of this fine fruit in some form every day. Sunkist oranges are firm, but tender, juicy and sweet. They slice best and are easiest to separate and cut. All first-class dealers sell them. Get a delicious dozen now.

CALIFORNIA FRUIT GROWERS EXCHANGE  
A Non-Profit Co-operative Organization of 10,500 Growers  
Dept. N-25, Los Angeles, California

### Send This for FREE Book!

CALIFORNIA FRUIT GROWERS EXCHANGE,  
Dept. N-25, Los Angeles, Cal.

Please send me, without charge, your book, "Sunkist Recipes," containing tested and proved recipes by Miss Alice Bradley, Principal Miss Farmer's School of Cookery, Boston.

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