

Fruit Juice Cocktails Before Meals

By ALICE BRADY

HEALTHFUL AND APPETIZING

A GLASS of fruit juice, just before breakfast, is delightfully refreshing and appetizing. With many people this already is a popular habit. Lemon juice brings out the flavor of the fruits. Some kind of effervescing water gives a sparkle, and with crushed ice the juice from almost any fruit, whether fresh or canned, is acceptable to even the jaded appetite.

The full strength of the natural fruit juices is relied on to give the concentrated, penetrating, rich flavor that makes fruit juice cocktails snappy and stimulating. They should be tart rather than sweet and invariably icy cold. Owing to their strength only a small portion needs to be

served and it should be arranged as daintily as possible.

Usually, the serving of the cocktail in the drawing-room, is an announcement that dinner is ready to be served. The cocktails should be arranged attractively on a small tray. Small cocktail napkins, if used, may be on the tray with the glasses.

These fruit juice cocktails may be served on the table, if desired, at an informal luncheon or dinner, at an afternoon tea, or on the piazza.

Fruit cocktails, or fruit cups, in which there are pieces of fruit with the fruit juices, are served as a first course for luncheon, or as a dessert at a simple luncheon or dinner. The glasses are filled to the desired height with crushed ice, the fruit juice mix-



ture poured in, and the effervescing water is added to each glass as it is served. This allows it no time to lose its snap. If opened and allowed to stand, it becomes flat.

Charged water, any kind, should be added to a mixture the last thing before serving.

Strawberry Cocktail

¼ cup grapefruit juice
¼ cup fresh strawberry juice
1 tablespoon lemon juice

A Few Snappy Cocktails

2 tablespoons honey
1 level tablespoon sugar
½ cup White Rock water
Crushed ice.

Mix ingredients thoroughly in a cocktail shaker. Put crushed ice in four cocktail glasses, pour in the mixture and serve at once.

Spring Cocktail

½ cup rhubarb juice
¼ cup pineapple syrup
2 tablespoons lemon juice
¼ cup seltzer
Crushed ice.

Cook pink rhubarb. Cut in small pieces with an equal measure of water until rhubarb is soft. Strain measure, add one-third as much sugar, and boil two minutes. To one-half cup of this rhubarb juice add syrup taken from a jar of pineapple, lemon juice and seltzer. Put crushed ice in four cocktail

glasses, pour in the mixture and serve at once.

Prune Cocktail

11 prunes
¾ cup cold water
¼ cup sugar
2 tablespoons lemon juice
Few grains salt
½ cup White Rock water
Crushed ice.

Wash prunes, soak several hours in the cold water, cook until soft in the same water, add sugar. Cook 10 minutes, strain and cool. To six tablespoons of the syrup add lemon juice, salt, and effervescing water. Mix thoroughly in a cocktail shaker. Put crushed ice in four cocktail glasses, pour in the mixture and serve at once.

Prunes should be reserved for use as sauce or in dessert.



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