

EGG ORANGEADE

Six tablespoonfuls of orange juice, two teaspoonfuls of lemon juice, one egg, one and one-half teaspoonfuls of sugar. Beat the yolk of egg very light, then add the sugar and beat again until light. Beat in the fruit juice and add the stiffly beaten white of egg; when well mixed pour into a tall glass about a third full of crushed ice and serve. This is an excellent way to get a child to take eggs, as it appeals to both eye and palate.