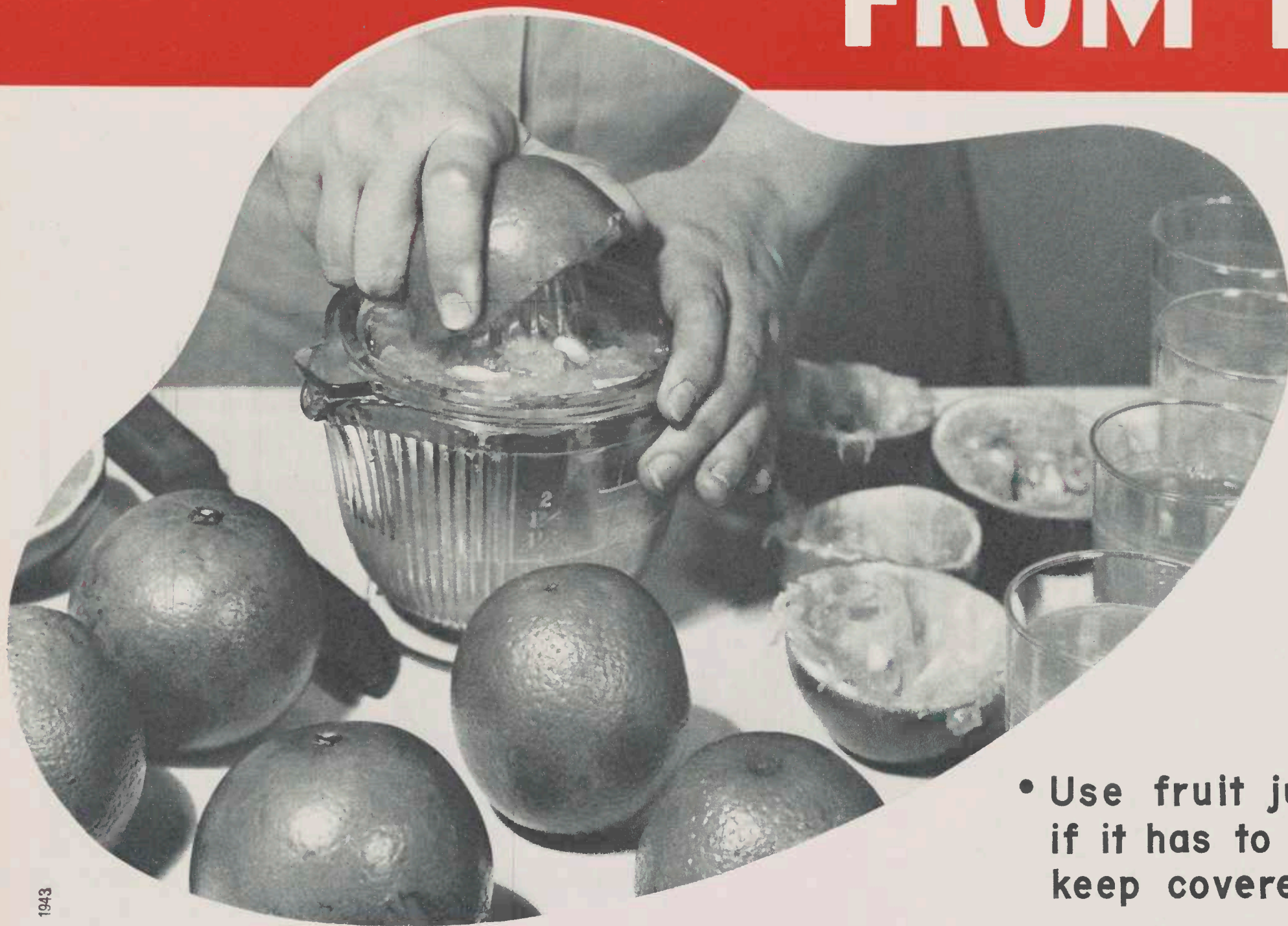


## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.

# Get the Good...

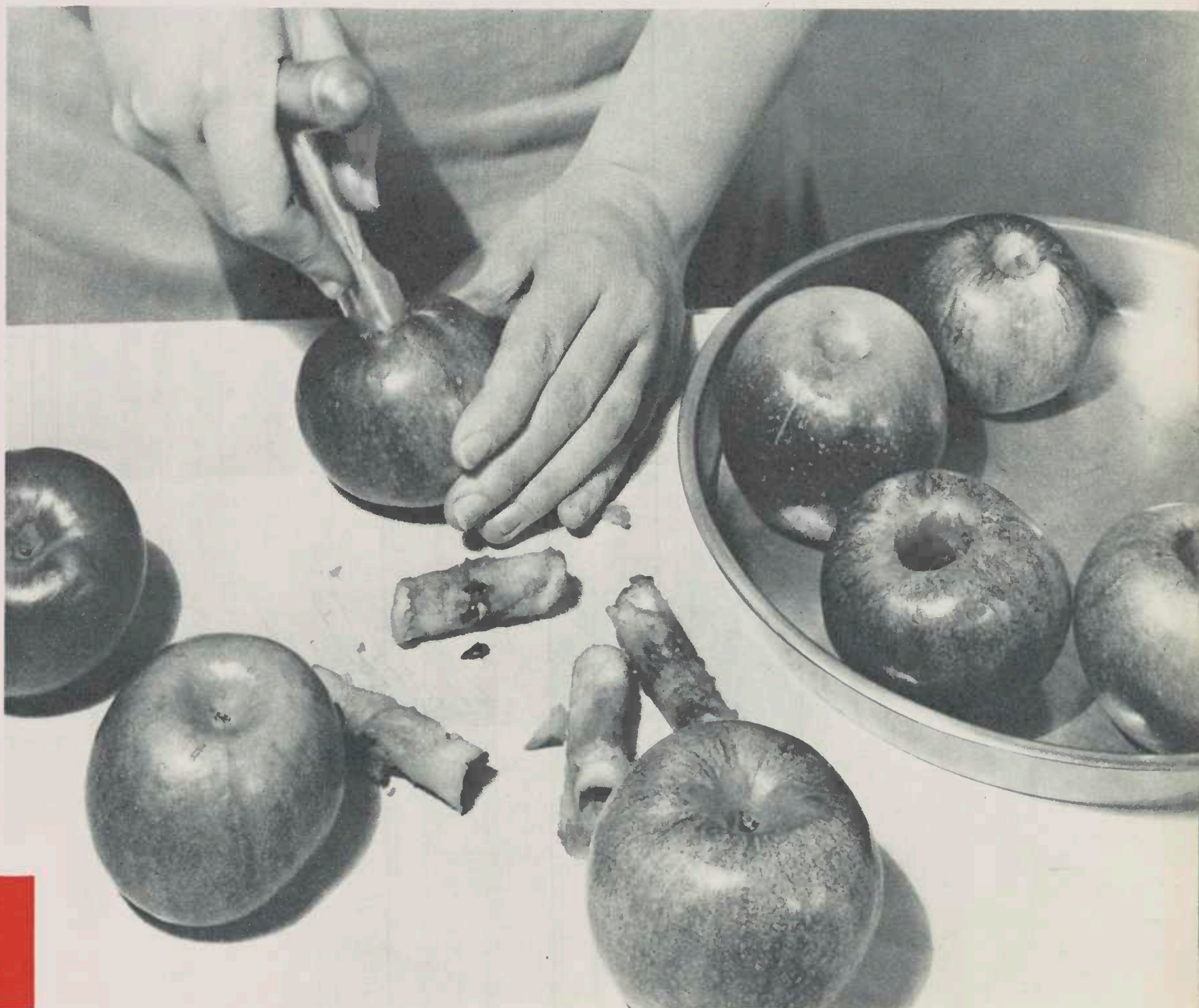
## FROM FRUIT



- Use fruit juice *fresh*.... if it has to stand, keep covered and cold.

FEB 4 1943

- Cook in the peel if you can....if you must peel, make it thin.



**2** BUREAU of HOME ECONOMICS  
U.S. DEPARTMENT of AGRICULTURE

