

Hot Spiced Tomato Juice with Rose Hips

Any good brand of tomato juice can be used for this. Cicely likes the Co-op brand particularly. She adds a slice or two of lemon stuck with a few cloves and a stick of cinnamon. Salt, pepper and a dash of soy sauce and garlic salt can also be used if Mrs. Appleyard is not coming. Cicely made a purée of rose hips from her ordinary garden roses when the fruits were plump and bright orange. They are said to have fifty times the vitamin C of oranges. She simmered the pulp with half a lemon for each cup of cut-up rose hips, put it through the Foley food mill and into hot sterile jars. She has to confess that it added nothing perceptible to the tomato juice except the virtuous glow of knowing so much health was there. The tomato and rose hip mixture should not be allowed to boil. Serve hot in cups, with cheese biscuits, small size, on the side.