

• Summer Desserts

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WARM WEATHER BEVERAGE SUGGESTIONS

Demand for cool drinks goes up in warm weather and this is good for each person needs a good supply of fluid daily. Keeping a lot of fruit and milk drinks on hand assures your family of getting the six or 8 glasses of fluid that they need daily.

Stock up on ice cubes. Freeze small bits of fruit in several trays of cubes, try maraschino cherries, raspberries, mint leaves, blueberries or pineapple chunks in cubes to give variety.

Keep lots of fresh fruits, juices or concentrates on hand. Combinations of fruit juices

like pineapple, lemon and cranberry or apricot nectar, orange and lemon juice are colorful as well as tasty. Adding gingerale or carbonated water to fruit drinks adds a bit of zip. It's best to add just as you serve or the carbonation will be gone and the drink will be flat.

In making your own fresh lemon or orange ade a dozen lemons will give you a pint of juice. For each glass of lemonade you'll need 2 or 3 tablespoons of juice. Keep your own sugar syrup on hand for fruit ades and punches. Just boil a cup of sugar with a cup of water for a few minutes. Store covered in the refrigerator. When you want to make fresh lemonade pour the syrup in to sweeten.

CRYSTAL CLEAR ICED TEA

Perhaps the "sunshine" method of tea making may come closest to guaranteeing a crystal clear tea. You don't really need sunshine but it does take a few hours in a warm place to make the tea. Start with a quart of cold soft water and add 5 teaspoons tea or 5 tea bags. (Soft water and careful measuring are important.) Cover and let the tea stand on the kitchen counter or the back porch for two or three hours. This long time brewing doesn't seem to injure the tea flavor and you'll find it quite clear. Chill before serving.

Instant tea is easy to make, too. In each glass place one teaspoon of instant tea, pour in a small amount of hot water to dissolve, then fill with ice cubes and water. Adding a bit of lemon or juice clears tea somewhat.

If you make tea by the usual double strength method (two teaspoons tea for a cup of water) you may want to try this trick. Try reheat-

ing cloudy tea, but not boiling it, then add a half cup boiling water for each quart of tea. This seems to clear up the tea.

Is milk really "mankind's most nearly perfect food," as is so often asserted by nutritionists, food chemists and educators? The statement is made because a sixth of the nation's food energy and 75 per cent of its calcium requirements come from dairy foods. Milk products also are prime sources of vitamins — furnishing nearly half of the national intake of riboflavin, a fifth of the Vitamin A and significant quantities of thiamine and ascorbic acid.

The nation's dairy cow population set all-time production records last year. Some 17,400,000 cows gave 125.5 billion pounds of milk, or 58,372,093,023 quarts. Output per cow was 7,211 pounds or almost 3,354 quarts during the year.

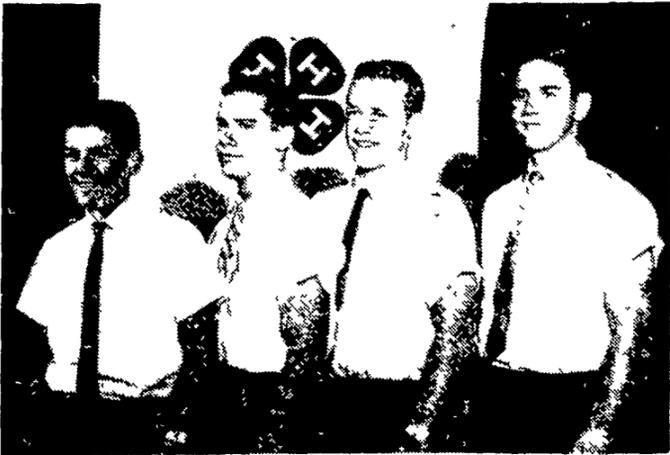
• Vintage

(Continued from Page 2)
 cows and gilts 20 00-20 50.
 No 1's 205-222 lbs 20 50-21.
 00. 1-3 200-221 lbs 19.50-19-
 85, Lot No 1 232 lbs 19.85.
 Lot 1-3 160 lbs 18 00.
 Lot 110 lb Choice Feed-
 er Pigs 19 00 Per Head.
 SHEEP 41 Good and
 Choice 60-95 lb spring slaugh-
 ter lambs 18 00-23 00, few
 Prime 23 50, Few Prime 23.
 50-25 00

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PENNSYLVANIA'S TOP SWINE judging team in 4-H competition this year was from Lancaster County. They are (left to right): David Heisey, Sheridan R1; Larry Hart, Quarryville R2; Mark Nestleroth, Manheim R3, and Larry Weaver, New Holland R1. The team, which won out over 10 other county contingents during State 4-H Days at the Pennsylvania State University, will receive a trophy from the Pennsylvania Swine Breeders Association.

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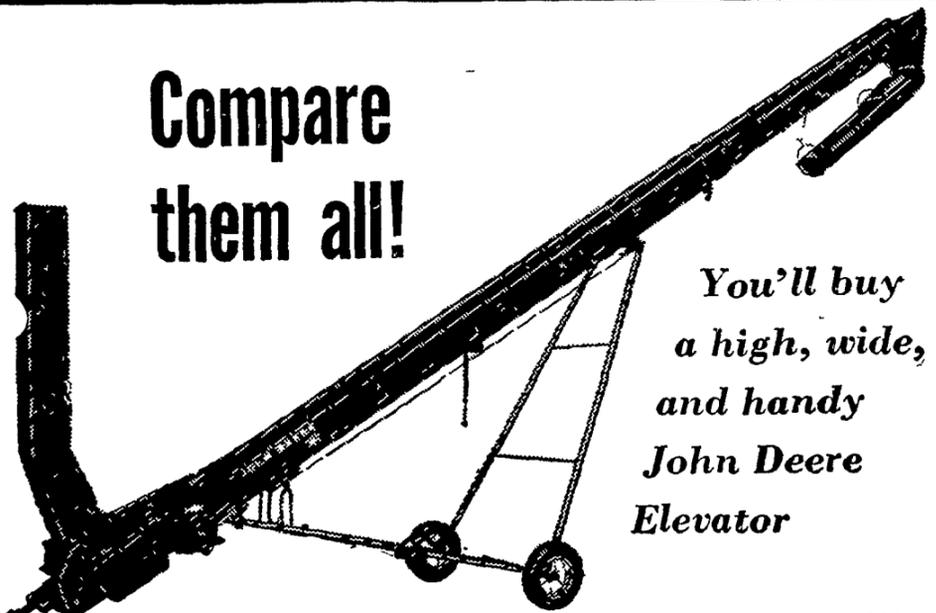
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