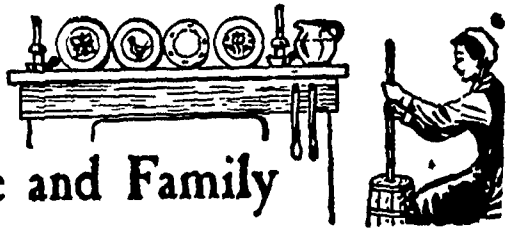


For the Farm Wife and Family



The Fourth Meal

By Mrs. Richard C. Spence



SPENCE

For the afternoon or evening snack be creative with favorite foods. Children and teenagers are good at concocting their own snacks with perhaps a little guidance from Mother.

Refreshing "shakes" made with milk and ice cream are the perfect partners for light summer snacks. Stir them up at home, serve them frosty cold, and folks will think you have the luxury of a home soda fountain!

Cookies and bar cookies go well with any beverage, whether it be a fruit or milk drink. Spreads for graham crackers are also a good solution to the snack problem. These are nutritious as well as easy to make ahead

and store for self service. Here are some suggestions for graham cracker spreads—

- PINEAPPLE CHEESE SPREAD**
- 1 8-ounce package softened cream cheese
 - 1 8½ ounce can crushed pineapple
 - ½ cup maraschino cherries, chopped

Combine cream cheese with crushed pineapple. Beat with electric mixer or by hand until smooth and creamy. Stir in maraschino cherries. Refrigerate until ready to use. Makes 2 cups spread.

- CHOCOLATE PEANUT BUTTER SPREAD**
- 1 6 ounce package semi-sweet chocolate pieces
 - 3 tablespoons water
 - 1 12-ounce jar chunk style peanut butter
 - ½ cup milk

Melt chocolate pieces with water in a saucepan over low heat. In a mixing bowl combine melted chocolate with peanut butter and milk. Beat with electric mixer or by hand until well blended. Chill. Allow to stand at room temperature about 15 minutes to soften. Makes about 2½ cups spread.

- CREAM CHEESE AND PEANUT BUTTER SPREAD**
- 1 8-ounce package softened cream cheese
 - ½ cup milk
 - 1 12-ounce jar chunk style peanut butter
 - ¼ cup light corn syrup
- Combine cream cheese, milk, peanut butter and corn syrup in mixing bowl. Beat with electric mixer or by hand until light and fluffy. Refrigerate until ready to use. Makes 2½ cups spread.

- BANANA PEANUT BUTTER SPREAD**
- 1 12-ounce jar creamy peanut butter
 - 2 bananas
 - ½ cup milk
 - 2 tablespoons confectioners sugar

In a mixing bowl combine peanut butter, bananas, milk and sugar. Beat with electric mixer or by hand until light and fluffy. Refrigerate until ready to use. Makes 2½ cups spread.

Here are some ideas for the refreshing drinks we suggested.

- CHOCOLATE-PEPPERMINT SHAKE**
- 6 cups (1½ quarts) chocolate milk
 - 1 quart peppermint ice cream
- For each milk shake, mix ½ cup milk and 1 scoop ice cream in the bottom of glass. Fill glass ¾ full with milk; stir until blended. Top with 2 scoops of ice cream. Six 10-ounce servings.

- ORANGE-CHOC. SHAKE**
- ¾ cup (6-ounce can) frozen orange juice concentrate
 - ¼ cup confectioners sugar
 - 1 quart vanilla ice cream
 - 1 quart chocolate milk
- Allow orange concentrate to thaw; blend in sugar. For each milk shake mix 1 scoop ice cream, 2 tablespoons orange-sugar mixture and ¼ cup milk in bottom of glass. Fill glass ¾ full with milk; stir until blended. Top with 2 scoops ice cream. Garnish with orange slice, if desired. Six 10-ounce servings.

- LEMON-BANANA SHAKE**
- ¾ cup (6-ounce can) frozen

- lemonade concentrate
 - 1 cup diced fresh banana
 - 3 cups milk
 - 1 quart vanilla ice cream
- Allow lemonade concentrate to thaw. Add banana and beat with electric mixer or rotary beater to jelly-like consistency. For each milkshake, mix ¼ cup milk, 1 scoop ice cream and ¼ cup lemon-banana mixture in bottom of glass. Fill glass ¾ full with milk; stir until blended. Add 2 scoops ice cream. Six 10-ounce servings.

- ORANGE-MOCHA COOLER**
- 2 tablespoons instant coffee powder
 - ½ cup sugar
 - ¼ cup hot water
 - ½ cup frozen orange juice concentrate, thawed
 - 1 pint vanilla ice cream
 - 5 cups cold milk

Combine coffee powder, sugar and hot water; stir until sugar is dissolved; add orange juice concentrate. In large mixing bowl beat ice cream until softened; add coffee orange mixture and blend thoroughly.

(Continued on Page 9)

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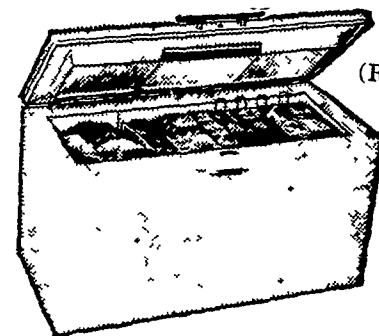


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