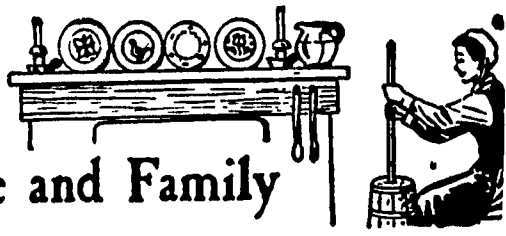


# For the Farm Wife and Family



## Keep Cool Counting Calories

By Mrs. Richard C. Spence



SPENCE

The popularity of low calorie soft drinks is soaring with summer's temperature. But do you know about the refreshment and health fresh lemons can add to your favorite flavor and brand of diet drinks? It's so easy. Just pour the low calorie drink of your choice into a tall ice-filled glass. Then squeeze the lemon juice into the glass and drop in the lemon wedge. The golden peel, loaded with flavor oils, adds a distinctive flavor and aroma. Lemon enhances the cola flavor and gives a cool lively lift. Lemons are high in important vitamin C and low in calorie. In a tall cool drink, a six-cut lemon wedge will add five percent of the amount of vitamin C recommended daily for an

- adult
- FRAGRANT HOT LEMON TEA**
- 3 tea bags or 3 tablespoons tea leaves
  - 1 3-inch stick cinnamon, crushed
  - 10 to 12 whole cloves
  - 6 cups boiling water
  - 1/2 cup sugar
  - 1 teaspoon grated lemon peel
  - 1/4 cup fresh lemon juice
- Lemon quarters or slices
- Place tea in heated teapot, add spices loosely tied in cheese cloth. Pour boiling water over tea, cover, steep for 5 minutes. Remove spices and tea bags or strain, add sugar, grated lemon peel and lemon juice. Serve hot with lemon quarters or lemon slices

- 1 cup grapefruit juice
- 1 1/2 cups orange juice
- 2/3 cup sugar
- 4 cups ice water
- 1 lemon, sliced

Combine lemon juice, grapefruit juice, orange juice and sugar. Stir well to dissolve sugar, chill. To serve, add ice water and pour over ice in large punch bowl. Garnish with lemon slices. Makes about 2 quarts.

- LEMON-AVOCADO SHAKE**
- 1 medium avocado, peeled, cut into chunks
  - 2 lemons, peeled, cut into small pieces
  - 1 pint pineapple sherbet
  - 1 cup crushed ice
  - 1 12 ounce bottle sparkling water

**Lemon quarters**

Place avocado and lemon in electric blender; cover and blend at low speed until smooth. Add sherbet and crushed ice, blending well. Add sparkling water; blend at low speed a few seconds. Serve at once in chilled glasses. Garnish with lemon quarters. 4 to 6 servings.

- RUBY RED FROST**
- 1 pint bottle cranberry juice cocktail
  - 1 1/2 cups fresh lemon juice
  - 1 cup sugar
  - 2 28-ounce bottles chilled ginger ale
  - 1 pint raspberry sherbet
  - Lemon slices
- Combine cranberry juice cocktail, lemon juice and sugar, blending well. Chill. To serve, pour over ice in punch bowl. Add chilled ginger ale and sherbet. Garnish with lemon slices. Serve at once. 24 punch-cup servings

- BUTTERMILK LEMONADE**
- 1 quart chilled buttermilk
  - 1/2 cup lemon juice
  - 2 tablespoons sugar
  - 2 teaspoons vanilla extract
- Combine all ingredients, blending well. Serve very cold

- GRAPE GLORY PUNCH**
- 2 cups water
  - 12 whole cloves
  - 1 stick cinnamon
  - 1/3 cup sugar
  - 2 cups grape juice
  - 2 cups apple cider
  - 1/2 cup lemon juice
  - 1 lemon, sliced
- Combine water, cloves, cinnamon and sugar in saucepan; boil for 5 minutes. Strain and cool. Combine spiced syrup mixture with grape juice, apple cider and lemon juice. Chill. Serve in punch bowl or pitcher garnished with lemon slices. 16 4-ounce servings.

- ORIENTAL PUNCH**
- 1/2 cup sugar
  - 1 1/2 cups water
  - peel of 1 lemon, cut in thin strips
  - 2 whole cloves
  - 1 stick cinnamon
  - 1 tablespoon finely chopped crystallized ginger
  - 1/2 cup lemon juice
  - 1 cup ice water
  - Fresh mint
- Combine sugar, water, lemon strips, cloves, cinnamon and ginger; boil 5 minutes. Cool and strain. Add lemon juice and ice water. Serve in ice-

filled glasses; garnish with fresh mint. 6 4-ounce servings.

- FOUR-FRUIT PUNCH**
- 2 6-ounce cans frozen concentrate for Strawberry Lemon Punch
  - 2 6-ounce cans frozen concentrate for Pineapple Lemon Punch
  - 1 orange, unpeeled, sliced in cartwheels
  - 1 lemon, unpeeled, sliced in cartwheels

Dilute punch according to directions on cans. Pour over block of ice in large punch bowl. Float orange and lemon slices. 16 4-ounce servings.

(Continued on Page 7)

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