

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Refreshing Fruit-Flavored Drinks



SPENCE

If you are not using grape juice frequently and in different ways you are missing the pleasure of a colorful, nutritious food. Now that the grape juice season is here and juice is in good supply and a good buy, it would be a good time to experiment with different drinks. Here are a few suggestions for you:

GRAPE FREEZE: Prepare whipped dessert topping according to package directions and fold in frozen undiluted grape juice, at the mushy stage, until the flavor suits your taste. Brighten with red food coloring if you like. Pour into refrigerator tray or individual sherbet glasses and freeze until firm.

GRAPE-PINEAPPLE DRINK: Mix 1 quart of grape juice with a No. 2 can of pineapple juice. Sweeten to taste with a mild-flavored honey. Grated lemon peel adds a tang that many like.

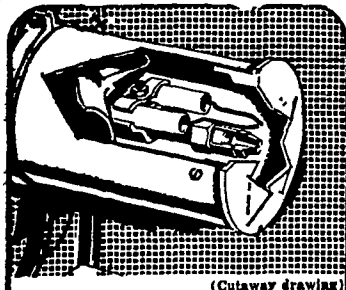
GRAPE JUICE APPETIZER: Dilute frozen grape juice, following package directions and serve with a thin slice of lemon floated on top of each glass of juice. It's pretty, and for those who like tartness, a little extra lemon juice will increase the popularity of the drink.

SPARKLING GRAPE PUNCH: Follow your favorite punch recipe and substitute grape juice for at least half of the total fruit juice. The distinctive color and flavor appeals to the younger set.

GRAPE-ORANGE FLOAT: Fill a sherbet glass a little less than half full of chilled grape juice and add a scoop of orange sherbet. It's both colorful and good.

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(Cutaway drawing)

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pour over ice. Makes 50 servings.

SPICED MOLASSES BEVERAGE

- 4 lemon slices
- 12 whole cloves
- 2 quarts apple juice
- ½ cup molasses
- 2 2-inch cinnamon sticks
- Juice of 2 lemons

Stud lemons slices with cloves. Combine with apple juice, molasses and cinnamon sticks in a large saucepan. Bring to a boil. Reduce heat and simmer 15 minutes. Remove cinnamon sticks and lemon slices. Stir in lemon juice. Chill. When ready to serve, pour over ice in tall glasses. Top each with a lemon slice. Makes 8 servings.

FRUIT PUNCH

- 2 (12-ounce) can apricot nectar
- 2 cups orange juice
- 1 cup grape juice
- 1 bottle (1 pint, 12-ounce) ginger ale

Combine apricot nectar, orange juice and grape juice. Chill thoroughly. Add ginger ale. For picnics, carry fruit juice in a 1½ quart thermos and take the ginger ale separately. Mix as you serve. Makes 7½ cups.

PUNCH

- 1 quart boiling water
- 1½ teaspoons black tea
- 5 whole cloves
- 1 cup orange juice
- 1 quart lime juice
- ½ cup lemon juice
- ½ cup liquid honey
- 1 cup cold water

Pour boiling water over tea and cloves. Cover, let steep for 5 minutes, then strain. Combine tea with other ingredients and pour over cracked ice to chill. Garnish with thin orange slices, red cherries, or

mint leaves. Makes twenty-four cup servings.

NOTE: Limes add a distinctive flavor but if you cannot get them you may substitute an equal amount of lemon juice.

FROSTY FRUIT DRINK

- 1 cup crushed strawberries and juice
- ½ cup orange juice
- ½ cup lemon juice
- ½ cup sugar
- ¼ teaspoon salt
- 4 cups milk

Combine the chilled ingredients and beat with rotary beater. Chill. Serves 4-5.

FRUIT PUNCH

- 3 cups orange juice
- Rind of 1 orange
- ¼ cup lemon juice
- Rind of 1 lemon
- 1 cup pineapple juice
- 3 cups water
- 6 whole cloves
- ½ teaspoon cinnamon
- ½ teaspoon allspice (whole)
- 2 quarts ginger ale
- Mint sprigs

Combine fruit juices and rinds with water, and add spices. Stir and let stand several hours at room temperature. Strain out spices — use fine cheese cloth. Pour over ice. Add ginger ale and mint to garnish. Serves 25-30.

CRANBERRY SPIKE

- 1 pint bottle cranberry juice cocktail
- 1 cup apricot nectar
- 1 tablespoon lemon juice
- Combine chilled juices. Ice, and serve. Makes 1 quart.

ZESTY BARBECUE SAUCE

- ¼ cup molasses
- ¼ cup vinegar
- 1 can (8 oz.) tomato sauce
- ½ teaspoon dry mustard
- ½ teaspoon chili powder
- ¼ teaspoon Tabasco

Combine all ingredients in a saucepan; bring to a boil. Reduce heat and simmer 5 minutes.

Makes about 1½ cups — enough for 2 dozen frankfurters or hamburgers, or 3 broiler-fryer chickens.

In this land of plenty, it is ironic to note that only 50 to 60 percent of the American households have diets that fully meet the standards set for optimum nutrition by the National Research Council. Not all or even most of the malnutrition in this country is caused by low income, food and nutrition experts report. Much of it is simply because people do not know what kinds of food they should eat in order to maintain good health, or because of personal likes and dislikes.

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