

● **All Scream**

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stir in almonds Serve warm or cold

**HONEY BUTTER SAUCE**  
1 1/2 cups

- 1/2 cup (1 stick) butter
- 3/4 cup honey
- 1/4 teaspoon cinnamon

Dash of salt

- 1/2 cup whipping cream
- 1 teaspoon orange extract

In a saucepan melt butter, blend in honey, cinnamon and salt Remove from heat, stir in whipping cream until smooth Add orange extract, cool

**RUM BUTTER DESSERT SAUCE**  
1 cup

- 1/4 cup (1/2 stick) butter
- 2/3 cup sugar
- 1/2 cup whipping cream

Dash of salt

- 1 teaspoon rum extract

In a small saucepan combine butter, sugar, cream and salt Cook over medium heat, stirring constantly, until butter melts and sugar is dissolved Remove from heat cool slightly, stir in rum extract Serve warm or cold

**RASPBERRY MELBA SAUCE**  
1 1/2 cups

- 1 1/2 teaspoons cornstarch
- 1 cup (10-oz. pkg.) frozen raspberries, thawed
- 1/2 cup currant jelly

Blend cornstarch with 1 table-spoon juice from raspberries to make a smooth paste, set aside In a saucepan heat raspberries with jelly, stir in cornstarch mixture Cook, stirring constantly until thick and clear Cool Serve over ice cream or as Peach Melba

**PEACH MELBA**

Place 1 peach half in each serving dish, top peach with large scoop ice cream Spoon warm or cold Raspberry Melba Sauce over ice cream

**APRICOT NUT SUNDAE PIE**

- 1 1/4 cups crushed graham crackers (about 15)
- 1/4 cup chopped pecans
- 1/4 cup firmly packed light brown sugar
- 1/3 cup butter, melted
- 3 pints butter pecan ice cream
- 1 cup apricot puree (e jars, 4 3/4-oz. strained apricots or 1 can, 1-lb. apricot halves, drained and pureed)
- 1 1/2 teaspoons lemon juice

In mixing bowl combine cracker crumbs, pecans and sugar, add butter and mix well. Turn into pie plate, 9-inch, press against sides and bottom, bake in preheated 375 degree oven 3 minutes, chill Press 2 pints of softened ice cream into shell; freeze, top with 1 pint ice cream balls, freeze To prepare Sauce: In heavy saucepan warm puree and add lemon juice Spoon sauce over pie before serving Sauce may be served warmed or chilled Makes 8 servings

**Stubble Spray**

Alfalfa growers are urged to give some attention to the stubble spray on their fields after the first cutting is removed, this is often necessary where no spray was applied for the first crop With even a small infestation these weevil will feed on the young alfalfa shoots and reduce or prevent a second growth The same insecticides may be used for the stubble spray as is recommended for the first spray, but the amounts may be decreased Another practice that will increase alfalfa yields would be to top-dress the field with a phosphorus potash fertilizer immediately after removing the first crop the use of 0 20 20 or 0 15-30 at the rate of 3 to 4 hundred pounds per acre has given improved yields.

● **Sports**

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morning until two the following morning When the five dining halls for the various countries were closed, the International



Young athlete, bound for the Olympiad in Mexico City, gets "big lift" two ways — from the airline and from an in-flight glass of milk.



Milk is on the team, for this member of the U.S. Olympic team, pictured in the dining halls for the XIX Olympiad, which was held in Mexico City.

Dining Room was open.

Daily during this period, the Nestle Company delivered 5,300 gallons of milk. Other dairy products consumed during the Games included 26,400 pounds of butter; 72,600 pounds of cheese, and 300,000 small size cartons of

yogurt in flavors ranging from vanilla to melon.

"Nutrition, the Athlete and Milk," a publication of the official caterer, printed in Spanish, French and English, remarked.

"It is a heavy undertaking to feed adequately these outstanding specimens and it is a very serious obligation to provide them with milk, which is the basis of any complete diet, and particularly of any diet of great requirements.

Milk, more than any other nutritive food, must reach the athlete's table, without loss of any of its nutritional elements and in impeccable conditions of purity and hygiene."

Order "Viva Olympic Vitality" from your nearest Modern Talking Picture Service office —or write American Dairy Association, 20 N. Wacker Drive, Chicago, Illinois 60606, for nearest distributor's address

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Some people with only a little real knowledge have made "cholesterol" a dirty word. Cholesterol is not bad. It's necessary—essential for hormone production in the body, for nerve health, for general resistance against infection.

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