

A luscious lineup of cool, creamy Summer drinks is enough to appeal to anyone's appetite. See recipes for the drinks -- Orange Breakfast

Bracer on the left, Lime Luncheon Freeze in the middle, and Dessert Mocha Shake on the right -- appear in this week's "Home on the Range."

1 teaspoon honey  
Orange slice  
Combine buttermilk, orange juice concentrate, and honey. Blend well in a blender or with a mixer. Garnish with orange slice. Yields approximately 1-3/4 cups.

Cream: Whip together 1/2 cup whipping cream, one tablespoon sugar and 1/2 teaspoon cinnamon in a chilled bowl with chilled beaters, until stiff peaks form, scraping bowl occasionally.

United Dairy Industry Association

**LIME LUNCHEON FREEZE**  
2 cups cold milk  
1 pint lime sherbet  
3/4 cup (one 6 oz. can) cold pineapple juice  
Lemon juice  
Sugar  
Fresh mint

Combine milk, sherbet and juice. Blend well in blender or with a mixer. Serve in lemon-frosted glasses. Dip rim of glasses in lemon juice, then in sugar; chill. Garnish with fresh mint. Yields approximately four cups.

**DESSERT MOCHA SHAKE**  
2 cups cold milk  
1 pint chocolate ice cream  
1/4 cup chocolate-flavored quick milk mix  
2 teaspoons instant coffee  
Cinnamon Whipped Cream  
Cinnamon stick

Combine milk, ice cream, chocolate mix, and coffee. Blend well in blender or with a mixer. Garnish with Cinnamon Whipped Cream and cinnamon stick. Yields about four cups.

Cinnamon Whipped

**OLD FASHIONED HOT CHOCOLATE**  
2 (one-ounce) squares unsweetened chocolate  
1/2 cup water  
1/4 cup sugar  
Pinch of salt  
3-1/2 cups milk  
1-3 cup heavy cream

Heat and stir chocolate, water, sugar, and salt in the top of a double boiler over simmering water until the chocolate is completely melted. Slowly stir in milk and let uncovered to serving temperature. Serve in mugs topped with whipped cream. Makes four to six servings.

Mrs. John Kiser

Codorus, Pa.

**STRAWBERRY BANANA FLOAT**

1/2 pint strawberry ice cream, softened  
1 cup mashed strawberries  
3/4 cup ripe mashed banana (1 large)  
2 cups milk  
1/4 cup orange juice

[Continued on Page 46]

## Home on The Range

Only fitting that we spent the month in the barn which we began dairy recipes. During Dairy Month we have

run the gamut of all foods made with dairy products and are returning this week to milk drinks - a favorite Summer refresher.

If you've been concerned over the past month with the calories you'll be taking in when you eat these scrumptious foods, you may

be interested in the following information: 1 cup whole milk equals 150 calories; one cup skim, 90 calories; one cup "two per cent milk", 145 calories; one cup buttermilk, 90 calories; 1/2 cup yogurt, 60 calories; 1 tablespoon dairy sour cream 25 calories; 1/2 cups cottage cheese, 85 calories; 1 ounce cream cheese, 105 calories; one ounce Cheddar type cheese, 70 calories; and 1/2 cup ice cream, 130 calories.

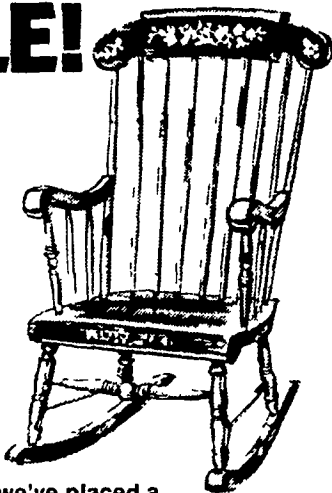
### ORANGE BREAKFAST BRACER

1 cup cold buttermilk  
3 tablespoons frozen orange juice concentrate

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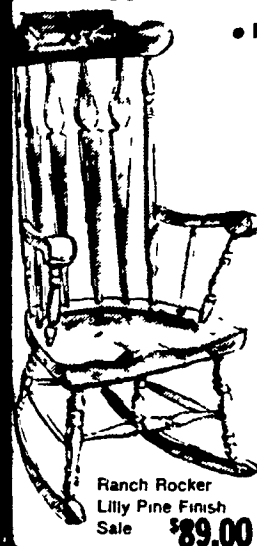
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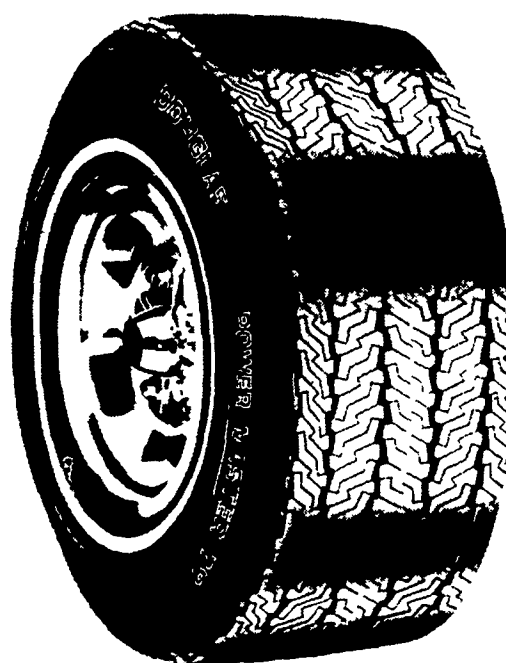
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