

Tammy Lesher Wears Dauphin County Crown



Have You Heard?

By Doris Thomas
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Home Economist

Homemade Fruit Drinks

Many fresh, frozen and canned fruit drinks have appeared on the market in recent years. They may be called fruit drinks, juice drinks, breakfast drinks, fruit-ades, etc. They must not be confused with true fruit juices which are 100 percent juice. Fruit drinks contain other ingredients which, as required by law, are listed on the label. These products are generally mixtures of water, fruit juice, sugar, coloring agents and citric acid. Some, but not all, contain added vitamin C.

Judging from the increasing consumption of these drinks, they are being substituted for carbonated and cola-type beverages for children for between meal drinks. This substitution could be accidental. Mothers may not realize that fruit drinks are not pure fruit juice, or they may think they are more healthful than the carbonated products. In any case, they are expensive in terms of the actual amount of juice present in this diluted form. They are also relatively high in calories, because they average 12 percent sugar. The vitamin C content ranges from zero to about one-half the amount in pure orange juice.

Why not make your own fruit drinks? They are less expensive

than the commercial and you will know what is in them. However, remember that homemade drinks, as well as the commercial ones, should not be relied upon to supply very much of the recommended daily allowance of vitamin C. They should never replace the usual good sources of this vitamin in the daily food unless they are made with orange juice, the most concentrated source of ascorbic acid of the popular fruit juices. Four ounces of orange juice supplies the daily allowance of vitamin C for children, adolescents and adults.

To make a fruit drink comparable to the better commercial recipes, use the following proportions: 2 cups fruit juice, 4 cups water, 1/4 to 1/2 cup sugar, and 1 tablespoon lemon juice.

You can use any of the following fruit juices: orange pineapple, grape, grapefruit, tangerine, lemon juice, orange, etc. Fruit nectars are often used in combination with the juices mentioned for variety and flavor. Pineapple juice particularly may need the addition of some other fruit juice for a more appealing flavor. The smaller amount of sugar suggested will yield a drink with a 5 percent sugar content, the larger amount is equivalent to 10 percent sugar. Because fruit juices vary in sugar

HARRISBURG — Tammy Lesher of Gratz became the 1987-88 Dauphin County Dairy Princess June 12 at Strawberry Square in Harrisburg. The daughter of Jim and Eileen Lesher of Gratz, Tammy will be a senior at Upper Dauphin Area High School this fall.

Tammy received her crown from 1985-86 Dauphin County Dairy Princess Patti Lytle. Dairy Ambassadors LaRay Lesher, the daughter of Mr. and Mrs. John Lesher of Gratz, and Linda Buffington, the daughter of Mr. and Mrs. Donald Buffington of Elizabethville, were recognized for their contributions to dairy promotion during the past year.

Cindy Weimer from the Pa. Dairy Promotion Program served as emcee for the event.

After accepting the dairy princess title, Tammy offered a milk punch toast to all who were passing through the mall. She saluted June as dairy month and toasted to the wealth of the dairy industry and the health of all dairy product consumers.



Tammy Lesher of Gratz is the new 1987-88 Dauphin County Dairy Princess.

content, it is wise to begin with a small amount of sugar and add more if necessary.

The sugar content should be kept as low as is compatible with the sweet preferences of the children. Your aim should be to create a thirst-quencher rather than a high-calorie drink.

Drinks made from this recipe will keep for several days with little loss of quality of nutrients if tightly covered and refrigerated.

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