Cookbook

These Drinks Take Sting Out Of Hot Weather

By JOAN KINGSBURY Post Correspondent

Nothing tastes better on a hot, muggy, sunny summer day than a glass of ice cold lemonade or fruit punch. Whether you are throwing a party for a large crowd or just supplying the neighborhood kids with drinks, numerous recipes are available for a variety of cool, refreshing drinks.

Instead of purchasing powdered lemonade mix, make your own. Now, when lemons and limes are abundant, is the perfect time to treat your family to these old-time favorites. Although I prefer my Lemonade or Limeade on the tart side, sugar lovers can sweeten homemade lemonade to their hearts content.

If you have fresh raspberries and fresh mint leaves available, try Raspberry Mint Cruch, a real refreshing treat. The mint flavor is enhanced by boiling the leaves and sugar in boiling water. The raspberries and lemonade concentrate are added after the mint leavessugar mixture has stood for a few minutes. The raspberries are stirred into the punch but still remain somewhat solid.

A different combination with lemon is Lemon-Apple Sparkle. Apple juice is flavored with cinnamon stick, cloves and allspice, then added to lemonade concentrate. Chill Lemon-Apple Sparkle until serving time. Just before serving, slowly add ginger ale. For an attractive touch, garnish your punch bowl with lemon slices.



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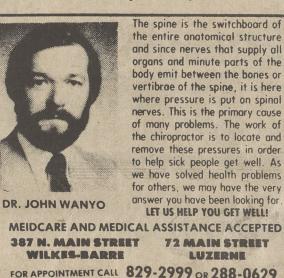
Cooling Off

Melissa Larkins and her guests cool off with a delicious drink and a pizza snack following games and activities at her birthday party. Melissa was celebrating her 10th birthday with the help of her friends, her brother Dave and her Mom and Dad, Lolly and David Larkins.

For that special party, shower or wedding Elegant Fruit Punch is the perfect drink. Cranberry Juice 1 c. sugar Cocktail, orange juice concentrate and lemonade con- 5 c. cold water centrate are combined with sparkling pink catawba juice for an impressive punch.

Punch is ideal yielding 75 four-ounce servings. The combination of pineapple juice, lemon juice, lime juice, orange juice and mint leaves gives this punch a delicious, fruity flavor. Carbonated water gives Quantity Fruit Punch sparkle while fresh strawberries for garnish give the punch a pretty look. Freeze the strawberries in ice in a round mold; keep your punch cool and attractive, too.

As you can see, summer heat doesn't have to get you glass of lemonade or fruit punch. Keep cool!



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Dallas Post/Joan Kingsbury

LEMONADE OR LIMEADE

1 c. freshly squeezed lemon or lime juice

Dissolve sugar in one cup water and lemon or lime When you are expectingka large group, Quantity Fruit juice. Add remaining cold water. Serve over ice. Makes $6^{1/2}$ cups

RASPBERRY MINT CRUSH

1/4 c. sugar

2 c. lightly packed fresh mint leaves 1 10-oz. pkg. frozen red raspberries (fresh may be used) 1 6 oz. can frozen lemonade concentrate

Combine sugar, mint leaves and one cup boiling water; let stand five minutes. Add raspberries and down. Just sit under a nice, shady tree and sip a frosty concentrate; stir till thawed or add fresh berries. Add two cups cold water and stir. Serve over ice. Makes eight servings.

> QUANTITY FRUIT PUNCH 3 qt. pineapple juice 1¹/₂ c. lemon juice 3 c. orange juice 1/3 c. lime juice 21/2 c. sugar 1 c. lightly packed fresh mint leaves 4 1-pt. 12 oz. bottles carbonated water 1 pt. fresh strawberries, quartered Combine juices, sugar and mint; chill. Just before serving, add remaining ingredients; pour over cake of ice in punch bowl. Makes 75 four-ounce servings. LEMON-APPLE SPARKLE 12 c. apple juice 8 inches stick cinn. 24 whole cloves 3 whole allspice 4-6 oz. cans frozen lemonade concentrate 2-28 oz. bottles ginger ale, chilled Yellow food coloring, optional

Surplus Foods Find New Home Hundreds of tons of sur- delivery trucks, the cen-

plus foods that might oth- tral banks can handle bulk erwise go to waste are quantities of food that making their way to the would be beyond the cupboards of the nation's resources of individual needy, thanks to a new agencies," Michelmore volunteer food-banking adds. system, the Reader's Digest reports in its August issue.

About 100 non-profit food much of the success of the banks, which collect and food bank program. then redistribute a "rich Second Harvest, which variety of surplus and acts as a clearinghouse for unsalable foods," have big corporate donations, started up around the estimates the 1982 food colcountry, writes Peter lection for its network at Michelmore. The food, 70 million pounds - a five much of which is donated fold increase over the preby national companies vious three years' total. because of mislabeling, harmless formula varia- pate in the food-banking tions or other factors that program are allowed subhave little or no effect on stantial tax deductions, product quality, is given to according to Michelmore. soup kitchens, day-care The tax law permits them centers, homes for the to deduct the cost of proelderly, halfway houses, ducing the food, plus half hostels for battered wives, of the difference between and emergency food-box that cost and the regular programs for the needy.

The Phoenix-based Second Harvest organization is responsible for

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spices. Simmer, covered, for 15 minutes: strain, Stir in concentrate until melted. Add remaining apple juice. Chill. At serving time, pour lemonade mixture over ice in punch bowl. Slowly add ginger ale. Tint with food coloring, if desired. Garnish with lemon slices. Makes about 35 (5 oz.) servings.

ÈLEGANT FRUIT PUNCH

2 c. cranberry juice cocktail

1 6 oz. can frozen orange juice concentrate, thawed 1 6 oz. can frozen lemonade concentrate, thawed 1/2 c. sugar

2-25 oz. bottles sparkling pink catawba juice, chilled Advance preparation: In large bowl, combine cranberry juice, concentrates and three cups water. Stir to blend. Add sugar; stir till dissolved. Chill thoroughly. Before serving: Slowly add catawba juice; blend. Makes 24-4 oz. servings.

Speakers, Films **Provided to Clubs**

Lemon slices

The Wyoming Valley Peace Committee provides speakers and films for club meetings or church groups.

All of these films provide a good basis for discussion. Arrangements for films and speaks may be made by contacting Alene Case at 696-3425.