

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 Crush, 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 leaves-sugar 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.



Dallas Post/Joan Kingsbury

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 Cocktail, orange juice concentrate and lemonade concentrate are combined with sparkling pink catawba juice for an impressive punch.

When you are expecting a large group, Quantity Fruit 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 down. Just sit under a nice, shady tree and sip a frosty glass of lemonade or fruit punch. Keep cool!

LEMONADE OR LIMEADE

1 c. sugar
5 c. cold water
1 c. freshly squeezed lemon or lime juice
Dissolve sugar in one cup water and lemon or lime juice. Add remaining cold water. Serve over ice. Makes 6 1/2 cups.

RASPBERRY MINT CRUSH

1/4 c. sugar
1/2 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 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
1 1/2 c. lemon juice
3 c. orange juice
1/3 c. lime juice
2 1/2 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
Lemon slices
In a saucepan, combine three cups apple juice and the 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.

ELEGANT 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
2-28 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

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.

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Surplus Foods Find New Home

Hundreds of tons of surplus foods that might otherwise go to waste are making their way to the cupboards of the nation's needy, thanks to a new volunteer food-banking system, the Reader's Digest reports in its August issue.

About 100 non-profit food banks, which collect and then redistribute a "rich variety of surplus and unsalable foods," have started up around the country, writes Peter Michelmore. The food, much of which is donated by national companies because of mislabeling, harmless formula variations or other factors that have little or no effect on product quality, is given to soup kitchens, day-care centers, homes for the elderly, halfway houses, hostels for battered wives, and emergency food-box programs for the needy.

"With their own warehouses, walk-in refrigeration and freezer units and delivery trucks, the central banks can handle bulk quantities of food that would be beyond the resources of individual agencies," Michelmore adds.

The Phoenix-based Second Harvest organization is responsible for much of the success of the food bank program. Second Harvest, which acts as a clearinghouse for big corporate donations, estimates the 1982 food collection for its network at 70 million pounds - a five fold increase over the previous three years' total.

Companies that participate in the food-banking program are allowed substantial tax deductions, according to Michelmore. The tax law permits them to deduct the cost of producing the food, plus half of the difference between that cost and the regular market value. "An item costing \$1 and market-valued at \$2 is therefore a \$1.50 deduction."

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