



Frozen lemonade gives flavor to this creamy pudding made rich with whipped cream. Raspberries are the garnish.

Pudding or Pie, Take Same Custard

Now all smart homemakers should stock up on those convenient little cans of quick-frozen lemonade concentrate. Keep a supply in your freezer—then when the temperature soars, it just takes a moment to mix up a pitcher of that clear, cool, refreshing thirst-quencher.

Add as long as your freezer is full of lemonade concentrate, you might like to use it now and then as the basis for some light and lovely dessert. The quick-frozen lemonade makes a beautiful lemon cream pudding—fluffy and light as a cloud—that can be served in a fancy mold or poured into a baked shell or graham cracker crust. Serve either pudding or pie topped with just-thawed frozen raspberries. Either one makes a just-right, utterly delicious dessert for a hot night.

Lemon Cream Pudding
1 envelope (1-tablespoon) gelatin
1/2 cup (4-ounce can) concentrated quick-frozen lemonade, thawed
1/2 cup sugar
1 cup whipping cream

Add gelatin to 1/4 cup of water. Place over hot water and stir to dissolve gelatin. Add remaining water, lemonade, and sugar to mix well. Chill until slightly thickened.

Then whip with egg beater until thick and fluffy. Whip the cream. Fold into whipped gelatin mixture. Pour into serving bowl or dessert dishes. Serve at once or chill to desired consistency. Or pour into 1 1/2-quart mold and chill until firm. Serve with whipped cream, garnish or top each serving with a spoonful of just-thawed quick-frozen red raspberries. Makes about 5 1/2 cups, or 8 to 10 servings.

Chocolate, Nuts Feature Cookie

One of the very best chocolate-nut combinations is in brownies, an all-year favorite.

BROWNIES
1/2 cup butter or other shortening
1 cup sugar
2 eggs
1/2 cup flour
1/2 teaspoon salt
1/2 teaspoon baking powder
2 squares unsweetened chocolate
1 cup walnut meats, broken in small pieces
1 teaspoon vanilla

Cream shortening and eggs, and sugar, beating thoroughly. Sift flour, add salt and baking powder and sift together. Add to creamed mixture. Add chocolate, previously melted, nuts and vanilla. Pour into well greased pan. Bake 30 minutes—350. Cool and cut into squares.

NICE SPREAD
Spread hot buttered toast with ground ham moistened with a little mayonnaise and top with poached eggs.

EXTRA FLAVOR
Stir a teaspoon of grated orange rind into a package of prepared tapioca cream pudding.



Just Heat and serve...In minutes!

The Statesman Food SECTION

Prevention Best Reducing Plan

Prevention seems the best answer to one of this Nation's health problems—excess weight, concludes Dr. Charlotte Young of the New York State (Cornell) Experiment Station as a result of studies with 168 obese patients at an experimental nutrition clinic. The patients, referred to the clinic by physicians, had free guidance on diets, medical supervision and counseling. The large majority came regularly each week, even those from rural areas who had difficulty getting to the clinic. Their general health seemed to improve—at least a variety of symptoms they complained of at the first visit disappeared. Most learned not only that the cause of their excess weight was excess eating but also the reasons for excess eating.

However, only about a tenth of the group reached their ideal weight, about a fourth were "reasonably successful," half had some success, but others failed in reducing and holding down their weight.

Comments Dr. Young: Success in weight reduction seemed to be related to the age at which a person becomes overweight. Those who became obese as children seem to have more difficulty losing weight than those who gained weight as adults. The age at which overweight begins is the important consideration—not how long it is continued.

The clinic studies suggest, therefore, that early prevention of excess fat is a better way to deal with the problem than the more difficult reducing by dieting—a point parents might consider for the future health and well-being of their children.

Dr. Young suggests that in the physically inactive lives many people live today, meals should be streamlined in calories, and regular physical activity and exercise should be provided. People generally could benefit by more knowledge of the nutritive values of foods and also of the energy used in various activities.

NICE SALAD
Outline the inside edges of small lettuce cups with sliced radishes, scallop fashion. Fill the cups with chicken salad and sprinkle with paprika.

WELL SUPPLIED
Let your family have plenty of cold fruit drinks in the summer—but make sure that these beverages are not replacing milk.

WITH TOMATO
New flavor note: ham steak served with a rich tomato sauce.

Summer Sweet Found Popular

Sweets are popular in summertime, too, and here we've a recipe that should be fun to make.

Chocolate Nut Toffee
1 cup sugar
1/2 cup light corn syrup
1/2 cup light cream or top milk
Dash of salt
1 1/2 tablespoons butter
1/2 teaspoon vanilla
1/2 cup blanched almonds, broken and toasted
4 squares (4 ounces) semi-sweet chocolate, melted

Combine sugar, corn syrup, cream, and salt. Place over low flame and cook to 244°, stirring constantly. Add butter and continue cooking until a small amount of mixture forms a hard ball in cold water (254° F.). Remove from fire. Add vanilla and nuts. Pour into greased pan, 8x8 inches. Cool. Pour melted chocolate over toffee. Let stand until cold. Turn out. Break into small pieces. Makes 1 1/2 pounds toffee.

DATE NUT BARS
3 eggs, well beaten
1 cup honey
Shredded peel of 1 lemon
1 cup sifted flour
1/2 teaspoon salt
1 teaspoon double-acting baking powder
1 pound dates, pitted, sliced
1 cup chopped nuts
Powdered sugar

Combine eggs, honey, and shredded peel. Add sifted dry ingredients, dates, and nuts. Pour into a baking pan (9x13x2 inches) bottom rubbed with shortening. Bake in a slow oven (325° F.) 40 to 45 minutes. Cool and sprinkle with powdered sugar. Cut into bars.

WITH CREAM
Toast slices of ready-bought pound cake and serve with fresh fruit and whipped cream for a quick dessert.

Make Sauces to Liven up Meat

Ground beef with a barbecue sauce will make a good summertime dish.

Barbecued Hamburgers
1 pound ground beef
1/2 cup finely chopped onion
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon fat
1 cup catsup
1 medium onion, sliced
1/2 cup vinegar
1 tablespoon sugar
1/2 teaspoon dry mustard

Mix together beef, onion, salt, and pepper. Shape into 4 flat patties. Pan-fry in hot fat to brown on both sides. Combine remaining ingredients except buns and pour over the hamburgers. Cover and simmer 20 minutes. Serve hot on buttered buns. Serves 4.



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