



Frosty fruit milk shakes—made right at home—a special contribution to refreshing fare.

Lemon Milk Shake

TO PREPARE: 5 MIN.

- 2 tablespoons frozen lemonade concentrate (undiluted)
- 1 scoop lemon sherbet
- 2 scoops vanilla ice cream
- $\frac{1}{4}$ cup milk

Put all ingredients into an electric blender; blend a few seconds. If a deeper color is desired, blend in food coloring. Pour into tall glass. Serve with scoop of lemon sherbet on top and garnish with lemon slice.

1 serving

Orange Milk Shake—Use frozen orange-juice concentrate and orange sherbet with the ice cream and milk. Garnish with orange slice.

Pineapple Milk Shake—Use frozen pineapple-juice concentrate and pineapple sherbet with the ice cream and milk. Garnish with pineapple spear.

Lime Milk Shake—Use frozen limeade concentrate and lime sherbet with the ice cream and milk. Garnish with lime slice.

Note: For a Fizz, follow your choice of above recipes. Gently stir in $\frac{1}{2}$ cup chilled sparkling water.

Lemon Refrigerator Dessert

TO PREPARE: 15 MIN. TO CHILL: 8-12 HRS.

- 1 cup unsalted butter
- 2 cups sifted confectioners' sugar
- 4 eggs, well beaten
- 2 to 3 tablespoons lemon juice
- 32 single ladyfingers

1. Cream butter until softened. Add the sugar in fourths, beating until light and fluffy after each addition. Add the beaten eggs in thirds, beating well after each addition. Add lemon juice very gradually, beating until blended.

2. Line an 8x8x2-in. pan with ladyfingers, rounded side down. Spread the lemon mixture over the ladyfingers. Top with remaining ladyfingers, rounded side up. Chill overnight. Serve with whipped cream.

8 servings

Buttermilk Salad Dressing

TO PREPARE: 10 MIN.

- 1 cup buttermilk
- 2 tablespoons plus 2 teaspoons prepared horseradish
- 2 teaspoons sugar
- $\frac{1}{4}$ teaspoon dry mustard
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

Blend all ingredients together. Chill thoroughly. Stir or shake well before using.

About 1 cup dressing

Jiffy Buttermilk Dressing—Omit seasonings. Blend $1\frac{1}{2}$ to 2 teaspoons Italian salad dressing mix with the buttermilk. Chill thoroughly. Serve on a mixture of salad greens tossed with thin cucumber slices and tomato wedges.

(Continued)

DAIRY MONTH

Family Weekly Cookbook / MELANIE DE PROFT, Food Editor

■ Almost any time can serve to remind us of the vital contributions that dairy foods make to the culinary world of flavor and nutrition. Dairy products possess an all-round versatility which makes

them invaluable. From breakfast time, with milk on your cereal, to the midnight snack, dairy foods fit into meals with delicious ease. Here are recipes that provide an exciting variety of things to eat.

Cheese Kings

TO PREPARE: 40 MIN. TO BAKE: 30 MIN.

- $2\frac{1}{4}$ cups sifted flour
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons baking powder
- $1\frac{1}{2}$ teaspoons sugar
- $\frac{1}{4}$ cup cracker meal
- 1 cup thick sour cream
- 2 eggs, slightly beaten
- $\frac{1}{2}$ cup melted butter
- 8 oz. cream cheese, softened
- 8 oz. cream-style cottage cheese, drained
- 2 tablespoons chopped Cheddar cheese
- 1 tablespoon minced onion
- $1\frac{1}{2}$ tablespoons chopped green olives
- 1 egg, slightly beaten
- $\frac{1}{2}$ cup melted butter

1. For dough, sift flour, salt, baking powder, and sugar together into a bowl. Mix in the cracker meal. Mix in the sour cream, 2 eggs, and $\frac{1}{2}$ cup melted butter; knead well.

2. For filling, blend the remaining ingredients together.

3. To complete, divide dough into two portions. On a lightly floured surface, roll one portion of dough into a rectangle 12 x 16-in. and about $\frac{1}{4}$ in. thick. Mark off 4-in. squares. On each square, put about $1\frac{1}{2}$ tablespoons of the filling, fold in triangles, pinch edges. Place in buttered pan. Repeat for remaining dough and filling.

4. Bake at 350° F. about 30 min., or until delicately browned. Serve with cheese sauce.

24 Cheese Kings

Cheese Kings (as a dessert)—Follow recipe for dough. Omit Cheddar cheese, onion, and olives in filling. Blend into filling $3\frac{1}{2}$ tablespoons sugar, few drops almond extract, and few drops banana extract. Top with a dollop of thick sour cream, sprinkle lightly with brown sugar, and garnish with blueberries.