

*Beverages and  
Miscellaneous*



## EVERYDAY USE WITH THE METRIC SYSTEM

### FOOD

|             |              |                   |
|-------------|--------------|-------------------|
| Milk        | 1 liter      | 1.06 quarts       |
| Butter      | 1 kilogram   | 2.2 pounds        |
| Lemon juice | 1 gram       | 0.035 ounces      |
| Flour       | 1 liter      | 4.23 cups         |
| Sugar       | 1 milliliter | 0.067 tablespoons |
| Salt        | 1 milliliter | 0.203 teaspoons   |
| Water       | 1 liter      | 2.1 pints         |

### DISTANCE

|              |            |
|--------------|------------|
| 1 centimeter | 0.4 inches |
| 1 meter      | 3.3 feet   |
| 1 meter      | 1.1 yards  |
| 1 kilometer  | 0.6 mile   |

### AREA

|                  |               |
|------------------|---------------|
| 1 sq. centimeter | 0.16 sq. inch |
| 1 sq. meter      | 1.2 sq. yards |
| 1 sq. kilometer  | 0.4 sq. mile  |
| 1 hectare        | 2.5 acres     |

### TEMPERATURE

|                     |                         |
|---------------------|-------------------------|
| 0 degree Celsius    | 32 degrees Fahrenheit   |
| 37 degrees Celsius  | 98.6 degrees Fahrenheit |
| 100 degrees Celsius | 212 degrees Fahrenheit  |

### CLOTHING

|           | METRIC | U.S.   |
|-----------|--------|--------|
| Women     | Size   | Size   |
| Dresses   | 38     | 10     |
|           | 40     | 12     |
|           | 42     | 14     |
|           | 44     | 16     |
| Stockings | 2      | 9      |
|           | 4      | 10     |
|           | 6      | 11     |
| Shoes     | 35     | 5      |
|           | 36     | 6      |
|           | 38     | 7      |
| Men       |        |        |
| Shirts    | 35     | 14     |
|           | 37     | 15     |
|           | 40     | 16     |
| Socks     | 25.5   | 10     |
|           | 28     | 11     |
|           | 29.25  | 11 1/2 |
| Shoes     | 41     | 8      |
|           | 44     | 10     |
|           | 46     | 12     |

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

|              |                        |
|--------------|------------------------|
| 1 cup        | = 250 milliliters (ml) |
| 1/4 cup      | = 62-1/2 ml            |
| 1 teaspoon   | = 5 ml                 |
| 1 tablespoon | = 15 ml                |
| 1 pint       | = 0.47 liter (l)       |
| 1 quart      | = 0.95 l               |
| 1 gallon     | = 3.8 l                |
| 1 liter      | = 2.1 pint             |
| 1 liter      | = 1.06 quart           |
| 1 liter      | = 0.26 gallon          |

BEVERAGES, MISCELLANEOUS

HUSH PUPPIES

ALMA KING

1 1/2 c. corn meal  
1/2 c. flour  
1 tsp. salt  
2 tsp. baking powder

1 sm. onion, finely chopped  
or 3 green onions  
1 egg  
3/4 c. milk

Sift together corn meal and flour, baking powder and salt into bowl. Add onions. Stir in egg and milk. Drop by heaping teaspoonful into hot deep fat, (375 degrees), frying only a few at a time. Fry until golden brown. Drain on paper towel. Makes 2 dozen.

COCOA MIX

JUDITH ANN LEU

1-8 qt. pkg. powd. milk  
1-1-lb. can Nestle's Quik  
Chocolate

1 c. powd. sugar  
1-6 oz. jar Coffee-Mate

Combine all ingredients. Store in air-tight container. To use mix 1/4 cup of the mixture for each cup of hot water.

HOT CHOCOLATE

TERRY MOYERS

1 8 qt. pkg. dry milk  
1 lb. Nestle's Quik  
1 6 oz. jar Cremora

1/2 c. powd. sugar  
1 pkg. Instant vanilla pudding

Mix all dry ingredients. Store in air-tight container. To each cup of hot water add two heaping teaspoons of chocolate mix.

INSTANT HOT CHOCOLATE MIX

YVONNE TRAUTMAN

1 (16 oz.) box Nestle's Chocolate Quik  
1 (12 or 14 oz.) jar  
Creamora

1 1/2 c. powd. sugar  
1 (8 qt.) box instant powd. milk

Mix above together well. Use 1/4 cup mixture to 1 cup of hot water.

ORANGE JULIUS

AUDREY COX

1 can frozen orange juice

1/2 c. sugar

(Cont.)

2 juice cans milk  
1 banana  
1 egg

1 tsp. vanilla  
6 to 8 ice cubes

Place all ingredients in blender. Blend for 20 seconds.

### ORANGE JULIUS

JUDITH ANN LEU

1/2 of 6 oz. can frozen  
unsweetened orange juice  
concentrate  
1 tsp. vanilla  
1/2 c. milk

1/2 c. water  
1/4 c. sugar  
5 or 6 ice cubes

Combine in blender until smooth.

### HOT SPICED TEA

BETTY FERGUSON

18 oz. jar Tang  
4 c. sugar  
3/4 c. instant tea

1 - 10 oz. lemonade mix  
2 1/4 tsp. cinnamon  
1 1/4 tsp. cloves

Mix all dry ingredients together in a plastic container and keep handy. When you want a cup of tea, place a spoon full in cup and pour in hot water.

### WINTER WARM UP

TERRY MOYERS

1/4 c. instant tea powder  
1/2 c. pure lemon juice  
1 c. orange juice  
1/4 to 1/2 c. sugar

cinnamon to taste  
32 oz. bottle apple juice  
1 1/2 to 2 c. water  
46 oz. can Red Tropical  
Fruit Punch

In large pan combine all ingredients. Heat through. Serve in mugs and garnish, if desired, with apple wedge or cinnamon stick.

### SWEETENED MILK (Eagle Brand)

CATHIE COOK

1 c. instant dry milk solids (non-  
2/3 c. sugar fat) 1/3 c. boiling water  
3 Tbsp. melted oleo

Combine all ingredients in container of electric blender and process until smooth. Store in refrigerator until ready to use. Makes 1 1/4 cups.

## BAKED CARAMEL CORN

JANET SMITH

1 c. (2 sticks) butter  
 2 c. packed brown sugar  
 1/2 c. light corn syrup  
 1 tsp. salt

1/2 tsp. baking soda  
 1 tsp. vanilla  
 6 qts. popped corn

Melt butter. Stir in brown sugar, corn syrup and salt. Bring to boil, stirring constantly. Boil without stirring 5 minutes. Remove from heat. Stir in soda and vanilla. Gradually pour over popped corn, mixing well. Turn into two large, greased baking pans. Bake at 250 degrees for one hour, stirring every 15 minutes. Remove from oven and cool. Break apart and store in tightly covered container. Hint: One cup kernals yield 6 quarts of popped corn.

## MICROWAVE YOGURT

YVONNE TRAUTMAN

2 c. 2% milk  
 1/3 c. non-fat dry milk  
       powder

2 Tbsp. plain yogurt  
 (no additives added)

Combine milk and non-fat dry milk in 4 cup glass measure. Heat in Radarange oven on level 8 (MEDIUM HIGH) for 6 to 8 minutes, or until mixture boils. Stir in yogurt with wire whip, until smooth. Cover with plastic wrap. Insert temperature probe through plastic wrap into mixture. Program the Radarange oven--1-temp. control-hold. Use temperature control to maintain 110 degrees for about 1 1/2 to 2 hours, or until mixture reaches consistency of thick cream or thin custard. Refrigerate. If yogurt seems lumpy after refrigeration, beat slightly with wire wisk. Yield: 2 cups. Hint: Use 2 tablespoons of your own yogurt as a "starter" for the next batch.

## BANANA-ORANGE FRUITSHAKE

JUDITH ANN LEU

1 c. orange juice  
 1/4 c. water  
 1/2 ripe banana, peeled and  
       sliced

3 Tbsp. instant non-fat dry milk  
 3 ice cubes

Place all ingredients in electric blender. Cover and blend at medium speed until thick and well blended. Makes 2-1 cup servings.

## PUNCH

(Served at Spring Tea 1978)

1 pkg. lemon jello (reg. size)

mix with

2 c. boiling water

1 c. sugar

Add 1 lg. can pineapple juice

MERILYN PETER<sup>c</sup>  
JOYCE HARRISON

1 bottle almond extract

1 juice can + 2 c. cold water

Mix well--freeze--thaw to slush consistency before serving and add 1 package frozen strawberries in bowl.

Hint: Be sure to allow plenty of time to reach slush stage.

## PUNCH

PEGGY LEWIS

2 pkgs. orange jello

1 lg. can pineapple juice

1 lg. can grapefruit juice

juice of 2 lemons

1 1/2 c. sugar heated in 1 c.

water until dissolved

Dissolve jello in 2 cups hot water. Mix all ingredients. Add 1 quart ginger ale when ready to serve. Add orange sherbert.

Hint: Good for 50th. Anniversary Parties or where orange or gold is the decor.

Serves: 30

## ORANGE PUNCH

JEAN THOMPSON

1 46 oz. Hi-C orange drink

1 lb. can frozen orange juice

1 lg. pkg. orange Kool-Aid  
(mixed)1 lg. bottle 7-UP or Fresca or  
Squirt

1 qt. orange sherbert

Have all liquids chilled, mix well. Spoon sherbert in. Stir slightly.

## ROSALYN'S MIX

CAROL RICHARDSON

2 c. Golden Grahams

1 c. golden raisins

1 c. M&amp;Ms (Plain)

1 c. dark raisins

1 c. salted nuts

Mix well, store in Tupperware. You can add any of the following:  
1 cup dried pears, chopped or 1 cup dried apricots, chopped or  
1 cup chopped walnuts.

## OLD TIME BAKING POWDER

JUDY LEU

2 Tbsp. cream of tartar

1 Tbsp. baking soda

1 Tbsp. cornstarch. (Cont.)

Sift together and store in an air-tight container.

## HOW TO PRESERVE CHILDREN

MARY GRAY

1 large grassy field  
2 or 3 small dogs  
1/2 dozen children

a pinch of brook and some old  
pebbles

Mix the children and dogs well together and put them in the field, stirring constantly. Pour the brook over the pebbles. Sprinkle the field with flowers, spread over all a deep blue sky and bake in a hot sun. When thoroughly browned, remove and set in a bath tub to cool.

The process of growing old is a question of mind over matter, if you don't mind, it doesn't matter..... MARY GRAY

Write your extra recipes here:

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