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Refreshing Beverages and Nourishing Drinks

Mary A. Dolve

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Refreshing Beverages
and Nourishing Drinks

Extension Service
South Dakota State College of Agriculture
and Mechanic Arts
Brookings, South Dakota
For optimum health, six or more glasses of water must be supplied the human body every day. Two-thirds of the adult body is water. All homemakers have observed the large amount of water present in a potato. In proportion to their weight, muscular tissues contain as much water as the potato. Even one-third of the bone by weight is water.

Water Needs of the Body.—The body has two major water needs:
1. Water is essential to the cells and tissues of the body:
   a. Water is an important part of the makeup of the cell.
   b. Cells must be surrounded by water in order to do their work.
   c. Cells are dependent upon water for transportation of food by means of the blood. There is a constant demand of about 10 pints of water for blood circulation.
   d. For the removal of waste products the cells are dependent upon water as a carrier (urine and perspiration).
   e. The surface of the lungs must be kept moist in order that they can function.
2. Water plays an important part in regulating body processes:
   a. A free circulation of water is essential to the removal of waste from the body. A dilute urine is better, both for the urinary tract and for the body as a whole, than concentrated urine.
   b. Water is the medium through which body heat is controlled. Perspiration causes heat loss through evaporation and promotes conduction and radiation by increasing the moisture of the skin and clothing. When it is cold the body heat is conserved by retarding perspiration and a removal of water from the blood into the tissues so that less water shall be brought to the surface and cause cooling.

Sources of Water for Body Needs.—The body derives its water from three main sources:
1. Water and other beverages.
2. Foods, especially fruits and vegetables.
3. A certain amount of water is produced within the body by the combustion of the fuel foods.

Water Loss of the Body.—Water is constantly lost from the body through:
(1) Respiration, (2) Perspiration, (3) The alimentary tract, (4) The kidneys.

A certain amount of water in circulation is a condition of health. It is carried about the body and does its work without being changed, eventually leaving the body as water through the skin, lungs, kidneys and bowels. If insufficient water is taken in to make good all the loss the body soon ceases to function normally in all respects. The conditions brought about by extreme diarrhea, vomiting or fever are at least partly due to loss of water.

Through experiments (Hawk) it has been found that on a low water intake normal young men soon showed signs of abnormal body functions as
evidenced by headaches, nervousness, loss of appetite, digestive disturbances and inability to concentrate on their work, and that these symptoms were promptly relieved when the water intake was increased. After extensive study Hawk has drawn the following conclusion: "The average normal individual will find that the drinking of a reasonable volume of water with meals will promote the secretion and activity of the digestive juices and the digestion and absorption of the digested food, and will retard the growth of intestinal bacteria and lessen the extent of the putrefactive processes in the intestine."

The water balance is easily maintained in health by a liberal water intake, at least six glasses or more a day. (Included in rule for planning meals to take care of three food needs. See Extension Circular No. 275, "Food Needs for Health").

Including More Water in Dietary

At least six glasses of water is necessary in a balanced dietary. Vitamins, alkaline salts and certain minerals are also required. Fruit punch and fruit beverages combine these food needs in an appetizing manner. They also help solve the afternoon refreshment and light dessert problem. Fruit punch with a wafer, cookie or dainty sandwich makes a good dinner dessert as well as afternoon refreshment.

Suggestions that will help make fruit drinks and fruit punches easy to prepare and popular are:

1. Never sweeten a fruit beverage so heavily that the refreshing quality or natural fruit flavor is lost.
2. Fruit drinks should be strongly enough flavored to allow for dilution by melting ice.
3. Make iced drinks several hours before serving to give time to ripen.
4. The success of any drink is determined by its temperature.
5. Garnishes give additional attractiveness to fruit drinks. Some are: cherries, green grapes, berries in season, canned or fresh pineapple, mint, slice lemon or orange, sliced banana.
6. A glass quart jar makes an excellent mixer for blending ingredients if shaking is needed.
7. Lemons seem to be almost necessary since they supply the tartness not present in many fruits. If lemon is lacking, orange, rhubarb or vinegar may be substituted to give required acid. Lemon not only has a distinctive flavor of its own, it also helps to emphasize the characteristic flavors of all the fruits with which it is used.
8. Those who like carbonated water for their "ades" will find it cheap and easy to keep. With a few bottles of plain carbonated water, ginger ale, and grape juice, one has the foundation for many refreshing drinks.
9. Emergency shelf for fruit drinks and fruit punch should contain such possibilities as:
   Left over canned fruit juice bottled, rhubarb juice, pineapple juice, grape juice (wild grape very fine), carbonated water, ginger ale, bottled orange juice, lemons.
10. Bottled sugar sirup is a time and sugar saver as well as giving better flavor to the drink. To make sirup boil together 5 minutes, sugar and water in following proportions: 1 cup sugar, \( \frac{1}{2} \) cup water. Bottle. To vary sirup boil thin shavings of orange or lemon peel.
11. For quick drinks have the following sirups prepared and stored in ice box:
Orange Sirup

2 c. sugar  1/2 c. water

Boil 5 minutes.

Remove from fire, add 1 cup orange juice, 2 tsp. lemon juice, grated rind of 2 oranges. Mix well. When cold, strain, bottle and keep corked in refrigerator.

Lemon Sirup

2 c. sugar  1/2 c. water

Boil 5 minutes.

Remove from fire, add one-half cup lemon juice, grated rind of one lemon. Mix well. When cold, strain, cork and keep in cold place.

Fruit Sirup

2 c. sugar  2 c. crushed fruit or berries

Boil five minutes.

Strawberries, raspberries, blackberries, currants, cherries, fresh or canned pineapple can be used. Remove from fire and add juice of one lemon. Cool, strain, bottle, cork and keep in cold place.

12. A combination of lemon, orange, and pineapple juice is a convenient one to have on hand as a basis for many drinks. To a cup of any or all of these combined juices, add a cup of canned or prepared juices as strawberry, raspberry, rhubarb, cherry or grape. One-half cup of strong tea may be added with one-fourth cup or less of sirup. Dilute with water to make four or five cups of punch. Garnish with a slice of fruit or a sprig of mint. If the fruit juices used are already sweetened, do not add the sirup until the sweetness of the punch is determined.

13. Prune juice has a tendency to give muddy appearance. Some red juices, when combined with those having a greenish tint lose their clear sparkling color.

Mint Sirup

2 c. sugar  1 bunch of mint—crushed  1 c. water

Boil one hour. Bring to boil and boil two minutes. Strain and cool. Enough green vegetable color to make vivid green can be added to this if desired. Bottle. Keep in ice box.

14. For milk drinks have the following sirups:

Caramel Sirup

2 c. sugar  1 c. boiling water

Put sugar into heavy saucepan over hot fire. Stir constantly until all lumps are melted, taking care that sugar does not stick to pan or to spoon. Continue to stir until sirup is real brown. Add boiling water, a little at a time, stirring constantly. Simmer over low flame until sirup reaches smooth, thick consistency, stirring occasionally to prevent sticking. Cool, bottle, and keep in cool place.

Chocolate Sirup

1 c. sugar  1/2 c. water

1/2 t. salt  1 t. vanilla

4 squares unsweetened chocolate—melted over hot water

When sugar and water reaches boiling point, add melted chocolate and salt. Boil five minutes. When cool add vanilla. Bottle and keep in refrigerator.
Vanilla Sirup


Recipes

Lemonade (Foundation recipe)

\[
\begin{align*}
\frac{3}{4} \text{ c. lemon juice} & \quad \frac{3}{4} \text{ c. sugar or 1 c. sugar sirup} \\
\frac{1}{4} \text{ c. water} & \\
\end{align*}
\]

Add lemon juice to sugar and stir until well mixed. Add water and stir until sugar dissolves. Strain into glasses or pitcher. Ice if desired. This amount makes 6 glasses.

Variations

1. Hot Lemonade—Add freshly boiled water instead of cold water to juice and sugar and lemon mixture as given in recipe for lemonade.
2. Orange Lemonade—Substitute two and one-half cups of orange juice for two and one-half cups of water as given in recipe for Lemonade.
3. Grape Juice Lemonade—Substitute 2 1/4 cups of grape juice for same amount of water as given in recipe for Lemonade.
4. Pineapple Lemonade—

\[
\begin{align*}
2 \text{ c. water} & \quad 1 \text{ c. sugar or (1 1/4 c. sugar sirup)} \\
4 \text{ c. ice water} & \quad 1 \text{ can grated pineapple} \\
\end{align*}
\]

Boil sugar and water ten minutes. Add pineapple and lemon juice. Cool, strain, and add ice water.
5. Loganberry Lemonade—Substitute one cup of Loganberry juice for same amount of water as given in recipe for Lemonade.

Rhubarb Punch

\[
\begin{align*}
3 \text{ c. rhubarb} & \quad 1 \text{ c. orange juice} \\
3 \text{ c. water} & \quad 3 \text{ T. lemon juice} \\
1 1/2 \text{ c. sugar} & \quad 2 \text{ c. ice water} \\
\end{align*}
\]

Cook rhubarb, cut in small pieces without peeling, in the water until very soft. Rub through a fine strainer, add sugar and stir until it dissolves. Chill. Add fruit juices and ice water and pour into glasses. This makes six glasses.

Trio Ade

\[
\begin{align*}
\text{Juice of 4 oranges} & \quad 1 \text{ c. powdered sugar or sirup} \\
\text{Juice of 4 lemons} & \quad 7 \text{ c. water} \\
8 \text{ T. grated pineapple} & \quad \text{Serve over crushed ice} \\
\end{align*}
\]

Whey Lemonade

\[
\begin{align*}
1 \text{ qt. whey} & \quad \text{Slices of lemon or a little grated or diced rind, nutmeg or cinnamon} \\
6 \text{ T. sugar} & \\
\text{Juice of 2 lemons} & \\
\end{align*}
\]

Mix, chill and serve as a beverage.

Variations: To make whey punch double the quantity lemon juice and sugar, add other fruit juices and a little fruit cut in small pieces. (Rhubarb, pineapple, grape, currant and cherry juice are good.) Set away to chill and ripen. Sprig of freshly crushed mint, nutmeg or cinnamon will overcome any characteristic whey flavor. May be frozen if desired.
**Buttermilk Lemonade**

Follow same procedure as in making lemonade using buttermilk in place of water. It will usually be found necessary to use more sugar and more lemon juice than in making lemonade with water. The exact amount determined by amount of acid in buttermilk. Should be served very cold. This is a very refreshing as well as a very nutritious drink.

**Currant Punch**

1 glass currant jelly
2 c. boiling water
3 c. sugar
3 T. lemon juice

Pour boiling water over jelly. Let stand until jelly is dissolved. Add sugar and lemon juice and chill. Just before serving dilute with ice and water to taste.

**Peach Rickey**

12 softened dried peach halves
Put through colander
1/2 lb. sugar
1 qt. water
Rind of 1 orange, grated
Juice of 1 orange
6 slices cucumber

Mix and stand on ice for four or five hours to blend. Strain and add one quart of plain or carbonated water. Serve in small glasses, with a rose-geranium leaf in the bottom of each glass.

**Cherry Cooler**

1 qt. cherries (stone and mash)
1 lb. sugar
1 qt. water—boil water and sugar 5 minutes

Add crushed cherry pits to sirup one minute before removing from stove. Strain. Cool some. Add cherries, juice of one lemon. Blend well. Strain. Thoroughly chill.

**Caramel, Chocolate or Vanilla Malted Milk**

2 T. malted milk
1 c. milk
Cracked ice if desired
2 T. caramel, chocolate or vanilla sirup

Blend malted milk with sirup until smooth. Stir milk in gradually. Add cracked ice and put into beverage shaker (jar with rubber and cover can be used). Shake till cold and foamy.

**Grape Juice**

Grape juice is a favorite with many for desserts and beverages and can easily be made at home from either tame or wild grapes.

Method 1—16 quarts grapes, 1 quart water. Crush grapes, add water, and place in a kettle over a second kettle of boiling water. Steam until tender, strain and allow to drip over night. Pour the juice into sterilized jars or bottles, adjust cover and corks. Place in a hot water bath, heat water to 165 degrees and keep at this temperature for 45 minutes. Seal once.

Method 2—Two quart jars are best for this. One quart jar may be used. Wash fully ripe grapes with warm water. Fill each sterilized jar a third full of grapes, shaking down slightly. Add one cup sugar to each two quarts jar and fill with boiling water. Seal at once. Juice formed is of very fine flavor and color which can easily be poured when jar is opened.
Suggestions for Club Refreshments

Apricot Punch—Serves 20

1 qt. can apricots
1 qt. water
1 1/2 c. sugar
Juice 2 lemons

Chop apricots very fine and add the juice to them. Boil together the sugar and water for ten minutes; add to apricots and let cool. Then add lemon juice and dilute with ice water and dilute to desired strength.

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Fruit Punch—Serves 15

1/2 doz. lemons
1/4 c. grated pineapple
1/4 c. maraschino cherries
3 T. tea leaves
2 1/4 qts. boiling water
2 oranges
1 c. cherries
2 1/4 c. sugar

Add two cups of the boiling water to tea leaves. Let stand five minutes and strain. Pour the remainder of the boiling water over sugar to stir until dissolved. Add juices and fruit, and when ready to serve add ginger ale. Punch must contain ice or have been chilled with ice packed around the container to make good.

Tea Ade—Serves 15

3 T. Orange Pekoe Tea
3 pts. of freshly boiled water

Grate rind of 1 lemon
1 lb. sugar
1 qt. water
2 c. strong tea
Juice 3 lemons
1 t. vanilla
1 t. bitter almond extract
1 pt. carbonated or plain water

Add two cups of the boiling water to tea leaves. Let stand five minutes. Cool. Add lemon juice and almond extract. Thoroughly chill. When ready to serve add chilled pint of carbonated water. If plain water is to be used, it can be added when tea is added.

Orange Julep—Serves 10

Boil 10 minutes. Remove from stove, add: 1/2 cup mint leaves (generous)—cover and let stand ten minutes. Strain through two thicknesses of cheese cloth. Add the following strained: Juice of 6 lemons, 3/4 cup orange juice, 1/2 cup strawberry juice. Let stand to blend and chill at least one hour. When ready to serve add one pint of charged water. If plain water is to be used add before chilling.

Cranberry Punch—Serves 40

1 qt. cranberries
Juice 4 oranges
4 qt. boiling water
Juice 7 lemons
1 pt. can shredded pineapple
granulated sugar

Boil cranberries in one-half the water for thirty minutes; sift, add two-thirds as much sugar as cranberry juice to remaining water and boil five minutes. Chill both mixtures, combine, add fruit juices and pineapple and serve with cracked ice.

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Sandwich Suggestions for the Afternoon Refreshments

Sandwiches for this purpose should always be dainty. The bread should be cut very thin and each slice spread lightly with butter. This may be accomplished if the butter is first creamed until it is soft and smooth.

Cut in attractive size and shape.

Banana Sandwich

Slice bananas very thin the long way and put a layer between thin slices of buttered graham or whole wheat bread. Squeeze a little lemon juice over the layers of bananas and sprinkle over them a little brown or grated maple sugar and a few finely chopped nuts before adding the top slice of bread. Press together, trim and cut.

Raisin Sandwich

Put through the food chopper, using the fine knife, one-half cupful each of raisins and pecan meats. Moisten with one and one-half tablespoon of lemon juice and make into sandwiches with whole wheat bread.

Rye and Cheese Sandwich

Cut rye bread in very thin slices, butter them, and spread with the following filling: to one cup of grated Swiss cheese add one-fourth cup each of finely chopped walnut meats and peanuts. Moisten with stiff mayonnaise—about one-third cup will be required.

REFERENCES

Nutrition Work with Children—Lydia J. Roberts.
The Foundations of Nutrition—Mary Swartz Rose, Ph.D.