Old-fashioned Ice Cream

To the true ice cream fancier, there is no taste better than that of old-fashioned, home-made ice cream: creamy and fresh with no artificial colors, flavors or preservatives.

Many homemakers shy away from making this dessert "from scratch" because of the time and effort involved. But, with the use

of sweetened condensed milk, ice cream making can be done quickly and easily because there's no custard base to cook.

To make homemade Coconut-Almond ice cream, the only ingredients you will need are sweetened condensed milk, water, egg yolks, vanilla extract, whipping cream, flaked coconut

and slivered almonds. All ingredients except the whipping cream are mixed together - by hand - in a large bowl. There is no need to add additional sugar. Fold whipped cream into the mixture, spoon it into an aluminum foil lined pan, and freeze. That's all there is to it.

If in your family ice cream

means strawberry, you can whip that up just as easily, using frozen strawberries. The strawberries are first processed in a blender, then combined with the sweetened condensed milk and whipped cream. Just 3 ingredients to make a

real summertime treat.

COCONUT ALMOND ICE CREAM

(Makes about 11/2 quarts) (14-ounce) can Eagle Brand Sweetened Condensed Milk

(NOT evaporated) tablespoons water

egg yolks, beaten teaspoons vanilla extract

cups (1 pint) whipping cream, whipped

1/2 cup flaked coconut, toasted 1/2 cup slivered almonds, toasted

In large bowl, stir together milk, water, egg yolks and vanilla. Fold in whipped cream, coconut and almonds. Pour into aluminum foil-lined 9x5-inch loaf pan. Freeze 4 hours or until firm. Scoop ice cream from pan or remove from pan, peel off foil and slice to serve. Return leftovers to freezer.

TIP: To make in electric or hand-turned ice cream freezer, combine ingredients as directed; pour into ice cream freezer container. Proceed according to manufacturer's instructions. Ice cream will be of a soft-serve type consistency. For a firmer ice cream, remove from ice cream freezer container and store in freezer 2 hours or until firm.

STRAWBERRY ICE CREAM (Makes about 11/2 quarts)

(10-ounce) package frozen halved strawberries in syrup,

(14-ounce) can sweetened condensed milk (NOT evaporated

cups (1 pint) whipping cream,

In blender container, blend strawberries until smooth. In large bowl, stir together strawberries and sweetened condensed milk. Fold in whipped cream. Pour mixture into aluminum foil-lined 9x5-inch loaf pan; cover. Freeze 6 hours or until firm. Scoop ice cream from pan or remove from pan, peel off foil and slice to serve. Return leftovers to freezer.

Variation: 1 (10-ounce) package frozen raspberries in syrup, thawed can be substituted for the strawberries.

Beauty is Skin Deep And Then My first response to doing an article on skin care was hesitation. Hasn't enough been written about the enhancement of physical beauty recently? SOME

The 70's more than any other decade may be recorded as the age of me'ism, a time when obsessions with health and beauty consume more than a fair share of time and energy.

Well, now the skin season is in, the weather has changed and being as healthy and attractive as you can be is never out of fashion. The things you do for the care of your skin are no more time consuming than neglecting it, can save you money at the grocery store and possibly on doctor's bills, and are very beneficial to your overall well being.

The most important ingredient in the care of the skin is diet (there's that word again): what you eat, how it's prepared, and just as important, what you don't

Foods for the skin are those which are high in Vitamin A, and those which help maintain internal cleanliness. In most cases they are the same foods, such as:

Carrots (raw); leafy greens (collards, turnips, spinach, kale, dandelion, cabbage, lettuce especially romaine, escarole, etc.)

Sweet potatoes (baked, but not in pie); apricots, rutabaga, celery, broccoli, brussel sprouts, asparagus, watercress, cantaloupe

Vegetables should not be cooked more than 15-20 minutes if



A translucent quality is present in good skin tones, as shown by Francine W. Manning of Baltimore.

When a woman has beautiful skin, the tendency is to say she is blessed. However, those not quite so fortunate can do something about skin less than perfect. Diet is one of the biggest factors.

notice a marked difference in its

The two most important things

to do to the surface of the skin are

cleansing and moisturizing. How

these are done or with what

products should depend upon

whether your skin is oily or dry.

Either extreme oiliness or dryness

appearance.

By Libre Jasiri

they are to maintain their vitality ("vita" is the Latin word for life), and beneifts to you. Many of us grew up thinking that turnips and collards, for instance, must cook for as long as an hour to be done.

Cooking for too long will destroy the vitamins, enzymes and "bulk" quality of vegetables. Minimal but adequate cooking will maintain vitamins and flavor; and will aid greatly in the elimination of toxins and wastes from the

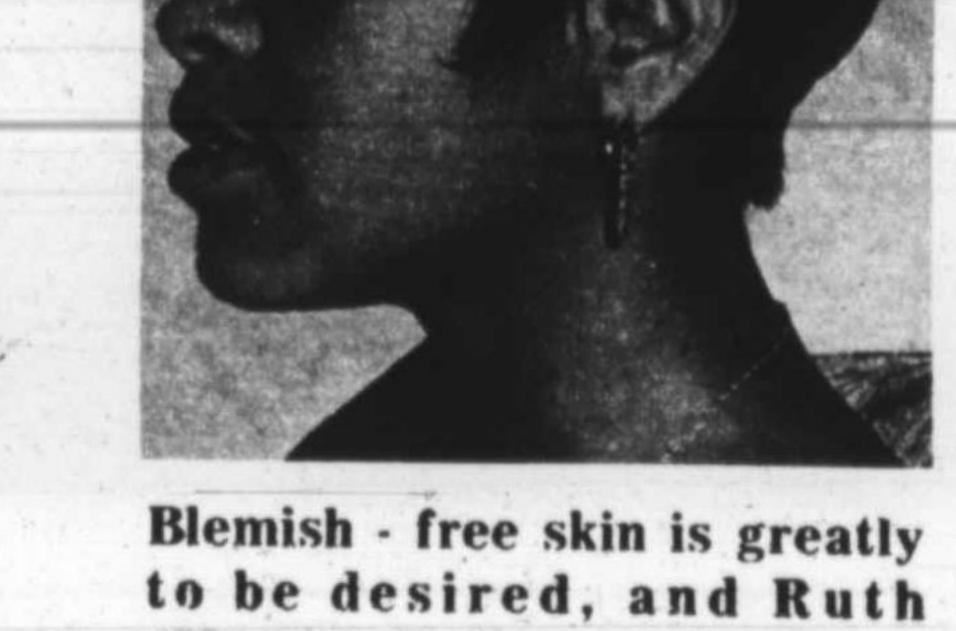
Inadequate elimination can cause rashes (notice those white capped "bumps" on your face and back?), boils, a dull muddy looking complexion, puffiness around the eyes, cancer of the colon, upset stomach, halitosis, not to mention the discomfort of constipation.

To prevent or cure cellulite, those rippley pockets of fat most often found on the skin of hips, buttocks, abdomen, thighs, knees, arms, and back, Dr. Cursio recommends a diet of raw fruits, dark leafy green vegetables, vegetable juices, eggs, raw unsalted nuts, cheese and whole

Protein sources here are nuts, cheese, whole grains, and eggs, which are the best sources of protein, according to Dr. Cursio.

If you are an inveterate meat eater, then it is better to broil meat, eat smaller portions, eat more chicken and veal than beef and pork, and substitute fish and meatless casseroles at least three times a week.

If your skin is otherwise healthy and free of disease, you should



(Mousie) Monroe of Baltimore is one of the fortunate ones.

will be closer to normal with proper diet.

The skin on the face should always be washed with mild cleansers such as baby soaps, face washing creams, or soaps made especially for sensitive skin.

If your skin is especially dry, you may want to use superfatted soaps. Very oily or acned skin, on the other hand, may benefit from

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