

Try  
the  
cool

# TEQUILA

*Enjoy this great new drink from Mexico!*  
We're passing along the recipe used by Mexico City's famed Las Piramides bar. The secret is in the way these two great liquors blend so well with orange juice. Try one, there's nothing like it. Caramba!

1 oz. Southern Comfort  
1/2 oz. tequila  
Orange juice

Fill a highball glass with ice cubes. Add the tequila and Southern Comfort. Fill with juice, stir and add a cherry.



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tid  
bits

## Low calorie dairy product doubles as a skin cleanser

By Lynn Roberts

Curdled milk doesn't sound very appetizing yet people all over the world eat it daily. It's called yogurt.

Made by adding an acid-forming bacteria to milk, yogurt is digested more easily than milk because the acid helps to digest the protein and break down the calcium it contains.

Many eat yogurt as a dessert or snack or use it in cooking, but dieters often make it a full meal since it is filling and low on calories.

One cup of plain yogurt made from skim milk has about 125 calories. If made from whole milk, it has about 150. If you like a little more flavor, yogurt spiced with fruit usually adds about 100 calories.

The fruit also cuts the tangy flavor many don't like. If you're one who has objected to the taste, give it another chance. It sometimes takes a while for the flavor to grow on you.

If you try yogurt again and still don't like it, use it for a face mask. That's right, its astringent qualities are good for oily skin.

Just remember, if you decide to use it on your face instead of for feeding your face, you probably should stick to the plain.

It's not very expensive, and if you are real industrious, you can make your own. Electric yogurt makers usually sell for less than \$15 and help keep the temperature regulated while the ingredients are fermenting.

You can make it without that investment, though, and still get good results. This recipe was taken from The People's Almanac and is an easy one to follow.

### Yogurt

1 qt. whole or skim milk  
3 tbsp. plain yogurt  
Heat the milk to about 100 degrees and stir yogurt in. Pour the mixture into a wide mouthed Thermos and cover tightly. Let stand overnight, it should be thick and creamy in the morning.  
Refrigerate it in another container as soon as it's opened and save a few tablespoons for your next batch.

### Yogurt Dressing

1 c. plain yogurt  
2 tbs. vinegar  
1 tbsp. minced onion  
1/4 tsp. salt  
1/4 tsp. sugar  
dash of pepper  
Combine all ingredients and refrigerate. This is best used as a fresh vegetable dip and if it's too tart to suit your taste buds, cut down on the vinegar.

### Yogurt salad

1 pkg. Jello  
1 c. yogurt  
1 c. fruit  
Dissolve the Jello completely in one c. boiling water and cool until thick and syrupy. Mix in the yogurt on low speed of electric mixer, add the fruit and chill until set.  
Use any variation of yogurt, Jello and fruit. Orange Jello, pineapple yogurt and mandarin oranges are a good mix, but don't hesitate to be creative with your combinations.

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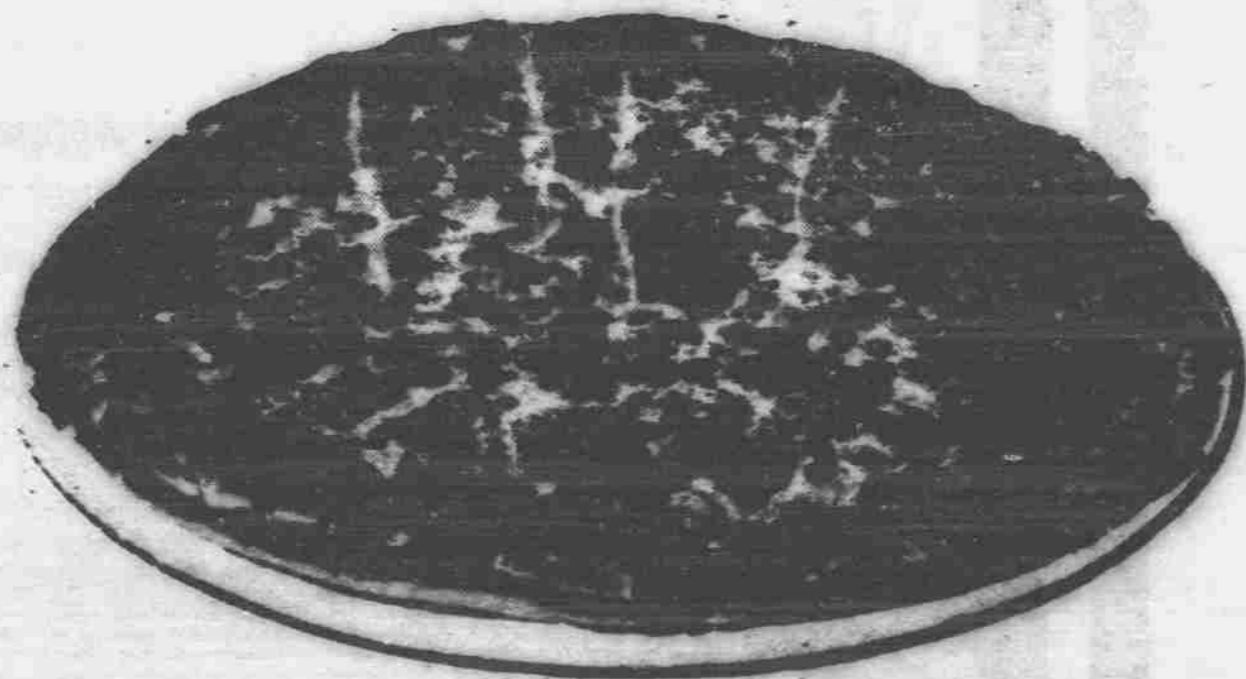
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