

# Cold Drink For Hot Weather (Lemonade)

Tart and tangy, this essential summertime drink can trace its origins back to the Egyptians. It made its way to North America in the 18th century along with waves of European immigrants and by the mid 19th century became a popular circus refreshment. During the Victorian era, the women's temperance movement pushed lemonade as an alternative to alcohol.

To juice of 12 lemons add the rind of 6. Let stand over night. Then take 6 lbs. of white sugar and boil with enough water to make a thick syrup. When cool strain the lemon juice into it and squeeze as much of the oil from the grated rind as will suit the taste. A tablespoon of this mixture in a glass of iced water makes a delicious drink and will keep for an indefinite time.



**Fun Fact:** The proverbial phrase “When life gives you lemons, make lemonade” became famous thanks to a phrase borrowed by Elbert Hubbard, in 1915, for the obituary of actor, writer and humorist Marshall Pickney Wilder. Wilder, who was known worldwide for his brilliant stand-up routines, stood at 3 feet 5 inches tall, with a severe spinal deformity. Despite his disabilities, he refused to be stigmatized. “Fate handed me a lemon,” he said, “but I have made lemonade of it.”

<https://recipes.howstuffworks.com/what-is-history-lemonade.htm>

Recipe Credit: *Moffats Cook Book for Moffats Rangers*, Moffats Limited, 1926.

Image Credit: <https://teachingwiththemes.com/index.php/2018/07/11/how-did-humans-survive-without-refrigerators/>