

### COOL OFF

"A tepid bath followed by an after-bath splash of cooling 'Friction' is your secret weapon against a 'long hot summer,'" says Jean Nate, bath specialist. Historical precedent as well as science support the tepid bath theory. Years ago, before our modern hot and cold water system, people were strongly advised on the virtues of the warm bath. One quaint suggestion was to use rain or river water which had been exposed to the sun all day to give a bath of refreshing warmth. Another wise writer assured his readers that "a lukewarm bath would drown disquietude." How true!

Science explains the cooling effects of the tepid bath in that it dilates the blood vessels, bringing internal heat to the skin surface where it is released. You know yourself that it isn't the quick cold shower that stays with you, but the long relaxing soak in a comfortably warm tub. Keep it at just that cozy warmth by letting the hot water trickle in slowly as the water cools. Unlike the cold shower, your body temperature isn't pulled down with a drastic jerk, but allowed to lower itself naturally, gently.

Then when you step from the tub for the toweling-off, do it slowly. This is one time not to be brisk and efficient. Just pat yourself with the towel, lazy-like. Next, comes the "cooliserie" — Jean Nate's justly famous "Friction pour le Bain." If you've had the forethought to chill it in the refrigerator, so much the cooler. But even "as is," it's heavenly. Splash it on lavishly. Feel the invigorating coolness of it spread over your grateful skin. Whiff the delightful aromatic citrus freshness of its fragrance. Let yourself go. Live a little. "This," you'll say, "is the dream bath. Now, I'm ready to face anything." And you will be.

For the summer bath pleasure multiplied, you'll supplement the "Friction" with other Jean Nate fragrance-matched bath accessories—from her fine French-milled Soap to her vivacious Bath Bubbles; from soothing Bath Crystals to softening Bath Oil; from cloud-soft Bath Powder to Talc. The whole idea of a matched fragrance bath ensemble is so appealing. And the prices are the same.

#### DESSERT

Make up a package of instant chocolate pudding and fold about 1/4 cup of coarse macaroon crumbs and 1/2 cup of whipped cream into it, then chill until set. A quarter teaspoon of almond flavoring, added to the cream, is a nice taste accent. Serve plain or with sweetened whipped cream.

#### ACCOMPANIMENT

Blend a quarter cup of butter and 1/2 teaspoon curry powder and spread on eight slices of French bread. Place in a hot oven until crispy. Serve with creamed chicken or with soup.



CHICK-N-QUE IN FANCY DRESS is shown in this picture of an informal Hawaiian patio party with Chicken in Herb Butter, Almond Rice, Frosted Cranberry Sauce and cold Coca-Cola.

#### Pork Chop Dinner

There's no need today to hover over a cook-stove on a hot summer day or to eliminate favorite foods because the cooking will heat up the kitchen.

The people who designed the modern automatic ranges had just such situations in mind when they built automation into top burners and fixed it so a whole meal could be cooked on the top of the stove without guesswork or pot-watching.

There's a pork chop dinner, for instance, that can be cooked in one skillet, lets the cook relax for a whole hour before dinner. With a big bowl of summer fruits marinad-

ing in the refrigerator and a basket of crisp rolls on the table, there's nothing else to do but set the table.

#### PORK CHOP DINNER

Brown a pork chop for each member of the family. The top burner heat control on the range set at 325 degrees does this part of the job as neatly perfectly as it can be done. Then drain off the fat, add a

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### Use Your Ingenuity To Make Parties Fun

It has long been a contention on the part of your food editor that the publicity gals back in New York get together and try out recipes. Certainty was added to suspicion when the following recipes came this week from Mary Brown of Coca-Cola.

When she talks about using heavy duty Reynolds Wrap, one can see her with Eleanor Lynch in the latter's backyard patio (a picture of it ran in these pages about a year ago, showing Miss Lynch barbecuing a meal herself). Between the two of them, these girls have been responsible for some of the best-tasting recipes received here.

They have one more admirable quality — imagination in cooking. Here's what Mary Brown has to say this time:

"A patio party that will give

you a chance to decorate your beach hat, line it with foil and serve iced Coke on a straw mat to the guests . . . and to make life easy for the wash-up help serve the Herb Butter Chicken in tiny squares of foil on which you have grilled the fowl. Frosted Cranberry Sauce, Almond Rice and colorful fresh fruits complete the gala table.

#### CHICKEN IN HERB BUTTER

- 1 2 1/2-3 pound young chicken
- 4 tablespoons butter, softened
- 3-4 drops Tabasco
- 1 tablespoon paprika
- 1 teaspoon salt
- 2 teaspoons rosemary
- 1 teaspoon grated lemon rind

Remove backbone and quarter chicken. Make a paste of butter, seasonings, and rosemary. Rub on all surfaces of chicken. Using Heavy-Duty Reynolds Wrap make

individual "pans" by turning up edges of foil about 1 inch all around and mitering corners. Place one piece of chicken in each pan and grill over heat of medium intensity about 45 minutes, turning once during cooking. Serve chicken in its foil pan. Makes 2 servings.

#### ALMOND RICE

- 1/2 cup almonds
- 1 tablespoon Mazola oil
- 3 cups cooked rice

Blanch almonds and dry. Pour oil into a skillet large enough to hold almonds in a single layer. Toast in a preheated moderate 350 degrees Fahrenheit oven about 15 minutes or until brown. Turn hot cooked rice into a bowl and garnish with almonds. Makes 6 servings.

#### FROSTED CRANBERRY SAUCE

Chill one can Ocean Spray cranberry sauce and cut slices about 1/4 inch thick. Arrange on a serv-

ing platter and spoon about 1 tablespoon commercial sour cream over each slice. Garnish with chives cut fine. Makes 6 servings.

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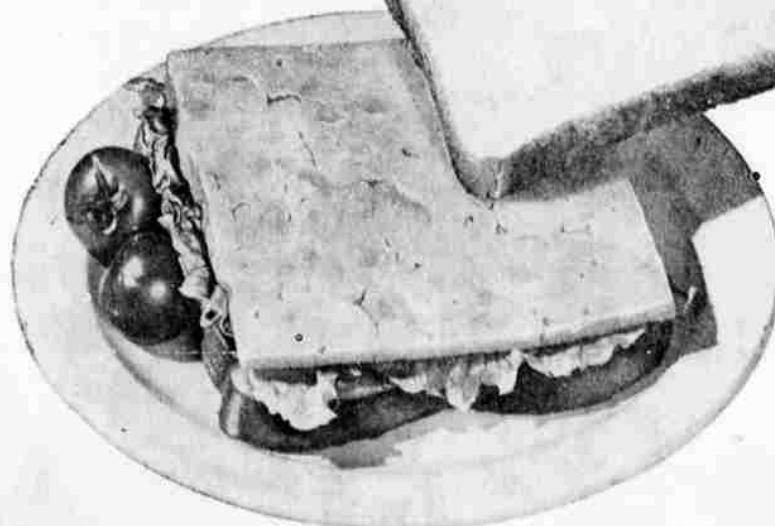
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