



LOVE MATCH—Soup on the Rocks and Sandwiches. August is National Sandwich Month and Soup on the Rocks is a favorite at any time. For a quick pick-up, the amber beverage is singularly appropriate to offset the effects of fatigue, heat and humidity. Just open a can of condensed beef broth (bouillon). Break out the ice cubes and pour. Stir well until chilled. And remember this: Don't use consommé. It jellies when poured over ice.

Soup On The Rocks

Tennis, anyone? Soup on the Rocks afterward? You can be sure if the first answer is affirmative, the second will be, too. The reason is plain—the logic is clear. The cooling amber liquid rates high as a pick-up with strenuous athletes, since it contains protein from fine lean beef, and scores with heat sufferers who want a low-calorie, non-sweet refresher.

How to make Soup on the Rocks: Open a can of condensed beef broth (bouillon). Break out the ice cubes and pour! Stir until chilled. And remember this. Don't use consommé. It jellies when poured over ice.

Along with this fabulous drink, serve assorted Finger Sandwiches (prepared ahead), plenty of them. They'll disappear like ice cubes in the sun. The dainty little sandwiches assume a custom-made look and therefore taste superb. There's no trick to the fixings—just spread with your favorite filling, trim the crusts and cut in 1/2-inch strips.

Ever heard of Finger Salad? It's another variation on a similar theme, salad vegetables of convenient size served with a dressing-dip on the side. This can be prepared ahead, too.

FINGER SALAD TRAY
Arrange crisp, well chilled garden vegetables on tray or platter.

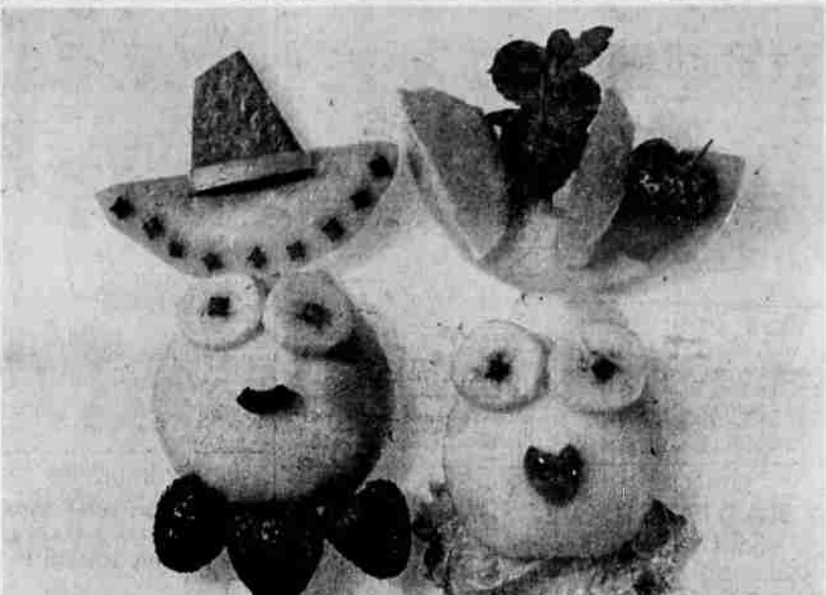
ter, using celery, carrot and cucumber sticks, green pepper rings, cherry tomatoes, radishes, sliced turnip rounds and green onions. Serve with sour cream dip.

SOUR CREAM DIP
1 cup (8 ounces) sour cream
2 teaspoons snipped chives
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon paprika
Dash black pepper

Combine all ingredients and chill thoroughly. At serving time, pass sour cream mixture to use as dip or spoon over vegetables.

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MORE FUN from Spreckels Sugar. The Funny-Face Fruit Salads are a natural accompaniment for the Funny-Face Cookies which have been a specialty of Spreckels Sugar for many months. Let your imagination have full sway... it's fun to concoct Funny-Face Salads.

SWEET CORN

Roasting ears may be prepared in the kitchen as well as on the outdoor barbecue. Peel back the husks so silk can be removed; butter the corn (leave the salting for serving time as the salt cooks in); reform the husks over the ears of corn and either tie with a thread or wrap the entire ear in aluminum foil and bake in the oven for 45 to 50 minutes at 350 or 400 degrees. To serve, cut the stem end clear through so the husks are easily removed.

TAKE TIME OUT for a Milk Break



Make Sure You Drink 3 Glasses A Day!

NEW IDEA

This is fruit salad season so Spreckels Sugar suggests having more fun when you make them. The small fry like to help with the cooking and this is one place they can shine as they invent new Funny-Faces. Psychologically, too, it helps instill a lasting fondness for fresh fruit which is good for every member of the family. Bananas, strawberries, oranges, melon, cherries, a sprig of mint, a leaf of lettuce, a slice on onion—almost anything at hand.

Then, serve with this shimmering, summery Sweet-Sour Dressing: just combine 1 cup Spreckels granulated sugar, 1 tablespoon cornstarch, 1/4 teaspoon salt, mix well, and add 1 1/4 cups water, 1/4 cup lemon juice. Cook over low heat and boil one minute. It makes 2 cups of Sweet-Sour Dressing which you'll enjoy on all fruit salads all year long.

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