Summer Coolers—Fruit Plates and Iced Drinks

By MARY MEADE

There just couldn’t be two better recipes for keeping cool on hot summer afternoons than these: Fresh fruit plates and iced drinks.

Lady Bountiful has been watching the fruit crops well this season, for cherry trees are richly loaded, and peaches, pears, melons, berries, plums, apricots, and other nutritious fruits are coming to market by the carload. What good fortune for those who wish for the rays of the summer sun to be dried up! And what good fortune for all of us who love food and fruits, to find them refreshing to mind as well as body!

Picture this page are summer-time coolers that will revive the flagging spirits of the most willed among us. The fruit plates shown, and others of similar arrangement, make lovely luncheon and buffet party refreshments. And the mint chocolate with its tinkling ice and fluffy whipped cream topping is suitable for serving with such fruits as apples or pears, all alone after the theater or dancing in the evening. The peppermint flavoring gives a unique and tantalizing accent to iced chocolate which makes everyone call for more and more, and then demand the recipe. (The recipe is given beneath the illustration.)

The peculiar thing about cold plates is that they demand very often something hot as a foil. In most cases the something hot will be rolls—steam. And, still plenty of butter. Hot rolls seem to make the chilled fruit and the beverage cooler by contrast, and the idea of the meal more filling qualities.

• Every fruit plate needs a foundation or center of interest for its arrangement. Fresh flavored cottage cheese is one of the best bases. A small scoop of chicken salad or an individual mold of colorful gelatin will do quite as well.

• This should be remembered when fruit plates are being arranged. Peaches, pears, plums, apricots, and apples darlene up standing, and a sprinkling with lemon juice will prevent this without any way of drawing the eye or palate appeal of the fruit. A light fruit salad dressing or a French dressing made with lemon juice may be passed on the table for those who wish it.

• "Heavenly" dressing: made by folding half a cup of whipped cream into a cup of mayonnaise and then blending into the mixture. Fourth cup of barbeque jelly, a little curry, and a cup of gelatin. When the gelatin is melted, stir in the curry and add the mayonnaise and whipped cream. It’s a cool and refreshing sauce — a hit at every picnic.

Cottage cheese makes a good center around which to arrange a fruit plate. Apple slices, prunes stuffed with apricots, orange and grapefruit sections, celery slices, bananas, grapes, and small white bread sandwichs, complete the luncheon.

Iced mint chocolate topped with whipped cream is a superb summer-time cooler. For such glasses, make together 6 tablespoons chocolate syrup, 1 cup milk, 2 tablespoons cream, a handful of crumbled ice, and 2 to 3 drops of peppermint flavoring. In lieu of a shaker, a fruit jar may be used.