

## Beat the heat with iced coffee

It's summertime and the livin' is busy, with sports, parties and activities for the entire family.

When the heat's on, cool off with rich, robust coffee... on ice. Nothing beats the summer heat like a cold, tall glass of iced coffee. It's tasty, refreshing and, enjoyed "basic black," it's also low in calories. Furthermore, it's easy to make.

Whether you choose brewed or instant coffee, the secret to full-bodied iced coffee is to make it stronger than you normally do for hot coffee. For ground coffee, brew it double strength, using 2 tablespoons of coffee and  $\frac{1}{4}$  measuring cup (6 fl. oz.) of fresh water for each serving. Pour the hot coffee into tall ice-filled glasses.

For delicious instant iced coffee, put one rounded teaspoon of instant coffee in the bottom of a tall glass. Using a small amount from one cup of cold water, dissolve the coffee thoroughly. Then gradually add the rest of the water, stirring well. Add ice and cream and sugar, if desired.

HERE'S MORE good news: iced coffee can be the basis for many different and creative beverage variations.

Relax at poolside with an iced coffee float. Simply place a scoop of your favorite flavor ice cream in a tall glass of iced coffee and garnish with a cherry, fresh fruit spear or chocolate shavings.

Top off your next dinner party with iced coffee laced with an assortment of your guests' favorite cordials. Garnish with whipped topping for a fitting finale to a sultry summer evening.

Why not add a little spice to your life? Add a dash of cinnamon to hot, brewed coffee, then pour over ice. A dollop of whipped topping finishes off your version of iced cappuccino. Try serving it with an artfully arranged platter of fresh summer fruit for a delightful treat any time of the day or night.

The makers of Maxwell House, Sanka, and Yuban coffees are offering a free recipe bulletin with tips and serving suggestions for iced coffee beverages. Just send your name and address to: Coffee on Ice, General Foods Corp., 3 Stuart Drive, Box 8180, Kanakakee, Ill. 60902.

## Sauteed cucumbers

What vegetable to serve with fish or other seafood? Try sauteed cucumbers. Just halve peeled cucumber lengthwise, remove seeds and cut into slices. Cook in butter or margarine until heated through but still tender-crisp. Flavor with salt and a pinch dillweed. For added eating interest, add chopped walnuts.

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