Personal Touches

By Marie Phillips Cooke

A simple but elegant daytime dress, like this one from Bill Haire for Frederick's collection, should be on your What-To-Wear-Where Checklist. It will take you on an early morning shopping trip, lunch and to any informal gathering.

Planning an extended vacation or a weekend jaunt to the beach requires careful preparation, especially for the woman who will want to look her best at *all times.* Although you need not carry along a steam locker full of clothing and accessories, you will want to prepare a wardrobe that will adequately fulfill your needs.

Like planning a dinner menu, you'll also need to plan a what-to-wear-where menu, too. It's easy once you have chosen a vacation spot and know what type of weather to expect, what the area has to offer you in the way of tourist attractions, night life, sports and the like.

A What - To - Wear - Where Checklist is a must and should look something like this:

Travel Outfit (to and from destination): Two-piece tan polyester pantsuit with cotton shirt; comfortable shoes or sandals; straw bag. (Note: If the pantsuit is part of a three or four-piece outfit, take along the skirt and vest and an extra shirt. It will be ideal for an early afternoon shopping trip or lunch in a nearby town.)

Some of your vacation activities may include tennis, swimming, lunch (poolside); tanning, dinner and nightclubbing. You'll probably need the following:

Tennis: White shorts, either of a cotton - blended fabric or terrycloth, and an all-white or striped tank top. OR, a one-piece tennis outfit; tennis shoes and socks. And, of course, a racket and tennis balls (these may be provided at the location).

Swimming: A String bikini (if you're daring and have the figure); a traditional one-piece swimsuit, two-piece halter-type, . . the choice is yours. But be sure to take along a cover-up—many hotels, motels, etc. don't allow visitors to walk

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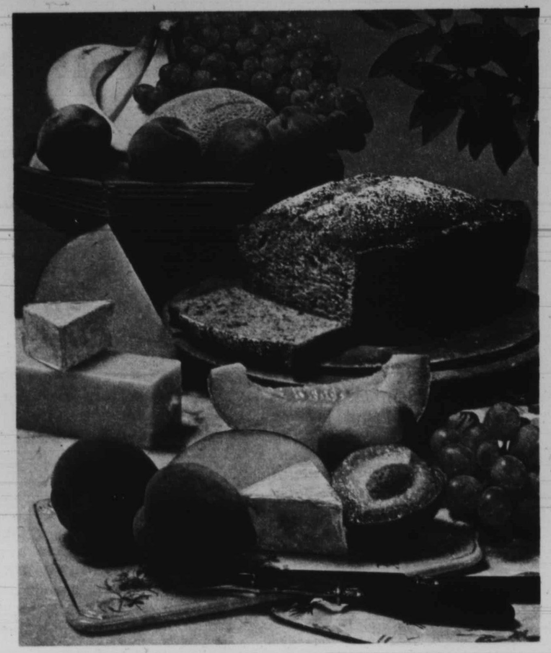
A swimsuit cover-up is a must. And so is a hat or head wrap to protect your hair from the sun's rays.

(Photos by Benjamin M. Phillips)

Beautiful Fresh Fruits Of Summer



LET SUMMER come to your rescue with delicious cookery in double-quick time. Just call on the season's fresh fruits in the market now to play their full part in your meals.

Fresh Banana-Lemon Tea Bread

Two-third cup shortening
1 cup sugar
2 eggs
1½ cups mashed ripe bananas (3 bananas)
6 tablespoons fresh lemon juice
2 cups sifted all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 tablespoon grated fresh lemon rind

In a large bowl, cream shortening with sugar. Beat in eggs, one at a time, beating well after each addition. Blend in bananas and lemon juice. Sift together flour, baking soda and salt. Blend into banana mixture; stir in lemon rind. Turn into greased 9 x 5 x 3-inch loaf pan. Bake at 325-degree F. oven for 1 hour or until a cake tester inserted in center comes out clean. Remove from pan and cool. Sift confectioner's sugar over top, if desired, before serving. Makes: 1 loaf.

Melon Soup

1 honeydew melon, pared and seeded
1 Cantaloupe, pared and seeded
Rind of one orange (remove in thin strips with vegetable peeler)
2 tablespoons fresh orange juice
2 tablespoons sugar
¼ teaspoon cinnamon

Combine all ingredients in container of electric blender. Cover and process at high speed until smooth, or, puree ingredients with a food mill. Chill.
MAKES: 4 cups.

Cool Gazpacho

½ cucumber, pared and seeded
4 tomatoes, peeled and quartered
½ onion
½ clove garlic
2 tablespoons salad oil
One-third cup wine vinegar
1 Tablespoon Salt
1 teaspoon *sugar*
¼ teaspoon pepper
1 cup chopped peeled tomato
¼ cup chopped pared, seeded cucumber
¼ cup chopped green pepper
1 cup chopped cantaloupe

Place first nine ingredients in container of electric blender. Cover and process at high speed until pureed. Or, puree ingredients in a food mill. Pour mixture into bowl and stir in remaining chopped ingredients. Cover and chill 2 hours.
MAKES: 4 cups; 4 servings.

Summer Fruited Tuna Salad

1 cantaloupe
2 cans (6½ or 7 ounches each) tuna, drained
3 nectarines, peeled and sliced
1 cup halved fresh seedless green grapes or whole fresh blueberries
½ cup chopped celery
¼ cup coarsely chopped cashew nuts

Halve cantaloupe; scoop out seeds with spoon. Cut out melon meat with sharp knife and dice. In large bowl combine melon, tuna, nectarines, grapes and celery. Spoon into melon shells. Top with Curried Yogurt Dressing. * Sprinkle with cashews.
MAKES: 6 servings.

* Curried Yogurt Dressing

1 container (8 ounches) plain yogurt
½ cup mayonnaise
2 teasp on curry powder
2 tablespoons finely chopped fresh onion
1 teaspoon salt
¼ teaspoon ginger

Mix all ingredients in small bowl. Chill 2 or 3 hours for flavors to blend.
Makes1½ cups.

Fresh Okra Stir-Fry

2 tablespoons butter or margarine
¼ cup chopped scallions
1 tomato, peeled and cut in eighths
1 teaspoon fresh lemon juice
¼ teaspoon dried leaf thyme
1 teaspoon salt
⅛ teaspoon pepper
2 cups sliced fresh okra

Melt butter in large skillet. Add remaining ingredients and cook over moderate heat, stirring occasionally, 3 to 5 minutes or until vegetables are crisp-tender.
Makes: 4 servings.