

Recipes

Breaking the heat wave

If you start wilting at the mere thought of 90° weather, here's how to keep your cool. Serve tall, cool, thirst-quenching glasses of Antarctic Slush. Your family will be delighted with this instant refresher and you'll find it's a cinch to prepare. Just combine soft drink mix, sugar, water and fruit juice, then freeze. This refreshing, flavorful frozen slush is a guaranteed heat wave breaker.



You can bring a refreshing splash to the table too with this ever-popular sea-green salad or serve igloos of shaved ice melting under your favorite flavor syrup.

There's no denying that summer can be unbearably hot. This season pamper yourself with these easy-to-make heat breakers.

ANTARCTIC SLUSH

- 1 envelope orange, strawberry, raspberry, cherry or grape flavor unsweetened soft drink mix
- 1 cup sugar
- 2 quarts cold water
- ¼ cup pineapple juice
- 1-½ teaspoon lemon juice

Combine all ingredients, stirring until soft drink mix and sugar are dissolved. Pour into a shallow plastic or glass container. Freeze 3 to 4 hours, stirring several times, until slushy. Makes 3 quarts or 12 one-cup servings.

UNDER-THE-SEA SALAD

- 1 can (16 oz.) pear halves
- 1 package (3 oz.) brand lime flavor gelatin
- ¼ teaspoon salt (optional)
- 1 cup boiling water
- 1 tablespoon lemon juice
- 2 packages (3 oz. each) cream cheese

Here's how to keep your cool as the thermometer rises. Serve tall, cool, thirst-quenching glasses of Antarctic Slush.

1/8 teaspoon cinnamon (optional) **Note:** Recipe may be doubled; use a 9x5-inch loaf pan.

EASY SNOW CONES

- 1 envelope unsweetened soft drink mix, any flavor
- 1 cup sugar
- ½ cup water
- shaved ice

Or use 3 scoops (about ¼ cup) sugar-sweetened soft drink mix, any flavor; omit sugar. combine soft drink mix, sugar and water in nonmetal bowl or container; stir until soft drink mix and sugar are dissolved. Pour over shaved ice. Makes 1 cup syrup.

Note: Recipe may be doubled.

Drain pears, reserving ¼ cup of the syrup. Dice pears and set aside. Dissolve gelatin and salt in boiling water. Add reserved syrup and lemon juice. Pour 1-¼ cups into an 8x4-inch loaf pan or 4-cup mold and chill until set but not firm, about 1 hour.

Meanwhile, soften cheese until creamy. Very slowly blend in remaining gelatin, beating until smooth. Add cinnamon and pears and spoon into pan. Chill until firm, about 4 hours. Unmold. Garnish with crisp salad greens and additional pears, if desired. Makes 6 servings.

Playing helps hospitalized kids

By CATHERINE MACEK
Duke University Medical Center

In the rush to provide high-quality medical care for hospitalized children, their emotional needs sometimes get lost in the shuffle.

Along with the rest of its pediatrics staff, the Department of Pediatric Play Therapy at Duke University Medical Center helps children adjust to a frightening world of white coats and wheelchairs.

"We focus on both the emotional and developmental needs of kids," said Alex Gordon, director of play therapy at Duke. "Not only is play a relaxing diversion, but it is a natural way for children to deal with their anxieties."

Most people assume that play therapy consists of a couple of hours of fun and games that break up a boring day in the hospital. The fun and games are important, but play therapy offers them even more, Gordon points out.

"Children like to get out of their rooms and come to the play room where there are familiar sights and sounds," he said. "Moreover, the play room is a place to make new friends among the other patients on the unit -- people to compare notes with on how the nurses give shots or what happens when you go to X-ray. Sometimes the best support children receive while hospitalized is from other children who are going or have been through the same things."

The Duke Children's Medical and Surgical Center has two play rooms -- one for kids up to four years old and one for five to 12-year-olds -- as well as a lounge for teen-agers. Although everyone is welcome in these colorful oases, no one is allowed to give medical treatments in them.

The play rooms and lounges are staffed by play therapists and volunteers who interact with the

kids and are attentive to subtle behavior changes. The play therapists meet each day to discuss any problems observed during play and help decide which patients may need some special attention.

Nurses, physicians, social workers and others involved in the child's care also are consulted, since they lend much support to kids and their families. After each weekly stint in the play room, the volunteers -- primarily Duke students "who are reliable, motivated and nearby" -- also discuss the children's behavior with a staff member.

The play therapists spend much of their time talking with individual children and

adolescents in their hospital rooms. As part of its job, the staff offers pre-operative teaching and supervised "medical play."

Pre-operative teaching can begin at home. Before children are admitted to Duke for surgery, a book called "Tell Me About My Operation" is available to them to read along with their families. Written and illustrated especially for Duke pediatric patients, the book explains many of the routine hospital procedures, as well as preparations necessary for surgery.

For pre-operative teaching in the hospital, the therapists use a photo album that also portrays Please see page B14

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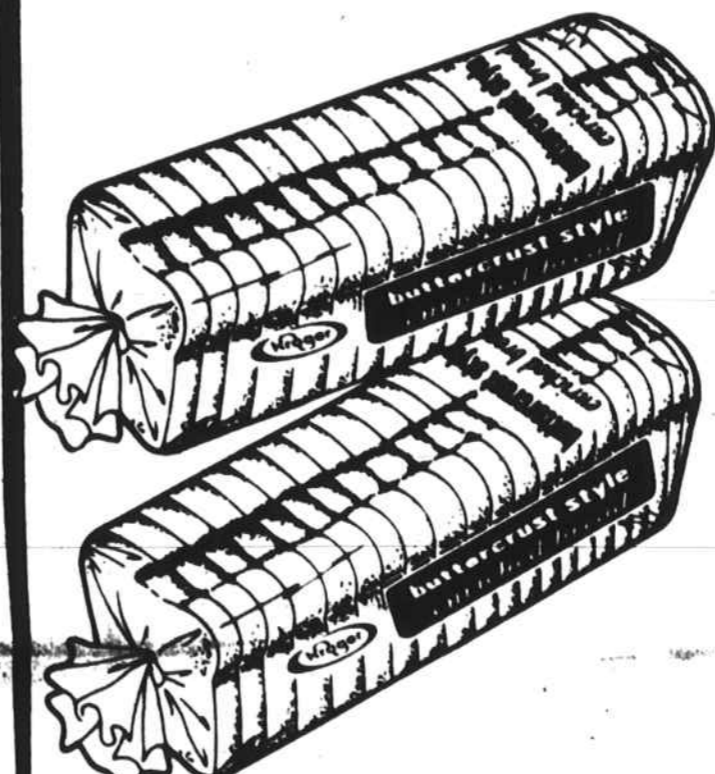
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