

Treat To Eat

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ON A WARM spring afternoon, what will top something cool, smooth and sweet to eat when that last class is over. Find a friend and you both can relax and stop a minute for an ice cream cone, a sundae or soda.

Ice cream, a favorite of all ages, is one of the best snack foods and menu-tempters to be developed in the last 100 years. For it was just 103 years ago when Jacob Fussell, a Baltimore milkman, started mass production of ice cream because he didn't want the cream in his milk wagon to go to waste. Today we have a variety of 200 official flavors, and only the imagination limits the many delightful combinations that can be made with ice cream and other foods.

Flaming Sundae

Today's trend is to serve ice cream in the home in many unusual ways. Two of the newest are the teenagers' favorite, the fire-house sundae, and the flaming butter-crunch ice cream ring. Both unique, they add a party atmosphere whenever they are served. The fire-house sundae is a scoop of ice cream served with sauce and encircled by a ring of flaming sugar cubes. The sugar cubes are dipped in lemon extract and lit just before the sundae is served.

The flaming butter-crunch ice cream ring is well on the way to becoming a family birthday or holiday tradition. A modern version of plum pudding, the ring surrounding the ice cream is made like any chilled crumb crust. One suggested recipe includes chopped corn-flakes, brown sugar, pecans and butter. After being chilled in a ring mold, the butter-crunch ring is placed on a platter and filled with scoops of any flavor of ice cream.

Then the homemaker places drained pineapple slices around the butter-crunch ring and garnishes each slice with a sugar cube dipped in lemon extract. She touches a lighted match to each dipped sugar cube and carries her flaming dessert to the table.

Brown Cow Family

Other favorites in the home are the flavored ice cream-milk drinks that belong to the "Brown Cow family." Call them what you will when you introduce them, suggested names include brown, white, black and purple cows. Make a white cow by combining sieved bananas, cold milk and ice cream. By adding chocolate syrup or chocolate flavored malt drink to the banana before stirring in the milk, you've created a brown cow.

A variation of the butter-crunch ice cream ring, this spring luncheon suggestion uses a jello ring filled with ice cream and surrounded by fresh flowers.

Everyone's familiar with the black cow combination of root beer and vanilla ice cream, but have you ever seen a purple cow? You will when you mix equal parts of milk and grape juice and add a floating scoop of ice cream. The "cows" of your own designing may be as varied and colorful as the rainbow itself. At the next spread, treat the girls in your dorm or house to your favorite "cow."

Make Your Own

For a spring snack, try making your own sodas or sundaes. The boy behind the drug store fountain was the first to experiment with mixing different ice creams and sauces, but today these refreshing treats are served just as often in the home. When making sundaes, you can top ice cream with fruits, syrups, preserves, marshmallow sauces, candy, nuts, coconut and macaroon crumbs. For sodas, ice cream goes well with

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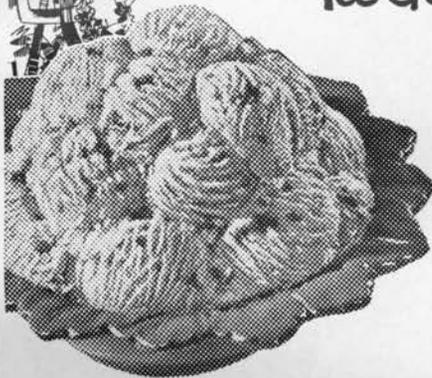
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seven-up, gingerale, root beer, soda water, fruits and syrups.

No one knows whether the sundae was first concocted in Evanston, Ill., in the late 1890's, in Two Rivers, Wis., in 1900 or in Pittsburg, Penn., in 1896. Perhaps the most interesting story is the Evanston version of the town that was nicknamed "Heavenston." The town fathers, resenting the dissipating influence of the soda fountain, passed an ordinance forbidding the sale of ice cream sodas on Sunday.

Soda fountain operators bypassed the law by serving ice cream with syrup, but without soda. This sodaless soda was the Sunday soda and became so popular that orders for "Sundays" crossed the counter every day of the week.

The true versatility of ice cream shows up when we combine it with desserts. What other food could you serve with fruit pies, cakes, cupcakes, cake rolls, cookies, shortcakes, cobblers, meringue shells, tarts, apple Betty and puddings?

Colors of Spring

This cool dessert comes in spring colors, too. There's pink in peppermint and strawberry, green in mint, yellow in butter brickle and banana. Think of the colors you find in the sherbet flavors of grape, lime, orange, lemon and raspberry.

With the increasing popularity of ice cream through the years, dairy men and home economists have been continually experimenting with new flavors and uses for ice cream. Despite the fact that watercress, Japanese green tea and tomato flavored ice creams have all been introduced, the public still enjoys vanilla, chocolate and strawberry. One-half of the ice cream produced today is vanilla, one-sixth chocolate and one-tenth strawberry.

No matter what your favorite flavor, something cool, smooth and sweet is still what you look for in ice cream. You enjoy it as a refreshing between-meal snack and a pleasing dessert to add a party touch to any meal.

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