

# Versatile Ice Cream Can Meet All Occasions

By Mrs. Richard C. Spence

Ice cream, the over, in and under dessert, has as many uses as there are delicious dreams. It also has more food value than most popular desserts.

It is high in milk fat and milk solids. Fruits, nuts and flavoring are often added to make this an even more tantalizing dessert. Most any flavor you can imagine—and a few you probably never thought of—is available.

However, vanilla is still an overwhelming favorite and then you can add your own topping.

If you add egg yolks to frozen custard you have French ice cream; the taste is different and the price is higher. Don't confuse French ice cream with the frozen custard that's sold at roadside snack stands. Most of these soft-serve frozen foods are ice milks.

Ice milks are made the same way as ice creams but contain less total milk solids and more sugar. By the way, ice milks are not a dieter's delight. They contain nearly as many calories as ice cream.

Another frozen dessert high in sugar is sherbet. It has a tart flavor characteristic of whatever fruit and fruit acid is added. Sherbet is a low fat, low milk frozen food, but again calorie content is much the same.

Versatile ice cream is delicious over baked apples or peais, or fruit crisps and fruit pies. It's also a tasty topping for hot gingerbread, spice cake and strawberry shortcake. For a bit of novelty, make a real breakfast treat with ice cream over waffles or on ready-to-eat cereal.

Use ice cream in an ice cream pie with alternate layers of fruit, whipped cream and ice cream. The crust can be plain or, for a fancy party pie, try crushed graham crackers or cookies. Ice cream cake rolls are another tasty 'in' dessert, not to mention ice cream eclairs.

If you want to make your own

ice cream sandwiches, spread softened ice cream between two large oatmeal, molasses, or sugar cookies. Freeze until firm. Serve as refreshments for happy children.

Another easy child-pleaser is ice cream clowns; put a cone upside-down over a scoop of ice cream. Use fruit pieces, raisins or small candies to make the clown's face.

Of course, ice cream can be served under any number of fruit toppings, fresh or frozen. Choose fresh ripe strawberries, raspberries, or bananas and crush. Spoon over a scoop of your favorite ice cream for a delicious sundae. For an elegant parfait, arrange alternating layers of crushed fruit, whipped cream and ice cream in tall slim glasses.

You can add extra spark to ice cream with tempting sauces. Try rolling a scoop of ice cream in salted peanuts and topping with chocolate sauce.

Tasty frozen dairy desserts should be stored properly. If you plan to serve ice cream within one to four hours after you buy it, put the unopened carton directly in the ice cube area of the refrigerator and set for cold est temperature.

For storage up to three weeks, the freezer of your refrigerator will be sufficient. However, always cover ice cream with plastic wrap or foil after you open the box. This protects the ice cream from absorbing refrigerator odors and also prevents a tough, leathery, discolored film caused by evaporation.

Don't allow ice cream to partially melt and reharden. Ice crystals will increase in size which results in a coarse, icy product.

Ice cream can contribute worthwhile amounts of protein, calcium, and riboflavin to help balance summer meals. If you

believe in making every food count, then ice cream is a natural for dessert. And, ice cream will delight every member of your family, serve it often.

If you've never made an ice cream bombe before, now's the time to try your hand at this spectacular, yet easy dessert. A bombe may look elaborate and difficult, but it's simply a matter of spooning two or more flavors of ice cream into a large mold, freezing, then unmolding and garnishing it. It's easy, and the results are exciting!

## CHOCOLATE CHUNCH BOMBE

- 1/4 cup (1/2 stick) butter
- 1/4 cup sugar
- 3/4 cup graham cracker crumbs (10 crackers)
- 1/2 cup flaked coconut
- 1/4 cup chopped, dry roasted peanuts.
- 2 pints vanilla ice cream, softened
- 2 pints chocolate ice cream, softened.

Cream butter until light and fluffy, gradually add sugar, then gradually add crumbs. Blend in coconut and peanuts. Press onto bottom and sides of 7 cup buttered mold. Spread vanilla ice cream as evenly as possible with back of spoon or spatula on crumb layer to make a shell lining about 1-inch thick. Place in freezer to harden ice cream. (If ice cream becomes too soft to work, set mold in freezer to reharden.) Spoon chocolate ice cream into center to fill mold. Freeze. Unmold by dipping into warm water and turn out on chilled plate. Makes 10-12 servings. Serve with chocolate sauce if desired.

While it's a variation of the perennially popular Brownie a la Mode, this sensational fudgy pie is fancy enough to serve at balance summer meals. If you

Chocolate, vanilla and orange make a harmonious combination of flavors, refreshing at any summer meal. Best of all, Fudge Brownie Pie is easy to do, always an important factor in summer meal planning.

## FUDGE BROWNIE PIE

- 1/2 cup (1 stick) butter
- 1 cup sugar
- 2 egg yolks
- 2 squares (1 ounce each) unsweetened chocolate, melted and cooled
- 1 teaspoon vanilla
- 1/2 cup sifted regular all-purpose flour
- 2 egg whites
- 1/2 cup chopped pecans
- 1 pint orange sherbet
- 1 pint vanilla ice cream

In mixing bowl cream butter, gradually add sugar and beat until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Blend in chocolate and vanilla, gradually add flour. Beat egg whites until soft peaks form, gradually fold into batter along with pecans. Spread evenly in a buttered 9-inch pie plate, bake in a preheated 325 degree oven 30-35 minutes. Remove to wire rack to cool completely. Just before serving spoon alternating petals of sherbet and ice cream over pie. Makes 8-10 servings.

1 can (8 1/2 ounces) crushed pineapple, drained

1/2 cup vanilla ice cream

Heat puffed wheat in shallow baking pan in preheated moderate oven (350 degrees) about 10 minutes. Cool. Spoon alternate layers of puffed wheat, pineapple and ice cream into parfait glasses and serve to 2 people.

## MAPLE SNOWBALLS

Four packets instant oatmeal with maple and brown sugar, uncooked

- 1/4 cup butter or margarine, melted
- 1 cup flaked or shredded coconut
- 3 pints vanilla ice cream

Combine oatmeal, butter and coconut. Place in shallow baking pan. Bake in preheated moderate oven (350 degrees) 10 to 12 minutes, stirring occasionally. Cool; toss lightly with fork to form crumbs. Using an ice cream scoop, form four round balls from each pint of ice cream. As each ball is formed, roll it in the crumb mixture and coat evenly. Place on a cookie sheet that has been chilled in the freezer about 10 minutes. Cover with aluminum foil and freeze overnight or until firm. Garnish each snowball with a maraschino cherry. 12 servings.

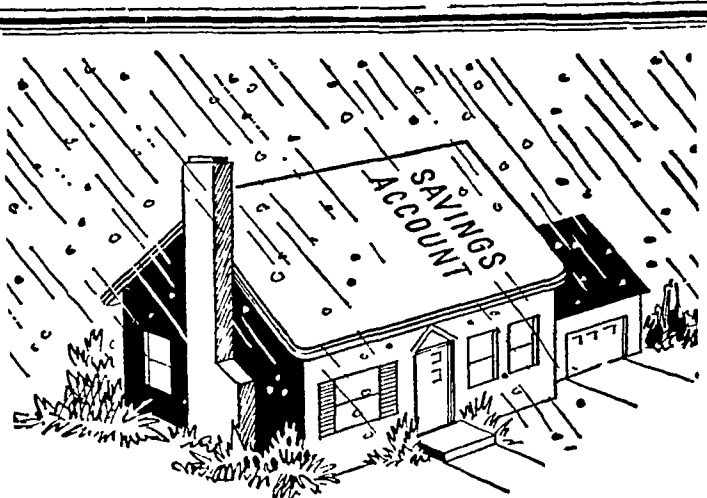
## PINEAPPLE-PUFFED WHEAT

### PARFAITS

1 1/2 cups puffed wheat

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