

A pleasing change can be made by flavoring with chocolate, caramel or any other desired flavor.

ICE-CREAM.

Formerly ice-cream was considered only as a luxury and used very little. More recently its food value has been more fully realized and being a very delicious dish, it has become more popular yearly and is now recommended in cases of sickness by many physicians. It is a very popular dish, it is used the year round, but its use has become more popular in the towns and cities than on the farm, where naturally it might be used the most as it can be made at home at first cost. The cost of equipment is very little, only a small ice cream freezer holding from 4 to 8 quarts, and ice is required, and on nearly all up-to-date farms ice is now stored for summer use.

The cream to be used does not require to be very rich, that containing from 20 to 25 per cent fat giving the best results, and should be from 24 to 48 hours old and kept in a cool place, preferably under 50 degrees.

The ice to be used can be crushed in a bag by pounding.

In freezing, place the can in the tub with fine ice and coarse salt, using about 1 part of salt to 4 or 5 of ice. Get the mixture thoroughly chilled before starting to freeze. A small freezer ought to be done in 10 to 15 minutes. Do not freeze too firm. After freezing is accomplished, draw off the water, remove dasher, put a plug in the hole of cover and with a spoon pack solidly. Re-pack freezer with ice and salt, cover over with a damp cloth and leave until serving time. Ice cream is better if left at least 2 to 4 hours.

Should more than one batch be required, the first batch may be packed in a separate can and the next freezing proceeded with. The following recipes are some of the most popular varieties, the amounts given being for a 4 quart freezer:—

Vanilla Ice Cream, No. 1.

5 pints cream.
1½ cups sugar.
3 tablespoonfuls vanilla, to be varied according to strength.
Mix ingredients and freeze.

Vanilla Ice Cream, No. 2.

1 qt. scalded milk.
1 tablespoon flour.
1½ cups sugar.
1 egg.
1-8 teaspoon salt.
1 qt. cream.
2 tablespoons vanilla.
Mix flour and salt, add egg slightly beaten, and milk gradually.