

Domestic Science Department

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ON THE MAKING OF ICES.

The really hot weather has come to us now, and, naturally, our thoughts turn to ices, iced drinks, etc.; and with very little trouble these luxuries can be had in the home.

I know that you can get a machine for freezing ices at very little cost, as low as \$3.00, perhaps lower in some places; but just now we do not want to spend any unnecessary money, and with very little trouble we may improvise a freezer.

For freezing, it is necessary to have ice and coarse salt, and the proportion is 2 parts ice to 1 part salt. This freezes to the right degree. You must also have some means for the water to drain away when the ice melts, the ice then lasts ever so much longer, and this is very easily managed. Get an old wooden tub or tin bucket, and put drainage holes in the bottom. A red-hot poker is a very easy means of boring holes in a wooden tub. A large 8 or 10 lb. lard pail would do in place of a bucket if you can place a pail about three times as small inside. Put the small bucket inside the large bucket, and under it and round the sides of the small bucket put ice, broken small, and salt shaken over it. Fill your small pail with the mixture you wish to freeze and put the lid on, closing up the space where the lid joins the tin with lard, otherwise the salt and water would get into the mixture. Put more ice and salt on top, throw a couple of sacks over all, place in a cool place and leave for three or four hours or longer, according to the size of the mixture. Remove the ice and salt, take out the small pail and wipe it very well, dip it into cold water if it is not inclined to come out when you turn it upside down, and you have a perfect frozen ice-pudding.

A friend of mine even for large dinner parties always made her ice pudding by this method with great success. The pudding was placed in an ordinary tin for steamed puddings, and when turned out, came out in a nice shape. It saved much labor, as there was no need of turning a handle or watching the pudding coming to the exact freezing point. She had everything timed exactly. She put in the pudding about six hours before dinner; it was a large shape, and when the ice course came on there was no trouble in turning out the pudding, and it was always frozen to the right consistency.

There are, as we all know, hundreds of recipes for ice creams, etc., and many very good ones; but for a beginner, and for a busy housekeeper, I have always found the simplest method to make a rich custard $\frac{1}{2}$ a pint, let it get cold and flavor it with any flavoring liked; then take $\frac{1}{2}$ pint of cream and whip the cream stiffly, add it to the custard and

freeze the mixture. You can make every kind of ice cream in this manner by adding grated chocolate, or ginger, preserved, or strawberries, crushed, or raspberries or other fruits, or by adding jams if you have not the fresh fruit. You change the nature of the ice cream with very little trouble, and you color it accordingly. Thus for strawberry or raspberry ice cream you add a little red coloring, for lemon ice cream a little yellow coloring, for pistachio ice cream you add chopped pistachio nuts and a very little green coloring. You can also make three different kinds of cream out of the one mixture, say strawberry, vanilla, and chocolate, put them in layers in the tin, allowing each kind to set a little before adding the other, or put them all in when liquid, the effect is quite pretty and makes a change.

So much for making ice cream proper. We now come to water ices—a great favorite in very hot weather, and very economical. For water ices you only require water, sugar and fruit juice, and you freeze them in the same way as the cream ices. When filling the moulds for the ice cream, never fill them up to the brim as, as the mixture freezes it expands and you must allow for this expansion; therefore a little over two-thirds full is all that is necessary. Some people add three parts of ice to one of salt. This is optional, and if it freezes the ice satisfactorily, use it, it saves expense in buying salt, though personally I use 2 parts ice to 1 part salt. If too much salt is used the mixture freezes too quickly and the texture is coarse and the ice not as smooth as it should be; this makes quite a difference in the taste of the ice, above all in cream ices, so be very careful at first in having correct measures.

Custard.—In making the custard for the ice cream, make a rich one; use 3 yolks of eggs to $\frac{1}{2}$ pint of milk. Do not use the whites, and be careful in adding sugar; too much sugar makes the ice hard and rocky, and where you are adding sweet jam or very sweet fruit leave out the sugar, it is safer and insures a softer cream. Boil the milk and when off the boil stir in the three yolks beaten, stir carefully to thicken the custard, but do not allow the eggs to curdle if you allow the custard to come to boiling point this occurs, and you must watch very carefully, a few seconds of too much heat spoils a custard. That is why so many people cook custards in a double boiler, but even then you must watch it.

If adding grated chocolate to the custard, always add a flavoring of vanilla; this brings out the flavor of the chocolate, as in the preparation of chocolate vanilla is largely used, and the cream will taste so much better.

(To be continued next month.)

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