

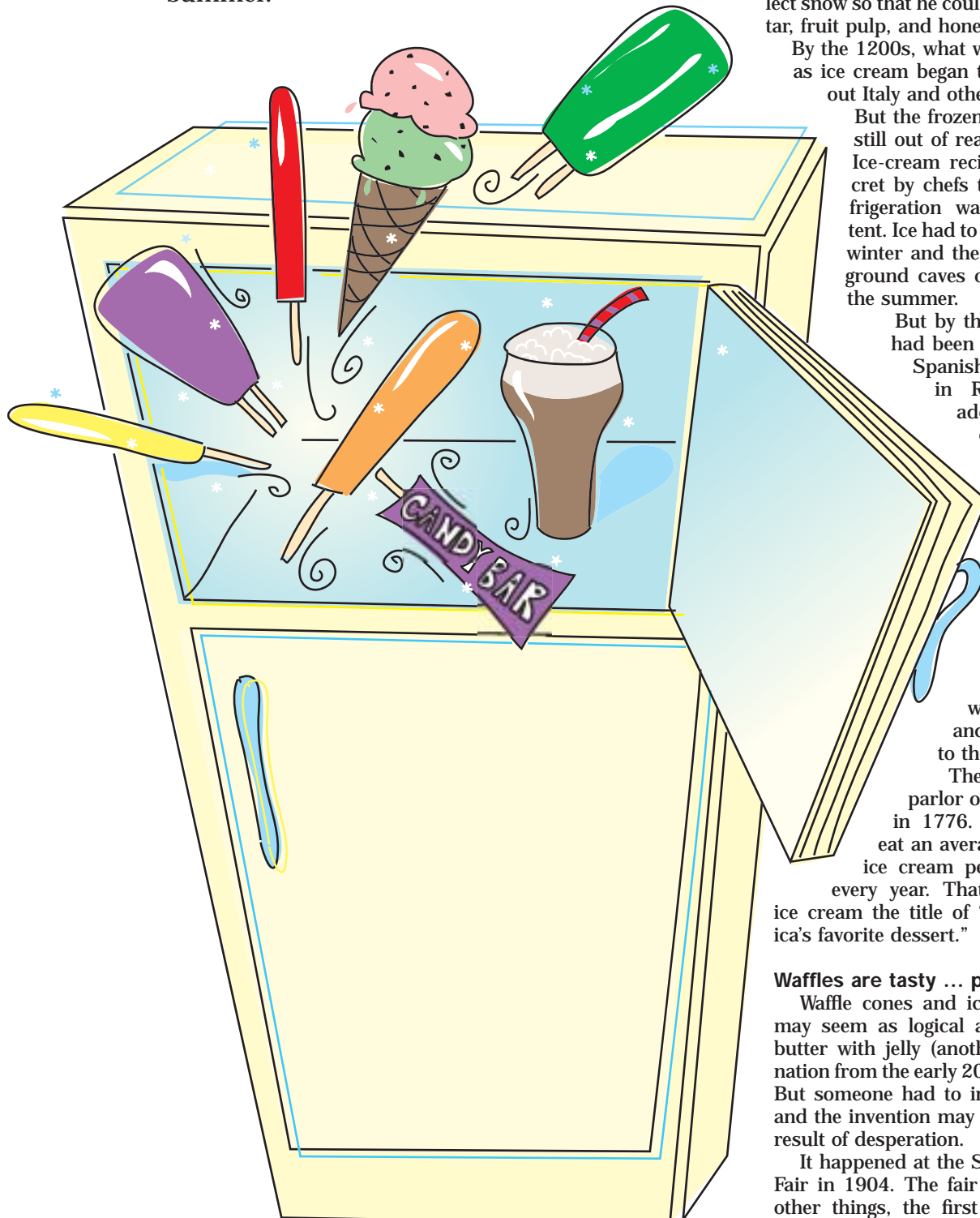
# Cool tales of icy sweets

**kid  
space**

ON A HOT DAY, even a short trip to the fridge can seem too long. But at least you don't have to scale snowy peaks or crawl into underground vaults for a cool treat. That's what people used to have to do.

The history of frosty desserts includes tales of happy substitutions, unintended inventions, and super-successful recipes that are still secret. It's also a history that begins in ancient China where, in many cases, they had it first.

Here are some of those stories – and a few easy recipes, too – to help keep you cool this summer.



ILLUSTRATIONS BY KAREN SCHNEIDER – STAFF

## The scoop on ice cream

About 4,000 years ago, the Chinese are said to have developed the first resemblance of what we now know as ice cream. They had just figured out how to milk farm animals. They were also discovering ways to transport snow from the mountains to make frozen dishes.

The result? A pasty ice milk made from overcooked rice, spices, milk, and snow – packed hard so that it would solidify. Because milk was still so rare, only the nobility could afford it.

Many centuries later, in AD 62, Roman Emperor Nero reportedly sent teams of slaves to the Apennines mountains to collect snow so that he could flavor it with nectar, fruit pulp, and honey.

By the 1200s, what we would recognize as ice cream began to spread throughout Italy and other parts of Europe.

But the frozen phenomenon was still out of reach of commoners. Ice-cream recipes were kept secret by chefs to the wealthy. Refrigeration was nearly nonexistent. Ice had to be harvested in the winter and then stored in underground caves or vaults to use in the summer.

But by the late 1500s there had been a breakthrough. A Spanish physician living in Rome found that adding salt to ice

caused a chemical reaction that made the ice-salt mix very, very cold. Now ice-cream recipes could be frozen much more quickly.

Soon, ice-cream vendors all over Europe were pushing salt-and-ice-cooled carts to the masses.

The first ice-cream parlor opened in New York in 1776. Today, Americans eat an average of 15 quarts of ice cream per person

every year. That gives ice cream the title of "America's favorite dessert."

## Waffles are tasty ... plates

Waffle cones and ice cream may seem as logical as peanut butter with jelly (another combination from the early 20th century). But someone had to invent it first, and the invention may have been the result of desperation.

It happened at the St. Louis World's Fair in 1904. The fair featured, among other things, the first demonstration of electric cooking – including that of waffles.

According to one version of the story



(there are several, though they all take place at the 1904 fair), a teenager named Arnold Fornachou was working at an ice-cream stand. It was a hot day, and he ran out of dishes. What to do? His ice-cream stand was right next to a waffle stand. Ice cream had been served on waffles for centuries. So he bought some waffles, rolled them into cone shapes, and filled

them with ice cream. A sensation was born.

Waffle cones were rolled by hand until 1912, when a machine was invented to do the job. Some 10 years later, one-third of all the ice-cream consumed in the United States was eaten atop cones.

## Pop goes the fruit juice

One year after the waffle cone's invention, an 11-year-old happened upon the Popsicle.

Frank Epperson had left a cup of fruit-flavored punch outside on the porch. The punch, made from water and powder mixed together, still had the stirring stick in it. The next morning, after an especially cold night, Frank found his drink frozen to the stick – and it tasted good! In 1923, Mr. Epperson patented his concoction and called it the "Epsicle ice pop." His children later renamed it the Popsicle.

(Epperson may have gotten a patent, but the ancient Chinese probably beat him to the invention. They were the first to make treats out of fruit juice and snow – about the same time they made "ice cream" out of milk, rice, and snow.)

## They all scream for egg cream

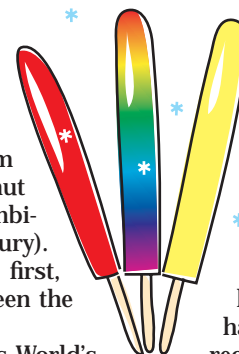
The original recipe for a bubbly drink called an egg cream was a secret. In fact, it's still a secret. But that hasn't stopped people from coming up with their own versions of it. (See recipes on facing page.)

An egg cream, which contains neither eggs nor cream, is like a frothy, chocolate ice-cream soda.

In the 1890s, New York candy-store owner Louis Auster invented the egg cream. The beverage, which he sold at his store in Brooklyn, became quite a hit. A line of customers would snake down the street and around the corner. The store was packed – and so began the tradition of drinking an egg cream while standing up.

In the 1920s, Mr. Auster declined an offer from a national ice-cream chain to buy the rights to his recipe. Hearing his response, an executive from the chain insulted Auster's Jewish ethnicity. Auster vowed to never reveal his recipe.

Today we are told that one person does know Auster's recipe: his grandson. So far, Stanley Auster has only confirmed that the original recipe had neither eggs nor cream in it – and that the origin of the confusing name has been lost.



## Easy recipes to try

### ICE CREAM IN A BAG

- 1/2 cup heavy whipping cream
- 1 tablespoon sugar
- 1/4 teaspoon vanilla
- 2 cups ice cubes (about two large handfuls)
- 6 tablespoons salt (rock salt is best, but table salt is fine)
- 1 sandwich-size, sealable plastic bag (make sure it seals tightly)
- 1 quart-size or larger sealable freezer bag (make sure it seals tightly)
- 1 pair of oven mitts or a dish towel (so your hands don't get too cold)

Pour the cream into the sandwich-size bag. Add the sugar and vanilla extract. Seal the bag, making sure it's tightly closed. (Stop here, if you like, and store the bag in the refrigerator overnight. This will 'cure' the ice cream mix, giving it a richer, fuller taste.)

Place the closed sandwich bag inside the freezer bag. Pour the ice into the freezer bag. Pour the salt into the freezer bag. Now seal the freezer bag – tightly.

Put on your oven mitts; or wrap the dish towel loosely around the freezer bag. Shake, rock, roll, and squeeze the bag for a full five minutes. (Note: The bag will get very cold, between 18 and 20 degrees F.)

Now open the freezer bag, and remove the sandwich bag. Quickly wipe off any salt and water from the outside of the sandwich bag. (The ice will have almost completely melted, so the outside of your bag of ice cream will be wet.) This will keep the salt and water out of your ice cream when you open the bag.

Open the sandwich bag and enjoy! You can eat the ice cream right out of the bag, or spoon it into a bowl.

– From **'We All Scream for Ice Cream! The Scoop on America's Favorite Dessert,'** by Lee Wardlaw (HarperCollins, 2000), used with permission.

### CHOCOLATE EGG CREAM

- 1/4 cup chocolate syrup (Some insist on Fox's U-Bet Chocolate Flavor Syrup, made in Brooklyn.)
- 1/2 to 3/4 cup milk
- Seltzer water (Use a fresh, unopened bottle for the best effect)

No one knows the real recipe for certain, as it's still a secret. But here's one way: Pour the chocolate syrup into a tall glass. Add milk and stir. Add about 1/3 cup of seltzer and stir some more. Now slowly add 2/3 cup more of seltzer while stirring briskly. This will create a head of foam on top, so be careful not to spill. Serve immediately. Serves one. (Add a scoop of vanilla ice cream if you dare.)

### BLACK COW

Some people insist that a genuine 'black cow' can be made only with sassa-parilla (a root beer-like soda) topped with a scoop of vanilla ice cream. Most would agree that root beer is OK, now that sassa-parilla has gone the way of the Old West. For a twist, try putting the ice cream and root beer in a blender and mixing it for a moment or two.

### FROZEN CANDY BARS

Simply insert a clean craft stick on the end of your favorite wrapped candy bar, and freeze! Unwrap and enjoy. It will last longer – and cool you off, too.

### ROCKY ROAD POPS

Mix one package of chocolate pudding according to directions. Add 1/2 cup of miniature marshmallows and 1/4 cup peanuts. Stir. Carefully pour into popsicle molds and freeze. (If you don't have popsicle molds, try pouring the mixture into small paper cups. Put a well-washed wooden craft stick in each cup before putting the cups in the freezer.)

– From Kim Tilley of FrugalMoms.com

### ORANGE-CREAM ICICLES

Mix 1/2 cup frozen orange juice concentrate with 1/2 teaspoon vanilla extract and 2 cups of milk. Fill popsicle molds (or small cups – see recipe above) and freeze.

### PARTY POPSICLES

Use your imagination! Try leftover juice, soda that has gone 'flat,' or chocolate milk to make ice pops. Add ice-cream sprinkles, chocolate chips, miniature marshmallows, nuts, or coconut. You can make them wild colors by adding food coloring. Try making multicolored ones by partially filling molds with one color, freezing them, then adding another color, putting them back in the freezer, and so on.

Between fruit juice; yogurt; Jell-O; and chocolate, vanilla, and pistachio pudding mixes, you can come up with virtually every color in the rainbow.

### CHOCOLATE-COVERED BANANA NUT TREATS

Melt chocolate chips in a double boiler over the stove. (You will need a grown-up's help to do this.) Dip peeled bananas into the chocolate, then roll them in chopped peanuts. Insert a clean craft stick in one end. Place the coated bananas on a cookie sheet covered with wax paper. Freeze. When the bananas are frozen, wrap them individually – and tightly – in aluminum foil.

### RASPBERRY-YOGURT SMOOTHIES

Put one cup (8 oz.) of your favorite yogurt, one cup of orange juice, one fresh or frozen banana, and one cup of frozen raspberries in a blender. Blend, and serve immediately. (Serves two.)

Add more juice or more berries to make the mixture thinner or thicker, as you prefer. Try using chocolate or caramel yogurt (if it's available in your area), milk or soy milk instead of juice, or frozen mixed berries. Frozen mango or pineapple are good, too. You can even pour the mixture in a popsicle mold and freeze it.

Smoothie-sicles, anyone?

– S.S.

## TODAY'S ARTICLE ON CHRISTIAN SCIENCE

Bringing a spiritual perspective to daily life

### Day by day

I LOVE THE MUSICAL "Godspell," written by Stephen Schwartz. One of my favorite songs, "Day by Day," has these lyrics: "Oh, dear Lord/ Three things I pray/ To see thee more clearly/ Love thee more dearly/ Follow thee more nearly/ Day by day."

It still gives me shivers when I hear songs from that wonderful production. But when I first saw it, I didn't have a clue about going to God with my daily problems and asking for help to meet each challenge. I thought God was far away and unapproachable. In fact, I thought all traditional religion was superficial and old-fashioned.

Later, during a difficult time, with a new job and new responsibilities, I watched a television broadcast of that show. The message that people could turn to God for answers to their daily problems, as a friend who loves you unconditionally and helps you find solutions even to the small things in life, was a revelation.

Why would God care about my daily needs? Compared to the bigger picture, they seem so trivial, but added up, they were really getting me down.

Then I remembered a quotation that was on the wall of a church I attended as a child. It was written by the woman who founded the Church of Christ, Scientist, and also founded this newspaper, Mary Baker Eddy. It said, "Divine Love always has met and always will meet every human need" ("Science and Health with Key to the Scriptures," pg. 494). Hey! That must mean *my* needs, I thought. I can turn to God for every need, and because divine Love is what it is – not just what I wish God were – I can trust Him with my problems, big and small. This started me on a new way of facing each day.

Now I don't hesitate to be on a "first-name" basis with God and to allow His loving care to meet every need – not with just the larger, serious needs, but with the day-to-day problems, too.

Here's what the challenges on a day not long ago were about: too many commitments for the time I had. Would I get it all done? Would someone have to suffer because I was busy doing other things? "Help," I prayed, before I even got out of bed. "This is Your day, God. Please direct my path, and I'll try

not to tell You what needs to get done. You are in charge."

There were the unknowns: My car was in the shop. Would they find what was wrong? Would it be expensive to fix? My daughter was to start a new job on Monday. Would she like it? Would they like her? Cars and kids – is there any situation God doesn't govern?

Trust in God meets every unknown. Not blind hope, but a prayer that acknowledges God's authority and doesn't doubt the outcome of each situation to be good. Not as I have decided it should be (car fixed, daughter happy), but as His plan unfolds, I will see that intelligence and care are never lacking in the outcome.

Next, I had to break some bad news to my husband about a money issue. It was tax day, and I learned from our tax preparer that we owed more than we thought we would. My husband was not a happy camper. Stopping to really notice all that we had to be grateful for,

including having the money we needed, prevented our spirits from spiraling downward.

Giving God a plateful of problems and expecting to see how He would help

me meet each challenge reminded me of this passage from Psalms: "Can God furnish a table in the wilderness?" (78:19) Mary Baker Eddy quoted that psalm, and she answered the question: "What cannot God do?" (Science and Health, pg. 135).

The timing of the day worked out like putting a puzzle together. When I was early for one appointment, I spent the time being peaceful and quiet, since I hadn't had as much time to do this earlier as I would have liked. When I pulled up to my house midday, the delivery truck with my tax returns was right behind me, even before I went into the house. Instead of fighting the limitations of time, I had plenty of opportunities, and everything went smoothly.

Unknowns were resolved: The car trouble was found, fixed, and under warranty. I couldn't call my daughter until almost bedtime, but she reported a good experience all around.

Time, unknowables, relationships, money. There isn't anything God cannot do. Day by day I'm learning to turn to Him in all areas of my life.

### Learning that I could turn to God for answers to daily problems started me on a new way to face each day.

## Monitor the world five days a week

- 3-month trial \$59
- 6-month trial \$109
- Check/money order enclosed.  Bill me, please.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Offer available only in the U.S.A.

S02M1

Mail to:  
The Christian Science Monitor  
P.O. Box 98  
Boston MA 02117-0098, U.S.A.

Or call toll-free: Daily Edition Only.  
New Orders Only.

1-800-456-2220

Mon.-Fri. 9 a.m. to 5 p.m. ET.