Ice Cream Sodas At Home

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Food Editor

MORE THAN three centuries ago, a French chef in the household of Charles I of England concocted a frozen dessert. The king was so pleased with this culinary masterpiece he summoned the chef and promised him a yearly pension if he would hold the recipe forever a secret. But whether some one else acquired a more substantial bribe or a gossipy cook couldn't keep a good thing to himself, the secret leaked out.

The first appearance of ice cream in America is recorded in some old letters written in 1700 by a guest of Gov. Bladen of Maryland who said: "Among the Rarities of which it was Compos'd, was some fine Ice Cream which, with the Strawberries and Milk, eat Most Deliciously."

The ice cream soda has become an American institution. It's a soda fountain item easily duplicated at home. First, you need tall glasses, straws, and long-handled spoons to make it fun. To make a soda that is as bubbly and frothy as the best, the ingredients should include well-chilled sparkling water or carbonated beverages of your choice, a variety of flavors and fruits and, of course, plenty of ice cream.

Here are some favorites for you to try:

Black and White Soda
Three tablespoons chocolate sirup, 1 spoonful ice cream, carbonated water, 1 or 2 scoops vanilla ice cream.

Pour sirup into glass, then add a spoonful of ice cream and blend into sirup. Slowly fill glass ¾ full with chilled carbonated beverage, add ice cream. If glass is not full, add more carbonated beverage to fill to the top. Serves one.

Brown Cow
One quart root beer, ½ cup milk, 1 pint chocolate ice cream.

Chill 4 glasses. Pour 2 tablespoons root beer and 1 tablespoon milk into each glass. Blend well and add 2 scoops ice cream. Fill glasses to top with remaining root beer, stir. Garnish with a few chocolate sprinkles, if desired. Serves four.

Strawberry Soda
Two tablespoons frozen strawberries (defrosted), 2 tablespoons ice cream, carbonated water, 1 or 2 scoops strawberry ice cream.

Pour fruit, then ice cream into a chilled glass and stir to mix. Fill glass ¾ full with chilled carbonated beverage, add 1 or 2 scoops ice cream, then more carbonated beverage to fill to the top. Serves one.

Coffee Soda
One and one-half tablespoons instant coffee, ½ cup granulated sugar, 2 cups water, coffee or vanilla ice cream and chilled sparkling water.

Boil together for 5 minutes the instant coffee, sugar and water. Chill. In 4 tall glasses, place 1 or 2 scoops ice cream. Pour on ¼ coffee sirup, fill each glass to top with sparkling water. Serves four.

Peach Frost
Sugar, ½ cup sliced peaches (or use defrosted frozen peaches and omit sugar), vanilla ice cream, ginger ale.

Mash the peaches with a fork and add sugar to taste. Place in 6 chilled glasses and add 1 or 2 scoops ice cream. Fill glasses to top with ginger ale. Serves six.

1. To make an ice cream soda, put sirup or fruit in to a tall glass, then stir in a spoonful of ice cream.

2. Add carbonated beverage until glass is three-quarters full.

3. Float on mixture two scoops of ice cream and more beverage.

4. On your marks, men! Chocolate, cherry, strawberry, pineapple?