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## I'll Take Vanilla

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# I'll Take Vanilla

*Dorothy L. Conquest tells how new flavors in ice cream are developed for the public*

**S**AY "ice cream" to a child of your acquaintance and he'll jump for joy. To him it's a wonderful dessert; to his elders it's also a nutritious food.

In college and factory laboratories, the making of ice cream is being thoroughly investigated to improve the quality and taste. Iowa State College, with its large ice cream laboratories, is a leader in the research field.

"Flavor's the thing" in ice cream, and there is opportunity for almost unlimited expansion in this direction. With natural fruit, nut and new synthetic flavors on the market, the home-maker has her choice of a variety of flavors.

Vanilla holds the all-time record for being the people's choice. The best vanilla flavoring is distilled from the natural bean. Manufacturers do not usually approve the use of synthetic vanilla flavoring.

Chocolate comes second in the list of favorites. It shows, possibly, more variation in flavor than any other kind.

Strawberry ice cream, although formerly ranking very high, has had its popularity somewhat decreased by the appearance of newer flavors. When made from frozen strawberries, it has been found to have a better flavor than that made with the fresh fruit. Explanation of this fact is that frozen fruit is usually vine-ripened while fresh strawberries must of necessity be picked green and are not always of the proper variety for ice cream.

From natural maple sugar comes the sirup used in making maple ice cream. Manufacturers are careful to obtain the later "runs" of sap as that gathered early in the season is mainly sucrose. It contains few of the impurities to which maple sugar owes its characteristic flavor.

So far, the most pleasing mint flavor for ice cream and sherbet is obtained from England where the summers are mild. The American mint has a more harsh flavor due to the hot dry summers. Chocolate chip



*America's favorite dessert is also a favorite for this child. Fruit, nut and new synthetic flavors give a variety of choices*

ice cream combined with mint flavor is a recent favorite.

An unusual taste sensation is found in spicy pumpkin ice cream, made by adding the spiced canned pumpkin to the mix. Candy-flavored ice creams have become popular. Toffee, butter caramel, chocolate nut fudge and pecan praline are included in the confectionary flavors.

Nut flavors have only recently won the approval of the general public. As the field rapidly expands, nut ice cream is becoming one of the major considerations of the Iowa State laboratories. The chief problem of nut ice cream is to have the nut crisp in the mix. This problem has been solved by a roasting process which involves immersing dry-roasted nuts into a bath of hot melted butter.

There are limitations to the kinds of nuts which may be used in ice cream. Experience shows that walnuts, pecans, pistachios, pignolias and Brazils meet the standards of pleasing, distinct flavor, as well as crispness and tenderness. Other nuts, the filbert, cashew, butternut and peanut, do not at present meet the taste standards.

When the Crown Prince and Princess of Denmark

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mastery of technics—all of this is part of the graduate student's job.

Then comes the time for resting. The children gather up their toys or materials, put them away and stop for a glass of fruit juice. The children go upstairs, where each child has his cot for mid-morning rest.

Resting time over, they go down to the playroom for a story or for music. Clean and shining, they are ready to eat.

The noon meals which the children eat are served in the annex dining room. One of the graduate student members of the staff is responsible for the preparation of the food. She has charge of the kitchen and the undergraduate students who come to help with the food preparation.

Using the menus which have been planned by Miss Miriam Lowenberg, assistant professor, she orders the food and makes out daily work-sheets for the students to use. Someone must scrape the carrots, or start the stew; others must mash potatoes or watch the custard.

One of the most appealing scenes in nursery school is the children's dinner time. Watch the concentration with which each child carries his dinner plate to the serving table and brings back his dessert. See the faces after chocolate pudding. Listen to the dinner-table conversation between children and teachers.

Dinner over, another washing and putting on of outdoor clothing and away go the children with a wave of the hand and "Goodbye, see you tomorrow!" Although the nursery school day has finished for the children, there's much more for the graduate student to do. There are records to keep on materials used by the children and the amount of food they consumed.

There is a discussion with the head teacher as to how the morning has gone, and what shall be done tomorrow. Finally off goes the graduate student to a class—psychology for some, dietetics for some, bacteriology for others. For those who are writing theses, to the library or to a conference.

Saturday mornings bring staff meetings when the graduate students meet with other staff members to discuss plans for the department, new courses to be scheduled, speakers for special occasions and special problems of individual children.

Keeping in good physical condition is important to the nursery school teacher. No teacher may stay in school with a cold because of the need for many close contacts with the children.

Some think that the nursery school teacher has need of what might be called the "wholesomely split personality," for she must serve as musician, artist, nurse, psychologist and mother.

## Ice Cream

(Continued from page 3)

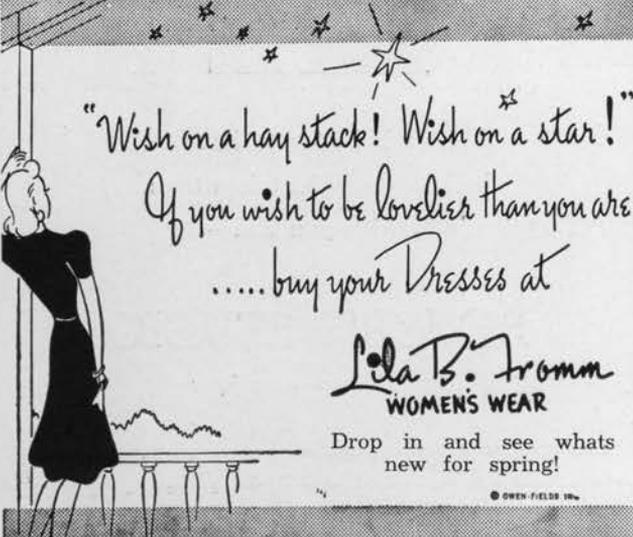
visited Iowa State several years ago, a special "royal flavor" was developed for a luncheon served in their honor. It was golden yellow, butter toasted, almond parfait.

Molded ice cream makes a festive dish for special occasions. Some of the popular molds are roses, foot-balls, turkeys, flowers and fruit. Washington's birthday may find the hatchet form popular, while ice cream hearts are featured for St. Valentine's day.

Ice cream also creates eye-appeal through color. Color is always carefully added, for too much or too little can ruin the product's sales appeal. Alma Mater colors of cardinal and gold were featured in a special

homecoming brick made by the ice cream department. It consisted of strawberry ice cream and golden par-fait.

The process of stenciling colored whipped cream on ice cream as a design, then freezing it to form a permanent pattern, was developed at Iowa State. The stencils are cut in transparent plastic and the whipped cream smoothed over while yet soft. Freezing the product at a low temperature for about 30 seconds results in a finished design.



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