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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A GOOD OLD-FASHIONED ICE CREAM SOCIAL

By Arleen M. Kaptur

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You may have attended an ice cream social at your local church or even in your town meeting hall. Your grandmother may have told you about the ones she went to as a small girl or your parents took you to some when you were young. Now, let your own children, as well as neighbors, friends, and relatives enjoy this form of entertaining.

It is relatively simple to host an ice cream social. Just make sure to serve plenty of smooth, creamy scoops of luscious flavors of ice cream and a table filled with delectable toppings and sprinkles. The best time is on a week-end when there is plenty of opportunity to chat and visit as well as indulge in sinfully rich combinations of made-to-order sundaes. There is always a lot of laughter, fun, and, of course, great eating. You can even add some excitement to your event – tell your guests to dress in the cool colors of summer and to be ready for calorie-rich, taste-tempting delights. You can add several different types of pie, cut into serving slices, and give your guests the opportunity to add a scoop or more of ice cream and "the works" on their selected choice of pie. You then have a Pie and Ice Cream Social.

Vanilla and chocolate ice cream are very basic and should always be served. These are super as bases for exotic, fanciful flights of the imagination when it comes to creating the supreme ice cream delight. Other flavors can be fruity, minty, nutty or a combination of all three.

Set your containers of ice cream in buckets or bowls of ice to keep them frosty cold.

And the toppings – oh, the array is endless. There are prepared toppings that range from hot fudge, strawberry, butterscotch, to pineapple and the full gamut of the fruit world.

Or you can make your own. However you choose, the only limit is what your table can hold.

Then comes the "add ons". These can be fresh fruit, such as strawberries, raspberries, blueberries, apples, apricots, some plain, some soaked in brandy or wine for adults, and in flavorful fruit juice for children. Then add chopped nuts (any and all kinds), colored candy sprinkles, mint or peanut butter chips, mini marshmallows, crumbled cookies, crushed mints, maraschino cherries, chocolate-covered nuts or raisins, crushed candy bars, M&Ms, and crushed malted milk balls. The list is endless and the creations will bring laughter and giggles from everyone.

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Serving tables should be sturdy and have plenty of napkins. Have pitchers of clear, sparkling water, and lemonade. Adding a plate of delicate cookies, as well as waffle-creme filled logs, will give you that old-fashioned flavor.

An ice cream social is an easy way of entertaining, puts your guests at ease and in the mood for fun, and everyone can be messy. Use inexpensive kitchen towels as lap covers – your guests will be very appreciative especially if the temperature are high. Have some lively music, and a few games for the guests. As for the bees that are not invited, keep garbage containers covered and away from the main activity.

Enjoy a great week-end party, splurge on some luscious ice cream creations, and have the time of

your life. Entertain with an old-fashioned ice cream social – it may just become a yearly event.

ENJOY!

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Arleen Kaptur has written numerous articles, cookbooks, how-to books, and the novel: **SEARCHING FOR AUSTIN JAMES** Websites: <http://www.arleenssite.com> <http://www.Arleens-RusticLiving.com> <http://www.webspawner.com/users/rusticliving/http://topica.com/lists/simpleliving>

Best Recipes: Classic Vanilla Milkshake

By Donna Monday

Sometimes plain vanilla is best.

A lot of people will skip over the plain vanilla ice cream or the plain vanilla milkshake in favor of the fancier versions because vanilla just seems so, well . . . plain.

But plain is just fine if you're in the mood for a simple dessert milkshake that hits the right spot. Just think, with plain vanilla you don't have to think about adding anything else except the basic ingredients that everyone has in the cupboard.

Vanilla tastes and smells so good that you can find it's sweet scent used in many perfumes and candles. There's also something comforting about vanilla. Vanilla is like an old friend - you always know it'll be around.

So take a break from those fancier recipes and delight in the simple pleasures of an ice cold, old fashioned vanilla milkshake. It's pure, sweet satisfaction.

Classic Vanilla Milkshake 3 scoops vanilla ice cream 1-1/2 cups milk 1 tablespoon vanilla extract 2 teaspoons sugar

Directions

A GOOD OLD-FASHIONED ICE CREAM SOCIAL

In a blender combine ice cream, milk, vanilla and sugar.

Blend until smooth.

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Donna Monday

Easy to make - fun to drink

Best Recipes: Classic Vanilla Milkshake

Best Recipes: Old Fashioned Chocolate Milkshake

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