

FRUITS USED IN TWO VARIETIES OF ICE CREAM

Bananas or Dates Make Desserts Suitable for Children.

There's something indescribable about the delicious flavor of real home-made ice cream. This delicacy, too, is easy to make with a good recipe.

The children are the ice cream addicts in most families, and for this reason the healthful fruit ice creams especially are recommended. Very popular with the youngsters is banana ice cream—and very good for them, too. In making it, select fruit which is fully ripe, when the yellow peel is flecked with brown and the green has disappeared entirely. At this stage the banana is completely digestible even for young children.

Banana Ice Cream

1/2 cup banana pulp 1/2 cups light cream

1/2 cup sugar

1/2 cup water

1/2 cup sugar

1/2 cup water

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