



WM Barbara Spencer
WP Joe Spencer



March



have an extra scoop



Grab a pencil and piece of paper.
How many words can you make
using the letters in "Ice Cream
Cone" We found 70!



March Birthdays

- 23 Mary Brejot
- 27 Kay Addy
- 27 Conner McCaslin
- 28 Marian Von Heeder



**TMRC Daylight
Chapter #1145**

- Next Stated
meeting - March
25th at 1:30 pm



Ice cream is a frozen dessert typically made from milk or cream that has been flavored with a sweetener, either sugar or an alternative, and a spice, such as cocoa or vanilla, or with fruit, such as strawberries or peaches. Food coloring is sometimes added in addition to stabilizers. The mixture is cooled below the freezing point of water and stirred to incorporate air spaces and prevent detectable ice crystals from forming.

Before the development of modern refrigeration, ice cream was a luxury reserved for special occasions. Making it was quite laborious; ice was cut from lakes and ponds during the winter and stored in holes in the ground, or in wood-frame or brick ice houses, insulated by straw.

Ice cream was made by hand in a large bowl placed inside a tub filled with ice and salt. This is called the pot-freezer method. (More on page 2)

Unscramble these four jumbles, one letter to each square, to form four ordinary words.

ALQUI
□ □ □ □ □ □ □

EMHR
□ □ □ □ □ □ □

THARRE
□ □ □ □ □ □ □

ERAUSS
□ □ □ □ □ □ □



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here A □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □

ICE CREAM FLAVORS

Y W K L C H O C O L A T E N
 B U T T E R P E C A N U A E
 L S W E T Q C R F J P T M O
 B U F S B R O O G H U T A P
 X B R T A F O C C C V I S O
 V L M R N A K K N O A F P L
 V U A A A L I R P F N R I I
 E E Z W N G E O U F I U S T
 Z B J B A G D A J E L T T A
 D E D E V G O D Y E L T A N
 K R K R J L U H Q Z A I C K
 Y R D R W M G T U S X W H R
 X Y P Y U U H L M V A G I I
 B I R T H D A Y C A K E O W

- CHOCOLATE
- VANILLA
- BUTTER PECAN
- COFFEE
- STRAWBERRY
- MANGO
- PISTACHIO
- ROCK ROAD
- TUTTI FRUTTI
- BLUEBERRY
- COCONUT
- COOKIE DOUGH
- BANANA
- NEOPOLITAN
- BIRTHDAY CAKE

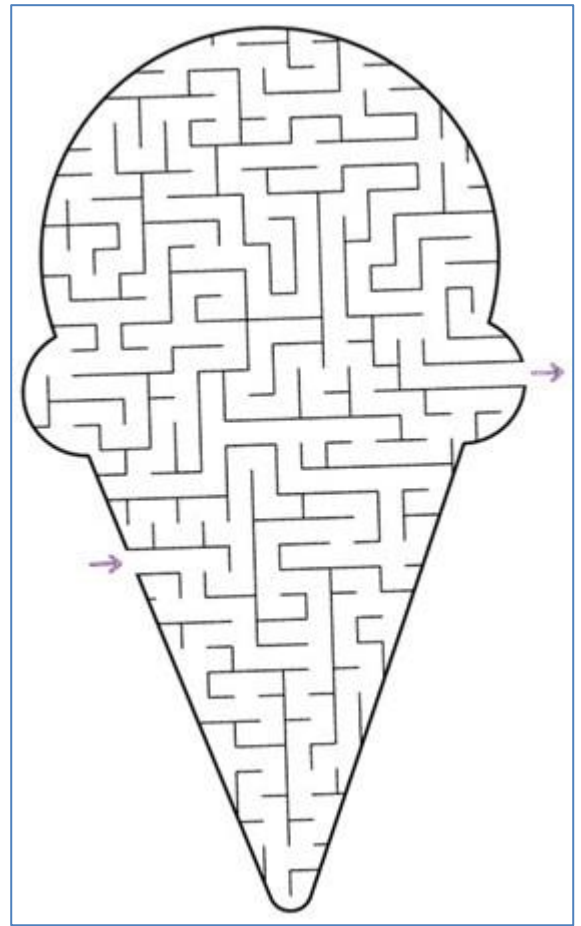


The salt water is cooled by the ice, and the action of the salt on the ice causes it to (partially) melt, absorbing latent heat and bringing the mixture below the freezing point of pure water. The immersed container can also make better thermal contact with the salty water and ice mixture than it could with ice alone. The hand-cranked churn, which also uses ice and salt for cooling, replaced the pot-freezer method. The exact origin of the hand-cranked freezer is unknown, but the first U.S. patent for one was #3254 issued to Nancy Johnson on 9 September 1843. The hand-cranked churn produced smoother ice cream than the pot freezer and did it quicker.

An unusual method of making ice cream was done during World War II by American fighter pilots based in the South Pacific. They attached pairs of 5-US-gallon cans to their aircraft. The cans were fitted with a small propeller, this was spun by the slipstream and drove a stirrer, which agitated the mixture while the intense cold of high altitude froze it. B-17 crews in Europe did something similar on their bombing runs as did others.

In the United Kingdom, 14 million adults buy ice cream as a treat, in a market worth £1.3 billion (2009).

(More on page 3)



FIND 10 DIFFERENCES



LIH HSVM(S)
- Jumble answers: QUAIL, HAREM, RATHER, ASSURE -



March:

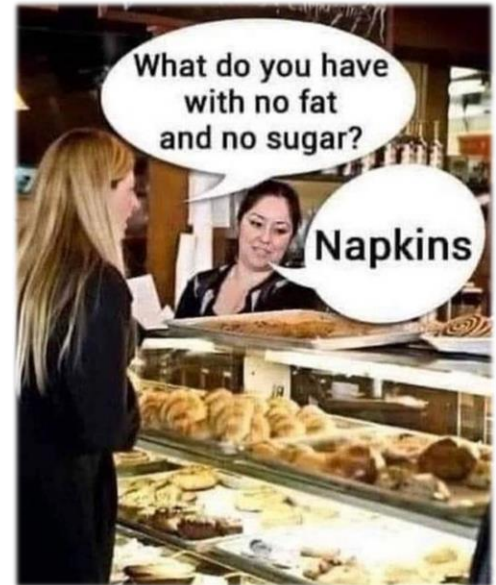
Flower: Daffodil

Birthstone: Aquamarine

Zodiac Signs: Pisces - February 19 -
March 20

Aries - March 21 - April 19)

In the United States, ice cream made with just cream, sugar, and a flavoring. Ice cream that uses eggs to make a custard is sometimes called "French ice cream". American federal labelling standards require ice cream to contain a minimum of 10% milk fat. Americans consume about 6 Gallons of ice cream per person per year—the most in the world. According to the NPD Group, the most popular ice cream flavors in the U.S. are vanilla and chocolate with a combined market share of 40% as of 2008.



Brain Freeze

A cold-stimulus headache, colloquially known as an ice-cream headache or brain freeze, is a form of brief pain or headache commonly associated with consumption (particularly quick consumption) of cold beverages or foods such as ice cream, popsicles, and snow cones. It is caused by a cold substance touching the roof of the mouth and is believed to result from a nerve response causing rapid constriction and swelling of blood vessels, "referring" pain from the roof of the mouth to the head.

Duration = 20 seconds to 2 minutes depending on severity.

Causes - Quick consumption of cold foods and beverages or prolonged oral exposure to cold stimuli

Treatment - Removal of the cold stimulus from the oral cavity and thrusting the tongue towards the tip of the nose or roof of the mouth to relieve pain.

Drinking warm water can also ease pain.



A young girl hastily consuming ice cream, a common cause of cold-stimulus headaches, which are aptly called "brain freezes" or "ice-cream headaches"

