







# Heat Waves and Cool Treats

BY PASCALE DUGUAY

Jess flopped down on the front porch swing, her bangs sticking to her forehead. “Gosh it’s super hot today, and summer vacation just started.”

Her two friends, Zoe and Misha, sprawled in a heap on either side of her.

“It’s too hot to do anything,” complained Misha. “Well, except for swimming.”

Zoe groaned. “My dad said the public pool will be closed for at least another week. I wish they would hurry up with the repairs!”

Jess gazed lazily around her. It seemed as if her neighbors were just as affected by the heat as Jess and her friends. The Doskas, the older couple next door, sat on their wicker chairs fanning themselves with folded newspapers. Mrs. Davis across the street was trying to interest her two young boys

in blowing bubbles, but they kept wailing and tossing their bubble wands to the ground.

“This is really boring. There must be something we can do,” Jess said.

“How about if we go for some ice cream?” suggested Zoe.

Misha shook her head. “It’s too far. We’ll melt before we get there and turn into a giant puddle!”

Jess giggled at that, pushing with her feet to get the swing moving. But ice cream would sure be good right now. She straightened suddenly jerking the swing to a stop. “I know! We can make our own!”



Misha and Zoe perked up. “We can?” Zoe asked.

“My teacher showed us how to make ice cream a couple of weeks ago during class. We just need the recipe, and I know exactly where I put it!” Jess smiled, jumping to her feet and running into the house. She soon came back waving around

a sheet of paper. “Here it is!”

Misha and Zoe squealed with joy as Jess plopped back down on the swing. The girls huddled close so they could read the recipe together. They went over it a couple of times to make sure they understood all the steps properly.

## Fun Ice Cream

### WHAT YOU NEED:

- ½ cup milk
- 3 tablespoons sugar
- ¼ teaspoon vanilla
- 1 glass measuring cup or other sturdy container
- 1 sandwich plastic bag
- 1 large freezer bag
- 2 twist ties
- 8 tablespoons salt
- 4 cups ice cubes
- 1 towel
- 1 or 2 friends (optional)

### WHAT TO DO:

- 1) Open the sandwich bag and place it to stand inside the glass measuring cup.
- 2) Put milk, sugar and vanilla in the sandwich bag. Close bag tightly with a twist tie.
- 3) Put the ice and salt in the large freezer bag.
- 4) Place the small bag inside the large one. Close the large bag tightly with the second twist tie.
- 5) Put the bag on a towel and wrap the towel around the bag.
- 6) Shake the bundle for 6 to 8 minutes. This is where a friend comes in handy. Pass the bundle to your friend when your arms get tired!
- 7) Open the freezer bag and take out the sandwich bag. Before removing the twist tie on the sandwich bag, quickly rinse the top and opening of the bag in cold water to get rid of the salt so it doesn't fall into the ice cream.
- 8) Grab a spoon and eat your fun ice cream straight out of the bag!

### VARIATIONS:

If you'd like to create different ice cream flavors, add the following to the milk, sugar and vanilla:  
To make chocolate ice cream, add a teaspoon of cocoa powder.  
To make fruity ice cream, add a tablespoon of pureed fruit or jam.





“My teacher showed us how to make ice cream a couple of weeks ago during class. We just need the recipe, and I know exactly where I put it!” Jess smiled.

Once the girls finished reading the recipe, they ran inside and went straight to the kitchen. With the help of Jess’ mom, they gathered all the ingredients they would need to make their first batch of vanilla ice cream. While Jess added the milk, sugar and vanilla into the small sandwich bag,

Misha added the salt and ice cubes into the large freezer bag. Then, Zoe placed the sandwich bag inside the freezer bag and started shaking. It was fun for a few minutes — until her hand started to feel chilly!

The girls realized they’d forgotten a few steps. So Zoe carefully tied the sandwich



bag and the freezer bag and wrapped them with a towel. "All better!" she smiled, starting to shake again.

Jess' mom put on some music and they all danced about the kitchen as they took turns shaking the bundle. After 8 minutes had passed, Zoe peeled back the towel. She opened the freezer bag and gently poked the sandwich bag. "It worked! The milk turned solid!"

continue to mix up more fun flavors. Strawberry jelly, blueberry jam, mashed bananas, caramel spread and more ... the freezer soon filled up.

"I think we're out of ice cubes," Jess said.

Zoe let out a sigh of relief. "I think I'm all shook up. That ice cream making really wore me out! Time to eat!"

Jess' mom and the girls settled around the kitchen table to enjoy their cold treats. By

First, they went next door and gave Mr. and Mrs. Doskas each a bag before crossing the street to share the last few bags with Mrs. Davis and her two boys.

Jess carefully but quickly washed the top of the sandwich bag with cold water to get rid of the salt. Then each girl grabbed a spoon and dug in.

"Mmmmm, that's really good!" exclaimed Misha. "Let's try another flavor!"

The girls chose to make chocolate ice cream this time and were soon dancing and shaking their ice cream around the kitchen again. But instead of tasting it after it was ready, they decided to put the sandwich bag inside the freezer and

the time they all had their fill, they still had seven bags of ice cream left over.

"You girls did great!" Jess' mom declared. "But I don't think your ice cream will keep if you leave it in the freezer for too long. It'll probably harden into milky ice lumps."

Jess thought for a moment. "I know who could use some ice cream!"

The girls grabbed the remaining bags of ice cream and headed outside. First, they went next door and gave Mr. and Mrs. Doskas each a bag before crossing the street to





share the last few bags with Mrs. Davis and her two boys.

“That was so much fun!” Jess said as they all flopped back down onto the front porch swing in much better moods than they were before. “Do you think it will be another hot day tomorrow?”

“I hope so!” Misha and Zoe exclaimed at the same time.

The Doskas gave them the thumbs up and the Davis family waved cheerfully at

them as they ate their ice cream.

Jess smiled and waved back at her neighbors. “We better go make sure we have more ice cubes ready!” **gw**

## ABOUT THE AUTHOR



Pascale Duguay lives in Quebec, Canada. She loves cool treats on hot summer days and has a special fondness for chocolate chip ice cream.