

Milk

FOR THE WHOLE FAMILY

"Increasing the proportion of milk in the diet should add to the length of life". - Dr. H. C. Sherman

WHY USE MILK ?

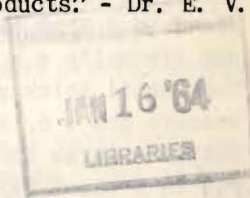
Recent research has shown the average diet is lacking in calcium. Milk is the best calcium food to supply this need if you use daily: 1 quart of whole milk for each child and mother
3/4 quart of whole milk for each adult.

There is no waste in milk as every drop can be used and the cost is very low in proportion to it's food value. However, milk is one of the best food investments at any price. About 1/3 to 1/5 of the food money should be spent for milk and it's products if it is not produced for home use on the farm.

"The people who have achieved, who have become large, strong, vigorous people, who have reduced their infant mortality who have the best trades in the world, who have an appreciation of art, literature, and music, who are progressive in science and in every activity of the human intellect, are the people who have used liberal amounts of milk and it's products." - Dr. E. V. McCollum, Johns Hopkins University

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Compiled By:
Ruth M. Dawson
Extension Nutritionist



EXTENSION SERVICE
NORTH DAKOTA AGRICULTURAL COLLEGE AND U.S. DEPARTMENT OF
AGRICULTURE COOPERATING
E. J. Haslerud, Director Fargo, North Dakota
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MILK THE BUILDER

One quart of milk or 4 glasses will supply approximately the following percentages of the daily requirements of man for:



<u>MINERALS</u>	Calcium	100%
	Phosphorus	61%
	Iron	5%
<u>VITAMINS</u>	Riboflavin	93%
	Vitamin A	31%
	Thiamin	23%
	Vitamin C	17%
	Niacin	7%
	Vitamin B ₁₂	40%
<u>FATS and</u>		
<u>SUGARS</u>		22%
<u>PROTEINS</u>		49%

KIDNEY BEAN RAREBIT

2 tbsp. butter	1/8 tsp. pepper
1/4 c. minced onion	1 c. milk
2 tbsp. flour	1-1/2 c. grated American Cheese
1 tsp. salt	2 c. cooked kidney beans

Melt butter in saucepan; add onion and cook over low heat until tender. Blend in flour and seasonings. Gradually add milk and cook until thick and smooth, stirring constantly. Fold in cheese, and stir until melted. Add beans and serve on toast. Serves 6.

LUNCH: Kidney bean rarebit on toast, raw vegetable relishes, stewed prunes, milk. - From National Dairy Council -

SCALLOPED POTATOES - DRIED BEEF

Peel and slice thin 1 qt. Potatoes
 Melt 2 tbsp. butter
 Lightly brown 2 tbsp. minced onion
 1/4 lb. dried beef
 Blend in 2 tbsp flour
 Add gradually 4 c. milk
 Cook until thick and smooth, stirring constantly.
 Measure out 1 c. soda cracker crumbs
 Butter a large casserole.
 Put in a thick layer of potatoes
 Sprinkle with pepper.
 Alternate layers of creamed dried beef and cracker crumbs, ending with crumbs. Bake in moderate oven (350° F.) for 1 hour.
 Serves 6.

BUTTERSCOTCH NUT BREAD

(2 loaves)

2 eggs, well beaten	1 tsp. soda
2 c. light brown sugar	2-1/2 tsp. baking powder
2 c. sour milk	1/2 tsp. salt
4 c. flour	1 c. walnut meats
3 tbsp. butter	

Beat eggs, add sugar, then milk and melted butter, and rest of ingredients. Place in loaf pans and bake in moderate 350° oven 45 to 50 minutes.

ALL - BRAN BANANA MUFFINS

2 tbsp. shortening	1 c. flour
1/4 c. sugar	1/2 tsp. soda
1 egg well beaten	1/2 tsp. salt
1 c. sour milk	1 tsp. baking powder
1 c. All-Bran	1/2 c. mashed bananas

Cream shortening and sugar; add egg, milk and All-Bran and let stand while measuring remainder of ingredients. Sift flour with soda, salt and baking powder. Mash bananas with fork and add to sifted dry ingredients. Add to first mixture and stir only until flour disappears. Bake in greased muffin tins in a moderate oven (400°F) for 20-25 minutes.

Yield: 16 small, or 8 large muffins. (Sugar may be decreased if less sweet muffins are desired).

SPOON BREAD

Scald 1 c. milk
Add 1 c. Cornmeal
Cook over boiling water to consistency of mush.
Add 1-1/2 tsp. baking soda
1-1/2 tsp. salt
4 beaten eggs
Stir in 3 c. milk
2 tbsp. drippings, which have been melted in heavy iron skillet.
Pour batter into piping hot skillet.
Bake in moderate oven (350°F) for 40 minutes.
Spoon out, serve immediately with gravy or butter.
Serves 8.

CHEESE FONDUE

2 cups milk, scalded	1/4 tsp. dry mustard
2 cups coarse bread crumbs	1 tsp. Worcestershire sauce
1-1/2 cups grated cheese (6 oz.)	1 tbsp. butter
1 tsp. salt	4 eggs, separated

Scald milk and add all ingredients except eggs; add slowly to beaten egg yolks. Beat whites until stiff and fold into mixture. Pour into 6 custard cups. Bake in moderate oven, 325^oF., for 50 min. Serves 6

Variations: Place a mixture of cooked corn, tomatoes, and onions or peas, carrots, and celery in casserole, cover with fondue mixture, bake. Serve cheese fondue topped with tomato sauce or a creamed vegetable.

Use 1/2 the recipe and pour into a grease ring mold lined with greased wax paper. Bake in slow oven as above. Invert on serving platter, remove paper. Fill center with creamed shrimp, lobster, tuna, salmon or chicken. Garnish outer ring with buttered peas.

LUNCH OR DINNER: Cheese fondue, buttered peas, cabbage and carrot salad, bread and butter, applesauce cake, milk. - From National Dairy Council -

REFRIGERATOR CHEESE PIE

Soften 2 envelopes gelatin in 1/2 c. cold water

Combine 2 beaten egg yolks

1/2 c. sugar

1/2 c. milk

1 tsp. salt

Cook over boiling water, until thick and smooth, stirring constantly.

Stir in gelatin. Chill until thick.

Beat smooth 2 c. cottage cheese

1 tsp. grated lemon rind

2 tbsp. lemon juice

1 tsp. vanilla

Blend into custard mixture.

Fold in 2 beaten egg whites

1 c. whipped cream

Pour into crumb crust.

Chill 3 hours.

Serves 8 to 10

WHIPPED CREAM CAKE

1/2 pt. whipped cream (sweet)	2 tsp. baking powder
2 eggs	1/4 tsp. salt
1 cup sugar	1 tsp. flavoring
1-1/2 cups cake flour	

Beat cream until light and fluffy then add 1 egg at a time and continue beating. When thick, add sugar gradually, beating while adding. Add flavoring. Sift flour, baking powder and salt together and carefully beat into mixture. Pour into oiled layer cake pans and bake in moderate oven, 350^oF. about 30 minutes.

Sour cream may be used in place of sweet cream. If so, omit the baking powder and add 1/2 tsp. baking soda.

FRUIT MILK SHERBET

2 cup milk and	2 egg whites
2 cup thin cream or 4 c. milk	Juice of 2 lemons and 2 oranges and pulp of 2
2 cup sugar	bananas

Mix all ingredients except egg whites. Freeze partially. Add well-beaten egg whites and freeze.

PRUNE CUSTARD

4 eggs, slightly beaten	2 c. milk, scalded
1/4 c. sugar	1 c. cooked prunes, chopped
1/4 tsp. salt	

Combine eggs, sugar, and salt. Add milk, mix well. Add prunes sweetened to taste. Pour into buttered molds. Set in pan of warm water. Bake in a moderate oven (350^o F.) 45 to 55 minutes. Serves 8.

- America's Dairyland -

MILK DRINKS

NAME	MILK (cold)	OTHER INGREDIENT	SWEETENING	FLAVORING
Egg Nog	3/4 c.	1 egg	1 T. sugar	1/4 tsp. vanilla or 1/4 c. orange juice.
Prune Nog	2/3 c.	1/3 c. prune juice-1 egg	1 T. sugar	1/8 tsp. orange juice.
Banana-Pine- apple Nog	1 c.	1 ripe mashed banana-1 egg		2 tbsp. pineapple juice
Ginger Ale Egg Nog *	3 c.	3 c. ginger ale 6 yolks-6 whites (beaten)	6 tbsp. sugar	
Banana Milk Fluff **	2 c.	2/3 c. mashed bananas-3 T. Orange juice	3 T. Honey	1/8 tsp almond
Buttermilk Fruit Shake	4 c.	Juice 1 lemon Juice 2 oranges	Sugar to taste	
Tomato Buttermilk Pick-up	2 c. Butter- milk	2 c. Tomato juice		
Prune Milk Shake	3 c.	1 c. vanilla 1 c. prune juice		
Prune Honey Flip	1-1/2 c.	1/2 c. prune juice	1 tsp. honey	1/8 tsp. cinnamon
Honey Milk	1 c.		2 tbsp. honey	1/8 tsp. almond
Molasses Shake	2 c.		1 tbsp. mo- lasses	
Orange Quench	3/4 c.	1/4 c. orange juice	1 tsp. sugar	
Chocolate Mint Flip***	1 c. hot 1 c. cold	1/2 c. cocoa malt-1 c. vanilla ice cream.		1 tsp. vanilla 1/4 tsp. pepper- mint extract
Fresh Banana Frost	2-1/4 c.	3 mashed bananas 1/2 pt. ice cream		
Tomato Flip	2/3 c. chill	1/3 c. tomato juice chill		
Spiced Milk	1 c.		1 tsp. sugar	1/8 tsp. cinnamon 1/8 tsp. nutmeg
Apricot Nog	1 c.	3/4 c. apricot nectar 1 egg	1 tbsp sugar	1/8 tsp. orange juice
Maple Shake	1 c.		2 tbsp. maple sugar	1/8 tsp. almond

Beat with egg beater to mix. Dash of salt improved flavor. Chill.

* Fold in egg whites last.

** Serve with whipped cream and a dash of nutmeg.

*** Mix malt with hot milk..add other ingredients and chill.