

(Continued from page nine)
added to one part of water instead of the usual one-to-one proportion.

Now for some ways to use milk in your daily diet. One way is to use.

MILK IN SOUPS—Milk soups can be made with a variety of vegetables, used singly or in combinations. For example: Asparagus, beans, cauliflower, celery, corn, onions, peas, potatoes, spinach, tomatoes, turnips Chowders made with oysters or other fish, ham, or chicken or turkey are additional possibilities.

FRANKFURTER AND POTATO SOUP

2 cups diced potatoes
1 small onion, sliced
1½ cups boiling water
2 frankfurters, cut in ¼-inch slices
1¼ teaspoons salt
Pepper
2 cups milk
2 tablespoons chopped parsley
Cook potatoes and onion in boiling water until soft Put through a ricer or mash slightly Add frankfurters, seasonings, and milk to potato mixture Heat thoroughly, add parsley, and serve Makes four servings with one-half cup per serving

CORN CHOWDER

3 ounces diced salt pork
3 tablespoons chopped onion
1¼ cups diced potato
1 cup water
¾ cup cream-style corn
3½ cups hot milk
½ teaspoon salt
Place the salt pork in a heated fry pan and cook until crisp and brown Remove the crisp pieces of pork and reserve for later use Lightly brown onion in pork fat Add onion and fat to potato and water Cook for 10 minutes Add corn and cook 10 minutes. Stir the milk and salt into vegetable mixture. Add the crisp pieces of pork and heat mixture before serving Makes six servings. Over ½ cup serving.

MILK IN MAIN DISHES—One-dish meal recipes include many opportunities to use milk in main dishes So do most casserole dishes,

including cheese custard and cheese fondue. In meat or fish loaves, milk can well be used as the liquid. Made with a white sauce, many creamed dishes get one-fourth cup milk or more per serving into a meal; such dishes include creamed chicken, eggs, and dried beef.

SCALLOPED HAM WITH NOODLES

2 tablespoons cooking fat or oil
3 tablespoons flour
Salt to taste
3 cups hot milk
2 cups cooked noodles
3 cups ground cooked ham
½ cup dry breadcrumbs
Heat the fat or oil, blend in flour and salt, gradually add milk and cook until thickened, stirring constantly Make alternate layers of noodles and meat in a shallow baking dish, pour on the sauce, sprinkle breadcrumbs over the top Bake at 375 degrees about 20 minutes Makes six servings with one-half cup milk per serving For variety, use cooked beef in place of ham, or use macaroni in place of noodles

MACARONI TOPPING

One of the most favored casseroles of all times is the ever-popular Macaroni and Cheese Try this topping for a change — Combine one-fourth cup of buttered enriched bread crumbs and two tablespoons of parmesan cheese Or, mix one fourth cup of enriched bread crumbs with one tablespoon of melted butter or margarine, two tablespoons of

Milk Calorie Chart

	Quantity	Calories
Fresh fluid whole milk	1 cup	165
Fresh fluid skim milk	1 cup	85
Buttermilk	1 cup	85
Half-and-half	1 cup	330
Chocolate-flavored milk drink	1 cup	185
Malted milk beverage	1 cup	280
Evaporated milk, diluted with equal water	1 cup	175
Nonfat dry milk	¼ cup	110
Ice Cream	½ cup	150
Milk sherbert	½ cup	120
Cheddar cheese	1 ounce	115
Cottage cheese, not creamed	½ cup	110

finely-chopped parsley, one-eighth teaspoon of crumbled basil, one-eighth teaspoon of crumbled oregano, and a dash of pepper.

WHIPPING DRY MILK

Isn't it a shame that so many dessert recipes call for folding in one cup of whipped cream? A recipe looks good, we read it, but when we get to the part about the cream we sigh, shake our heads, and decide "not for me" Most of us just can't afford those extra calories That's one of our problems

Another problem for many people is drinking enough milk and getting others in our families to drink enough — especially teenagers.

How about helping to solve both problems with one dessert? You can whip dry milk and use it in place of the whipped cream.

Whipped milk tastes better in a flavorful dessert such as choc-

olate, peppermint, or butterscotch. This helps mask the milk flavor, which is not as delicate as the whipped-cream flavor Milk desserts will seem a little less rich and filling than those made with cream

The fluffy, whipped topping pictured above (made from nonfat dry milk) gives new glamor to dessert gingerbread It could be used to dress up cake pie, or pudding.

WHIPPED TOPPING MADE FROM NONFAT DRY MILK

½ cup water
1 tablespoon lemon juice
½ cup nonfat dry milk
2 tablespoons sugar
¼ teaspoon vanilla
Put water and lemon juice in a bowl and add nonfat dry milk. Beat with a rotary beater until stiff. Beat in sugar and vanilla. Chill and use as you would whipped cream Makes about 2½ cups of topping.

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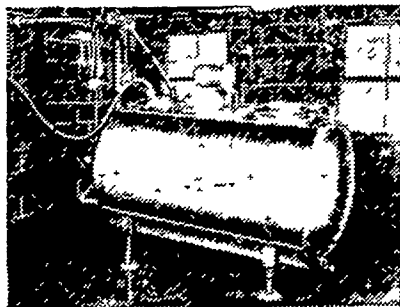
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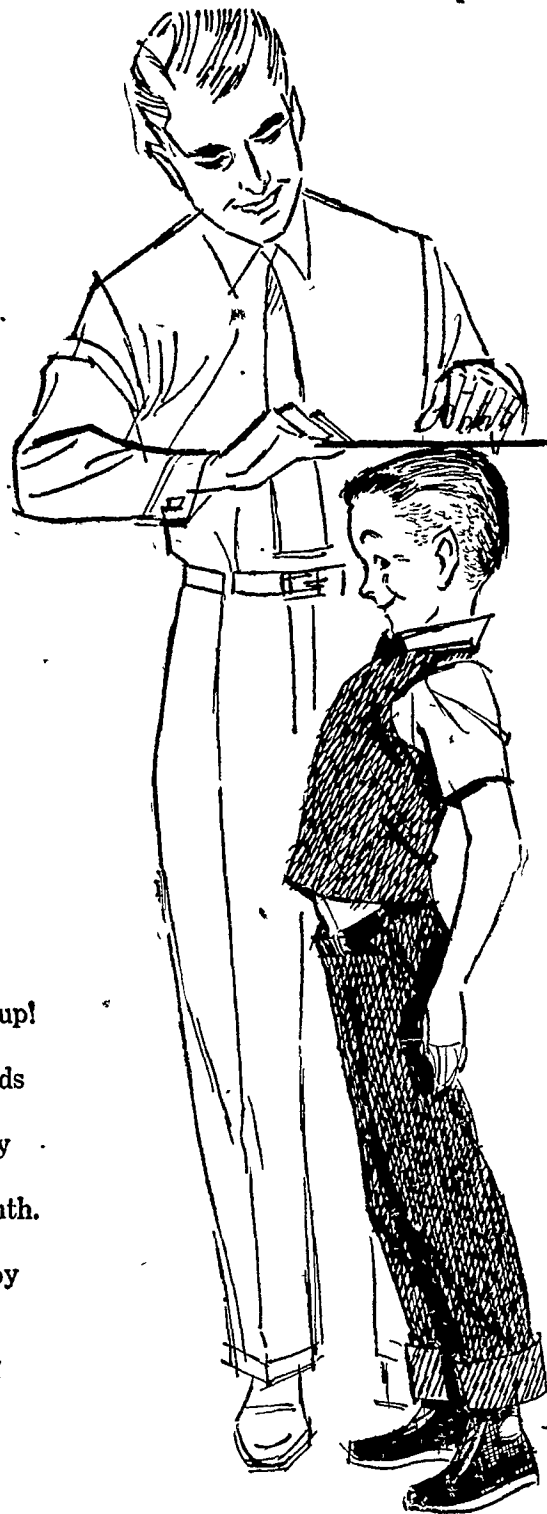
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