

**For the Farm Wife and Family**  
**June Dairy Month Is Good Time To Plan More Meals Using Milk**



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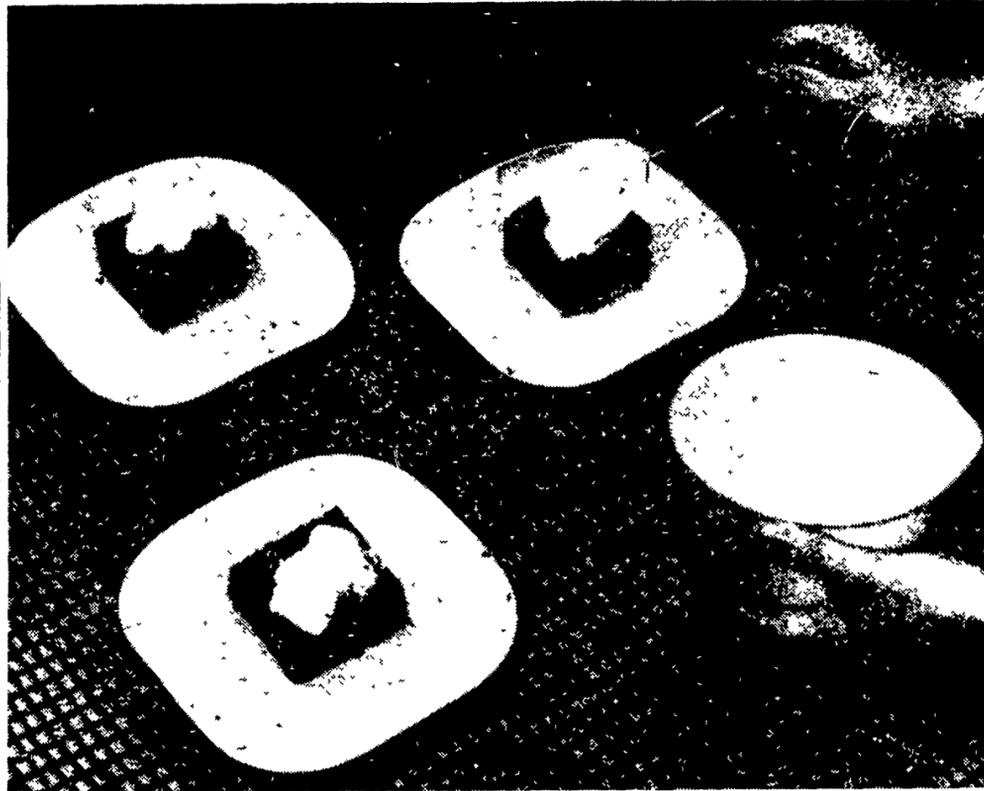
June is Dairy Month so today we are going to give you some facts about milk and so recipes using milk which will help give your family some of the daily requirements of this complete food. Milk is one of the best foods you can get. It contains many vitamins and minerals, also fats, sugars, and high-quality proteins.

**HOW MUCH MILK** is enough? —Nutritionists consider calcium needs chiefly when they figure the amounts of milk to include in daily foods for good nutrition. From infancy all the way through the teens, it takes large amounts of calcium to keep up with the growing boy's calcium needs. Prospective mothers need a great deal of milk for calcium. Other adults can get along with less, but not with so little as they often think.

Here are the amounts recommended by nutritionists for use daily.

**Children:** three to four cups  
**Teen-ages:** four or more cups  
**Adults, all ages:** two or more cups

**Expectant mothers:** four or



**MANY A TRICK** can be done with nonfat dry milk—skim milk that has been dried to a powder—and it has the added advantage of being easy to store. This fluffy,

whipped topping (made from nonfat dry milk) give new glamor to dessert ginger bread here. It could be used to dress up cake, pie or pudding. (USDA Photo)

more cups  
**Nursing mothers:** six or more cups  
 Milk products, such as cheese and ice cream, and prepared dishes made with milk can provide some of this quota. So can skim milk or buttermilk, especially for prospective mothers, nursing mothers, or others for whom weight control may be a problem.

Following are some alternates for one cup of milk:  
 One and one-half ounces of Cheddar cheese  
 Fifteen ounces of cream cheese  
 Eleven ounces of cottage cheese (use more if creamed)  
 One and two-third cups of ice cream

Three cups of milk sherbert  
**MILK IN THE DIETER'S DIET**  
 Milk is relied on as a basic food in up-to-date diets for either losing or gaining weight. When reducing weight is the goal, milk pays its way by contributing generous amounts of protein, calcium, and other needed nutrients, along with a very moderate number of calories. For the calories in one four-inch wedge of pie, you can have a pint of whole or almost a quart of skim milk.

If you're keeping down calories, remember that when you choose skim milk (fluid or dry) or buttermilk, you get all of the many nutrients in whole milk, except fat and vitamin A. Research has shown that an individual gets along best during slimming when more protein than usual is in the diet. It's an added reason for including a good deal of milk, particularly skim milk or buttermilk, in reducing diets.

**GIVE MILK GOOD HOME CARE**  
 At doorstep or kitchen, milk comes into the homemaker's care. Without proper handling, the milk her family uses may lose quality — in cleanliness, flavor, and food value.

To keep fresh milk at its best, follow the rule of three C's and a D. Keep milk Clean, Cold, Covered, and Dark. Milk holds both food value and flavor best when kept cold. Stored near the freezing unit, milk can be expected to keep good quality and flavor for three or four days, perhaps a little longer.

When milk in clean-glass containers stands in a sunny window or unprotected on a doorstep, it loses riboflavin, and may develop a "sunlight" off-flavor — all in as brief a time as half an hour. When using milk, keep it out of the refrigerator just long enough to pour the amount wanted for immediate use.

Don't mix new milk with old, unless for immediate use. Bacteria that cause stale flavor increase in stored milk, even in pasteurized milk in good storage

conditions.  
**THERE'S MANY A WAY** to get milk into meals — Many people find milk refreshing and never tire of drinking it plain. However, cooked foods and other prepared foods offer many additional ways to get milk into daily food,

always with much added nutritive value and often with extra dividends in flavor.

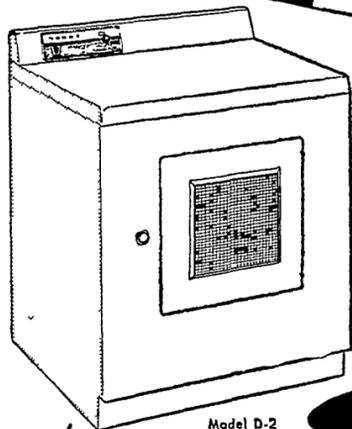
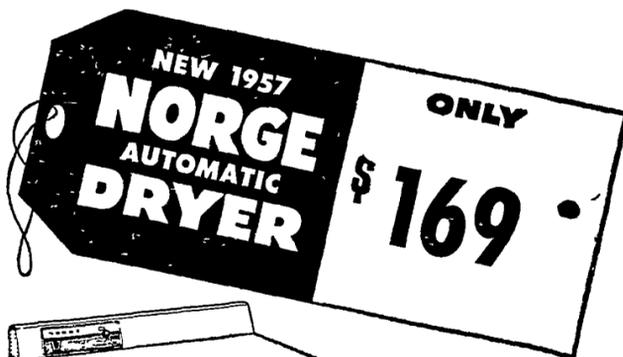
For more milk at breakfast, for example, pour hot milk over poached eggs on toast. Use milk

(Continued on page 9)

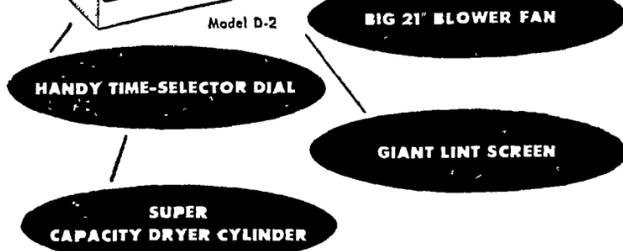
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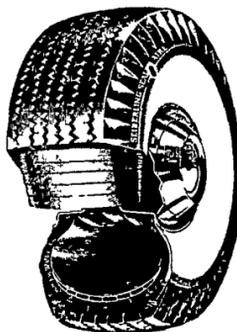
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