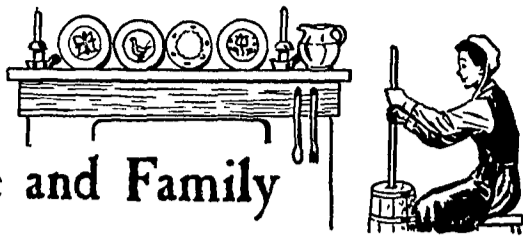


## For the Farm Wife and Family



### June, Dairy Month, Is the Time To Try Out New Dishes Using Milk

June, the traditional dairy month, is here again. So today we have some recipes using milk and some of the by-products of milk.

There's many a way to get milk into meals. Most people find milk a very refreshing beverage, so get their daily milk quota by drinking it plain. However, in cooking or other food preparation, there are many ways to get milk into the daily fare, thus adding dividends in nutritive value and often flavor as well. For more milk at breakfast, you can pour hot milk over poached eggs on toast. Use milk instead of water when cooking cereals, following directions usually given on the cereal package.

Step up milk value in many foods containing fluid milk by adding dry milk. Try this when preparing soups, mashed potatoes, cereals, and other cooked foods. If you add four tablespoons of dry milk to each cup of fluid milk, you make the dish about twice as rich in milk value as when you use fluid milk alone.

Puddings and pie fillings made with evaporated milk will offer more milk value if two or more parts evaporated milk are added to one part of water instead of the usual one to one proportion. Cream soups, creamed or scalloped main dishes, custards and other milk puddings also help build up milk in meals.

Rennet-custard, made with whole fresh milk in a matter of minutes, is an easy way to give your family a truly wholesome dessert. Anybody from the baby to Grandma can eat this custard!

#### RENNET-CUSTARD PLAIN 'N FANCY

- 1 package raspberry rennet powder
- 2 cups milk (not canned)
- 4 1/2 inch strips marble cake
- Whipped cream
- Nuts

Set out two custard cups and two sherbet glasses. Put two strips of marble cake in each sherbet glass. Warm milk slowly, stirring constantly, until lukewarm. Test a drop on the inside of your wrist frequently. When milk feels just comfortably warm, not hot, remove from heat. Stir in entire contents of package of raspberry rennet powder. Mix until powder is dissolved—not over one minute. Pour carefully, while still liquid, into dessert dishes. Do not disturb while milk sets—about 10 minutes. Chill. Just before serving, garnish the fancy rennet-custards with whipped cream and nuts.

Here's the ideal salad for that buffet supper you're planning during June, traditional Dairy Month. It's easy to prepare, delightful to see and delicious to eat—a combination of canned



THREE LANCASTER women are shown here inspecting some of the dishes prepared during the cooking contest at the Poultry Assn. barbeque at Lititz Saturday.

They are, left to right, Mrs. R. B. Groff, 446 Poplar St., Mrs. Florence Kiphorn, 243 East Chestnut St., and Mrs. L. C. Keys, 316 South Christian St. (LF Photo)

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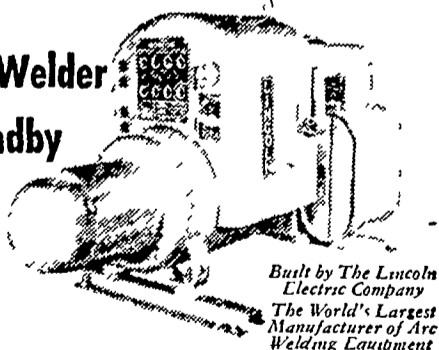
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pears and cottage cheese.

You've undoubtedly eaten many pear and cottage cheese salads. You've also probably served pear gelatin salad, and cottage cheese gelatin salad. This pretty dish combines pears, cottage cheese and gelatin, and for good measure includes a bit of sunny crushed pineapple and some parky maraschino cherries. The result is a nutritious, attractive salad which will be a favorite with both men and women. Incidentally, if you belong to a crowd whose members are inveterate calorie counters, this is an excellent luncheon salad to serve them.

Canned bartlett pears and cottage cheese have long been favorite foods with busy homemakers, for they are both wonderful alone, served together, or in combination with many other foods. Low in calories, high in nutrition, and with the delicate flavor and creamy texture that combines well with strong flavors and colors, it is no surprise to find these two high on the list of favorites for year 'round service.

In fact, pears are a natural to serve with all the foods featured during Dairy Month. A refreshing sundae of canned bartlett pear halves topped with scoops of rich ice cream and your favorite topping is always a hit with young and old, milk desserts such as custard with pear halves, or a quick packaged pudding served warm over cold canned pear halves will be a boon to harried homemakers. Broiled pear halves with brown sugar—sour cream topping is only one way of using this dairy product with the versatile pear.

So whether you're a busy mother, a busy hostess, or a young bride just getting the hang of cooking, you'll find canned pears the first step to many a quick, easy and appetizing dish during Dairy Month and all the months to follow.

#### PEARADISE SUCCESS SALAD

- 6 to 8 canned bartlett pear halves
- 1 package lime gelatin
- 1 1/4 cups hot water
- 2 tablespoons lemon juice
- 1/2 cup crushed pineapple undrained
- 1 cup cottage cheese
- 3 or 4 maraschino cherries
- Salad greens

Dissolve gelatin in hot water, blend in lemon juice. Cool. Pour a thin layer (about one-third cup) into a round 8-inch cake pan which has been lightly oil-

ed, allow to set. Cool remaining gelatin until syrupy. Drain pears and blot dry with paper towels. Arrange pear halves, cut side down, on layer of gelatin. Fold crushed pineapple and cheese into remaining gelatin in bowl. Pour over pear halves and chill until firm. Unmold upside down and serve on salad greens. Garnish each pear center with half maraschino cherry.

Just a half dozen ingredients are all you need to make a delicious asserole dish—the type of casserole that's not only easy

to prepare but sure to be a success, too. It's a tasty combination of potatoes and dairy products.

This delectable Dairy Dream Long White Potato Casserole is a complete protein main dish in itself and needs only a salad, bread and butter, beverage and dessert to complete the menu. It's ideal for a family luncheon or dinner for an informal guest patio buffet supper party also. Serve it for instance, with a big tossed vegetable salad, piping hot cornbread sticks with butter,

(Continued on page nine)



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