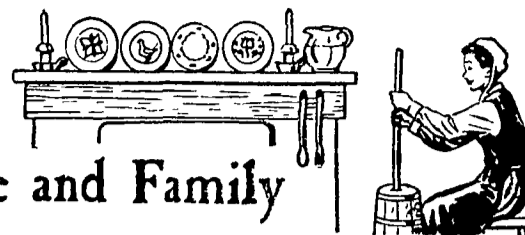


MILK IN SOME form, such as whole fresh milk, skim milk, ice cream or cheese, should be a part of the diet every day, according to nutrition experts. June Dairy

Month is a good time to get into the habit of making sure your family gets all the milk it needs (USDA Photo)

For the Farm Wife and Family



(Continued from page six)
ated drink
1 or 2 scoops Raspberry ice cream

Make as directed above.
PEACH CREAM SODA
¼ cup crushed, sweetened ripe, frozen or canned peaches
¼ cup light cream or 1 tablespoon ice cream

Scoop Vanilla ice cream
Carbonated water
Stir gently and serve

PLUM SODA
3 tablespoons plum syrup (from canned plums)
2 teaspoons light cream or ice cream

Carbonated water
1 or 2 scoops of Vanilla ice cream

Pour fruit syrup, then light cream or ice cream into glass and stir to mix. Fill glass three-fourth full with chilled carbonated water, add ice cream, then more carbonated water to fill to the top.

STRAWBERRY SODA
2 tablespoons frozen strawber-

ries (defrosted)
2 tablespoons ice cream or light cream

Carbonated water, cream soda or Kola-type beverage

1 or 2 scoops Strawberry ice cream

Make as directed above.

ORANGE FROSTED
1 cup orange juice, fresh, fresh frozen or canned

2 scoops Vanilla ice cream
Blend orange juice and ice cream with egg beater, electric beater, malted milk machine or blender until ice cream is dissolved and serve.

(Continued on page eight)

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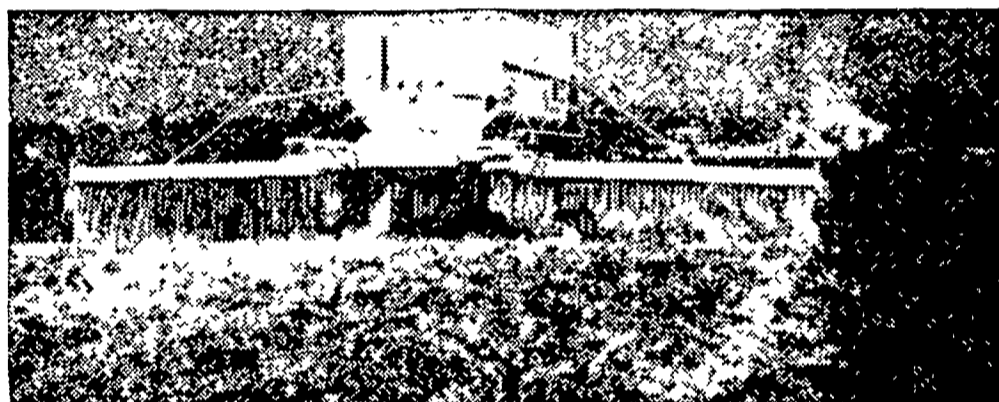


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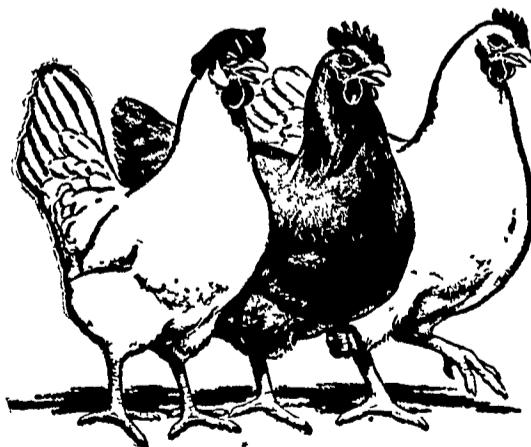
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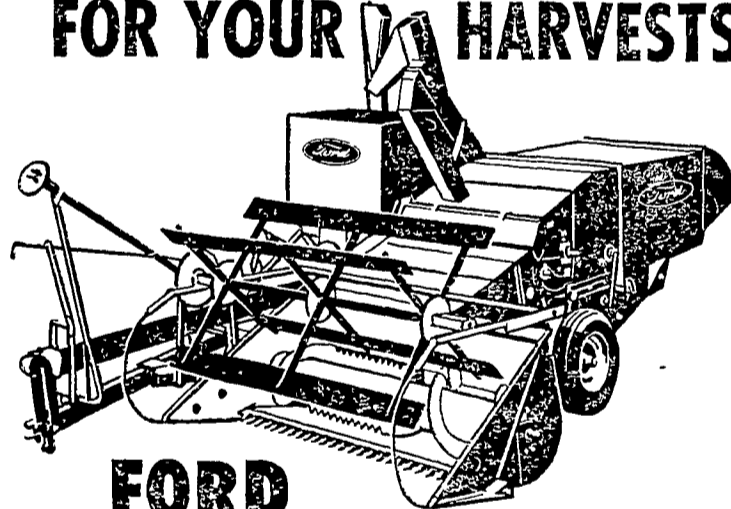
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