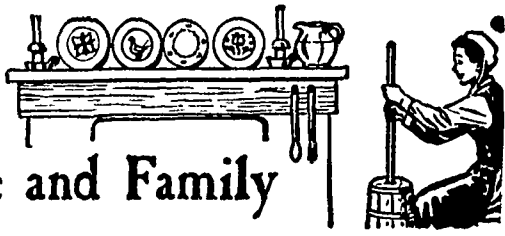


## For the Farm Wife and Family



### Instant Nonfat Dry Milk

by Mrs. Richard C. Spence

After World War II phenomenal developments were made in the processing of nonfat dry milk and in 1954 instant nonfat dry milk became nationally available to the consumer. It is much more soluble, making it easy to use. Always an economical buy, nonfat dry milk is low in calories but high in body building proteins, minerals and vitamins necessary for good health. It is a product of our time—one of the convenience foods.

There are many ways to use nonfat dry milk. Each manufacturer of instant nonfat dry milk suggests the amounts to get the best results. Follow package directions, when measured by spoon, cup or similar measures. Use dry relinquished as indicated on the package. Keep it on the kitchen shelf and try it for cooking, baking, whipping and as a beverage. Since nonfat dry milk has only half the number of calories as whole milk it is welcomed by dieters and it contributes many of the good milk nutrients needed each day.

At the present, instant nonfat dry milk is marketed mainly in small packages for home and institutional use because of the marked advantage of having a product with good dispersibility.

**STORING** — It keeps in a cool dry place along with staple items.

**FOR BAKING** — It combines with either dry ingredients or liquids when preparing quick breads, cookies, brownies, etc. It makes baked goods brown attractively.

**FOR COOKING** — Mix it into dishes not requiring milk, to increase nutritive value. Add to casseroles and chowders already rich in milk to enhance nutritive value. Combine with meat in loaves patties, etc, to seal in flavorful juices. Blend it with meat stocks, bouillons or cooking liquors instead of water to make savory sauces, gravies or creamed mashed vegetables.

**FOR WHIPPING** — It can be whipped into stiff peaks. Add it to an equal part of water, fresh or frozen fruit juices or canned fruit syrups. It will also whip and increase in volume when sprinkled on a partially set gelatin mixture or beaten with egg whites and water in recipes where both are to be whipped.

**FOR WEIGHT WATCHING** — Cut calories in the following type recipes: Mousse salads, fruit chiffons, salad dressings, sherbets, dessert toppings, puddings.

And now for some recipes  
**BAKING POWDER BISCUITS**  
2 cups flour

4 teaspoons baking powder  
1 teaspoon salt  
1/3 cup instant nonfat dry milk  
1/4 cup (1/2 stick) butter  
3/4 cup water  
Sift together flour, baking powder and salt. Mix in nonfat dry milk. Cut in butter until mixture is mealy. Stir in water. Knead lightly on slightly floured board. Roll out 1/2 inch thick. Cut with a 2-inch cutter and place on cookie sheet. Bake 10-12 minutes in a 450 degree oven. Makes 16 biscuits

**BISCUIT VARIATIONS**  
**CHILI-CHEESE** — Top each with 1 teaspoon grated Parmesan cheese and a dash of chili powder before baking.

**CINNAMON** — Dot each with butter, then, sprinkle cinnamon-sugar on top before baking.

**SESAME-CHEESE** — Top each with 2 teaspoons shredded Cheddar cheese and 1/8 teaspoon sesame seeds before baking.

#### APRICOT NUT BREAD

1 cup dried apricots  
2 oranges  
Liquid to measure 1 1/4 cups  
2 tablespoons butter  
1 cup sugar  
1 egg  
3/8 cup instant nonfat dry milk  
3 cups sifted flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
3/4 cup chopped walnuts  
Cover apricots with water and cook until tender; drain,

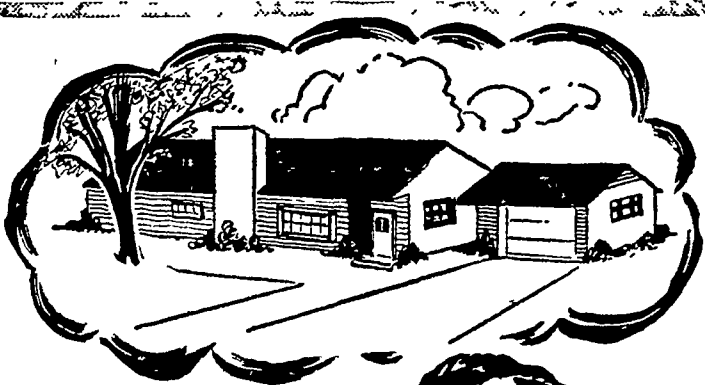
reserving liquid, and chop chopped nuts last. Turn into Grate orange rind to measure 1 tablespoon. Squeeze oranges, add apricot liquid and enough water to measure 1 1/4 cups. Cream butter and sugar. Add egg and orange rind; mix well. Stir nonfat dry milk into liquid. Sift dry ingredients together and add alternately with liquid. Fold in apricots and buttered loaf pan, 9x5x3-in. and bake one hour in a 350 degree oven, or until center tests for doneness. Remove from pan and cool on wire rack.

**HAM & POTATO CHOWDER**  
1/4 cup (1/2 stick) butter  
1/2 cup minced onion

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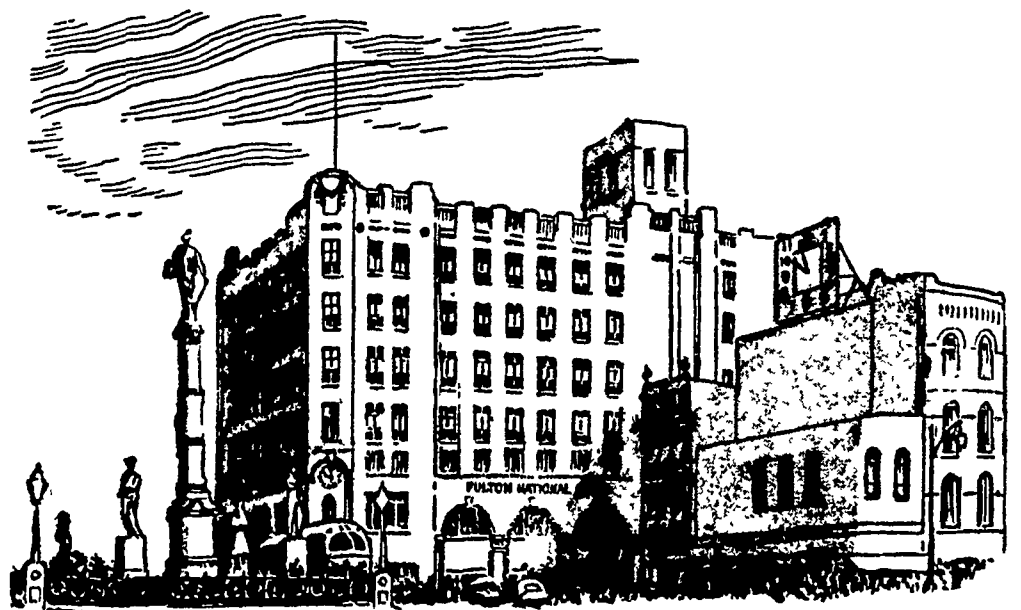


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