10-Lancaster Farming, Saturday, June 3, 1961

### **Best Food Buys** Dairy Foods Are Featured

graduations, weddings, pic- for that is when milk pronics and parties, vacations, duction reaches the high Father's Day, and of course, point for the year. Efforts June is Dairy Month. June of the dairy industry to pro-

June is the month for is well named Dairy Month



WHERE THE POLICY COVERS: Farm premises and outbuildings

WHAT THE POLICY COVERS: Farming operations including roadside stands; use of farm implements and machinery, including tractors.

WHO THE POLICY COVERS: You, your wife, relatives of either and children

mote increased use of milk Now is the time to enjoy fat is distributed and dairy products in June dairy foods in full measure. throughout the milk are well founded because it's Lean heavily on them for prevents the formation the time for consumers to June menu needs. They'll make the best possible use assure the family of a needof milk and dairy products, ed quota of nutrients essenobserves Tom Piper, Penn tial to good health. When except the butterfat and State Extension Marketing you are tired a glass of milk associated fat soluble will pep you up; before bed-mins "A" and "D"

There is and will be plenty of milk-both whole and speciality milks for dieters and others. Foodshoppers may select from different types of cream, ice crpowders among others.

time, a glass of milk will milk products contain help you relax. Pasturizing one-half as many calmilk insures its safety; pre- and usually costs less serve its quality by keeping whole it in the refrigerator.

Many different kinds of eam, butter, domestic and milk are available. Homogeforeign type cheeses and nized milk is treated mechwhole or flavored dry milk anically to break up the fat globules so that the butter-

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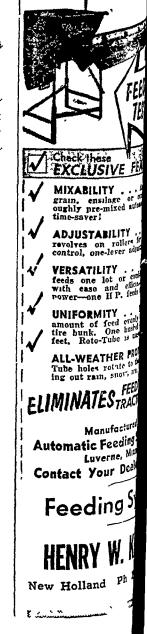
cream layer on top milk contains all the value found in whole milk. Evap milk is milk that been heated at 12 grees in vacuum pans half the water is rea then it is homogenized ed, canned and sten When an equal amou water is added to eva ed milk, it is very to whole milk. These but a few of the man tious dairy products in ful supply now.

Broiler-fryers, tuike forequarter cuts of b main on the list of meat buys. Egg prices a seasonal low, making item a very source of protein

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