



Fresh as all outdoors, dairy foods add ease, convenience and flavor to summer meals. Their time-saving ways leave homemakers more time to enjoy the season's activities — and their appeal makes for good eating for the whole family.

Dairy Foods Help Homemaker Keep Her Cool

The living is easy in summer time for the smart homemaker who uses her refrigerator for "cooking"

The first order of business is stocking the refrigerator. The first stop, the grocer's dairy case — full of the dairy foods that are so tasty "as is"—and so compatible with other good things to eat

Because they're always ready to serve, dairy foods cover a multitude of summertime eating situations deliciously, nutritiously — and with (happy thought) a minimum of effort from the cook.

For instance, when friends

drop by unexpectedly, a selection of cheeses from the refrigerator, a few minutes in the kitchen and there's a snack tray. Hot, thirsty youngsters, ready for a "play break"? Mugs of cool milk all around!

For family dinners or patio entertaining, a help-yourself assortment of crisp vegetables or in-season fruits arranged around cottage cheese is easy on the chef and delightful for the diners.

For dressing green salads, try an easy "custom-made" dressing — sour cream, thinned with a bit of lemon juice and herbed to complement the menu.

When it comes to dessert, is there a quicker, surer-to-please choice for any occasion than ice cream? Or a more effortless way to add flavor to all kinds of foods than butter?

No doubt about it, dairy foods help keep families well-fed — and give homemakers more time to enjoy "the good old summertime."

Here are more ideas to keep tucked under your sunbonnet for a summer full of easy, excellent eating:

● **TINY CUBES OF CHEESE**, such as Swiss, Gouda, Cheddar, Brick or Blue added to a tossed green salad make a flavorful surprise note for an ordinary everyday food.

● **FRESHLY SHREDDED CHEDDAR** cheese is a wonderful topping for fruit salad . . . sprinkle it over cooked green vegetables . . . or use it to top hamburgers prepared on your outdoor grill.

● **ICE CREAM IS EASIER** to scoop or slice if moved from freezer to refrigerator to soften. Allow about 20 minutes for a half-gallon, 10 minutes for a pint for scooping; half this for slicing. When using a half-gallon, spoon ice cream from center to side of carton. To measure

ice cream packed in half-gallons for recipes, remember a half-gallon cut in half makes 2 quarts, a half-gallon cut in fourths makes 4 pints.

● **BUTTER GIVES FLAVOR** and moistness to a sandwich, and help keep the filling from soaking into the bread. That's especially important to remember, Mom, when you're all headed for a picnic.

● **WHAT'S BETTER** than a broiled steak? A buttery broiled steak! Real whipped butter makes it taste better! Especially if you add a seasoning of the butter . . . like chopped chives . . . or crumbled Blue cheese . . . or garlic salt . . . or even chili powder! But be sure to make it up ahead of time to give the flavors a chance to blend.

● **HERE'S A SIMPLE WAY** to make deviled eggs. Add $\frac{1}{4}$ cup crumbled Blue cheese, $\frac{1}{4}$ cup dairy sour cream and $\frac{1}{2}$

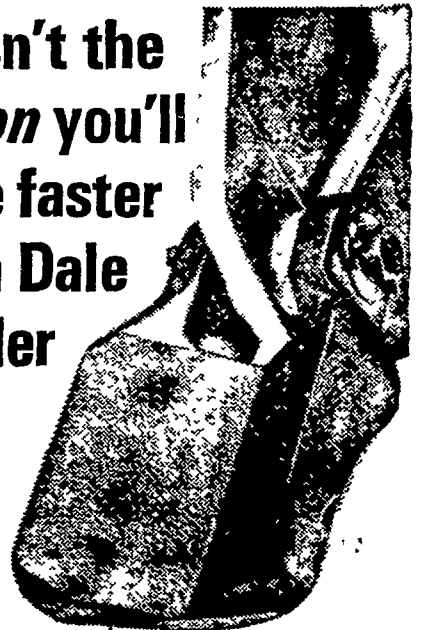
teaspoon vinegar to the yolks of six hard cooked eggs.

● **PROPER SELECTION OF FOOD** is of prime importance for a clear complexion, shining hair and healthy teeth. And for the teenage girl who's counting calories, as so many wisely are these days, milk is a bargain in terms of calories, because they're not empty calories. An 8 ounce glass of homogenized milk which contains 147 calories also provides important amounts of protein, calcium, riboflavin and vitamin A.

● **FOR A LEMON COOLER** that will be refreshing to the most sophisticated taste, try this idea. In a large mixing bowl while beating 1 pint softened lemon sherbet and 2 tablespoons finely grated lemon rind, gradually add 3 cups of milk and 1-2 drops yellow food coloring. Yields: $4\frac{1}{2}$ cups. Garnish with fresh strawberries, or lemon slices if desired.

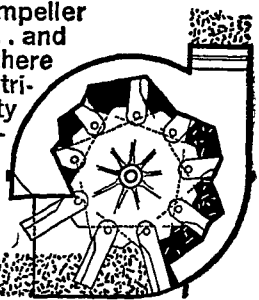
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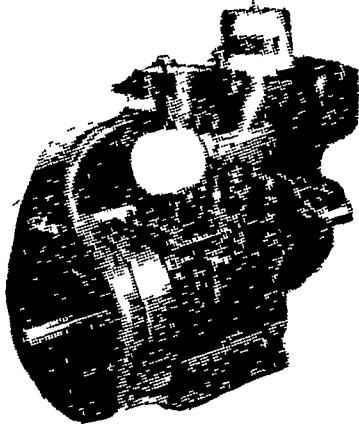

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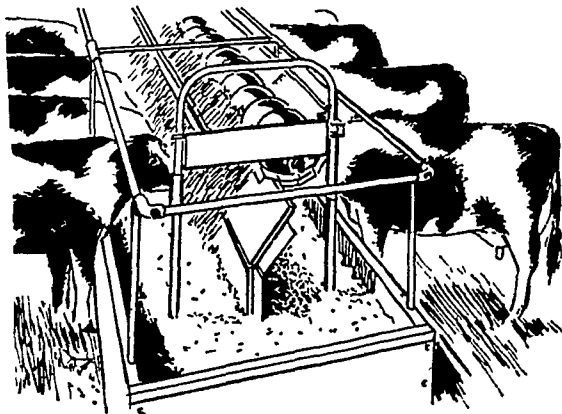
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