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**Penn Willow 4-H Club
To Reorganize Apr. 27**

The reorganizational meeting of the Penn Willow 4-H Club will be held Friday, April 27 at the Conestoga Elementary School, beginning at 7:30 p.m. Mrs. Doris Thomas, Lancaster County home economist, will be present to help fill out enrollment cards and talk to the 4-H'ers. Election of officers will be held, along with announcements of upcoming events.
News Reporter
Sue Campbell

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by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

KINDS OF MILK

So often I'm asked about the various kinds of milk that one can buy nowadays. There are fresh whole milk, skim milk, two percent milk, buttermilk, chocolate milk, chocolate dairy milk, evaporated milk, fortified milk, and nonfat dry milk, to name a few. There are other kinds in a few markets but these are the milks most often available.

How is one to know what it is that each milk has to offer? Here are details that you might keep handy in your cookbook:

Fresh Whole Milk: By law, fresh whole milk generally must contain not less than 3.25 percent milkfat and not less than 8.25 percent milk solids-not-fat. Individual states set their own laws and percentages can vary somewhat. Most whole milk is pasteurized. An 8-ounce glass contains about 160 calories.

Skim Milk: Skim milk is fresh whole milk from which the fat has been mostly removed. In different states standards will vary but usually skim milk will be between 0.1 and 2 percent milkfat. An 8-ounce glass contains about 90 calories. The nutrient value is the same as whole milk except for the milkfat, and fat-soluble vitamins it does not contain. Many dairies, though, add both vitamin A and D.

Two Percent Milk: This milk contains two percent milkfat and is made from fresh whole milk and skim milk. About 150 calories per 8-ounce glass. Many dairies modify two percent milk by adding nonfat dry milk.

Buttermilk: An 8-ounce glass will contain approximately 90

calories. No longer is buttermilk the milk that is left after butter has been churned. Today's cultured buttermilk is made from quality fresh fluid skim milk, concentrated fluid milk (whole or skim), or reconstituted nonfat dry milk. Its food value is the same as the milk from which it is made.

Chocolate Milk: This is whole milk flavored with chocolate syrup or powder. Milkfat content is usually not less than 3.25 percent. Chocolate milk is pasteurized after all ingredients are combined. An 8-ounce glass - 213 calories. Chocolate dairy drink is made from skim or partially skim milk - about 23 percent milkfat and the concentration of nonfat milk solids is at least 90 percent that of skim milk. 190 calories per 8-ounce glass.

Evaporated Milk: Fresh fluid milk first is pasteurized, then concentrated by removal under vacuum of about half of the water. After homogenization, vitamin D is added. Finally the milk is sealed in cans and heat-sterilized. It then needs no refrigeration until the can is opened.

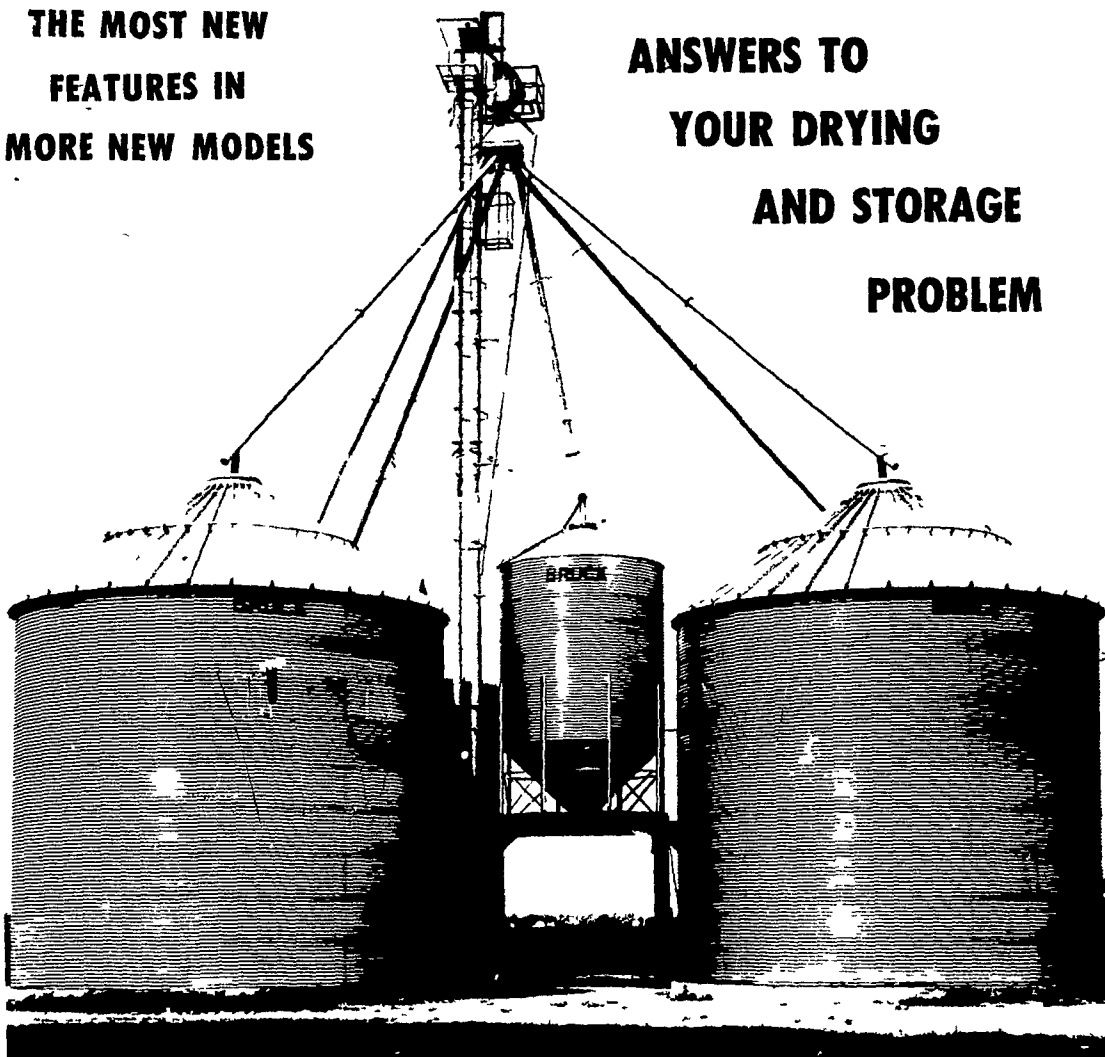
Fortified Milks: These are milks enriched by the addition of products such as vitamins A and D, multivitamin preparations, minerals, lactose, and/or non fat dry milk. The degree of fortification can vary as can the fat content.

Nonfat Dry Milk: Made of pasteurized fresh whole milk from which water and fat have been removed. When reconstituted with water, as recommended, nonfat dry milk has the same food value as fresh fluid whole milk.

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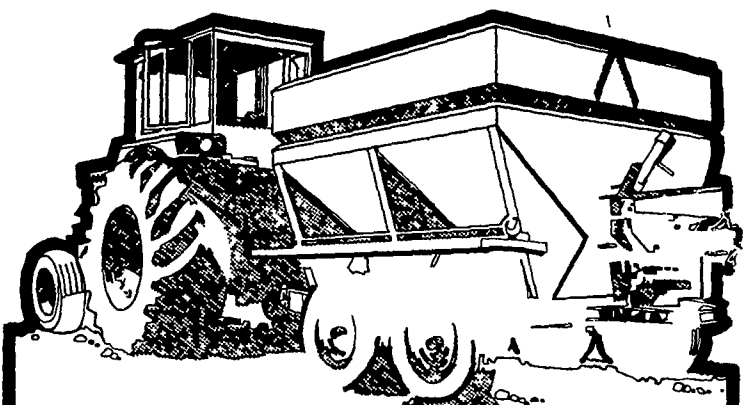
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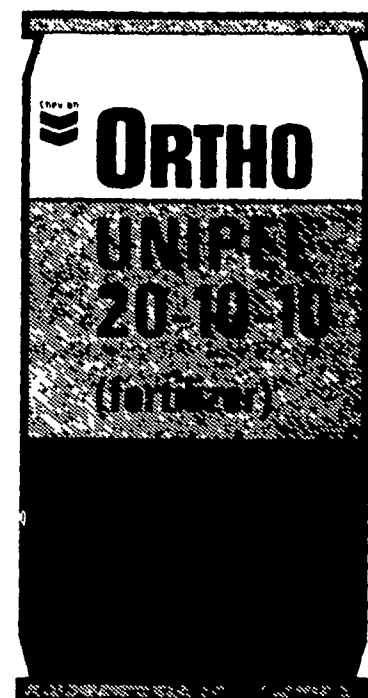
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