

# Ladies Have You Heard?

By Doris Thomas  
Lancaster Home Economist



**TIPS ON MAKING YOGURT AT HOME**  
Making your own yogurt is any do-it yourself project - the results are not always good. The

ingredients alone cost less than commercial yogurt, but don't consider your time or the equipment you may have to buy. If you do, there won't be a saving.

You can use pasteurized milk directly or heat treat your own. If using raw milk, heat to 180 degrees Fahrenheit for 15 minutes. Use a double boiler or jars in a canner. Do not heat to boiling. Cool the milk to 100 to 115 degrees.

Use either an eight-ounce container or commercial culture to inoculate a quart or buy a starter from a dairy supply outlet. Use two to three tablespoons of starter per quart of milk. Mix well and keep warm.

Temperatures are critical to get proper bacterial growth in six to ten hours. Put jars in warm water and place on low heat or on a stove pilot light. Enclosed boxes with a heat source such as a light bulb are also used. These units can be bought from suppliers of dairy equipment along with the bacterial cultures.

When thickened, cool the yogurt to 40 degrees, preferably in ice water. It should keep for up to a week if your refrigerator is at 40 degrees or below.

If you want to fortify the

yogurt with extra protein and solids add one-half cup nonfat milk powder to each quart. Water and nonfat milk can be used in place of whole fluid milk. Mix according to directions.

Add whatever fruits, flavorings and sweeteners you wish. Let your preference and imagination be your guide.

Don't expect to make the best yogurt the first time, or even every time. It is both a science and an art. Strict sanitation, active bacteria cultures, and carefully controlled temperatures are essential.

### ABOUT CONDENSED MILK

One of the earliest convenience foods that is still in use today is evaporated milk. This milk is made with fresh, fluid whole milk. The whole milk is first pasteurized. Then, through a vacuum process, over half of the water content is removed. This concentrated milk is next homogenized, and vitamin D is added. Finally the milk is sealed in cans and sterilized by heat.

You can use evaporated milk undiluted, partially diluted, or reconstituted. Basically, this form of milk is whole milk of double strength. If you add one part water to one part evaporated milk, you essentially have whole milk again. You can use a combination of dry milk and reconstituted evaporated milk in place of fluid whole milk, to save money on the milk bill. And the milk will taste similar to fluid whole milk. Used full strength, evaporated milk lends extra body and creaminess to sauces and desserts.

## Class I milk price \$11.40 for July

ALEXANDRIA, Va. - Middle Atlantic Order Market Administrator Joseph D. Shine recently announced a Class I milk price of \$11.40 per hundredweight for July 1977. Shine said that the price is up two cents from June and is 18 cents higher than the July 1976 fluid milk price. Order No. 4 prices are announced for milk testing 3.5 per cent butterfat, f.o.b. plants located within 55 miles of Philadelphia, Pa., and also within 75 miles from the nearer of Washington, D. C. or Baltimore, Md. There is also a six-cent direct-delivery differential applicable to producer milk

this product has a longer shelf life than evaporated milk.

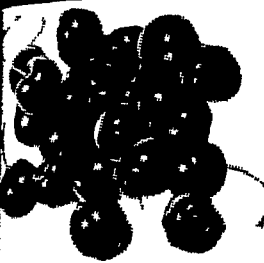
Store unopened cans of evaporated or sweetened condensed milk in a cool place, preferably not above 70 degrees nor below freezing. Before opening the can, clean the top with a damp cloth. Once opened, store in the original container and keep the top covered. Use within four or five days.

received at plants located within 55 miles of Philadelphia.

Shine also announced a Class II milk price of \$8.52 per hundredweight for May 1977 and a butterfat differential of 11.6 cents.

These class prices are based on the May 1977 Minnesota - Wisconsin manufacturing milk price of \$8.62 per hundredweight adjusted to a 3.5 per cent butterfat content.

The USDA reported that the wholesale price of Grade A butter at Chicago for May was \$1.0071 per pound and the nonfat dry milk price was \$.6766 per pound f.o.b. plants in the Chicago area.



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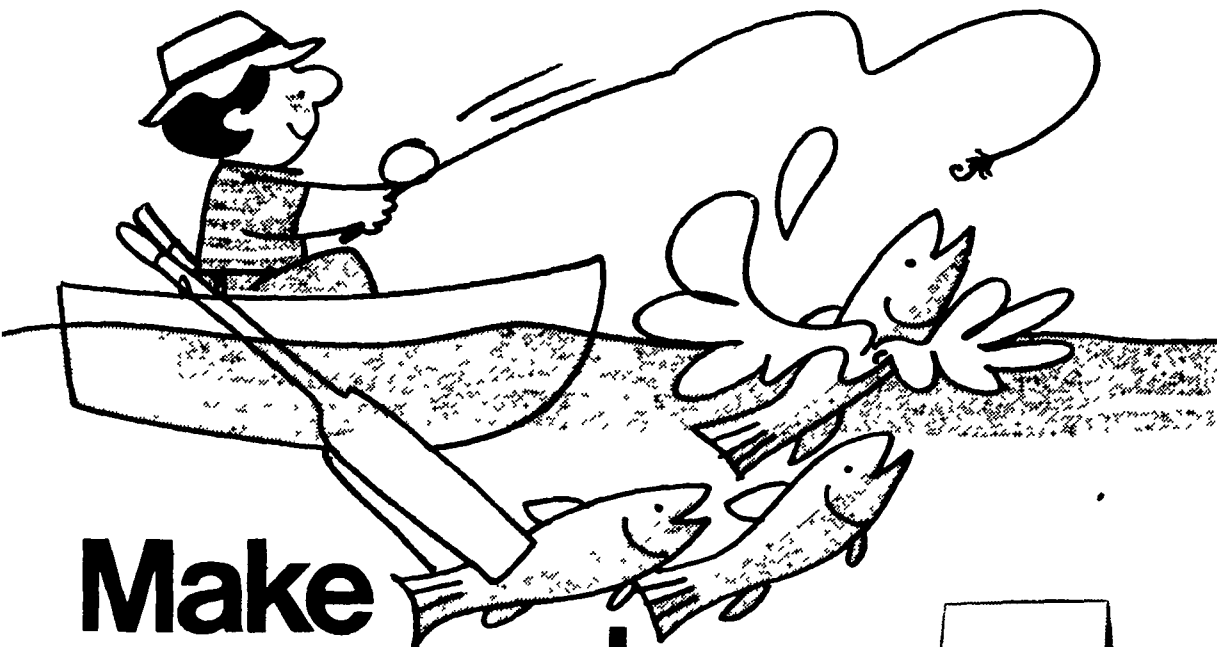
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