



# Ladies Have You Heard?

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### How To Care For Milk

June is Dairy Month. Milk is one of our most nutritious foods. It is also a perishable food. Proper handling is essential to maintain the quality, flavor and nutritional value of milk. Milk should keep for

10 to 14 days after processing when it is properly handled.

Do you know that light is very harmful to milk? Light causes a tallowy, cardboard-like flavor in milk, and destroys some of the nutrients. Fifteen to twenty minutes of direct sunlight in the

back of your car or one hour of daylight on your breakfast table are too much exposure to light. When you purchase milk, take it directly to your car and get home as soon as possible. Cover milk in your car to prevent light exposure. Use a blanket, metal or plastic picnic chest, or a cardboard box. Return any unused milk to your refrigerator immediately after use. Light penetrates glass and plastic containers more readily than colored paper containers.

Milk readily absorbs odors and flavors of fish, onions and many other foods. Keep milk containers covered or closed when stored in your refrigerator. Keep milk cold to preserve freshness and serve it cold for best flavor. The magic temperature is 40° F or below for

longest shelf life. The colder the better, down to just above freezing. Keep a thermometer in your refrigerator. Check the temperature of milk and food. Also check the accuracy of your thermometer in ice water to be sure that it is accurate. It should read 33° F.

Rotate your milk and be sure to use the oldest first. This is necessary with any perishable foods. Keep milk COLD, COVERED and in the DARK. This assures that milk will have good keeping quality and taste good when you drink it.

### Fresh Lemons Claim The Spotlight For Spring

How many times have you gone

into your supermarket and admired the produce section's springtime array of color and freshness? Bright yellow lemons rest alongside the lettuce, spinach, and other greens. Fresh asparagus, carrots, radishes, and green onions add to the colorful produce display.

Fresh vegetables should be a part of everyone's regular diet. They supply needed minerals and vitamins. If your family members are not vegetable fanciers, convert them by preparing vegetable's in exciting new ways. Fresh lemons do wonderful things to vegetables! Let your family try this new delicious way to eat carrots. And serve them a host of fresh vegetables for spicy dipping and snacking.

### Spicy Dip For Vegetables

1 cup dairy sour cream ½ package (1-½ ounces) spaghetti sauce mix (2-½ tablespoons)

1 teaspoon fresh grated lemon peel

2 tablespoons fresh squeezed lemon juice

Assorted fresh vegetables

In small bowl, combine sour cream, spaghetti sauce mix, lemon peel and juice; chill. Serve as a dip with carrot or celery sticks; green pepper strips or rings; cherry tomatoes. Makes about 1 cup.

### Spiced Fresh Carrots

1 pound carrots, cut in ¼-inch slices (about 3 cups)

½ teaspoon salt

¾ cup water

2 tablespoons butter of margarine, softened

1 tablespoon sugar

1 teaspoon fresh grated lemon peel

1 tablespoon fresh squeezed lemon juice

4 whole cloves

In covered saucepan, cook carrots with salt in water until just tender (10 to 15 minutes); drain. Add remaining ingredients; heat, stirring occasionally. Garnish with lemon cartwheel twists if desired. Makes 3 to 4 servings (about 1-½ cups).

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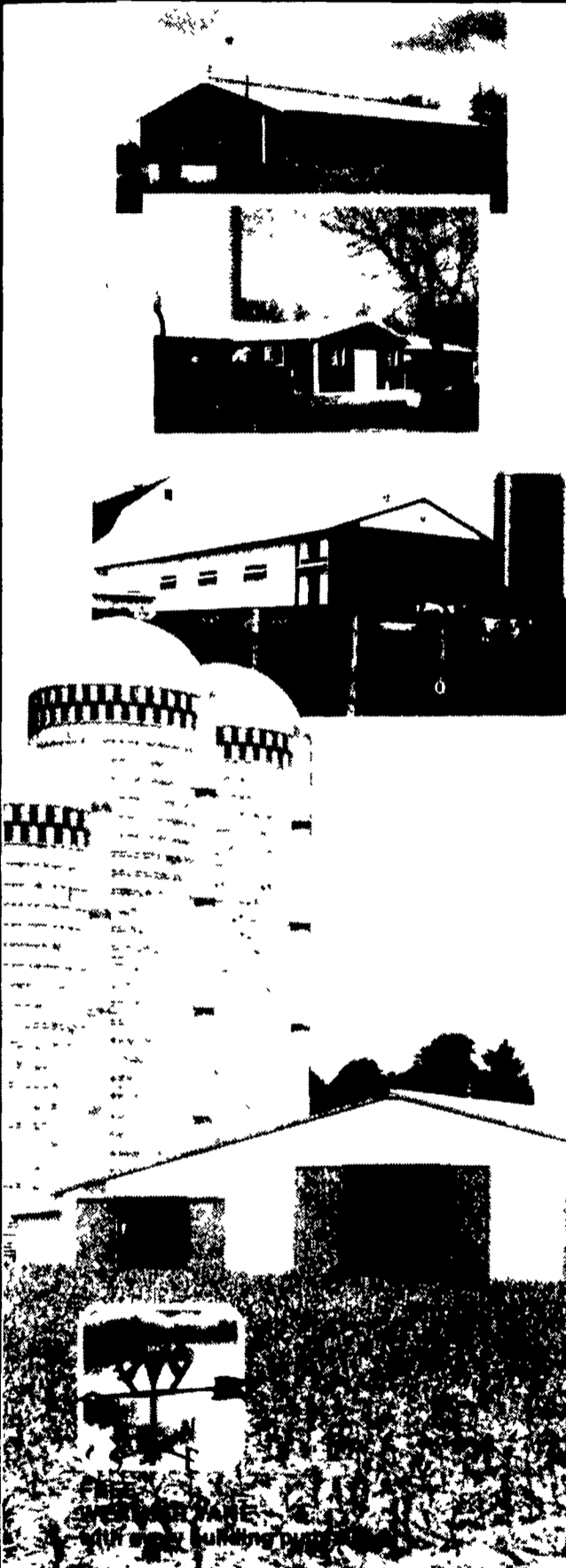
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