



# Good Milk

for

# Good Meals

TEXAS AGRICULTURAL EXTENSION SERVICE  
J. E. HUTCHISON, DIRECTOR, COLLEGE STATION, TEXAS

## Table of Contents

Facts About Milk.....	3
Clean Milk for Home Use.....	4
Some Kinds of Milk.....	6
Recipes.....	7

The authors express appreciation to the Borden<sup>®</sup> Company and National Biscuit Company for some of the photographs appearing in this publication.

# Good Milk for Good Meals

Extension Foods and Nutrition Specialists  
Extension Dairy Husbandmen  
The Texas A. & M. College System



## facts about milk

### MILK CONTAINS . . .

Some of all essential food nutrients.

*Complete protein* for growth and upkeep of body tissues. The body-building minerals, *calcium and phosphorus*. It is our most valuable food for them. Not only do babies, growing children, pregnant and nursing mothers need milk for these bone and tooth-building minerals, but everyone, regardless of age or occupation, needs a constant supply of these minerals throughout life.

The vitamin, *riboflavin*, which often is called the "keep young vitamin," because it promotes well-being and thus extends the prime of life. Milk is our best source of this vitamin.

*Vitamin A*, necessary for growth, for eyes to adjust to darkness and for healthy linings of nose and throat. It aids in resistance to infection.

The vitamin, *thiamin*, which promotes appetite and digestion and is necessary for healthy nerves. Thiamin plays an important part in helping our bodies get energy from food.

A small amount of *iron*, in such a form that the body can readily use it for building blood.

A little *vitamin D* which is needed for best use of the minerals, calcium and phosphorus. Vitamin D milk contains 400 units of added vitamin D per quart.

Small amounts of *niacin*, which help to prevent pellagra. Milk is important for the amino acid, tryptophan, which forms niacin in the body.

Some of the *lesser known B vitamins*.

*Milk fat*, which acts as the carrier for vitamins A and D. Fat in the milk gives it staying power by preventing hunger and delaying digestion.

#### APPROXIMATE DAILY MILK NEED FROM INFANCY TO ADULTHOOD

Infants, 1 to 3 months.....	2 cups
Infants, 4 to 9 months.....	3 cups
Children, 10 months to 9 years.....	4 cups
Boys and girls, 10 to 12 years.....	5 cups
Boys, 13 to 20 years.....	7 cups
Girls, 13 to 20 years.....	6 cups
Adults .....	2 cups



### clean milk for home use

Clean milk is milk of good flavor from healthy cows, free from dirt, containing few bacteria, none of which are harmful.

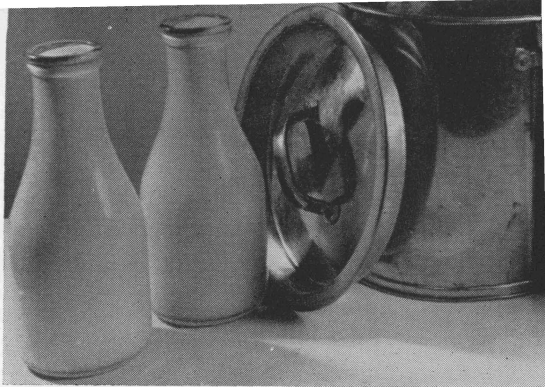
Here are some points to follow in the production of clean milk.

*Have a good milk pail.* The seamless, small-topped or hooded milk pail is preferable. Do not use syrup or lard buckets because they are difficult to clean and rust easily.



CLEAN, SANITARY UTENSILS

CLEAN, SANITARY  
CONTAINERS



*Have a good strainer.* Use a strainer that is sufficiently large, and one that is easily cleaned. The cotton filter pad is preferable and must be discarded after each straining.

*Clean and sterilize all utensils.* These steps will remove all dust and bacteria, and get rid of odors.

- a. Rinse all milk utensils with cool or lukewarm water.
- b. Wash with hot water and alkaline washing powder, using a stiff brush. Use the amount of washing powder recommended by the manufacturer.
- c. Rinse with clean, hot water to free the utensils of the washing powder.
- d. Place on suitable rack to dry.
- e. Disinfect all utensils with chlorine solution just before using. Prepare this solution according to the manufacturer's directions, using warm water in winter and cool water in the summer. After rinsing utensils, pour chlorine solution into another container and use it to dampen the cloth to wash the cow's udder.
- f. If milking machines are used, soak teat cups in .5 percent lye solution or other approved method between milkings.

*Have a clean, well-ventilated barn or milking shed.*

*Have a clean healthy cow.* Brush the flank and udder of the cow just before milking. Then wash the udder, in front of the udder, and the flanks with chlorine water to remove dust, dirt and loose hairs. Use some of the chlorine solution with which the milk utensils are rinsed. Squeeze out the cloth and dry the udder with it. Test the cow for brucellosis and tuberculosis.

*Have a healthy, clean attendant.* The attendant's clothing should be clean and free from dust. Wash hands with soap and dry with a clean cloth before washing the cow's udder. Rinse hands in the chlorine solution; dry, and milk with dry hands.

*Cool the milk immediately after milking and keep it cool.* Quick cooling is one of the surest ways of preventing bacterial growth. Cool to 40 degrees F. or lower as quickly as possible.

Clean milk looks better, tastes better, is better.



## some kinds of milk

*Pasteurized milk* may be purchased or processed at home. Pasteurization means heating milk to 143 degrees F. for 30 minutes or 160 degrees F. for 15 seconds, followed by quick cooling. This way milk is made safe since all harmful bacteria are destroyed, and its keeping qualities are improved. It changes the food value very little.

*Homogenized milk* is pasteurized whole milk which has been treated mechanically to break up fat globules. The fat no longer forms a cream layer but stays distributed throughout the milk. The homogenization process does not change the composition, but the milk is digested more easily and is more palatable.

*Skim milk* is milk from which practically all cream has been removed. It is rich in water soluble (B complex) vitamins and in minerals. It contains approximately the same number of calories as the cream that has been removed from it.

*Fortified skim milk* has had the fat removed and vitamins and/or minerals added. Read the label on the container for specific fortification.

*Grade A raw milk* is produced under sanitary conditions with low bacterial count but is not pasteurized.

*Buttermilk* is the product that remains when butter is removed from milk or cream in the process of churning.

*Cultured buttermilk* is the product obtained by ripening pasteurized milk or pasteurized skim milk and/or reconstituted skim milk by adding lactic acid-producing culture.

*Evaporated milk* is a concentrated canned sterile product made from whole milk. It is restored to whole milk composition by adding an equal volume of water.

*Dry milk solids* are made from milk which has been concentrated, then dried. The fat may or may not be removed. The dry skim milk is the most economical type of dried milk but does not contain fat and vitamin A.

*Sweetened condensed milk* is a canned concentrated milk preserved by addition of 40 to 45 percent sugar. Its milk solids content is slightly higher than that of evaporated milk.



## recipes

### OATMEAL COOKED IN MILK

2 cups oatmeal  
4 cups milk

1 teaspoon salt

Heat milk to boiling. Stir in oats and cook slowly 10 to 20 minutes with frequent, gentle stirring to prevent sticking. Serve hot with brown or white sugar, milk or cream, butter, fruit, chopped nuts or prepared cereal. Serves 6.

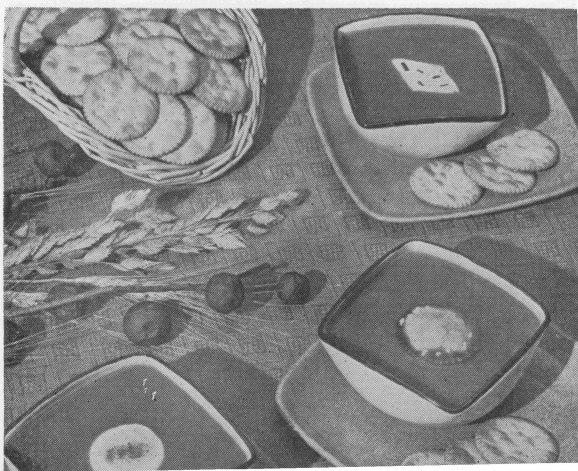
### CREAM SOUP

2 cups cooked vegetables  
2 tablespoons butter, margarine  
or other fat

2 tablespoons flour  
3 cups milk

Blend flour in melted butter or margarine. Add milk and cook, stirring until thickened. Add the vegetable or vegetables that have been chopped, sieved or mashed. Continue cooking for about 10 minutes. Serve hot. (Vegetables suitable for cream soup include asparagus, corn, cauliflower, peas, potatoes, beans, celery and spinach.) Serves 4.

CREAM SOUP





SPANISH CREAM WITH FRUIT

### SPANISH CREAM WITH FRUIT

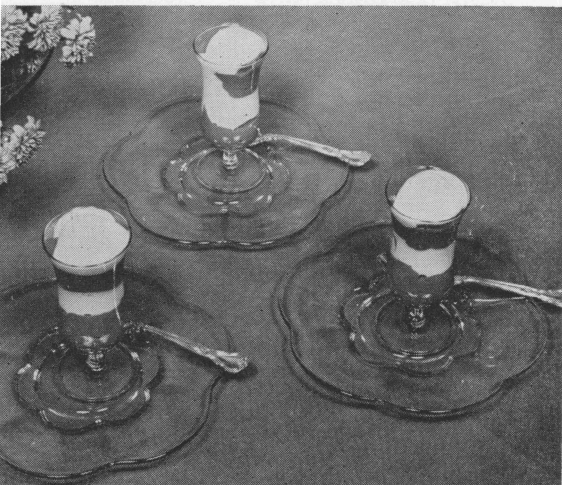
- |   |                               |
|---|-------------------------------|
| 2 tablespoons or 2 envelopes<br>plain gelatin | $\frac{1}{2}$ cup fruit juice |
| 4 eggs  | $\frac{3}{4}$ cup sugar       |
| 1 teaspoon salt                               | $3\frac{1}{2}$ cups milk      |
|   | 1 teaspoon vanilla            |

Soak gelatin in  $\frac{1}{2}$  cup of milk for 5 minutes. Heat the remaining 3 cups of milk in top of double boiler. Add soaked gelatin and stir until dissolved. Pour over well-beaten egg yolks to which one half of the sugar and the salt have been added. Return to double boiler and cook until it coats a metal spoon. Remove from heat. Add fruit juice and cool. Fold in well-beaten egg whites to which remainder of sugar has been added. Pour into mold and chill. Unmold and garnish with fruit. Serves 12.

### CHOCOLATE-MINT TOWER

- |   |                               |
|---|-------------------------------|
| $\frac{3}{4}$ cup sugar   | 1 teaspoon vanilla            |
| 6 tablespoons flour   | $\frac{1}{2}$ cup thick cream |
| $\frac{1}{4}$ teaspoon salt   | 1 tablespoon sugar            |
| 3 cups milk   | 2 drops green food coloring   |
| 3 1-ounce squares unsweetened<br>chocolate or $\frac{1}{2}$ cup cocoa | 2 drops peppermint extract    |

Combine  $\frac{3}{4}$  cup sugar, flour, salt, shaved chocolate or cocoa in top of a double boiler. Add milk slowly, and stir until well blended. Place over boiling water; cook until thickened, stirring constantly. Continue cooking 10 minutes. Add vanilla. Cover to prevent film from forming on top. Chill. Whip the cream. Add sugar, food coloring and extract. Spoon into sherbet or parfait glasses, alternating layers of pudding and layers of whipped cream. Serves 6.



CHOCOLATE-MINT TOWER



## BOILED OR BAKED CUSTARD

3 eggs  
2 cups milk  
 $\frac{1}{4}$  cup sugar or honey

$\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{8}$  teaspoon salt

Heat the milk, sugar and salt in double boiler. Beat eggs slightly. Add hot milk gradually to eggs, stirring constantly.

**FOR BOILED CUSTARD:** Put mixture in double boiler and cook until custard coats a metal spoon. Remove from heat and set in pan of cold water. Add vanilla. Serve cold.

**FOR BAKED CUSTARD:** Add vanilla; pour into buttered custard cups or large mold and sprinkle with nutmeg. Set in pan of water and bake at 300°F., 30 to 40 minutes or until firm. Serves 6.

## Ice Cream for Crank Freezer

### PEACH ICE CREAM

4 eggs  
 $\frac{1}{2}$  cups sugar  
 $\frac{1}{4}$  teaspoon salt  
2 tablespoons vanilla  
 $\frac{1}{2}$  teaspoon almond flavoring

$\frac{1}{2}$  quarts light cream  
1 quart milk  
4 cups mashed fresh peaches,  
mixed with  $\frac{1}{2}$  cups sugar

Beat eggs; add sugar, salt and flavoring. Add light cream, milk and mashed sweetened peaches. Pour into ice cream can, place in freezer tub. Pack tub  $\frac{2}{3}$  full of crushed ice using 4 parts ice to 1 part salt (a 1-pound coffee can is handy for measuring). Adjust lid and crank. Pour cold water over ice until it trickles out of the overflow hole. Finish packing ice and salt in freezer tub. Turn crank slowly 6 to 8 minutes; turn rapidly for remaining 5 to 7 minutes or until ice cream is firm. Add ice and salt to keep tub full during freezing. Drain off brine; remove crank and lid. To hold a couple of hours, remove dasher; plug lid with twist of waxed paper or cork; pack freezer tub with salt and ice. Cover with newspaper and burlap. NOTE: One part of salt to 8 parts of ice gives a smoother-textured ice cream but requires longer time for freezing. Use 1 part salt to 4 parts ice when packing for storage.

### ICE CREAM

(Custard Foundation)

2 eggs slightly beaten  
1 cup sugar  
 $\frac{1}{4}$  teaspoon salt

2 cups milk, scalded  
4 cups thin cream  
1 tablespoon vanilla

Scald milk. Beat eggs slightly; add sugar and salt. Pour milk gradually over egg mixture; cook in double boiler until mixture coats a metal spoon. Cool; add cream and vanilla. Freeze as for peach ice cream above. Serves 8.

### CRANK FREEZER ICE CREAM



## FRENCH VANILLA ICE CREAM

2 cups scalded milk	$\frac{1}{8}$ teaspoon salt
4 to 6 egg yolks, slightly beaten	2 cups heavy cream
$\frac{1}{2}$ cup sugar	1 tablespoon vanilla

Mix sugar, salt and egg yolks. Add milk. Cook in double boiler until mixture coats a metal spoon. Cool; strain; add cream and vanilla and freeze.

## Ice Cream for the Refrigerator

Ice cream frozen in the trays of a mechanical refrigerator lacks the advantage of being whipped continuously while freezing and is more difficult to produce with a satisfactory texture. Set the temperature regulator in the refrigerator at the coldest point because it is desirable to freeze ice cream as quickly as possible. The following recipes give smooth-textured ice cream.

### WHIPPING-CREAM ICE CREAM

1 cup whipping cream	1 teaspoon gelatin
$\frac{1}{2}$ cup sugar	$\frac{1}{8}$ teaspoon salt
$1\frac{1}{4}$ cups whole milk	1 teaspoon vanilla

Soak gelatin in  $\frac{1}{4}$  cup milk. Dissolve over hot water. Whip the cream. Combine the other ingredients; add to the whipped cream; and beat. Beat twice while freezing. Makes 4 servings.

### CUSTARD ICE CREAM

$1\frac{1}{2}$ teaspoons gelatin	$\frac{3}{4}$ cup sugar
2 tablespoons cold water	2 teaspoons flour
1 cup light cream	$\frac{1}{8}$ teaspoon salt
$1\frac{1}{2}$ cups whole milk	1 teaspoon vanilla
1 egg, separated	

Soften the gelatin in the cold water; dissolve over hot water and add to the cream. Have the cream at room temperature when adding the gelatin; otherwise the gelatin will congeal. Chill the cream and gelatin mixture; then whip. Make a custard of the milk, egg yolk, sugar, flour and salt; cook until thickened. Combine with the beaten egg white. Chill and combine with the whipped cream. Add the vanilla and pour into refrigerator trays. Beat twice during freezing. Serves 5.

### PINEAPPLE SHERBET

3 cups milk	Juice of 1 lemon
$1\frac{1}{2}$ cups sugar	2 egg whites, beaten
$1\frac{1}{2}$ cups pineapple juice	

Add sugar to pineapple juice. Heat until sugar is thoroughly dissolved. Add lemon juice. Chill thoroughly. Add to very cold milk slowly, stirring constantly. Pour in freezing tray. When it begins to freeze, fold in beaten egg whites. Serves 8 to 10.

NOTE: In using a crank freezer the egg whites may be omitted.

## PINEAPPLE SHERBET



## Milk Drinks

### HOT PEPPERMINT CHOCOLATE

3 cups hot milk 1/8 teaspoon salt  
8 peppermint chocolate patties 1 cup thin cream

Combine 1/2 cup hot milk and patties, mixing until smooth. Add salt and remaining milk; heat to simmering. Add cream and serve immediately. Serves 4 to 6.

### CHOCOLATE MILK

4 cups milk 4 tablespoons chocolate syrup

Mix milk and chocolate syrup. Shake thoroughly or beat with egg beater until frothy. Serve very cold or hot. Serves 4 to 6.

#### CHOCOLATE SYRUP:

1/3 cup cocoa or 2 squares chocolate 1 cup hot water  
2/3 cup sugar 1/4 teaspoon salt

Mix cocoa, sugar and salt. Add hot water and stir. Simmer about 10 minutes. Cool. Store in jar in a cool place. Use as desired for hot or cold chocolate milk.

### MILK MOCHA MIXER

Chill milk and strong coffee. Combine half and half. Pour into tall glasses. Top with chocolate ice cream.

### MINT O'MILK

Add crushed mint leaves or a few drops of mint extract to cold milk. Pour into tall glasses. Top with whipped cream and a red cherry.

### GRAPE SHAKE

2 1/4 cups grape juice 3 cups milk

Chill and combine grape juice and milk. Add lemon juice or sugar to taste depending on sourness of grape juice; shake vigorously. Serves 6.



## BANANA MILK SHAKE

### BANANA MILK SHAKE

1 ripe banana

1 cup cold milk

Mash or beat banana until smooth and creamy, or press it through a sieve. Add milk and mix thoroughly. Chill. Serves 2.

**VARIATION:** Place scoops of ice cream in tall glasses. Add banana milk shake.

### PRUNE MILK SHAKE

3 cups milk

1 cup prune juice

1 cup vanilla ice cream

Combine all ingredients and shake or beat vigorously. Serves 6.

## Using Evaporated Milk

### METHOD FOR WHIPPING

Chill evaporated milk in refrigerator tray until ice crystals form. Chill mixing bowl and beaters. Whip milk until stiff.

### CRUNCHY LEMON ICE CREAM

$\frac{3}{4}$  cup evaporated milk  
1 tablespoon butter or margarine  
(melted)

$\frac{1}{4}$  cup dry cereal crumbs

$\frac{1}{4}$  cup chopped unsalted nuts

2 tablespoons brown sugar

6 tablespoons frozen lemonade or  
limeade concentrate (thawed)

$\frac{1}{4}$  cup sugar

$\frac{1}{8}$  teaspoon salt

Mix butter or margarine, crumbs, nuts and brown sugar for topping. Mix frozen juice concentrate, sugar and salt. Whip the evaporated milk. Add frozen juice mixture. Beat until stiff. Place in ice cube tray. Sprinkle crumb and nut mixture over top. Freeze quickly without stirring. Serves 4 to 6.

### LEMON BISQUE

1 can (14 $\frac{1}{2}$ -ounce) evaporated milk

1 package lemon flavored gelatin

1 $\frac{1}{4}$  cups boiling water

$\frac{1}{3}$  cup honey or white corn syrup

$\frac{1}{8}$  teaspoon salt

3 tablespoons lemon juice

Grated rind of 1 lemon

2 $\frac{1}{2}$  cups vanilla wafer crumbs

Dissolve lemon gelatin in boiling water, add honey or corn syrup, salt, lemon juice and rind. When it has congealed slightly, beat milk until it is stiff, and whip in jellied mixture. Spread half of crumbs in a large pan (10 x 13 $\frac{1}{2}$  inches) and pour lemon mixture over them. Top with remaining crumbs and set in refrigerator to chill for at least 3 hours. Cut into squares and serve plain or with whipped cream. Serves 12 to 15.

## FROZEN LEMON TORTE

$\frac{3}{4}$ cup vanilla wafer crumbs	$\frac{1}{8}$ teaspoon salt
3 eggs	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup lemon juice	$\frac{1}{2}$ cup heavy cream or evaporated milk
Grated rind of 1 lemon	

Line a greased refrigerator tray with one half of the vanilla wafer crumbs. Separate eggs. Combine lemon juice, sugar, grated lemon rind and salt; add to well beaten egg yolks. Cook in double boiler until thick. Cool. Whip cream or evaporated milk. Beat egg whites until stiff. Fold egg whites and whipped cream or milk into lemon mixture. Pour over the wafer crumbs and top with remaining crumbs. Freeze. Cut in squares. Serves 4 to 6.

## APRICOT WHIP

1 cup evaporated milk	$\frac{1}{2}$ cup sugar
2 tablespoons lemon juice	$\frac{1}{4}$ teaspoon almond extract
$\frac{1}{2}$ cups apricot pulp*	

Whip milk until it begins to thicken (about 1 minute). Add lemon juice and whip until very stiff. Combine apricot pulp, sugar and almond extract. Fold into whipped milk. Chill 2 to 3 hours in refrigerator. If a firmer consistency is desired, freeze in ice cube tray.

\*Fresh, frozen, canned or dried. Other fruits such as peaches, pineapple or berries may be used in place of apricots.

## Using Nonfat Dry Milk Solids

### MEAT LOAF

1 pound ground beef	2 cups coarse, dry bread crumbs
$\frac{1}{2}$ pound ground pork	2 tablespoons finely chopped onion
1 egg, slightly beaten	$1\frac{1}{2}$ teaspoons salt
2 cups canned or cooked tomatoes	$\frac{1}{8}$ teaspoon dry mustard
1 cup nonfat dry milk solids	

Place all ingredients into a bowl in order given. Mix well. The mixture will be sticky. Shape into loaf in a shallow pan. Bake uncovered 350° F. about 1 $\frac{1}{2}$  hours. Serves 8.

### MASHED POTATOES

After potatoes have been cooked and mashed, sprinkle nonfat dry milk over them and beat well. Allow about  $\frac{1}{4}$  cup dry milk for each cup of potatoes. Add enough potato water, plain water or whole milk to give the right consistency. Season with salt, pepper and butter or margarine. Beat until light and fluffy.

### APPLE CRUMBLE

$\frac{1}{2}$ cup flour	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup nonfat dry milk solids	1 teaspoon cinnamon
$\frac{1}{4}$ to $\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup butter or margarine
$\frac{1}{4}$ teaspoon nutmeg	3 cups sliced apples

Mix flour, nonfat dry milk solids, sugar, nutmeg, salt and cinnamon. Cut in butter or margarine with pastry blender until mixture is crumbly. Arrange apples in a shallow, well-greased, covered baking dish. Sprinkle apples with dry mixture. Bake at 350° F. about 30 minutes or until apples are tender. Remove cover and bake for a few more minutes until crumbs are brown. Serve with cream. Serves 6.



## LEMON CHIFFON PIE

### LEMON CHIFFON PIE

- |   |  |
|---|--|
| 1 tablespoon or 1 envelope<br>plain gelatin | 2 eggs, slightly beaten                  |
| $\frac{1}{2}$ cup cold water                | 2 teaspoons lemon rind                   |
| 1 cup sugar                                 | $\frac{1}{2}$ cup nonfat dry milk solids |
| $\frac{2}{3}$ cup lemon juice               | $\frac{2}{3}$ cup cold water             |
| $\frac{1}{2}$ teaspoon salt                 | 1 baked or crumb pie shell               |

Sprinkle gelatin on cold water and let soak for 5 minutes. Combine sugar, lemon juice, salt and egg in a double boiler; cook, stirring constantly until slightly thickened, about 10 minutes. Add softened gelatin and lemon rind and stir until gelatin is dissolved. Chill until of jelly-like consistency, then beat until fluffy. Add nonfat dry milk solids to  $\frac{2}{3}$  cup ice cold water and beat until it is stiff enough to hold in peaks. Combine the 2 mixtures and turn into pie shell. Chill until firm. Makes 1 9-inch pie.

### CHOCOLATE PUDDING MIX

- |                               |              |
|-------------------------------|--------------|
| $\frac{1}{2}$ cups flour      | 2 cups sugar |
| 2 cups nonfat dry milk solids | 2 cups cocoa |
| 2 teaspoons salt              |              |

Mix all ingredients thoroughly and sift three times. Store in tightly covered container. Use the chocolate pudding mix for:

**PUDDING:** To 1 cup mix, add  $\frac{1}{2}$  cups water or fluid milk. Cook over boiling water 15 minutes, stirring constantly. Add 1 tablespoon butter or margarine and  $\frac{1}{2}$  teaspoon vanilla after the pudding is cooked. Serves 3.

**SAUCE:** To 1 cup mix, add 2 cups water or fluid milk and  $\frac{1}{4}$  cup sugar. Cook over boiling water 15 minutes; stir constantly. Add 2 tablespoons butter or margarine and  $\frac{1}{2}$  teaspoon vanilla after sauce is cooked. Makes about 2 cups.

### COCOA MIX

- |                               |                             |
|-------------------------------|-----------------------------|
| 4 cups nonfat dry milk solids | 1 cup sugar                 |
| 1 cup cocoa                   | $\frac{1}{2}$ teaspoon salt |

Mix and sift together 5 times. Store in tightly covered container. To make beverage use  $\frac{1}{4}$  cup mix to 1 cup water. Add to water, stirring until smooth. Simmer over low heat in heavy pan 3 minutes. Beat with rotary egg beater just before serving.

### BASIC QUICK MIX

- |                              |                                 |
|------------------------------|---------------------------------|
| 8 cups flour                 | $\frac{1}{4}$ cup baking powder |
| 1 cup nonfat dry milk solids | $1\frac{3}{4}$ cups shortening  |
| 2 teaspoons salt             |                                 |

Sift dry ingredients together 3 times. Cut in shortening until mixture looks like coarse corn meal. Lift mix lightly into container. Do not pack. Close tightly and store on shelf.

*COCOA TOPPED WITH  
WHIPPED CREAM AND  
RED HOTS*



**BISCUITS:** To 2 cups of mix add about  $\frac{1}{2}$  cup water. Combine just until dough follows fork around bowl. Turn out on lightly floured board or canvas. Knead gently a few times. Roll or pat to about  $\frac{1}{2}$ -inch thickness. Cut with floured biscuit cutter. Bake at  $450^{\circ}$  F. about 10 minutes. Makes 12 medium sized biscuits.

**GRIDDLE CAKES:** To 2 cups of mix add 1 cup water, 2 eggs beaten,  $\frac{1}{4}$  cup melted butter or margarine. Stir until well blended. Cook on hot griddle. Makes 12 to 18 cakes.

**MUFFINS:** To 2 cups mix add 1 or 2 tablespoons sugar, 1 cup water, 1 well-beaten egg. Stir only enough to dampen all the flour. Bake in well-greased muffin tins at  $425^{\circ}$  F. about 20 minutes. Makes 12 medium sized muffins.

**NUT BREAD:** To 3 cups of mix add  $\frac{1}{2}$  cup sugar,  $\frac{1}{2}$  cup chopped nuts, 1 cup water and 1 well-beaten egg. Mix until well blended. Pour into well-greased loaf pan (5 x 8 inches) and bake at  $350^{\circ}$  F. about 1 hour.

**QUICK YELLOW CAKE:** Blend 3 cups mix and 1 cup sugar. Beat  $\frac{2}{3}$  cup water and 2 eggs together. Add with 1 teaspoon vanilla to dry ingredients. Beat about 2 minutes, or until well mixed. Pour batter into 2 greased 8-inch layer cake pans. Bake at  $350^{\circ}$  F. about 20 to 25 minutes.

## Using Sweetened Condensed Milk

### LEMON PIE

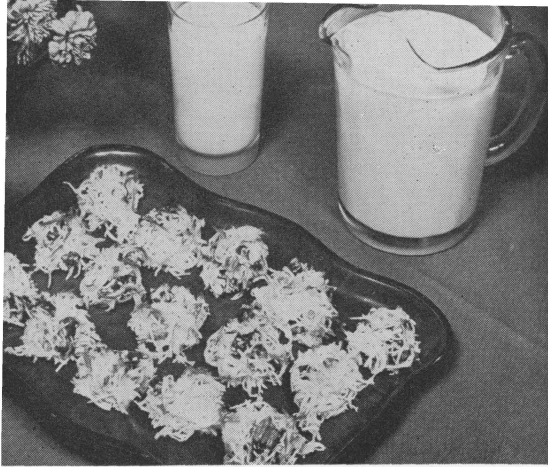
- |  |  |
|--|--|
| 1 crumb or baked 8-inch pie shell                            | 1 teaspoon grated lemon rind or $\frac{1}{4}$ teaspoon lemon extract |
| 1 $\frac{1}{3}$ cups (15-ounce can) sweetened condensed milk | 2 eggs, separated  |
| $\frac{1}{2}$ cup lemon juice                                | $\frac{1}{4}$ teaspoon cream of tartar                               |
|  | 4 tablespoons sugar  |

Put sweetened condensed milk, lemon juice, lemon rind or extract and egg yolks into mixing bowl; beat until mixture thickens. Pour into chilled crumb crust or cooled pastry shell. Add cream of tartar to egg whites; beat until almost stiff enough to hold a peak. Add sugar gradually, beating until stiff and glossy but not dry. Pile lightly on pie filling. Bake at  $325^{\circ}$  F. until lightly browned, about 15 minutes. Cool.

### GRAHAM CRACKER-DATE COOKIES

- |                                       |                     |
|---------------------------------------|---------------------|
| 1-pound box graham crackers, crumbled | 1 cup chopped dates |
| 1 can sweetened condensed milk        | 1 cup nuts          |
|                                       | 1 teaspoon vanilla  |

Combine ingredients. Drop by teaspoons on greased cookie sheet. Bake at  $350^{\circ}$  F., 12 to 15 minutes. Remove from pan immediately. Makes about 4 dozen.



## COCONUT COOKIES

### COCONUT COOKIES

- |                              |                                |
|------------------------------|--------------------------------|
| 1 pound shredded dry coconut | 1 cup chopped nuts             |
| 1 cup chopped dates          | 1 can sweetened condensed milk |

Stir ingredients together and drop on well-greased cookie sheet. Bake at 350° F., 12 to 15 minutes. Remove from pan immediately. Makes about 4 dozen.

## Using Buttermilk

### TOMATO BUTTERMILK PICKUP

- |                              |                        |
|------------------------------|------------------------|
| 2 cups tomato juice, chilled | 4 cups cold buttermilk |
| $\frac{1}{4}$ teaspoon salt  |                        |

Combine all ingredients and mix well. Serves 6 to 8.

### BUTTERMILK FRUIT SHAKE

- |                           |                             |
|---------------------------|-----------------------------|
| 4 cups buttermilk         | 1 cup orange juice          |
| 3 tablespoons lemon juice | $\frac{1}{4}$ teaspoon salt |
| Sugar                     |                             |

Combine buttermilk and fruit juices; add sugar to taste. Mix. Chill. Serves 6.

### BUTTERMILK SALAD DRESSING

- |                                     |                                |
|-------------------------------------|--------------------------------|
| 1 clove garlic, sliced              | 1 teaspoon salt                |
| $\frac{1}{2}$ green pepper, chopped | $\frac{1}{4}$ teaspoon paprika |
| 2 radishes, chopped                 | 3 tablespoons lemon juice      |
| 2 hard-cooked eggs, chopped         | $\frac{1}{2}$ cup buttermilk   |
| 6 tablespoons cottage cheese        |                                |

Rub inside of bowl with garlic. Combine green pepper, radishes and egg in bowl; add remaining ingredients; mix thoroughly. Pour over hearts of lettuce or any green salad.

### TEXAS SHERBET

- |                                    |  |
|------------------------------------|--|
| 1 tablespoon or 1 envelope gelatin | 1 can (6 oz.) frozen fruit juice concentrate (grapefruit, orange, lemonade or tangerine) |
| $\frac{1}{2}$ cup cold water       | $2\frac{1}{4}$ cups buttermilk   |
| $\frac{3}{4}$ cup sugar            |  |

Soften gelatin in cold water. Dissolve over hot water. Mix with sugar and stir until dissolved. Add fruit concentrate to gelatin mixture; add buttermilk and stir well. Turn into freezing tray. When mixture is partially frozen, remove to bowl and beat until smooth. Return to tray and continue freezing until firm. Serves 6.