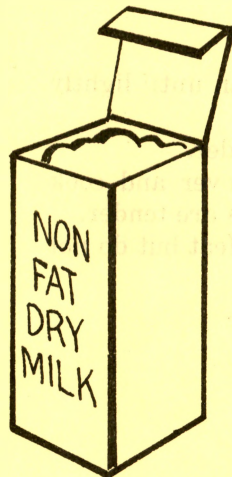




NONFAT DRY MILK (NON-INSTANT)

a good choice for the thrifty family



is made from fresh milk



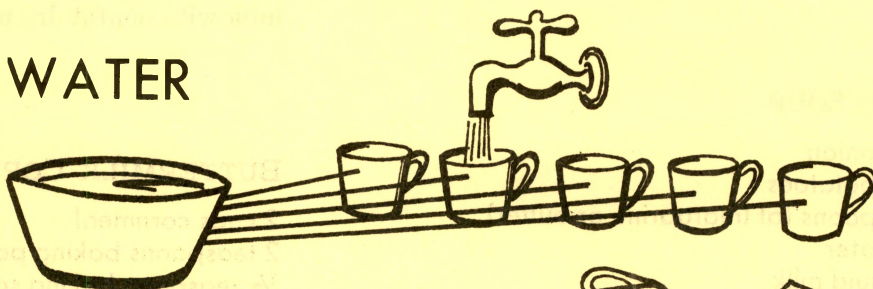
NONFAT MILK can be used in place of fresh milk for Drinking and Cooking



MILK helps build strong Bones,
Good Teeth and Muscle

TO MIX DRY MILK

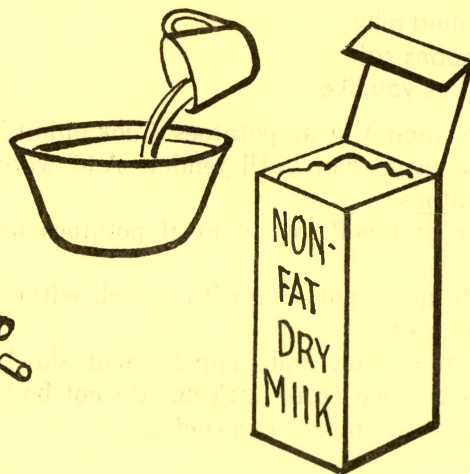
Put 5 cups WATER
into a bowl



Add 1 cup DRY MILK

Mix well with a WHIP

or EGG BEATER



CHEESE SOUP

- 2 medium-size carrots
- 2 stalks celery
- 1 cup boiling water
- ½ small onion
- 3 tablespoons fat (butter or margarine)
- ¼ cup flour
- 3 ½ cups fluid milk
- 1 ½ cups cut-up cheese

Chop carrots and celery. Cook in boiling water about 10 minutes until tender.

Chop onion. Cook in fat until tender.

Stir flour into onion. Add milk slowly, stirring until smooth. Cook and stir until thickened.

Add cheese and vegetables and cooking liquid to the milk mixture. Stir over low heat until cheese melts.

Makes 6 servings, ⅔ cup each.



POTATO SOUP

- 1 large onion
- 5 large potatoes
- 2 tablespoons fat (margarine or butter)
- 1 cup water
- 3 cups fluid milk
- 2 teaspoons salt
- Pepper, as you like

Chop onion. Cut up potatoes. Cook onion in fat in a large pan until tender. Add water and potatoes.

Cover and boil gently until potatoes are tender.

Partly mash potatoes with a fork without draining them.

Add milk, salt, and pepper. Heat slowly, stirring to keep from sticking. Do not boil.

Makes 6 servings, 1 cup each.

CORN CHOWDER

- 1 large onion
- 1 large potato
- ½ cup finely cut-up salt pork
- 1 cup water
- 2 cups canned cream-style corn
- 3 cups fluid milk
- ½ teaspoon salt

Chop onion and potato.

Cook salt pork in a large pan until lightly browned.

Add onion and cook until tender.

Add potatoes and water. Cover and cook about 15 minutes until potatoes are tender.

Stir in rest of ingredients. Heat but do not boil.

Makes 6 servings, 1 cup each.

BUTTERMILK

- 3 cups lukewarm fluid milk (see Note)
- ½ cup fresh buttermilk

Mix fluid milk and buttermilk.

Cover and let stand at room temperature about 8 hours until thickened.

Stir until smooth. Cover and chill.

Makes 3½ cups.

Note: Use lukewarm water to make fluid milk with nonfat dry milk.

BUTTERMILK CORNBREAD

- 2 cups cornmeal
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 ½ cups buttermilk
- 2 eggs
- 3 tablespoons melted fat or oil

Mix cornmeal, baking powder, baking soda, salt, and sugar.

Add buttermilk, eggs, and fat or oil. Beat well.

Fill a greased baking pan half full.

Bake at 475° F (hot oven) about 20 minutes until browned.

WHITE SAUCE (MEDIUM-THICK)

2 tablespoons fat (margarine or butter)
2 tablespoons flour
¼ teaspoon salt
1 cup fluid milk

Melt fat in a pan. Stir in flour and salt. Slowly stir in milk to make a smooth mixture. Cook and stir over medium heat until mixture comes to boiling.

Lower heat. Cook and stir about 3 minutes until thickened.

Makes 1 cup white sauce.

THIN WHITE SAUCE. Use 1 tablespoon fat and 1 tablespoon flour.

Note: Use thin or medium-thick sauce for creamed vegetables, eggs, meat, poultry, or fish. Use thin sauce for soups.

BAKED CUSTARD

3 cups fluid milk
4 eggs
⅓ cup sugar
¼ teaspoon salt
1 teaspoon vanilla
Nutmeg or cinnamon, if you like

Heat milk until hot, but not boiling.

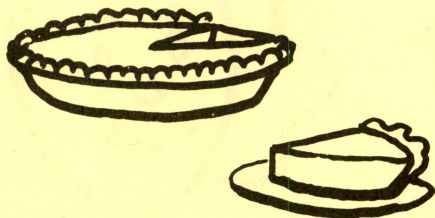
Beat eggs in a large bowl. Add sugar and salt.

Add milk slowly, stirring all the time. Mix in vanilla.

Pour into baking pan. Sprinkle with nutmeg or cinnamon (if used).

Bake at 300° F (slow oven) about 1 hour until a knife stuck in the center comes out clean.

Makes 6 servings, ⅔ cup each.



CHOCOLATE PUDDING

½ cup sugar
⅓ cup cocoa
3 tablespoons cornstarch
¼ teaspoon salt
2½ cups fluid milk
1 teaspoon vanilla

Mix sugar, cocoa, cornstarch, and salt in a pan. Add milk slowly, stirring until smooth.

Cook and stir over medium heat until mixture thickens. Cook and stir 3 minutes longer.

Add vanilla and stir. Chill before serving.
Makes 6 servings, ⅓ cup each.

CHOCOLATE PIE

Use recipe for Chocolate Pudding. Pour cooled pudding into a baked pie crust.

VANILLA CREAM PUDDING

2 tablespoons cornstarch
¼ cup sugar
½ teaspoon salt
1 egg
2 cups fluid milk
1 tablespoon fat (margarine or butter)
1 teaspoon vanilla

Mix cornstarch, sugar, and salt in a pan. Set aside.

Beat egg and add milk. Stir into cornstarch mixture.

Cook and stir over medium heat until mixture thickens. Cook and stir 1 minute longer.

Stir in fat and vanilla. Chill before serving.
Makes 6 servings, ⅓ cup each.

VANILLA CREAM PIE

Use recipe for Vanilla Cream Pudding. Use 3 tablespoons cornstarch in place of 2. Pour cooled pudding into a baked pie crust. Put fresh or canned fruit on the pie, if you like.

TO MAKE WHOLE MILK GO FURTHER



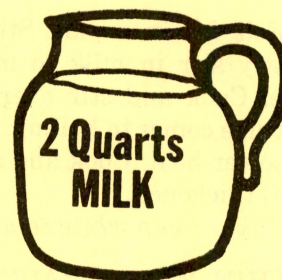
quart

WITH



1 quart

AND GET



MILK helps build Strong Bones
Good Teeth
Muscle

HOT COCOA

$\frac{1}{3}$ cup cocoa
 $\frac{1}{3}$ cup sugar
6 cups water
 $1\frac{1}{4}$ cups nonfat dry milk (not instant)
 $\frac{1}{2}$ teaspoon vanilla
Salt, as you like

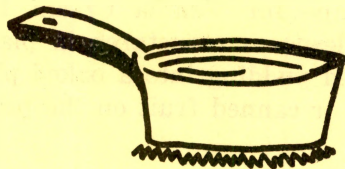
Mix cocoa and sugar in a pan. Stir in 1 cup of the water. Heat to boiling and cook 5 minutes.

Remove from heat. Add rest of water. Sprinkle dry milk on top and beat or stir until smooth.

Heat and stir but do not boil.

Add vanilla and salt.

Makes 6 servings, about 1 cup each.



CHOCOLATE MILK

Use the recipe for Hot Cocoa. Do not heat after adding the milk. Chill quickly. Stir before serving.

U-M-M-M
GOOD!!

