

Have you tried using milk instead of water—

- ... when cooking cereals
- ... pouring hot milk over poached eggs on toast
- ... adding dry milk to soup, ground meat dishes, mashed potatoes, cereals, baked products, and other cooked foods
- ... serving coffee European style—one-half hot coffee and one-half hot milk
- ... adding a topping of ice cream to milk drinks?



How much milk for you?

Children: 3-4 cups

Teenagers: 4 or more cups

Adults: 2 or more cups

For variety use dairy products for some of your milk.

A one-inch cube of Cheddar cheese
= $\frac{2}{3}$ cup of milk.

One-half cup Cottage Cheese = $\frac{1}{3}$
cup of milk.

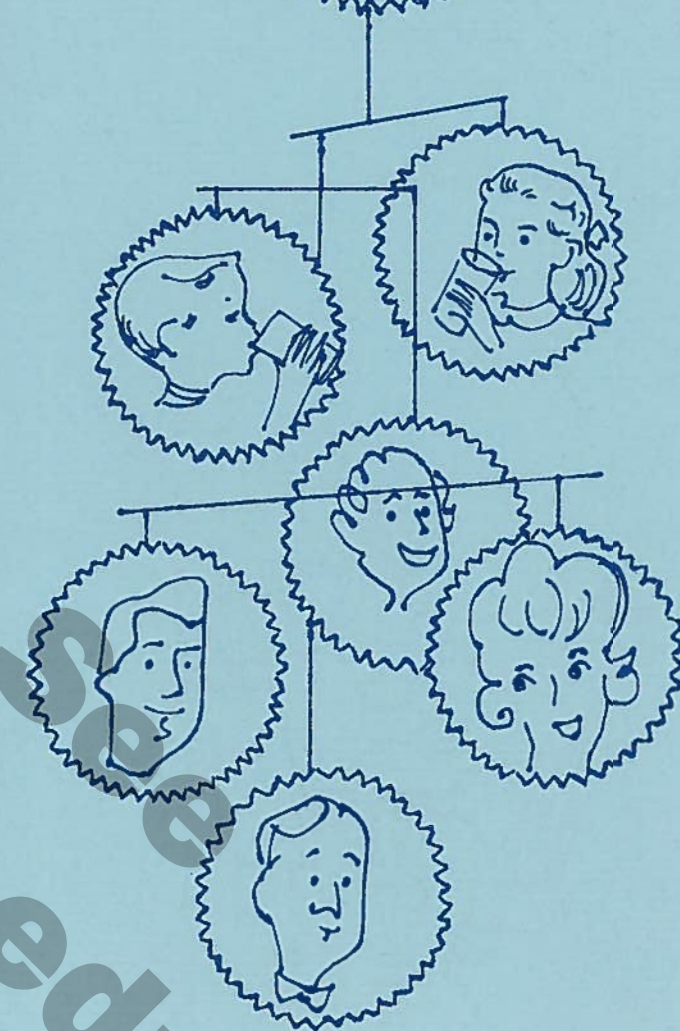
One-half cup ice cream = $\frac{1}{4}$ cup
of milk.

**To Be Sure You Get the Milk You
Need—Drink Some!!**



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MILK
IS FOR
EVERYONE



Josephine Flory
Mildred Bradsher

Milk which is:

... CLEAN

... COLD

... GOOD TASTING

is a refreshing drink for

anyone . . .

anytime . . .



For a change in your milk drinking try:

COCOA (6 servings)

4 tbsp. cocoa	4 cups water
3 tbsp. sugar	1 cup dry milk
1/2 tsp. salt	1/2 tsp. vanilla

Combine cocoa, sugar, and salt. Stir in 1 cup of water. Boil several minutes, stirring constantly. Remove from heat and add rest of water and dry milk. Beat until smooth. Heat thoroughly. Add vanilla.

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MOLASSES MILK (6 servings)

1 1/2 cups dry milk	6 cups water
1/4 tsp. salt	1/2 cup molasses

Mix dry milk and salt; mix water with molasses. Add dry ingredients to liquid and beat, stir, or shake until smooth.

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SPICED MILK (6 servings)

1 1/2 cups dry milk	1 tbsp. sugar
1/2 tsp. cinnamon	1/4 tsp. salt
1/2 tsp. nutmeg	6 cups water

Add dry ingredients to water and beat, stir, or shake until smooth.

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If the milk is hard to dissolve, try using warm water. Chill before drinking.



Adding milk to milk is another good way to make good tasting drinks have more food value:

MOLASSES MILK (6 servings)

1 1/2 cups dry milk	1 1/2 qts. fluid milk
1/4 tsp. salt	1/2 cup molasses

Mix dry milk and salt; mix fluid milk with molasses. Add dry ingredients to liquid and beat, stir, or shake until smooth.

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MAPLE MILK (6 servings)

1 1/2 cups dry milk	1/2 tsp. maple flavoring
2 tbsp. sugar	1 1/2 qts. fluid milk

Add dry ingredients and flavoring to milk. Beat, stir, or shake until smooth.

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SPICE MILK (6 servings)

1 1/2 cups dry milk	1 tbsp. sugar
1/2 tsp. cinnamon	1/4 tsp. salt
1/2 tsp. nutmeg	1 1/2 qts. fluid milk

Add dry ingredients to milk and beat, stir, or shake until smooth.

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