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The Banker-Farmer

WISCONSIN
BANKERS'
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Information for the Farmer

BANKER-
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BULLETIN No. 36

AUGUST, 1923

MILK SPECIAL

By MARY LYMAN OTIS

Banker-Farmer Exchange, Madison



Compliments of

BANKER-FARMER EXCHANGE

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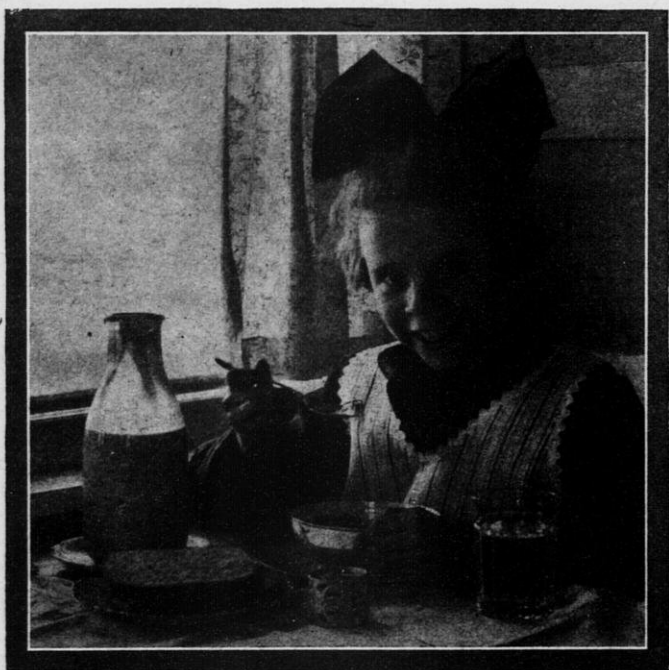
MILK SPECIAL

By MARY LYMAN OTIS
Banker-Farmer Exchange, Madison

MILK HELPS CHILDREN TO KEEP WELL AND HAPPY.

Let the children drink more milk. It will help them to keep well and to grow into strong men and women. Nothing has a greater influence upon the children's health than the food they eat. It takes the right food to build their muscles, to help them grow to make them active. Children who are undernourished—who are sick and undersized—will be made stronger and more happy by the use of more milk. In countries where milk is scarce, the infant death rate is always high.

Children cannot grow into healthy men and women unless the food they eat contains five necessary things: the tissue building material (protein), fuel (carbohydrates and fat), body regulators and bone builders (mineral matter), the recently discovered substances (vitamines), and water. Milk is the best food. It contains the things the body needs in better proportion than any other food. It makes many other foods better and in itself is nearly a complete food.



IS SHE WORTH FEEDING WELL?

All children should have milk to drink with their meals as well as prepared dishes containing it.

A day's diet should contain milk, cereals, fruits, and vegetables, which together provide a complete bill of fare for a growing child. Well children grow rapidly. Children keep well and grow when their food contains plenty of the vitamins found in butter fat, cream, and whole milk. Experience has shown that growth of animals is affected by the presence or absence of this vitamin which is found most abundantly in the fat of milk, cod liver oil, liver, and the young, growing leaves of plants. It is often whole milk that children need instead of medicine. Every child should have a glass of milk with every meal. It is a safeguard which insures the things necessary to keep the body vigorous and in good health. Milk is also of value in the diet of the grown person.

Children must be given plenty of whole milk with the other foods if they are to grow normally. Skim milk contains the tissue builder (protein), sugar and mineral matter; but most of this growth (fat soluble) vitamine has been taken out with the cream or butter fat. Therefore, skim milk should not be used in place of whole milk in the diet of growing children or adults recovering from illness as both must be stimulated to growth to become strong.

No other farm animal excels the cow in the economy with which she converts the products of the field into milk—a wonderful, human food, the best of builders. Milk is, therefore, a very economical food. Milk and milk products cannot be easily replaced in the diet of the world. Therefore, the dairy cow has been called the “foster-mother of the human race.”

On these hot August days, when the appetites of adults as well as children are on the wane, we crave for food that is cold, tasty, and colorful in the place of the usual hot meat, potatoes, and other vegetables. An occasional meal of bread and cold, creamy milk is very acceptable, but even with that wholesome combination we tire and say, “It is too tame”.

This situation has led Food Specialists to become interested in the preparation of deserts, beverages, and confections in which milk is the foundation. As a result they have given us many recipes for delicious milk concoctions that tempt us to satisfy our cravings for the “more we eat, the more we want”.

“THE PROOF OF THE PUDDING IS IN THE EATING”

Desserts using milk: Junket, Custards, Ice Cream, Milk Sherbets.

Caramel Custard.

4 cups of milk	$\frac{1}{2}$ teaspoon vanilla
5 eggs	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoon salt	2 tablespoons caramel sauce

Add to the beaten yolks the milk, salt, sugar, caramel and flavoring. Strain into buttered mold. Set mold in dish of hot water and bake until custard is firm. (Knife put into custard comes out clean). When cool, remove custard from mold and serve with remainder of caramel sauce poured over it.

Glorified Rice.

2 cups cold boiled rice (that has been cooked in milk)	$\frac{1}{2}$ cup sugar 1 pint pineapple
24 marshmallows cut into quarters	1 cup whipping cream

Cut pineapple into cubes, add rice and sugar. Pour over marshmallows and let stand 1 hour. Just before serving, add whipped cream and garnish with candied cherry or other fruit.

Milk Sherbet.

$1\frac{1}{2}$ cups sugar	2 oranges
1 quart cold milk	2 lemons

Dissolve sugar in milk, put in freezer, and turn until it becomes slush, add the fruit juices. Then freeze same as ice cream.

THE MILWAUKEE COUNTY "RURAL ROOTERS" CLUB DEMONSTRATED
AT THE W. B. A. CONVENTION THE FOLLOWING
RECIPES FOR MILK DRINKS:

Explanation: t—teaspoon; T—Tablespoon; C—cup.

Cherry Milk Blossom.

3 T. home made cherry syrup put into a glass. Fill with cold milk. Stir well and serve.

Rural Rooters Special.

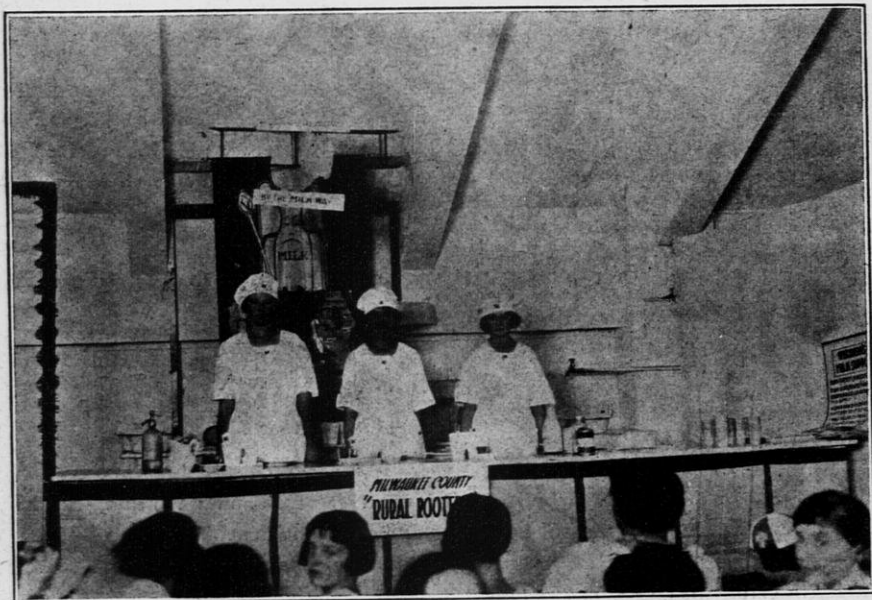
Half fill glass with ginger ale. Add 1 t. sugar. Fill glass with cold milk and stir well. Put crushed macaroon on top and serve.

Milk Julep.

Beat one egg in a glass with 1 t. sugar and $\frac{1}{4}$ t. vanilla. Fill glass with cold milk and serve.

Chocolate Malted Milk.

Put 3 T. malted milk in a glass. Add a little water and stir well. Add 2 T. home made chocolate syrup. Beat with egg beater. Fill glass with cold water and stir well. Serve.



THE MILWAUKEE COUNTY "RURAL ROOTERS" CLUB.

Grape Milk Punch.

To $\frac{1}{2}$ glass of condensed milk add 3 T. grape juice. Stir well together. Fill glass $\frac{3}{4}$ full with cold water and fill with carbonated water. (Carbonated water is not necessary, but it gives a more soda fountain taste).

Raspberry Creme.

To 3 T. milk powder add $\frac{1}{4}$ c. hot water. Stir well. Add 3 T. raspberry syrup, stir and add cold water. Fill glass with carbonated water. Serve with chopped up nuts on top.

All these drinks are improved by putting a little ice in them. The colder the drink, the better it tastes.

The drinks may also be served hot. In cold weather hot drinks are to be preferred.

Adding a little whipped cream or a spoon of ice cream is a pleasing variation for any of the drinks.