

Feeding the Family

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Food Editor

Plentiful Dairy Products Help Make Our State Great

Dairy products are vital to our family's daily health and well being. They also are vital in the economy of our state which is high in the roster of states producing an abundance of milk and dairy products. At this approaching season of Thanksgiving, it seems well to review our blessings in the dairying department which takes a goodly portion of the family dollar.

Few realize that we have available and use constantly 21 different dairy products. Let us take inventory on those we are using to best advantage to suit our needs, our pocketbooks and convenience.

Whole Milk. Fresh, fluid milk with layer of cream on top.

Homogenized Milk. No cream layer because the milk-fat has been broken up very fine and distributed throughout milk by forcing through tiny openings.

Concentrated Fresh Milk. Homogenized whole milk, evaporated to one-third original volume at low heat in vacuum. Not canned.

Fat-free or Skim Milk. No cream. Boon to reducers!

Buttermilk. Practically fat-free. Tangy flavor. By-product of butter-making or made by adding controlled culture to fat-free milk.

Yogurt. Custard-like product with tangy flavor, made by adding special culture to concentrated fresh whole milk.

Half-and-Half. Between whole milk and table cream in richness. About 12 per cent butter fat.

Table or Coffee Cream. Light cream. About 20 per cent butter fat.

All-purpose Cream. Not so rich as heavy whipping cream but will whip when chilled. About 32 per cent butter fat.

Whipping Cream. Heavy cream, 35 to 40 per cent butter fat.

Sour Cream. Light cream quickly soured by adding culture as for buttermilk, then homogenized to make it smooth and fluffy.

Evaporated Milk. Homogenized whole milk, concentrated to half its original volume, then canned, sealed and sterilized. No sugar added.

Condensed Milk. Same as evaporated milk but with about 40 per cent sugar added.

Nonfat Dry Milk Solids. Milk from which both water and fat have been removed.

Whole Milk Powder. Milk from which only water has been removed.

Chocolate Flavored Milk Drink. A mixture of whole and defatted milk plus chocolate syrup or powder. Chocolate milk is made with whole milk.

Frozen Milk. A new comer. Now made successfully from homogenized milk; widely used on ships.

Cottage Cheese. Made from culture-soured fresh milk. Two types; large soft curds or firm small curds.

Cheddar or American Cheddar Cheese. The familiar firm, yellow cured cheese. Keeps well. Improves in flavor and melting quality with age. "Process" Cheddar can be depended on to melt smoothly.

Butter. The natural fat of milk; high in food-energy and a rich source of Vitamin A. Packed in solid brick or one-fourth pound "cubes."

Ice Cream. A favorite American food containing all the important nutrients of milk. Hand-pack, machine-pack or brick; endless variety of flavors.

Cucumber Salad Dressing. A new salad dressing to add interest to a meal. Especially fine with fish. Mash one small package of cream cheese; slowly blend in two tablespoons olive oil and one tablespoon lemon juice. Stir in 1 1/4 tablespoons powdered, dry mustard, one-half teaspoon salt, one-eighth teaspoon pepper. Beat until fluffy. Fold in large cucumber that has been grated coarsely using some of the cucumber liquid. Chill.

Plentiful Cheese and Chicken Go Into This Swiss Souffle.

The practical Swiss were first to think of combining chicken and cheese for extra flavor and nutritional value. Delicate Swiss cheese and chicken complement each other in a light-as-air souffle that's rich enough for hearty family meals; a fine offering for a luncheon party.

An ideal way to use up leftover chicken or turkey or to utilize canned chicken. While souffle is baking, prepare a crisp tossed salad and a green vegetable, perhaps broccoli with lemon, butter and sliced almonds for topping.

4 tablespoons butter
4 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups milk
4 eggs, separated
1 cup shredded Swiss cheese
2 cups cooked chicken or turkey, finely chopped

Melt butter in top of double boiler, add flour, salt and pepper and stir until smoothly blended. Add milk and cook until thickened and smooth, stirring occasionally. Add beaten egg yolks, slowly. Add cheese and chicken and mix well. Fold into the stiffly beaten egg whites. Pour into an ungreased casserole and bake in a slow oven, 325 degrees, 50 minutes. Six servings.

Cheese-Egg Cookery

Cheese and eggs make up many substantial main dishes; souffles, fondues, rarebits, baked eggs and cheese. We want to remind you that low, slow heat is absolutely essential when blending eggs and cheese. Both toughen at too high a temperature. That is why many top-of-the-stove dishes are cooked in a double boiler and cheese dishes in the oven either are cooked sitting in a pan of water or the oven set at low to moderate.

Cheese Cut-Up

It is essential to get cheese into small pieces before you combine it with other ingredients in most cooked dishes. Grate it, slice it, cube it or run it through a sieve. That way the cheese cooks more quickly, can be distributed evenly throughout.

Thrifty Milk Buying

To skimp on milk in order to cut family food costs is poor economy. For its calcium alone, milk is a good buy. It also is a good buy in high quality protein and in the B-vitamin, riboflavin and it offers other minerals and vitamins. Nutritionists recommend a quart of milk a day in some form or other for each growing child.

1. Compare prices. Milk in the same quality from different companies sometimes varies in price.

2. Check to see if milk companies in your locality offer dis-

counts on large home deliveries. Check also on cash-and-carry versus home delivery prices. By carrying milk from the store you may save one to three cents a quart so you figure money versus convenience.

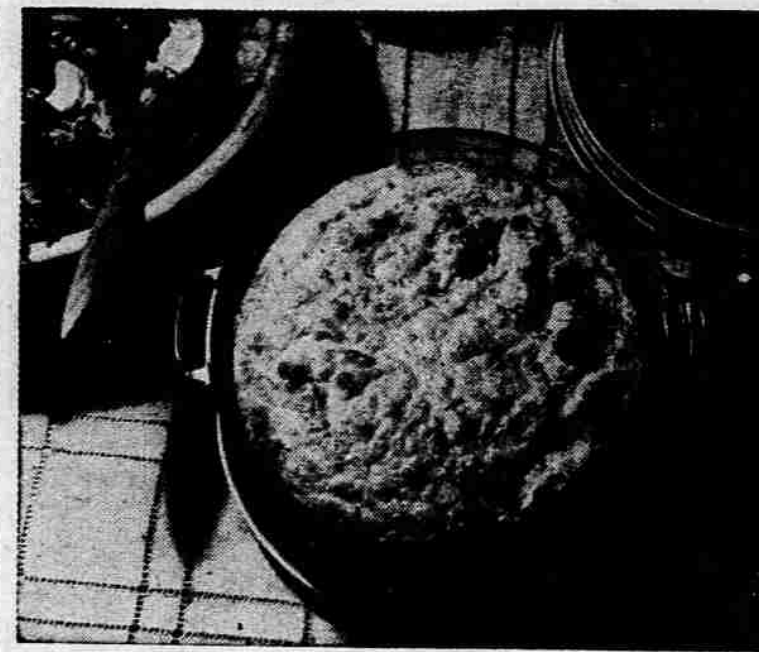
3. Price large containers. In some places milk sells for less in two-quart or gallon containers.

4. Consider wise use of the less expensive forms of milk; canned evaporated milk which has nutritive values similar to fresh whole milk and often may be used the same way.

Other less expensive products are skim milk, buttermilk and nonfat dry milk. These are lower in calories and in vitamin A than whole milk but are high in protein, minerals and riboflavin. They are good choices for people who are weight-watching. Nonfat dry milk is the best bargain for calcium and convenience in cooking and baking.

For a delicious butter rich spread for hamburgers, steaks or buns, cream together one-half cup butter, one-half pound blue cheese, two tablespoons prepared mustard, one teaspoon grated onion and salt and pepper. Let stand an hour for flavors to blend.

Cut thin slices of refrigerator



CHICKEN AND CHEESE—The practical Swiss were the first think of combining chicken and cheese for extra flavor and nutritional value. Here is a light as air souffle rich enough for hearty family meals; uses plentiful Swiss cheese and leftover or canned chicken.

butter and sprinkle with Parmesan cheese. Toast until, crisp and serve with soup or salads. Superb vegetable topping combines one-half melted butter and one-half cup dry bread crumbs browned lightly for serving on cooked asparagus, green beans, broccoli, broiled tomatoes. Chopped parsley or pimiento added to melted butter is wonderful for broiled fish fillets. Cream butter with a dash of mustard, a squeeze of lemon and a little chopped parsley before spreading over a sandwich.

Couple Returns To Army To Observe Anniversary

Amsterdam, N. Y.—(U.P.)—One way to celebrate your ninth wedding anniversary is to return to the Army for two weeks, and that's what an Amsterdam man and his wife did.

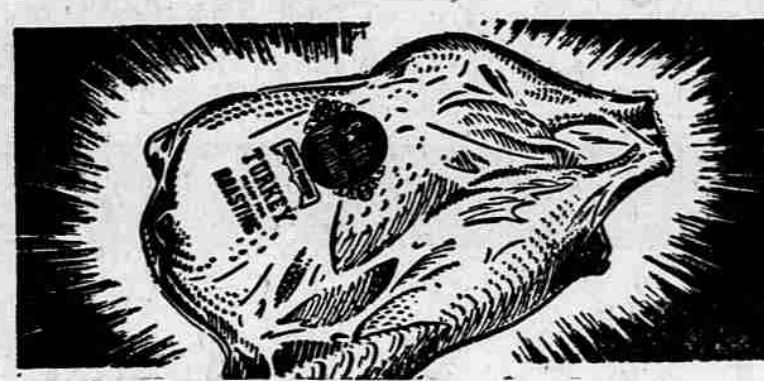
Henry A. Slocum, a former sergeant, and his wife, Maisie Cole Slocum, a former WAC sergeant, celebrated the red letter day at Fort Totten, Queens, during a two-week reserve training stint.

The two met and were married at a military ceremony in Marseilles, France, in 1945. The reserve hitch is a way "to recall our Army courtship days," they said.

Dead line for Sunday Classified is at noon Saturday.

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