



MILK is number one on the refreshment list for hep teenagers' home record hops, TV snacks, after-play hand-outs and almost any time at all. During June Dairy Month all homemakers are reminded to keep plenty of milk in the refrigerator for expected and unexpected raids on the beverage department. Shown are Banana-Cinnamon Malts served with Coconut Meringue Bars. The slice of banana makes an efficient holder for the straw besides adding a decorative touch.

DRINK MILK

Four or more cups of milk daily are recommended by nutritionists for teenagers for good health. How to get this amount of milk's vital nutrients into the diets of these active young adults is of concern to every mother.

As a bonus to nourishing meals, mothers can plan tasty refreshments built around milk. A milk bar, with a variety of mixings, syrups and fruits, not only stimulates an increase in consumption of milk but actually assists in interesting the boys and girls in kitchen mechanics and cooking.

Malted milks or just plain milk shakes are refreshing and nourishing and need not be "fattening." Letting the younger crowd prepare their own refreshments encourages their imagination and resourcefulness and provides activity for the just-out-of-school age. An electric mixer or blender is a help, but most any drink they choose can be made with milk, fruit or fruit syrups, an eggbeater and a big bowl.

BANANA-CINNAMON MALTED MILK

- 4 medium size bananas
- 1 tablespoon lemon juice
- 1/2 cup natural flavor malted milk powder
- 1 1/2 teaspoons cinnamon

ICE CREAM

Ice cream may be stored at home in your refrigerator from one to four hours by transferring it from the package to a clean, dry ice cube tray. Cover the tray tightly with aluminum foil or plastic wrap and return to bottom shelf of freezing unit.

It may be stored in the freezing compartment for several hours, and even up to one week. You can store the cartons as they come from the store, or turn contents of the package of ice cream into a Vapocan of the proper size, put the transparent lid on tightly and set into the freezing compartment.

Serve ice cream frequently as year long. It is an excellent source of calcium and phosphorus (for which milk is noted) and of riboflavin and is high in vitamin A, the fat-soluble vitamin which is contained in cream. It is also a good source of the other B-complex vitamins.

Today's ice cream is made of quality ingredients. Ice cream is made, packaged and merchandised under highly sanitary procedures. These procedures are checked continuously by the manufacturer and by health authorities.

The lean, the plump and the "just right" can all enjoy ice cream. Those who need and want to limit their calories, but eat well and adequately, may plan to include ice cream in their meals because its caloric value is moderate compared with its total food values.

One-fourth pint of ice cream can add eating pleasure to the reducing diet and add only 150 calories. Larger servings, a la modes, milkshakes and many ice cream dishes belong in the meals of those who need and want to build up their calories and increase all food values in their daily meals.

As made today, ice cream is moderate in sweetening. A third of a pint of vanilla ice cream contains a little over one tablespoon of added sugars.

ENERGY



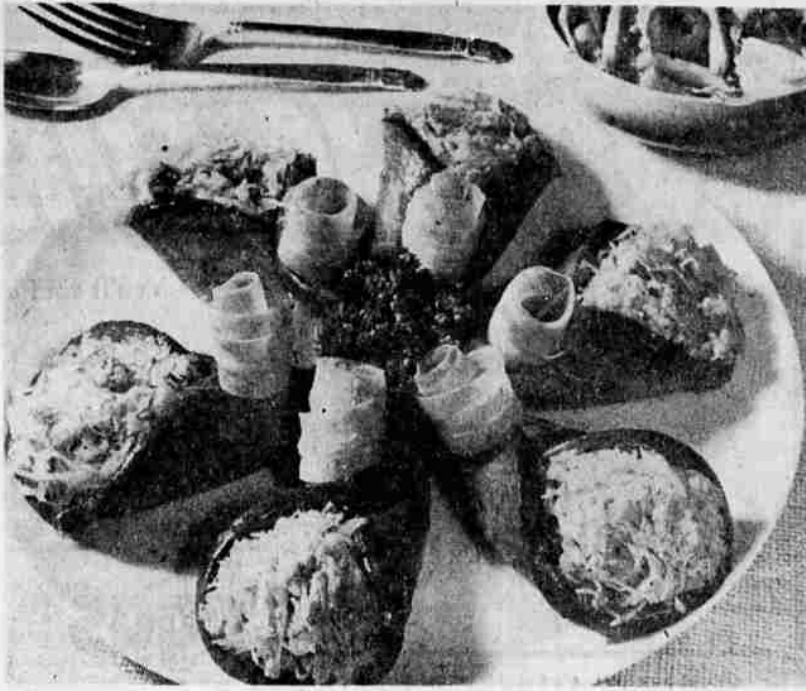
COMES FROM MILK!
Drink 3 Glasses Each Day

upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

Herald and News

Thursday, June 19, 1958 KLAMATH FALLS, OREGON Page 1 Sec. B



CORNUCOPIAS for patio eating combine sauerkraut, seasonings, Triscuit Wafers, crumbled, all put together in bologna slices, rolled into cornucopia shape and baked for 30 minutes. Serve with tossed salad and hot or cold beverage.

HOT ENTREE FOR PATIO

Patio picnics are fun and can be easy if most of the preparation is done in advance. The cornucopias shown may be prepared in advance and cooked at the last minute.

- 1 No. 2 can sauerkraut
- 2 tablespoons brown sugar
- 1 clove garlic minced
- 1 large onion, chopped
- 1 apple, peeled, cored and chopped
- 1/4 teaspoon thyme
- 1/4 teaspoon salt
- 2 cups cracker crumbs (use Triscuit Wafers)

Chop sauerkraut. Add remaining ingredients and mix thoroughly. Spoon stuffing onto six thick slices of bologna or six ham slices. Roll into cornucopia shape; fasten with cocktail picks. Bake in a moderate oven (350 degrees) for 30 minutes.

For a change in the tossed salad, add Nabisco Cheese Tid-Bit crackers instead of croutons.

AMBROSIA PIE
To 1 1/2 cups of orange juice, add one envelope unflavored gelatin. Heat until gelatin dissolves. Chill mixture until it begins to set. Make up one-half of the recipe for whipped topping found on the package of non-fat dry milk solids (or use whipped cream if you aren't counting calories). Fold gelatin mixture and one tablespoon grated orange rind into whipped topping. Turn into greased 9-inch pie plate. Ring the edge of the pie with 1 cup of cookie crumbs.

LILLIPUTIAN HAM

Small canned hams, from one pound up, are on sale in the markets these days. They are boneless, ready to serve, with very little fat and liquid in the can. To serve the ham hot, remove it from the can and slice it thin. Tie the slices together with a string and brush top and sides with a mixture of molasses or honey and mustard for a glaze. Place in a 325 degree oven for about 20 minutes per pound or until meat is heated through.

PRETTY ICE GARNISHES
Freeze mint leaves, slices of lemon or lime into ice cubes to serve with iced tea, lemonade or other cold beverages. When a recipe calls for one tablespoon of lemon juice, that is a perfect solution for use of the remainder of the lemon.



COCA-COLA'S new permanent traveling display was set up recently at Carters' Fine Foods market by Everett R. Ball, local sales manager for Coca-Cola. The big bottle is a little better than three feet high and would hold 20 gallons of Coke (if there was a bottom in it), Ball says. Celebrate June Dairy Month with Coke floats, made by sliding a scoop of ice cream into a tall glass of Coke — this is mighty thirsty weather we're having.

MOLDED SALAD

Cooked dried figs are especially delicious when molded in clear gelatin made with fresh orange and lemon juice. Molded Fig Salad gives a nice springtime lift to a dinner menu.

MOLDED FIG SALAD

- 1 cup dried figs
- 1 envelope plain gelatin
- 1 cup boiling water
- 1/4 cup cold water
- 1/3 cup sugar
- 1/4 teaspoon salt
- 1/2 cup orange juice
- 1 tablespoon fresh lemon juice
- Lettuce
- Mayonnaise
- Paprika

Boil figs 15 minutes in water to cover; drain, clip stems and slice figs; chill. Moisten gelatin in cold water and dissolve in boiling water. Add sugar and salt and stir; add orange and lemon juices. Chill until thick but not firm; fold in the figs. Turn into individual molds and chill until firm. Serve on lettuce. Garnish with mayonnaise and a dash of paprika. Makes four or more servings.

BROWN SUGAR

When brown sugar is used in a cake, crush all lumps to make sure it is a fine, even texture.

FOR BRIDES
One of the best investments of time you can make after the honeymoon is to get to know your new range well. Read the manufacturer's instructions for its use and recommended ways of cleaning the burners and the oven. Decide which utensils fit on the various size of burners. You will be rewarded with fewer cooking failures, more flavor and less value in your cooked foods, a cooler kitchen and a lower fuel bill.

FRUIT BARS
Fresh fruits and berries, strung onto cocktail picks, make glamorous garnishes for tall summer drinks. Strawberry and honey dew melon balls look pretty in lime juice, for example. Or, for a buffet, skewer different colored melon balls or cubes and stack in a hollowed out watermelon half (the whole thing must be chilled, of course).

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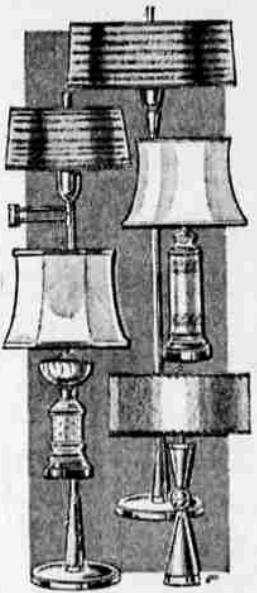
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MEDO-LAND FLAVOR OF THE MONTH

Orange Pineapple

MELLORINE

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Orange-Pineapple is one of our most popular flavors-of-the-month. Folks keep asking for it... don't blame them. When you take sweet, juicy orange slices and luscious, crunchy pineapple bits and mix them into smooth, creamy, extra-rich Medo-Land Mellorine... it's a wonderful treat! There's no easier or quicker dessert to serve than Mellorine. For a treat that's different with a tropical tang, serve Medo-Land Orange Pineapple Mellorine as soon as you can.

AT YOUR GROCER'S TODAY!

