



BETTER
FAMILY LIVING
FOR NATIONAL VICTORY

Use Milk, Eggs, *and* Milk Products

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USE MILK, EGGS, AND MILK PRODUCTS

MILK, eggs, and milk products are "protective" foods needed in the daily diet. They are rated as "protective" because they are a source of important minerals and vitamins needed to safeguard health.

Milk contributes more to good nutrition than any other single food. As a source of calcium it has no equal among foods, and it is a valuable source of phosphorus, protein, vitamins A, B₁, and riboflavin. It also contains appreciable quantities of other vitamins and minerals. These essentials promote good health in adults and children and are especially valuable in building strong bones, teeth, muscles, and other body tissues.

Eggs and milk are good body-building foods because they contain protein of high quality. The yolk of the egg is one of the best sources of iron. It is one of the few foods rich in vitamin D, which is needed for bone building. It also contains vitamins A, B₁, riboflavin, and nicotinic acid.

Milk and eggs supply the best quality of a large number of the food essentials at low cost.

HOW MUCH DO WE NEED?

Recommended dietary allowances for each person include:

MILK—1½ pints to 1 quart daily for a growing child.

1 quart or more daily for expectant and nursing mothers.

1 pint or more daily for other family members.

BUTTER—1 to 5 tablespoons daily, or ½ pound per week.

CHEESE—½ lb. weekly.

EGGS—1 daily (or at least 3 or 4 per week).

HOW DO YOU GET YOUR MILK?

Milk may be used in many forms with approximately the same food value. Supply, convenience, food habits, and cost are the determining factors. Compare the costs for your food budget and select the kind that will meet your needs. About equal in food value are:

One quart of fresh whole milk

17 ounces evaporated milk	¾ cup dry skim milk + 3 T butter
1 quart skim milk + 3 T butter	5 ounces American cheese

HOW TO SERVE MILK—DRINK IT!

Milk should first of all be used as the main beverage for children at every meal, and preferably once daily by adults. Drink sweet milk or buttermilk, or make a flavored milk drink of fresh, evaporated, or dry milk. Serve it hot or cold.

Milk Drinks:

Combine and shake in a covered jar, or beat with an egg beater to make light and frothy: 1 c cold milk; ½ to 1 T sugar; 2 to 4 T fruit juice or fruit sirup; dash of salt. Prune, raspberry, loganberry, blackberry, pineapple, cherry, other juices, or molasses may be used. Chocolate sirup may be added to milk and served cold as chocolate milk or heated and served as hot chocolate.

(Note: t = teaspoon; T = tablespoon; c = cup.)

Lemon Eggnog: (Serves 1)

1 egg; 2 T lemon juice; grated lemon peel; 2 T sugar; 1 c milk. Beat egg yolk with lemon juice and 1 T sugar. Beat egg white stiff with 1 T sugar and fold into yolk mixture. Pour into a tall glass, add milk, and stir well. Add grated peel and serve at once.

COOK WITH MILK

Milk, because it scorches readily, should always be cooked at a low temperature or over hot water. The film that forms on heated milk contains food value and should be beaten into the milk, not discarded. If milk is heated covered, the film is less likely to form.

Cereal Cooked in Milk:

Breakfast cereals and rice are more nutritious and have more flavor when cooked in milk. For 1 cup of cereal use 4 c milk, 1 t salt. Heat milk in double boiler, add salt and cereal, stirring until mixture thickens.

Cheese Sandwiches:

Spread grated American cheese combined with chopped crisp bacon on whole wheat toast or crackers. Place in oven until cheese is soft, no longer. Too much heat or too long cooking toughens cheese and melts out the fat. The result is a greasy, stringy mass.

Cottage cheese with jelly or nuts spread on brown bread makes a nutritious sandwich.

Salads:

Cottage cheese, cream cheese, or American cheese may be combined with vegetables or fruits for salads, or may be used as a stuffing for steamed dried prunes, or may be used in your favorite salad dressing.

CREAM SOUPS

White Sauce: For cream soups, prepare a thin white sauce using 1 c milk; 1 T flour; 1 T butter; $\frac{1}{2}$ t salt. For creamed vegetables or fish, prepare a medium white sauce by using 2 T flour and 2 T butter.

Cream of Vegetable Soup:

Use 2 c thin white sauce to 1 c cooked vegetables. Use one vegetable, or a combination of several. Finely chopped bacon or fat pork cooked crisp may be added.

Cream of Tomato Soup: (6 servings)

Cook 2 c sieved tomatoes with 1 T grated onion 10 minutes. Prepare 3 c thin white sauce. Thicken tomatoes with 1 T flour mixed with 2 T cold water. Just before serving, stir hot tomato pulp and juice gradually into hot white sauce, season to taste, and serve at once. Do not use soda because it destroys vitamins.

For added food value:

- 1—Sprinkle grated cheese on tomato, potato, or onion soup.
- 2—Dissolve 1 T dry milk in each cup liquid milk or add dry milk to the flour in making white sauce, cakes or breads.

EGG COOKERY

The secret of success in cooking eggs is to use moderate heat. Eggs cooked at high temperature become tough and leathery. For cooking eggs in the shell, the water should simmer—never come to a boil. For egg-thickened mixtures always cook over hot water either on top of the stove or in the oven.

Eggs Cooked in Shell:

Use 1 c cold or warm water for each egg. Bring the water gradually to simmering. Do not boil. For soft-cooked eggs, simmer 3 to 5 minutes. For hard-cooked eggs, simmer about 30 minutes.

MAIN DISHES

Creamy Scrambled Eggs:

Beat eggs well. Add 2 T milk for each egg and season with salt. Melt 1 T butter in top of double boiler. Add egg mixture and cook over hot water. Stir occasionally.

Creamed Eggs: (6 servings)

6 hard-cooked eggs; 2 c medium white sauce; 3 slices of bacon, cooked crisp and diced; 6 slices buttered hot toast. Cut eggs in eighths lengthwise; heat gently in white sauce seasoned with bacon. Serve on toast.

Creamed Vegetable, Fish or Meat:

To increase the food value of meat, fish, and vegetable dishes, add a medium white sauce, plain, or with $\frac{1}{2}$ c grated cheese or 1 beaten egg added. The cheese or egg sauces are especially good with macaroni, spaghetti, noodles, or rice. Use 1 c white sauce to about 3 c of vegetables or macaroni, etc.

Baked Rarebit: (Serves 6)

9 slices bread, whole wheat or enriched; $\frac{1}{2}$ lb. grated American cheese; 4 eggs; 3 c milk, scalded; 2 T butter; $\frac{3}{4}$ t salt; 1 t paprika; $\frac{1}{2}$ c buttered crumbs. Butter the bread and place a layer in bottom of a baking dish. Add a layer of grated cheese and repeat. Add beaten eggs, milk, and seasonings. Top with buttered bread crumbs. Set baking dish in a pan of hot water and bake in a moderate oven (350° F.) about 45 minutes. (Variation: Omit bread and add 2 c canned corn.)

DESSERTS

Milk and eggs may be served in many types of desserts, such as ice creams, custards, puddings, or sauces. Cheese may be served with fresh fruit and crisp crackers at the end of the meal. Try spreading cheese on crisp, chilled slices of apple.

Nutritious puddings are made by slowly baking sweetened milk with a cereal such as rice, corn meal, or bread. Dried fruit or spices may be added for flavoring.

Minute Rice Pudding: (6 servings)

1 $\frac{1}{4}$ c cooked rice; 2 c milk; 2 eggs, separated; $\frac{1}{2}$ c sugar; dash of salt; $\frac{1}{2}$ c raisins; $\frac{1}{2}$ t vanilla or cinnamon. Heat rice, milk, and raisins in top of double boiler, beat egg yolks, add sugar and salt; stir in $\frac{1}{2}$ c of milk-rice mixture, add to the remaining mixture, and cook two or three minutes. Add flavoring. Fold into stiffly beaten egg whites. Chill and serve with cream.

JOY • GRIT • STAMINA • NERVE • STRENGTH • ASSURANCE

These qualities are built by the food we eat!