

Hints for Homemakers

by SONDRA REID

THE FLUID FACTS

June Dairy Month Spotlights Milk

The dairy industry celebrates the 29th June Dairy Month on a note of abundance and variety.

In California fluid milk consumption rose 3.7% in 1964 over 1963, with heaviest increases in use of low fat and flavored milks.

WHOLE MILK—Most commonly used milk for all purposes. It is usually purchased as pasteurized (subjected to a heating

American Assn. of Medical Milk Commissions for care, bacterial count and purity. This milk is higher priced than regular milk.

CHOCOLATE FLAVORED MILK DRINK—Skim or partially skimmed milk with chocolate flavoring added.

BUTTERMILK—Nonfat or whole milk to which a lactic acid producing culture and sometimes butter granules has been added.

YOGURT—Usually partially skimmed milk to which a special bacterial culture has been added to produce a custard-like product. Sometimes fruit or fruit flavorings are added.

EVAPORATED MILK—Whole milk from which 60% of the water is removed. This is the most popular form of canned milk. Addition of an equal amount of water reconstitutes the milk.

SWEETENED CONDENSED MILK—Whole milk with part of the water removed and sugar added. Sweetened condensed milk also is canned. Its major use is in recipes.

NONFAT DRY MILK—Milk from which most of the water and fat have been removed to produce a dry powder or crystals. Nonfat dry milk reconstituted with water has the same food value as fresh fluid nonfat milk.

MODIFIED DRY MILK—Dry form of low-fat milk similar in composition to fluid low-fat milk when reconstituted with water. This is the newest form of dry milk in local markets.

Proper care of milk and other dairy products is essential to insure freshness. Because heat and light destroy nutrients in milk, fresh milk should be refrigerated as soon as it is purchased or delivered. Store unused portions of canned milks in the refrigerator. Exposure of dry milk to moisture may cause caking of

REV. ADDISON, WIFE HONORED BY FLOCK ON ANNIVERSARY

"SERVING THIS PRESENT AGE" will be the theme of a commemorative program starting tonight (June 17) at 7 p.m. at the New Jerusalem Baptist Church, 1100 'D' St., in honor of the Rev. and Mrs. F. N. Addison's 14th anniversary.

The program, which continues at 7 p.m. Friday night and concludes with a 3 p.m. service on Sunday, will feature gospel preaching and testimonials by prominent local churchmen and selections by several choirs from area churches.

Members of the New Jerusalem congregation taking part include Sisters Birdie Mae Cay, co-chairman; Inez Redric, church clerk; Clara Brooks, Maylene Dixon, Bertha Banks, Lethaniel Dillagard, Gloria Brown, Joyce Brooks, Margie Wilkins, Isabell Turner, Minnie Lightfoot Bruce, Eunice Shepherd, Gladys L. Groves, Mandy Cay Smith, Rose Harris, Juanita Mary Palmer and Brothers John Brooks, chairman deacon; Raymond Harris, Ezra Davis and Sam Robinson, among others.

Referring to the text, "Let the elders that rule well be counted worthy of double honour, especially they who labour in the word and doctrine," (Timothy 1:4:17), Sister Cay said, "It is therefore right and proper that we pay double honor to our beloved Pastor Addison on this occasion because he is indeed an elder who has labored long and well in the word and doctrine under the direction of the Holy Spirit."

All local church people are cordially invited to attend the three services.

milk powders, so it is wise to reseal after each use.

Dry or evaporated milk reconstituted to fluid milk strength or modified fluid milks are interchangeable in most recipes. The first recipe can be made with any form of milk available. Butter-milk and nonfat dry milk are used in the other recipes.

BANANA MILK SHAKE FLOAT

4 cups cold milk
2 bananas, mashed
2 tbsp. lemon juice
1/4 tsp. nutmeg
3 tbsp. sugar
Dash salt
1 pt. vanilla ice cream
Combine milk, bananas, lemon juice, nutmeg, sugar and salt and beat with rotary beater or in blender until smooth and frothy. Pour into tall glasses and top with scoops of ice cream. Makes 4 servings.

ORANGE BUTTERMILK COOLER

1 1/2 cups cold buttermilk
1 1/2 cups chilled orange juice
1 tbsp. lemon juice
1/3 cup sugar
Combine buttermilk, orange juice, lemon juice and sugar. Stir until sugar is dissolved. Serve at once in tall glasses. Makes 4 servings.

LEMONADE SHAKE

6-oz. can frozen lemonade concentrate
3 cups water
1/2 cup instant nonfat dry milk
1 pt. lemon sherbet
Combine thawed lemonade, water and nonfat dry milk. Chill several hours, or until very cold. Place a scoop of sherbet in each glass and pour in lemonade mixture. Makes 4 servings.



Sondra Reid

process to destroy harmful bacteria) and homogenized (treated to reduce size of milk fat globules so fat does not rise to form a cream level). Whole milk contains at least 3.5% fat and 8.7% milk solids other than fat.

FORTIFIED MILK—Whole or nonfat pasteurized or unpasteurized milk to which vitamins, minerals or other nutrients have been added. All such milk must be labeled with the names of additives and the amounts used.

NONFAT OR SKIM MILK—Fluid milk from which most of the butterfat has been removed. This milk contains fewer calories than whole milk and is used for drinking and in many cooked dishes where calorie watching is important.

LOW-FAT MILK—Fluid milk in which fat content has been lowered from 3.5% to 2% and milk solids increased from 8.7% to 10%.

CERTIFIED MILK—Raw or pasteurized whole or skim milk produced and distributed under standards of the

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THRIFTMART WINNER--Mrs. Joanne Eshow, 1930 Ophir Drive, is shown receiving check for \$250 from Jim Russell, Bonanza Thriftmart Store Manager. (See adv. page 10)

Owens Ave. at H St.

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