

Food Forum

Dorothy Johnson

IT'S JUNE, MONTH of the COW

June has been celebrated as "Dairy Month" throughout the nation for 30 years.

Why is June Dairy Month? Because this is the month when milk cows work hardest and, over the years, have consistently established production records.

THE COW is really the queen of the animal kingdom. She produces the most nearly-perfect food for man. Her product has been pasteurized, homogenized, dehydrated, churned, clabbered, and sterilized. It is the chief-nourishment for babies, growing food for children, and health food for adults.

KEEP DAIRY FOOD COOL

Often, in the Spring and Summer, eating habits turn into "snacks". Refrigerate milk and other dairy foods as soon as possible after purchase. Remove from the refrigerator only as needed and return them there promptly.

Because milk can absorb odors and flavors from other foods, containers should be tightly covered as soon as possible.

Fluid milk that has been on hand for some time should not be mixed with fresh milk products.

Soft cheese, such as cottage and cream, are quite perishable and should be purchased only when you are ready to use them. Cheddar and Swiss cheese are easily kept if protected from drying out.

Ice cream should always be stored at zero degrees or colder. Keep carton tightly closed.

Canned evaporated milk keeps well on the pantry shelf until opened. Once can is opened, it needs refrigeration and has about the same storage life as fresh milk.

Non-Fat Dry Milk, kept dry and cool, may be stored on the pantry shelf for several months without deteriorating. As soon as you reconstitute it, the liquid product needs refrigeration.

Dry whole milk should be stored in tightly-covered, moisture-proof containers. Reconstituted dry whole milk needs refrigeration.

COLD FROSTY DRINKS

Spiced Ice Tea: Pour 4 cups boiling water over 4 tea bags, 1/2 tsp. nutmeg, 2 sticks cinnamon, 1 orange slice stuck with 8 cloves and 6 tbs. sugar. Cover, cool, strain and chill. Stir in 1/4 cup lemon juice and 3 tbs. orange juice. Serve over ice cubes, garnish with cinnamon sticks and orange slices stuck with whole cloves.

Apple Julep: 1/2 cup apple juice chilled, lemon sherbet, 1/3 cup soda water chilled, sliced red apple. Combine apple juice and soda in glass. Add scoop lemon sherbet and a slice of red apple.

Bahamian Lime Cooler: Bruise 1/4 cup mint leaves in 1/3 cup lime juice, cover, let stand 2-3 hours. Strain, squeeze mint dry, reserve liquid. Add 1/2 tsp. bitters and non-caloric sweetener. Just before serving, add 1 pint chilled lemon-lime or lemon carbonated beverage. Add 1 ounce green Creme de Menthe, if you like. Serve over ice with slice of lime.

Raspberry Shrub: 2 pints fresh or 2 (10 oz.) pkgs. frozen raspberries, 1/2 cup white cider vinegar, 3/4 cup sugar, soda water chilled.

Mix raspberries and vinegar. Cover, refrigerate over night. Strain through fine sieve, press through as much liquid as possible. Add sugar and heat--stirring until sugar dissolves. Chill. Fill each glass 1/3 full with crushed ice, add 1/3 to 1/2 cup raspberry mixture, top with soda water.

Frosted Pineapple-Banana Crush: 2 bananas mashed, 1-1/4 cups orange juice, 1/4 cup lemon juice, 2 cups pineapple juice, 1 can (1 lb. 4-1/2 oz.) crushed pineapple, light rum, (if you like), 6 sticks fresh or canned pineapple garnish, mint garnish.

Mix mashed bananas, juices, and crushed pineapple. Freeze until mushy. Buzz mixture in blender until frothy. Strain--pressing as much juice as possible. Chill thoroughly. Stir before serving and add 1-1/2 ounces light rum for each glass with a pineapple stick and sprig of mint.

A Swinging No Trump Bid



IT WAS A GRAND SLAM, doubled and redoubled for members of the "Just We" Bridge Club, recently, when they gathered at the lovely home of Mr. and Mrs. William J. Haynes for a completely uncompetitive dinner party. . . Shown here are the members in a relaxed moment (nobody had trumped anybody's ace) after the happy social occasion. . . The "Just We" Bridge Club members meet once a month to play--you know what.

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