a QUART OF MILK a day
Ten Thousand Dollars in Prizes

Contest closes 5:00 P. M., December 31, 1928

<table>
<thead>
<tr>
<th>Prize Description</th>
<th>Prize Value</th>
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<tr>
<td>One First Prize</td>
<td>$2,000.00</td>
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<td>Two Prizes (each)</td>
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<td>One Hundred Prizes (each)</td>
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The first prize will be awarded for the best series of three daily menus (three meals for each day) designed to put as much milk as possible in the diet of each member of the family—a quart a day for each being the ideal amount—using Evaporated Milk for every cream and milk use. Recipes must accompany the menus for each dish where milk is used. The other prizes will be awarded to such series of menus in the order of their merit.

The following women, prominent in the field of Home Economics and Public Welfare have consented to act as judges:

**Katharine Blunt**, Professor of Home Economics and Head of the Department, University of Chicago;

**Katharine A. Fisher**, Director, Good Housekeeping Institute;

**Margaret M. Edwards**, Division of Health Education, American Child Health Association.

**Conditions of Contest**

1—Only housekeepers are eligible to compete for the prizes. Chefs of hotels, restaurants, or clubs, or experts in cooking schools, or consulting domestic science experts, or employees of commercial houses are not eligible.

2—The menus submitted must be accompanied by a description of the family for which they are prepared, including name, age and sex. The person submitting menus will be required to certify that they are for meals actually prepared and served to her family.

(Continued on inside back cover)
General Requirements for Balanced Meals

The Following Outline Indicates What the Menu for Each Day Should Contain

—for Children from the Second Year

1—One quart of milk a day either as a beverage or partly in soups, sauces and desserts.
2—One egg four or five times a week either simply cooked or included in custards or similar dishes.
3—Cereal once a day, usually hot and whole grain, with other hot or ready-to-serve cereals occasionally substituted for variety.
4—A green vegetable every day, with spinach, tomatoes and cabbage often represented.
5—Fruit or fruit juices every day.
6—If meat is included in the meals, give it in moderate amounts. Choose only tender, well-cooked chicken, lamb, lean beef, liver or lean, easily-flaked fish. Serve at the noon meal, never at night.

—for Adults

1—One quart of milk a day either as a beverage or partly in soups, sauces or desserts.
2—Two generous servings of non-starchy vegetables (such as carrots, lettuce, spinach, string beans, cabbage, beets), at least one of these raw whenever possible.
3—One serving of fresh fruit, raw if possible.
4—Meat, or a meat substitute such as cheese or egg dish.
5—To make up the energy requirements for the day add breads (including whole wheat), starchy vegetables (such as potatoes and baked beans), cereals (including whole grains), desserts, butter and cream.
The Quart of Milk a Day

* * * * * *

“In concluding this chapter it may be well to epitomize the system of living by means of which we and our descendents may recover the physical prestige we are rapidly losing owing to changed conditions of living, especially with regard to our food habits.

“The first and most important principle is the extension of the use of dairy products. Instead of the present consumption of half a pint of milk a day, there should be at least a quart per capita.”

Prof. E. V. McCollum,
The Newer Knowledge of Nutrition.

AUTHORITIES agree that every member of the family should have a quart of milk a day if they are to have the best of health. The purpose of this booklet is to tell you how you may more easily put the required amount of milk in the diet, and to show you how you can be sure that it is pure, clean, safe milk.

Why Milk Is Important

Dr. E. V. McCollum, of Johns Hopkins University, is one of the most distinguished nutrition authorities in America. He states the reason why milk is important in the diet in this clear and forceful way:

“The striking fact brought out by modern nutrition investigations is that most animal and vegetable foods are singly or collectively faulty in sufficient degree to interfere seriously with the physical development of the young and to lead to early deterioration of the adult. The most important consideration to be kept in mind is, therefore, the selection of food so as to compensate the deficiencies of one article by those of another and thus make a properly balanced dietary. For this purpose milk is the truly ideal food.”
What They Mean by "Milk"

When authorities agree on the quart of milk a day, they mean, of course, that it must be "whole" milk; that is, milk that contains all the food substances natural to milk. Cream, for example, being rich only in butterfat, doesn’t take the place of milk. It is poor in the important substances which build and maintain bone and tissue. Skimmed milk, deficient in the fat, doesn’t provide all the things the body needs. It is "completeness" in all the essential food substances that makes milk the indispensable food. Evaporated Milk meets this important test.

And More Important

"Most American cities have safe water supplies; most American cities need to secure safe milk supplies."

Bulletin, American Child Health Association, November, 1927.

Evaporated Milk also meets this test. It provides a safe milk supply for every city, town and village in America. Evaporated Milk is pure, fresh milk, concentrated by removing part of the water. By this method it is made more than twice as rich as ordinary milk. Nothing but water is taken from the pure milk. Not a thing is added to it. Then it is put in sealed containers and sterilized. The sterilization makes it free from everything that could destroy its freshness—frees it from everything that could endanger health. The sealed container protects its purity and richness.

The Cream Never Separates

In ordinary milk the cream separates—rises to the top. In Evaporated Milk the cream stays in the milk. It never separates. It can never be skimmed milk. The separation is prevented by a process called "homogenization." That is a "grinding" of the milk—breaking the fat globules, which are large in ordinary milk, into such tiny particles that they do not rise to the top as they do in ordinary milk. Every drop of Evaporated Milk contains all the food elements of milk in their natural proportions to each other.
The Extra Richness

You may be startled by the statement that Evaporated Milk is as rich as cream. But it is true. Ordinary milk is mostly water. 87½ per cent. of a bottle of milk is water. Only 12½ per cent. is solid or food substance. About 26 per cent. of cream is solids, the rest water. Approximately 26 per cent. of the contents of a can of Evaporated Milk is solid substance. In solids—food elements—Evaporated Milk is as rich as cream.

A Better Richness

It is startling, indeed, to say that the richness of Evaporated Milk is better than the richness of cream. Yet it is undoubtedly so. The richness of Evaporated Milk—equal in degree to that of cream—is a better richness because it contains all the food elements of milk. It contains the bone and tissue-building substance of milk as well as the butterfat, in which alone cream is rich. It is milk—not cream—that is the most nearly perfect of all foods.

The Four Essentials

Evaporated Milk, then, has four essential qualities which serve the purpose we seek to accomplish—that of putting more milk in the diet—of being able to know that it is pure, clean, safe milk.

1—Extra richness. This helps in many ways to put more milk in food.

2—Sure richness. We know that Evaporated Milk contains all the elements of whole milk.

3—Sterilization and homogenization make Evaporated Milk more readily digestible than ordinary milk. Many people, particularly babies and children—often adults—can take Evaporated Milk, where ordinary milk causes trouble.

4—Safety. The sterilization and the sealed container guarantee its purity and cleanness.
But It Takes Planning

If everybody liked to drink milk, it would be easy to put the quart a day in the diet. But many people do not like to drink milk. Children, for whom it is an indispensable food, often tire of it. We who plan the family food must find ways to put the required amount of milk in the diet, and yet make the meal a pleasure rather than a task or duty, for children as well as for the grown-up members of the family.

Dr. Dorothy Reed Mendenhall, in a United States Government bulletin, entitled “Milk, the Indispensable Food for Children” says:

“Milk can be disguised in the diet. Although the use of milk is largely a matter of training, adults who have not acquired the milk habit in childhood or those who dislike its taste or are fanciful in regard to food can be given any desired amount of milk in the daily food by a little study.”

Cook Cereals

in Evaporated Milk and water, equal parts—an aid toward getting a “quart of milk” into the day’s food.
Evaporated Milk Makes it Easier to Put More Milk in the Diet

The following recipes are the result of careful experiments and very well illustrate how Evaporated Milk makes it possible to put a larger amount of milk solids in food than can be accomplished with bottled milk. The dishes are not harmed in taste and texture, on the contrary, they are made better in taste and texture as well as more wholesome, because of the greater amount of milk solids which they contain.

Six Illustrations

After each recipe you will note the statement of the percentage by which the milk solids are increased through the use of Evaporated Milk. These percentages are calculated from standard bottled milk recipes for the same dishes.

**PINEAPPLE MILK SHERBET**

\[
\begin{align*}
\text{1} & \frac{1}{2} \text{ cups Evaporated Milk} \\
\text{1 cup sugar} \\
\text{Few grains salt} \\
\text{1 cup water} \\
\text{2 tablespoons lemon juice} \\
\text{1 No. 2 can crushed pineapple (2} & \frac{1}{4} \text{ cups)}
\end{align*}
\]

Pour chilled Evaporated Milk into ice cream can. Add sugar, salt, water and lemon juice to pineapple. Stir thoroughly and chill. Then add pineapple mixture to the milk. Freeze. Yield: 1\frac{1}{2} quarts or 12 servings.

Milk solids here are increased by 20% through use of Evaporated Milk instead of bottled milk.

**MEXICAN ORANGE CANDY**

\[
\begin{align*}
\text{1 cup sugar, caramelized} \\
\text{1 cup boiling water} \\
\text{2 cups sugar} \\
\text{1 cup Evaporated Milk} \\
\text{Pinch salt} \\
\text{Grated rind 2 oranges} \\
\text{1 cup nut meats}
\end{align*}
\]

Add boiling water to caramelized sugar and boil until sugar is dissolved. Add 2 cups sugar, milk and salt and boil to soft ball stage (235° F.). Just before the candy is done add orange rind. Remove from fire, add nuts, cool and beat. Drop from a teaspoon on to oiled paper. Yield: 1\frac{3}{4} pounds.

Note: This candy makes a delicious icing for plain, spice, or white cake.

Evaporated Milk increases the milk solids more than 100% over bottled milk recipe calling for one cup.
ORANGE MILK SHERBET

1½ to 2 cups Evaporated Milk
(2 cups make a mild flavored sherbet)
2 cups sugar

Pour Evaporated Milk into ice cream can and chill in refrigerator or a pan of chopped ice. Boil sugar, salt and water until there are 2 cups of syrup. Add orange and lemon juice and chill. Pour orange mixture into the milk. Freeze. Yield: 1½ quarts or 12 servings.

Milk solids are increased 20 to 33½% by use of Evaporated Milk.

COCOA MILK SHERBET

4 tablespoons cocoa
¾ cup sugar
1 teaspoon flour
1½ cups boiling water

Rub cocoa, sugar and flour together until smooth. Add boiling water, and stir to blend well. Cook slowly 5 minutes. Pour cocoa mixture over well-beaten egg and stir vigorously to prevent curdling. Return to double boiler, add butter and cook 2 minutes longer, cool, add vanilla and Evaporated Milk. Chill and freeze. Yield: 1½ quarts or 12 servings.

Two cups of Evaporated Milk, equal to 4 cups of bottled milk, are used in place of 3½ cups of bottled milk called for in the ordinary bottled milk recipe. There are about 14% more milk solids in the Evaporated Milk recipe.

BANANA MILK SHERBET

2 cups banana pulp (about 6 bananas)
1½ cups sugar
1½ cups Evaporated Milk

Select full-ripe bananas, well flecked with brown spots. Remove peelings, and outside fibrous portion. Press bananas through a coarse sieve. Combine ingredients in order given. Let stand in cold place one-half hour before freezing. (If 1 tablespoon lemon juice is added to ingredients given above and orange juice is increased to 1 cup and sugar to 1½ cups, another very excellent sherbet results.) Yield: 1½ quarts or 12 servings.

The bottled milk recipe calls for 1½ cups of milk. The same amount of Evaporated Milk increases milk solids more than 100%.

PUMPKIN PIE

Mix the spices and boiling water. Add this with sugar, eggs and salt to pumpkin. Stir to blend thoroughly, then add hot milk and orange juice. Cook mixture over hot water until thoroughly heated (about 5 minutes). Pour into unpricked baked pie shell (page 31). Bake in hot oven (425° F.) 15 minutes, after which reduce to slow oven (300° F.). About 25 minutes are required for baking. Yield: Filling for 1 pie.

The bottled milk recipe calls for 1½ cups bottled milk. The one cup Evaporated Milk provides 60% more milk solids.
Evaporated Milk, Diluted with an Equal Part of Water is Used in Place of Bottled Milk

Since Evaporated Milk is more than twice as rich in milk solids, the milk so diluted puts more milk solids in the food. The fat content, too, is 15 to 25 per cent. higher than in the same recipe made with bottled milk. The more striking advantage in these recipes, however, is in the better consistency and texture of these dishes when made with Evaporated Milk.

**CELERY SOUP**

- 3 cups celery, chopped
- 1 slice onion
- 2 cups water
- 1 tablespoon butter
- 1 tablespoon flour
- 1 teaspoon salt
- 1 egg


**OYSTER STEW**

- 2 cups Evaporated Milk diluted with
- 2 cups water
- 1 slice onion
- 2 stalks celery
- 2 sprigs parsley
- A bit of bay leaf
- 4 tablespoons finely ground crackers
- 1 pint oysters
- 3 tablespoons butter
- Salt
- Dash paprika

Scald the diluted milk with the onion, celery, parsley and bay leaf 20 minutes; remove celery, onion and bay leaf and add the crackers. Heat the cleaned oysters in their own liquid until the edges curl. Combine with milk and season with butter, salt and paprika. Serve immediately. Yield: 5 servings.

**THIN WHITE SAUCE**

- 1 tablespoon butter
- 1 tablespoon flour
- $\frac{1}{2}$ teaspoon salt

Melt butter, blend in flour, and when smooth and bubbling add the hot milk gradually, and cook for 20 minutes in a double boiler stirring occasionally to keep smooth. Yield: $1\frac{3}{4}$ cups.

*To produce white sauce from bottled milk that will approach the richness of that made with Evaporated Milk it is necessary to add two tablespoonfuls of butter. A number of experiments have proved this point conclusively.*

**MEDIUM WHITE SAUCE**

To make Medium White Sauce add 1 tablespoon flour and $\frac{1}{2}$ tablespoon butter to above recipe.
Creaming the Vegetables
with Evaporated Milk gives
them fine flavor, puts more milk
in the diet, uses less butter.

POTATOES AU GRATIN

3 cups cooked potatoes, diced
1 1/4 cups Thin White Sauce
(page 8)
1 tablespoon finely chopped parsley
1/2 cup cheese, grated
1 cup buttered crumbs

Cook potatoes in the white sauce slowly until heated through. Pour into a
buttered baking dish, sprinkle top with parsley, then with cheese and finally with
buttered crumbs. Cover and bake in a hot oven (400° F.) until crumbs are brown.
Yield: 5 servings.

SALMON LOAF

1 tablespoon lemon juice
Cayenne
1 teaspoon salt
1 pound can salmon, flaked
2 small eggs, beaten
3/4 cup chopped celery
(may be omitted)
1 1/2 cups bread crumbs
1/2 teaspoon baking powder
1/2 cup Evaporated Milk
diluted with
1/2 cup water

Add lemon juice, cayenne and salt to salmon, then eggs, celery, bread crumbs,
baking powder and diluted milk. Shape into a loaf and place in an oiled baking
pan. Bake in a medium oven (350° F.) until brown and firm. Serve with Tomato
Cream Sauce (page 34). Yield: 5 servings.
An Illustration of How It Saves Butter

Extensive experiments in making Cream of Tomato Soup, comparing the product of Evaporated Milk with that of bottled milk, showed a much richer soup from Evaporated Milk. The difference is so pronounced that it was found necessary to add two tablespoons of butter to 1 1/8 cups of the bottled milk soup before it approached the rich flavor of the Evaporated Milk product. And, it is to be noted that here, too, the richness of the Evaporated Milk product is in the whole-milk solids instead of in fat alone as it is when butter is added.

**CREAM OF TOMATO SOUP**

3 1/2 cups tomatoes
3 sprigs parsley
1/2 teaspoon thyme
Bit bay leaf
3/4 teaspoon peppercorns

6 cloves
2 slices onion
2 1/4 teaspoons sugar
3/4 teaspoon salt
2 1/2 cups Thin White Sauce (page 8)

Boil tomatoes with all the seasonings 5 minutes, then rub through a sieve. There should be 2 cups of liquid and pulp. If not, add water. Pour tomato mixture slowly into hot white sauce when ready to serve, stirring to blend well.

**NOTE:** Boiling the ingredients rapidly for a tomato puree is more desirable than the slow simmering of such ingredients. The best way of combining mixtures for Tomato Soup is to add puree to white sauce.

There is no curdling when hot puree is added to hot white sauce and there is no additional heating.

Heating the cold combined mixtures of tomato soup rapidly over a flame invariably produces curdling. Heating them slowly in the top of a double boiler is more favorable to preserving a smooth consistency.

Used in Place of Cream—Makes Better Food

In our effort to put more milk in the diet, this extra richness of Evaporated Milk is most important. Used in place of cream, it gives the richness in flavor and texture that cream is designed to give, and yet it has the wholesome richness of whole milk. In ice cream, for example, Evaporated Milk gives all the qualities of taste and texture you’d want ice cream to have, plus the indispensable quality of whole milk. Children can have all the ice cream they’ll eat, if it’s made with Evaporated Milk. Its whole-milk quality, its more ready digestibility, make Evaporated Milk ice cream better for everybody. In coffee, on cereals and fruit—for every cream use—it is better, more wholesome than cream, because it is whole milk.
In Equal Quantity in Place of the Cream Called for in Ordinary Recipes

The result is a reduction in the amount of fat, but an increase by more than 100 per cent. of the non-fat milk solids. These recipes put milk instead of cream in the food. And it is milk—not cream—that is the important food.

COLE SLAW

⅜ teaspoon salt
Dash pepper
1 ½ tablespoons sugar
3 cups finely shaved cabbage
⅝ cup Evaporated Milk
3 tablespoons lemon juice or vinegar

Add salt, pepper and sugar to cabbage. Add vinegar or lemon juice to milk, then add to cabbage. Keep cold until ready to serve. Yield: 6 servings.

SHREDDED LETTUCE SALAD

1 medium head or ¼ cup vinegar
4 cups shredded lettuce
⅝ teaspoon salt
5 teaspoons sugar
5 tablespoons Evaporated Milk
Paprika
5 teaspoons sugar

Combine ingredients in order given. Yield: 5 servings.

STUFFED CELERY

⅜ cup cream cheese
⅜ teaspoon onion juice
½ pound mushrooms
1 ½ teaspoons chopped pepper
6 stalks celery
3 tablespoons chopped nuts
3 cups cold chicken, diced
½ pimiento, shredded

Combine cheese with Evaporated Milk, nuts, onion juice and pepper. Fill the stalks of crisp, clean celery lightly with cheese mixture. Garnish with dashes of paprika. Yield: 6 servings.

CHICKEN A LA KING

⅛ green pepper, shredded
Salt
⅛ pound mushrooms
Pepper
3 tablespoons butter
3 cups cold chicken, diced
6 tablespoons flour
½ pimiento, shredded

Cook pepper and mushrooms, if they are raw, slowly in the butter 8 minutes. Cover while cooking. Remove mushrooms and pepper from fat, add flour, milk, broth and seasoning. Cook 5 minutes over a low flame, stirring to keep smooth. Add chicken, mushrooms, pimiento and pepper and reheat in double boiler to prevent curdling. Yield: 8 servings.

CARAMELS

2 cups sugar
Few grains salt
2 cups corn syrup
½ cup butter
2 cups Evaporated Milk
1 teaspoon vanilla

Stirring occasionally, boil the sugar, salt and corn syrup to 245°F. (very thick syrup). Add butter, then milk gradually so that the mixture does not stop boiling at any time. Stir constantly and cook rapidly to the firm ball stage, (242°F.) This mixture is very thick and sticks easily at the last. Add vanilla and pour into a buttered pan. Cool thoroughly before cutting. Cut with a heavy, sharp knife using a saw-like motion. Yield: 2 pounds.
STERLING SAUCE

3/4 cup butter
1 1/2 tablespoons Evaporated Milk
1 1/2 tablespoons non-alcoholic sherry
1 1/2 cups brown sugar

Cream butter, add sugar gradually, then the milk and flavoring slowly. Yield: 6 servings.

One and one-half tablespoons of Evaporated Milk are used in place of 2 tablespoons butter and 4 tablespoons cream in the ordinary cream recipe. One and one-half tablespoons Evaporated Milk are much more economical than 2 tablespoons butter and 4 tablespoons cream. The use of an additional one-eighth cup of sugar also gives one more serving than the cream recipe.

KIDNEY STEW

1 pound kidneys
4 tablespoons flour
3 tablespoons butter
1 teaspoon salt
Pepper
4 medium onions, chopped
4 medium potatoes, diced
1/4 cup Evaporated Milk
1 tablespoon vinegar

Cut kidneys in halves and soak 45 minutes in cold, salted water. Trim and skin. Cut in small pieces, place in a kettle of water and bring to a boil. Drain and blanch under cold water. Roll in flour and brown quickly in butter. Add salt, pepper, onion and potatoes, cover with boiling water and cook until tender. When done, add Evaporated Milk and vinegar. Yield: 5 servings.

A Striking Illustration

Evaporated Milk is equal in value to thin cream in the preparation of this rich flavored soup of smooth consistency.

The standard white sauce for soups, either from bottle or Evaporated Milk when combined with Lima Bean pulp gave too thick a soup, and a character that seemed undesirable for this soup.

Undiluted Evaporated Milk was used instead of white sauce. This gives a smoothness and richness in flavor equivalent to the same proportion of bean pulp and thin cream.

CREAM OF LIMA BEAN SOUP

1 cup lima beans
1 1/2 quarts cold water
4 slices medium carrot
2 slices medium onion
4 sprigs parsley
1 teaspoon peppercorns
2 cups Evaporated Milk
1 tablespoon Worcestershire sauce
Few drops tabasco (if desired)
2 teaspoons salt

Wash beans, cover with water and soak for several hours. Drain. Add water and cook slowly until tender, about one hour. After cooking one-half hour, add vegetables and peppercorns. When beans are tender, rub through a sieve. There should be 3 cups of pulp and liquid. If not, add water. In the meantime have Evaporated Milk heated to scalding point. Combine bean pulp and seasonings with milk just before serving. Yield: 6 servings (5 cups).
In Place of Whipping Cream

Evaporated Milk whips like cream and can be used in place of cream in making such desserts as bavarians and milk sherbets. Two important results are thus accomplished: First, the product made with Evaporated Milk, having the same total amount of milk solids, has better food value because the important solids, minerals and proteins (not fat) are more than twice as great as where cream is used. Second, Evaporated Milk, costing less than half as much as cream, makes the dishes much more economical.

**ORANGE BAVARIAN**

\[
\begin{align*}
1 \frac{1}{2} \text{ tablespoons gelatin} & \\
\frac{3}{4} \text{ cup cold water} & \\
\frac{5}{8} \text{ cup sugar} & \\
1 \frac{1}{4} \text{ cups orange juice} & \\
2 \text{ tablespoons lemon juice} & \\
\frac{1}{8} \text{ teaspoon salt} & \\
1 \text{ cup Evaporated Milk} & \\
\end{align*}
\]

Soften gelatin in cold water, add sugar and orange juice and heat over hot water until gelatin dissolves. Remove from heat, add lemon juice and salt. Cool in a pan of cold water, stirring occasionally until mixture begins to thicken. Thoroughly chill the Evaporated Milk, then whip (page 14). Fold into gelatin mixture just as it begins to set. Yield: 5 servings.

Bavarians, Mousses, and other whipped cream desserts, when made with Evaporated Milk are most tempting in taste and texture—cost much less.
CARAMEL CHARLOTTE RUSSE

1 tablespoon gelatin
1/4 cup cold water
1 cup sugar
1/2 cup boiling water
Few grains salt
1/2 pound almonds, blanched and finely chopped
2 cups Evaporated Milk, chilled and whipped (page 14)
1 teaspoon vanilla
10 lady fingers

Soften gelatin in cold water and set over hot water to dissolve. Caramelize the sugar by sifting slowly into a hot frying pan. Shake to prevent burning. Add the boiling water and salt and cook until caramel is dissolved. Cool slightly and add dissolved gelatin. When the mixture begins to thicken add almonds, Evaporated Milk that has been thoroughly chilled and whipped and vanilla. Pour into a mold lined with lady fingers. Yield: 10 servings.

FROZEN CHEESE SALAD

1 package cream cheese (3 ounces)
3 tablespoons eggless mayonnaise (page 33)
1/2 cup Evaporated Milk, chilled and whipped (page 14)
1/2 cup chopped dates
1/2 cup crushed pineapple
2 tablespoons lemon juice
Lettuce leaves

Mash cheese. Add mayonnaise slowly, blending well. Add whipped Evaporated Milk, fruit and lemon juice. Pour into a mold and pack with ice and salt. Serve on lettuce leaves, with or without salad dressing. Yield: 2 1/2 cups or 6 servings.

CREAMY SALAD DRESSING

1/2 cup Evaporated Milk
1 tablespoon sugar
1 tablespoon fruit juice
1 cup cooked salad dressing (page 33)

Chill and whip Evaporated Milk (page 14). Add sugar and fruit juice, then fold into salad dressing. Especially nice for fruit salads. Yield: 6 servings.

Directions for Whipping

Place the unopened can of milk in a pan and cover with cold water. Heat to the boiling point. Remove can and chill quickly and thoroughly. Much of the heat may be removed by placing the can in cold water. Pour part of the milk into a bowl which is surrounded with ice and salt. Like cream, the milk must be very cold before it will whip and a small quantity whips more readily than a large one.

Whipping triples the bulk of Evaporated Milk. If, on standing, it loses its fluffiness, it may be re-whipped, provided always that it is previously chilled.
Dilution with Other Liquids Gives Extraordinary Results

The following recipes are included to illustrate how the necessity of diluting Evaporated Milk is an advantage, because liquids other than water may be used to produce desirable flavors.

**CARROT SOUP**

1 medium onion  
2 tablespoons butter  
1/2 cup fine bread crumbs  
1 quart chicken or meat stock  
1 teaspoon salt  
Dash pepper  
1 tablespoon sugar  
2 cups strained cooked carrots  
1 cup Evaporated Milk

Without browning, cook the onion slowly in butter 5 minutes. Add crumbs, stock, salt, pepper and sugar, and simmer 20 minutes. Add carrots and Evaporated Milk. Reheat and serve at once. Yield: 6 servings. (6 cups.)

The carrot soup made with bottled milk is a food which few like. By using chicken or meat stock to dilute the Evaporated Milk a delightful flavor is produced which makes carrot soup a new and wholesome delicacy.

**POTATO SOUP**

4 good-sized potatoes  
3 large slices onion  
1 1/2 quarts boiling water  
2 teaspoons salt  
Dash cayenne  
Dash celery salt  

Boil the potatoes and onion in the 1 1/2 quarts of water to which salt has been added. When tender, drain, rice and mash. Save the water that is drained from the potatoes. There should be 1 1/2 cups. If not, add water. There should be 3 cups mashed potatoes. Scald the diluted milk in a double boiler with the parsley; add slowly to the hot mashed potato, stirring to keep smooth. Add cayenne and celery salt. Serve at once. Yield: 6 servings. (4 3/4 cups.)

It is important to note here that the cooking water from the potatoes is used to dilute the Evaporated Milk. It couldn't be used with bottled milk. This puts more milk solids in the soup, some of the potato solids are saved and also the fine flavor which comes from the use of the water drained from the potatoes.

**SPINACH SOUP**

1 large onion, sliced  
1 1/2 tablespoons butter  
3 cups meat stock  
3/4 cup grated bread crumbs  
Dash white pepper  

Without browning, cook the onion slowly in the butter 5 minutes. Add the stock, bread crumbs, salt and pepper and simmer 20 minutes. Mix flour and cold water to a paste, add to soup and cook 10 minutes longer. Last add the spinach and Evaporated Milk. Heat and serve at once. Yield: 6 servings. (5 cups.)

If four and one-half cups of bottled milk were used to take the place of the Evaporated Milk and meat stock, the bottled milk soup would lack the pleasing flavor that is given by the meat stock. Spinach flavor is not especially liked by most individuals. The addition of meat flavor does make it more palatable. Not more than four cups of bottled milk could be used to advantage in the ordinary milk recipe.
Cream Soups offer another way of putting more milk into the daily diet. They are most delicious when Evaporated Milk is used.

**ASPARAGUS SOUP**

4 bunches or
2 No. 1 cans asparagus
1 slice medium onion
1 tablespoon parsley, chopped
2 tablespoons butter

4 tablespoons flour
2 teaspoons salt
2 1/4 cups chicken or meat stock
1 1/4 cups Evaporated Milk

Remove scales and tough outside portions from lower end of stalks. Wash and cut off the tips about three inches long. Cook stalks, onion and parsley in enough water to cover until almost done. Add tips and finish cooking. This will require 8 or 10 minutes. Remove tips. Press stalks through a sieve. (If canned asparagus is used, press stalks through sieve and reserve tips.) There should be 2 1/4 cups of pulp and liquid. If not, add water. In the meantime prepare a white sauce of the butter, flour, salt, stock and Evaporated Milk. Add pulp and reheat. When ready to serve add asparagus tips. Yield: 8 servings. (6% cups.)

The bottled milk recipe for this soup calls for 3 cups bottled milk. The use of Evaporated Milk increases the milk solids by 16% to 20%. A more satisfactory soup is possible also because of the varied flavors which can be had through the use of different stocks for dilution.
Where Milk Is Not Ordinarily Used

There are many places in which Evaporated Milk can be used where commonly no milk at all is used. The following recipes are illustrations.

**HARD SAUCE**

| 1/2 cup butter | 1 tablespoon Evaporated Milk |
| 2 cups confectioner's sugar | 1 teaspoon vanilla |

Cream the butter and gradually add the sugar and the Evaporated Milk drop by drop. When very light and creamy add the vanilla. Shape into a neat mold and keep chilled until ready to serve. Yield: Sufficient for 8 desserts.

One tablespoon of Evaporated Milk may be added to one-half cup of butter as it is creamed and serves to increase the power of the butter to absorb a greater quantity of powdered sugar. Evaporated Milk is made to take the place of expensive butter and also adds milk solids, not fat, that are important.

**BUTTERSCOTCH COOKIES**

| 3 1/2 cups flour | 1 egg |
| 1/4 cup water | 3 tablespoons Evaporated Milk |
| 1 cup sugar | 1 teaspoon vanilla |
| 1/4 cup butter and lard mixed | 1 cup nuts, chopped |
| 2 cups brown sugar | 1 cup dates, chopped |

Sift flour, then measure. Resift with cream of tartar and soda. Cream fat and sugar, add egg and milk and continue creaming. Add flour mixture and stir until flour just disappears. Add vanilla, nuts and dates. Form into a roll on wax paper and wrap. Let stand over night in a cool place, then cut in 1/8 inch slices. Bake in a quick oven 400° F.

Three tablespoons of Evaporated Milk are used to take the place of one egg in Butterscotch Cookies.

**CHOCOLATE SAUCE**

| 3 squares chocolate | 1/2 cup white corn syrup |
| 1/4 cup water | 1 cup Evaporated Milk |
| 1 cup sugar | 1 teaspoon vanilla |

Melt chocolate over hot water. Add water slowly, stirring until smooth. Add sugar and syrup. Boil to soft ball stage 235° F. Add milk and vanilla. Yield: 2 1/2 cups.

One cup of Evaporated Milk equal to 2 cups of bottled milk is introduced into Chocolate Sauce which in most cases contains no milk. This adds greatly to the food value of the sauce.

**PASTRY**

| 4 cups pastry flour | 1/2 cup Evaporated Milk diluted with |
| 2 teaspoons salt | 1/3 cup water |
| 1 cup cold fat | |

Sift flour, then measure. Resift with salt. Work fat into flour with fingers until appearance is like dry, coarse cornmeal. Add liquid and blend well with a fork. Some flours absorb more liquid than others. Add only sufficient diluted milk to make dough soft enough to roll out. Yield: 5 single crusts or 2 double crust pies.

One-third cup of Evaporated Milk diluted with one-third cup of water is used in the place of two-thirds cup of water in ordinary pastry. The milk solids are a valuable addition to pastry and help it to brown nicely.
For Feeding Baby

For the most important of milk uses—for the baby deprived of mother’s milk, or after weaning—Evaporated Milk has the most distinct and definite superiority over every other form of milk. Here its absolute purity and cleanliness are indispensable. For this use its easy digestibility is most important. The sterilization and homogenization make Evaporated Milk as easy for baby to digest as its own mother’s milk—and as safe.

There is no excuse for allowing any baby to die, or to suffer illness, or to have less than perfect health because of lack of safe, wholesome milk. Evaporated Milk makes it possible for babies everywhere to have pure, safe, and most wholesome milk.

Note: Send for our feeding schedules and formulas.

Milk to Drink

As milk to drink, the qualities of Evaporated Milk recommend it for many reasons. First among these qualities is, of course, its absolutely sure purity, cleanliness, and safety. There is no possibility that Evaporated Milk will ever cause any of the illnesses that may be caused by ordinary milk. The extra richness, and the ready digestibility also recommend it. Where it is difficult to get children to drink the volume they should have, the same food can be taken in smaller volume in Evaporated Milk. That it is so easily digested makes the richer milk easy to take with no bad result.

The Flavor

When one has been accustomed to ordinary milk, the flavor of Evaporated Milk seems peculiar. It is a different flavor—the flavor of the extra richness, the clean purity that comes from the sterilization. When it has been used for a little while, the flavor becomes most pleasing. It has been found that most small children like it from the start and that all quickly become accustomed to it. If Evaporated Milk is mixed with ordinary milk in larger and larger part each day, the change can be made to Evaporated Milk in a few days without being noticed.
Cocoa and Chocolate

Evaporated Milk will make them better—better to taste, better because of the greater quantity of milk in them. The dilution of Evaporated Milk which gives the best flavored cocoa and chocolate is one-half milk and one-half water. Such drinks have a slightly greater percentage of the important milk proteins and minerals than can be made with ordinary milk, and have about 14 per cent. more milk fat.

Cocoa for Adults

2 teaspoons to 1 tablespoon cocoa
2½ teaspoons sugar
¼ cup boiling water
½ cup Evaporated Milk diluted with
½ cup boiling water
Pinch salt
½ teaspoon vanilla

Blend dry ingredients, add ¼ cup water. Bring to the boiling point and cook rapidly one minute to form syrup, stirring constantly to keep smooth. Add Evaporated Milk to boiling water and heat to the scalding point in a double boiler. Add the cocoa syrup to milk and continue cooking two minutes. Remove from fire and add vanilla. Whisk with a Dover egg beater and serve hot.

Cocoa for Children

1½ teaspoons cocoa
2 teaspoons sugar
¼ cup water
Pinch salt
½ cup Evaporated Milk diluted with
½ cup boiling water
Few drops of vanilla

Same method of mixing as Cocoa for Adults.

Chocolate

1 square chocolate
2½ tablespoons sugar
¾ cup hot water
½ teaspoon vanilla

Melt chocolate over hot water, add hot water and cook to a smooth paste 5 minutes. Add sugar to diluted milk and scald in a double boiler. Add chocolate syrup and continue cooking 5 minutes. Add salt and vanilla, whip with Dover egg beater. Serve hot.

Egg Nog

3 eggs
¼ cup berry, cherry juice or non-alcoholic sherry
3 tablespoons sugar
Few grains salt
Grating of nutmeg
2 cups cold Evaporated Milk diluted with
2½ cups ice water

Beat eggs thoroughly and add the fruit juice, sugar, nutmeg and salt. Add diluted milk to mixture and mix well. Pour into tall glasses. Sprinkle top with chopped nuts. Yield: 6 servings.
Unusual Milk Drinks

For one class of milk drinks Evaporated Milk is unique. It will blend with fruit juices—orange, lemon, grape, loganberry, etc.—to make the most perfect of milk combinations. When children tire of milk, they’ll take these drinks and have something better than milk alone. They are the perfect milk drinks for everybody. They’ll help you give more milk to every member of the family.

PRUNE NOG

1 1/2 cups Evaporated Milk diluted with 3 cups juice from canned prunes
1 1/2 cups ice water

Chill diluted milk and prune juice. Add juice slowly to milk and stir thoroughly. Serve in tall goblet with a one-inch cube of ice. Yield: 6 servings.

If two and five-eighths cups of bottled milk were used to take the place of the Evaporated Milk and ice water the resulting drink would have less body and character than the Evaporated Milk product. One and one-half cups of Evaporated Milk equal to three cups of bottled milk were used in place of two and five-eighths cups of bottled milk in the ordinary recipe, which means that there are approximately 5% more milk solids in the Evaporated Milk recipe.

ORANGE NOG

3/4 cup sugar
2 cups orange juice
1 1/2 cups chilled Evaporated Milk diluted with
1 1/2 cups ice water

Dissolve sugar in orange juice and chill. When ready to serve, pour orange juice slowly into diluted milk. Shake vigorously in a Mason fruit jar. Serve cold. Yield: 6 servings.

And Then Economy

Evaporated Milk is not poor milk. It is not what you’d think of as “cheap” milk. It is the richest and purest and best of milk. It is economical.

1—Rich enough to use in place of cream, it costs less than half as much as cream, though it makes better food.

2—For every milk use it costs no more—in many places less—than ordinary milk.

3—In many of the foregoing recipes you have noted that fewer eggs and less butter are used than would be used with ordinary milk—a distinct saving.
Additional Miscellaneous Recipes

A complete index of recipes found in this book is on page 36. The recipes which are given in the foregoing pages are only illustrations of some of the ways in which Evaporated Milk will help you to put more milk in the diet. There are many other ways. When you know and use Evaporated Milk you will discover them for yourself.

You will discover many other places where you have not been accustomed to use milk, but where Evaporated Milk will make the food better.

On the following pages you will find additional recipes. Many more recipes have been developed in experiments conducted by our Home Economics Department. We will gladly send them on request.

Mayonnaise
made with Evaporated Milk instead of egg, will be a delightful surprise.

Sandwich Fillings
Evaporated Milk increases their food value, gives them smoother texture and makes them go further.
Quick Breads and Rolls

BISCUIT

2 cups pastry flour
3 teaspoons baking powder
3 tablespoons fat
1 teaspoon salt
3 tablespoons Evaporated Milk diluted with
1/2 cup water

Sift flour, then measure. Resift with other dry ingredients into mixing bowl. Rub fat in with fingers until appearance is like coarse cornmeal. Add diluted milk and mix quickly with a fork. Stir until flour disappears and then add 4 or 5 stirs to smooth and slightly stiffen the dough. Turn immediately onto a thoroughly floured board. Pat dough out with hand, or roll to 3/4 inch thickness. Cut and place on oiled tin. Bake in hot oven (425° to 450° F). About 12 minutes are required for baking. Yield: 12 biscuits—2 1/2 inches in diameter.

To Make Shortcake, use biscuit recipe, increasing the fat to 5 tablespoons. Mix and bake in usual way. While hot break open, spread with melted butter and add crushed sweetened fruit to lower part. Replace cap and add more fruit.

To Make Cobbler, roll shortcake dough to 1/2 inch thickness and lay over the top of sweetened fruit. Bake in hot oven (425° to 450° F).

To Make Drop Dumplings, use biscuit recipe omitting the fat and increasing the milk to 1/3 cup and water to 3/3 cup. Mix as for biscuit. Drop by tablespoonfuls on top of any meat stew. Cover kettle closely and cook 12 minutes. Be sure there is sufficient water in the stew to prevent burning. Too much liquid gives stew an undesirable soupy consistency.

To Make Drop Biscuit, use biscuit recipe increasing the milk to 1/4 cup and water to 3/4 cup. Drop soft dough by tablespoonfuls onto oiled pan.

PLAIN MUFFINS

2 cups bread flour
4 teaspoons baking powder
2 tablespoons sugar
1/2 teaspoon salt
1 egg
1/2 cup Evaporated Milk diluted with
1/4 cup water
2 tablespoons fat

Sift flour, then measure. Resift with other dry ingredients into mixing bowl. Beat egg until light and foamy and add diluted milk and melted fat. Stir liquid quickly into dry ingredients in 18 to 20 seconds. If speed is used in this stirring, it will be possible to moisten all the flour and give 4 or 5 extra stirs in the 20 seconds and a fine textured muffin will result. Time and speed of stirring are most important. Pour batter instantly into tins. Bake in a hot oven (425° F). Batters made with alum baking powders (look on the can) should stand a while before putting into oven. Depending on the size of muffins, baking requires from 15 to 25 minutes. Compact and ill-shaped muffins result from too much stirring. Yield: 12 medium-sized muffins.

CORNMEAL MUFFINS

Note: To make Cornmeal Muffins, substitute 1/2 cup flour in Plain Muffins with 1/2 cup cornmeal. Add meal to other dry ingredients. Mix and bake as Plain Muffins.

DATE MUFFINS

1 cup bread flour
1 cup graham flour
4 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons sugar
1 egg
1/2 cup Evaporated Milk diluted with
1/4 cup water
2 tablespoons melted fat
1 cup dates, washed and chopped

Mix and bake as Plain Muffins. Add dates with last few stirs. Yield: 12 medium-sized muffins.
GRAHAM MUFFINS

To make Graham Muffins, omit the dates from Date Muffin recipe on the preceding page.

ROLLS

1 cake compressed yeast
¼ cup lukewarm water
2 ½ tablespoons butter, melted
2 tablespoons sugar
2 teaspoons salt
½ cup Evaporated Milk diluted with
1 ½ cups hot water
6 cups bread flour (about)

Soak yeast in ¼ cup lukewarm water and stir to a uniform consistency. Add melted butter, sugar, and salt to warm diluted milk. When milk is cooled to about 86° F. (which is not quite lukewarm) add yeast and mix thoroughly; then add flour and stir until dough is stiff enough to knead. Knead vigorously 10 minutes adding more flour as needed until dough is not sticky, is elastic, and has a satiny surface.

In a warm place (about 85° F), free from drafts of air, let rise about 1 ½ or 2 hours. If the dough recedes when the hand is thrust into it, it is ready to punch. Punching means to fold the dough over 2 or 3 times and allow it to recede as much as it will. Cover and let rise again 15 or 20 minutes. To make rolls, pinch off even-sized balls, or roll out and cut with a biscuit cutter. Shape as desired and place on an oiled tin. Let rise in a warm place, preferably a closed container with a pan of warm water on the bottom to supply steam, which keeps the outer surface moist. Let rise until bulk has increased about 2 ½ times. This will be accomplished in 40 to 45 minutes if temperature of rising is around 90° F. Bake in a hot oven (425° F). Total time of making and baking should not require more than 4 hours. Yield: 3 dozen rolls.

Cakes and Cookies

For additional recipe see index (page 36)

Devil’s Food, Spice Cake and Gingerbread baked in pans size 5 ½ x 1 ½ x 10 ½ inches.

DEVIL’S FOOD CAKE

1 ¼ cups pastry flour
2 teaspoons baking powder
½ teaspoon soda
½ teaspoon salt
¾ cup fat
1 cup sugar
2 eggs, well beaten
2 squares chocolate
5 tablespoons Evaporated Milk diluted with
5 tablespoons water
½ teaspoon vanilla

Sift flour, then measure. Resift with other dry ingredients twice. Cream fat and sugar thoroughly. Add eggs and continue creaming until light colored, fluffy, and free from sugar granules. Then add chocolate that has been melted over hot water and stir until well blended. Add dry ingredients, diluted milk, then the flavoring. Yield: 10 servings.

FUDGE BROWNIES

1 ⅓ cups pastry flour
¼ teaspoon salt
½ cup butter
2 cups sugar
4 eggs
4 squares chocolate, melted
¼ cup Evaporated Milk diluted with
¼ cup water
2 teaspoons vanilla
1 ½ cups chopped nuts

Cream butter, add sugar gradually and cream well. Add well-beaten eggs and melted chocolate. Sift flour, then measure. Resift with salt. Add flour mixture alternately with the diluted milk. Add vanilla and nut meats with last few stirs. Spread mixture ¼ inch thick in a square cake pan lined with paper. Bake 15 minutes in a medium slow oven (300° F). Cut in squares while warm and sprinkle with powdered sugar. Yield: 48 cakes, 1 ½ inches square.
Frostings and Candies

made with Evaporated Milk have creamier, smoother texture and require far less butter.

SPICE CAKE

1 teaspoon cinnamon
1/2 teaspoon nutmeg
Few grains cayenne
1/2 teaspoon cloves
1 1/2 tablespoons boiling water
1 1/4 cups pastry flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup sugar
2 eggs, well beaten
4 tablespoons Evaporated Milk
diluted with
6 tablespoons water

Soak spices in boiling water. Sift flour, then measure. Resift with baking powder and salt twice. Cream fat and sugar thoroughly. Add eggs and continue creaming until light colored and fluffy. Add spices, then dry ingredients and diluted milk. Yield: 10 servings.

SILVER CAKE

4 3/8 cups pastry flour
2 tablespoons baking powder
1/2 teaspoon salt
5 1/2 cup butter
1/2 cup white fat
2 1/4 cups sugar
1 cup egg whites
1/4 cup Evaporated Milk
diluted with
1/2 cup water
1/2 teaspoon almond extract
1/2 teaspoon lemon extract

Sift flour, then measure. Resift with baking powder and salt twice. Cream the fat, add the sugar, and cream until white and smooth. Add unbeaten egg whites and beat until mixture has the appearance of softened marshmallow. Add dry ingredients and diluted milk, then the flavoring. Yield: 24 servings.
GINGERBREAD

1 teaspoon ginger
\(\frac{1}{2}\) teaspoon cloves
\(\frac{1}{2}\) teaspoon cinnamon
\(\frac{1}{2}\) teaspoon allspice
5 tablespoons boiling water
3 tablespoons Evaporated Milk
1\(\frac{1}{2}\) cups pastry flour
\(\frac{1}{4}\) teaspoon salt
\(\frac{1}{2}\) teaspoon baking powder
\(\frac{1}{4}\) cup butter
\(\frac{1}{4}\) cup sugar
1 egg, well beaten
\(\frac{1}{2}\) teaspoon soda
\(\frac{1}{2}\) cup molasses (sorghum preferred)

Make a smooth paste of spices and boiling water. Let stand 5 minutes, then add Evaporated Milk. Sift flour, then measure. Resift with salt and baking powder. Cream butter and sugar until free from sugar granules. Add egg and beat until light colored and fluffy. Add soda to molasses and stir into creamed mixture, then add flour and milk mixtures. Yield: 10 servings.

OATMEAL COOKIES

1\(\frac{1}{2}\) cups bread flour
\(\frac{1}{2}\) teaspoon soda
\(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) teaspoon cinnamon
\(\frac{1}{2}\) teaspoon cloves
\(\frac{1}{2}\) teaspoon allspice
1\(\frac{1}{2}\) cups rolled oats
\(\frac{1}{4}\) cup butter
\(\frac{1}{4}\) cup lard
1 cup sugar
1 egg, well beaten
3 tablespoons Evaporated Milk
diluted with
5 tablespoons water
\(\frac{1}{2}\) cup raisins
\(\frac{1}{2}\) cup chopped nuts

Sift flour, then measure. Resift with soda, salt and spices. Add rolled oats. Cream the fats and sugar. Add egg and beat thoroughly. Add dry ingredients and diluted milk, then raisins and nuts with last few stirs. Drop by teaspoonfuls onto an oiled baking sheet. Yield: 3 dozen cookies.

NOTE: In mixing cake and cookie batter, always add dry ingredients and milk alternately beginning and ending with dry ingredients. Line all cake pans with paraffine paper. Bake cakes in a medium oven (350° to 375° F) and cookies at 400° F.

... Candies ...

See index for additional recipes (page 36)

HONEY NUT FUDGE

2 cups sugar
1 square bitter chocolate, cut fine
1 cup Evaporated Milk
Pinch salt
\(\frac{1}{2}\) cup strained honey
\(\frac{1}{2}\) teaspoon vanilla
1 cup pecans

Cook sugar, chocolate, Evaporated Milk and salt 5 minutes. Add honey and cook to soft ball stage (235° F). Remove from fire, add vanilla and nuts. Cool and beat until creamy. Drop from a teaspoon to form patties or press out into a square pan and cut like chocolate fudge. Yield: 1\(\frac{1}{2}\) lbs. or 24 pieces.

CHOCOLATE FUDGE

1\(\frac{3}{4}\) to 2 squares chocolate
2 cups sugar
\(\frac{3}{4}\) cup Evaporated Milk
diluted with
\(\frac{1}{2}\) cup water
2 teaspoons corn syrup
\(\frac{1}{4}\) teaspoon salt
2 tablespoons butter
\(\frac{1}{2}\) teaspoon vanilla

Shave the chocolate into the saucepan in which the candy is to be cooked and melt over hot water; then add the sugar, diluted milk, corn syrup, salt and butter. Stir until well mixed. Stirring occasionally to prevent sticking, cook directly over the flame to 235° F, or soft ball stage. While making the cold water test, remove pan of fudge from fire. Use a cupful of cold water and allow fudge to fall in small drops rather than large ones. As soon as a drop can be formed into a ball that will hold its shape the fudge is done. Remove from fire, add flavoring and cool. Do not stir or shake pan. When candy is cool enough that the hand may be held on the bottom of the pan without discomfort, it is ready to beat. Beat vigorously until stiff. Knead and press out into a buttered square or rectangular pan. Mark in squares. Yield: 1\(\frac{1}{2}\) pounds or 24 pieces.
COCOANUT KISSES

1/4 cup Evaporated Milk
1/4 cup sugar
1/2 teaspoon almond extract
2 cups shredded cocoanut

Combine ingredients in order given. Drop from a teaspoon onto a well greased (not buttered) baking pan. Bake in a slow (300° F) oven 15 minutes. Remove from pan while hot to prevent crushing. Yield: 18 kisses.

CHEESE

For additional recipes see index (page 36)

CHEESE SOUFFLE

3 tablespoons butter
4 tablespoons flour
1/2 teaspoon salt
Dash pepper
1/8 cup Evaporated Milk
diluted with
1/4 cup water
1/4 cup grated cheese
3 eggs
1 teaspoon Worcestershire sauce
(may be omitted)
1/4 teaspoon baking powder

Make a white sauce of butter, flour, salt, pepper and diluted milk. This should be very thick. Add cheese and set over hot water until the cheese melts. Blend well with white sauce. Cool, then add well-beaten egg yolks. Fold in the stiffly beaten egg whites, Worcestershire sauce and baking powder. Turn into a well-oiled baking dish. Bake in a slow oven (300° F.) for 45 minutes. Yield: 6 servings.

RAREBIT

1 tablespoon butter
1/2 pound American cheese
1 cup Evaporated Milk
Paprika

Melt the butter and finely cut cheese over a low flame. Add the Evaporated Milk slowly, stirring constantly, and cook mixture until slightly thickened (about 5 minutes). Season with paprika and serve on toast, or pour into a jar, cool and keep in a cold place to be used later as a spread for crackers. Yield: 3/4 pint.

CHOCOLATE BLANC MANGE

2 1/4 squares chocolate
1 1/2 cups Evaporated Milk
diluted with
1 1/2 cups boiling water
3 tablespoons cornstarch
1/4 cup sugar
1/2 teaspoon salt
1/2 cup cold water
2 small eggs
1/2 teaspoons vanilla

Melt chocolate in top of a double boiler. Add the diluted milk and continue heating until mixture is smooth. Mix cornstarch, sugar and salt thoroughly, add the cold water and stir to a smooth paste. Pour slowly into hot chocolate mixture, stirring constantly to prevent lumping. Cook 20 minutes, stirring occasionally to keep smooth. Beat eggs thoroughly, add some of hot mixture, stirring vigorously to blend well, then add egg mixture to blanc mange and cook 2 minutes. (Beaten eggs should never be added to hot cooking mixture because the egg cooks in strings and will not blend well.) Remove from fire, add vanilla and pour into molds. Chill. Yield: 6 servings.

TAPIOCA CREAM

1 cup Evaporated Milk
diluted with
1 cup water
1 1/2 tablespoons minute tapioca
2 eggs
2 1/2 tablespoons sugar
1/2 teaspoon salt
1 teaspoon vanilla

Heat diluted milk in double boiler, add tapioca, and cook until transparent, about 20 minutes. Beating constantly, pour tapioca gradually into egg yolks that have been combined with sugar and salt. Return to double boiler and cook 5 minutes longer. Remove from fire and fold in stiffly beaten egg whites, and vanilla. Chill. Yield: 6 servings.
BAKED CUSTARD
4 eggs
6 tablespoons sugar
1/8 teaspoon salt
1 1/2 cups Evaporated Milk diluted with
1 1/2 cups boiling water
1/4 teaspoon vanilla
Dash nutmeg
Beat eggs slightly; add sugar, salt and hot diluted milk, then vanilla. Strain into custard cups and sprinkle with nutmeg. Set in a pan containing sufficient hot water to come almost to the top of the cups. Bake in a slow oven (300° F.) until knife inserted in custard comes out clean. Yield: 6 servings.

DAYTONA PUDDING
1 1/4 cups graham flour
4 teaspoons baking powder
1/4 teaspoon salt
6 tablespoons butter
1 scant cup sugar
1 egg
1/2 cup Evaporated Milk diluted with
1 cup water
1/4 cup walnut meats, chopped
Sift flour, baking powder and salt, returning any bran remaining in sifter to sifted mixture. Cream butter and sugar, add slightly beaten egg and continue mixing until mass is thoroughly creamed. Add dry ingredients alternately with diluted milk, beginning and ending with dry ingredients. Add nuts and stir just enough to distribute. Bake in square or oblong pans in a medium oven (375° F.). Yield: 16 servings. Serve with Sterling Sauce (page 12).

LEMON PUDDING
Lemon mixture
2 cups stale bread crumbs
2 eggs
3 tablespoons sugar
1/8 teaspoon salt
Grated rind of 1 lemon
1/2 cup Evaporated Milk diluted with
1/2 cup water
Pour lemon mixture over bread crumbs and let stand 10 minutes to soften. Add the slightly beaten eggs, sugar, salt, lemon rind, and the diluted milk. Pour into buttered pudding molds. Cover and steam for 1 1/2 hours. Serve with Sterling Sauce (page 12).

LEMON MIXTURE. Heat 3 tablespoonsfuls of lemon juice and 1/4 cup butter to the boiling point. Pour this over 1 cup sugar and 3 slightly beaten eggs. Cook over hot water until mixture thickens. Yield: 6 servings.

RICE PUDDING
1/4 cup rice
1/4 cup sugar
3/8 teaspoon salt
Grated rind of 1 1/2 lemon
1 1/2 cups Evaporated Milk diluted with
1 1/2 cups water
Wash rice thoroughly and add with all the other ingredients to the diluted milk. Pour into a buttered baking dish. Set in a pan of hot water and bake in a slow oven (300° F.) 3 hours. Stir rice several times during the first hour to prevent settling. Yield: 6 servings.

EGGS
EGGS AU GRATIN
1 cup Evaporated Milk diluted with
1 cup water
1 medium sliced onion
6 cloves
2 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
1/4 teaspoon paprika
1 cup soft bread crumbs
1/2 cup grated cheese
Few grains mace
5 eggs
Scald the diluted milk with the onion and cloves. Melt the butter, add the flour, salt, paprika and diluted milk. When the sauce boils, strain half of it into a buttered baking dish. Mix the crumbs, cheese, mace and more paprika. Cover sauce with half the crumbs and cook in the oven until very hot. Break eggs separately and arrange on top of crumbs. Pour on remaining sauce, cover with crumbs and bake until set in a 400° F. oven. Serve without delay. Yield: 5 servings.
SCRAMBLED EGGS

5 eggs
1/2 teaspoon salt
Dash pepper
1/4 cup Evaporated Milk
diluted with
1/4 cup water
2 tablespoons butter

Beat eggs with a fork until they are no longer stringy. Add salt, pepper and diluted milk. Put butter into hot saucepan; when it bubbles, add the egg mixture. Stirring constantly, cook over hot water until firm but not hard. Two tablespoonfuls grated cheese added to raw mixture give a very desirable variation. Minced parsley, cress, pimiento, or cooked mushrooms also may be stirred into scrambled eggs just as they are removed from the fire. Yield: 5 servings.

FRIFFTERS

1 1/2 cups flour
2 teaspoons baking powder
1/4 teaspoon salt
1 tablespoon sugar
1/2 cup Evaporated Milk
diluted with
1/2 cup water
1 egg, beaten
1 cup canned corn, chopped
oysters or clams, chopped
peaches or sour apples or drained cherries.


Main Dishes in Luncheons,
suppers and dinners afford opportunities to use part of the "quart a day."
Salmon, Tuna, Lobster, Chicken and Mushrooms, Shrimps and Peas, Sweetbreads, Ham, Dried Beef—a few of the foods that can be creamed.
.. Fish ..

For additional recipes see index (page 36)

**CODFISH BALLS**

1 pint codfish  
2 pints potatoes  
1 cup boiled rice  
1 tablespoon butter  
2 eggs, well beaten  
3 tablespoons Evaporated Milk

Combine ingredients, shape into balls and fry in deep hot fat to a golden brown. Drain on absorbent paper. Serve hot. Yield: 8 servings.

**ESCALLOPED OYSTERS**

2 tablespoons butter  
1 tablespoon flour  
½ teaspoon salt  
Dash pepper  
½ cup Evaporated Milk diluted with  
½ cup water  
1 quart oysters  
1 cup buttered crumbs

Prepare a white sauce of butter, flour, salt, pepper and diluted Evaporated Milk. Heat oysters in own liquor in top of double boiler until edges begin to ruffle. Drain. Oil a shallow pan, then cover with layer of bread crumbs and oysters. Add white sauce. Cover with crumbs and bake in a slow oven 15 minutes. Yield: 6 servings.

**CREAMED CRABMEAT**

3 tablespoons fat  
4 tablespoons flour  
½ teaspoon salt  
Dash pepper  
2 cups Evaporated Milk diluted with  
2 cups water  
1½ pints canned crabmeat  
1 tablespoon lemon juice

Melt the fat in a double boiler, add the flour, pepper and salt and stir until perfectly smooth. Add the milk slowly, stirring at the same time. Let cook until thick, stirring occasionally. After sauce is thick, cover and steam 10 minutes. Remove bone from crabmeat and season with lemon juice. Add to white sauce and heat. Serve hot in patty shells. Yield: 10 servings.

.. Cake Icings ..

For additional recipes see index (page 36)

**CHOCOLATE BUTTER FROSTING**

½ cup butter  
1½ cups confectioner’s sugar  
1 tablespoon chocolate, melted  
¼ teaspoon vanilla  
Evaporated Milk

Cream the butter and add the sugar gradually. Add the chocolate and vanilla, then Evaporated Milk, drop by drop, until of the right consistency to spread. Yield: Sufficient for one layer cake.

**CARAMEL FUDGE ICING**

2½ cups granulated sugar  
½ cup hot water  
½ teaspoon salt  
¾ cup Evaporated Milk diluted with  
½ cup water  
1 tablespoon butter  
½ teaspoon vanilla

Caramelize ½ of the sugar by sifting it slowly into a hot frying pan. Shake the pan constantly to prevent burning. The sugar should melt about as fast as it is put in. When it is melted and a light, amber color, add the half cup of hot water and boil until caramel dissolves and a thin syrup is formed. Add the syrup to the diluted milk with the rest of the sugar, and the salt. Boil to the soft ball stage (236° F.). Cool until lukewarm, or until hand may be held on the bottom of the pan without discomfort. Add the vanilla and beat vigorously until creamy and stiff enough to spread. Yield: Sufficient for 2 double layer cakes.

**COCONUT ICING**

2 cups confectioner’s sugar  
3 tablespoons Evaporated Milk  
1 cup shredded coconut

Add confectioner’s sugar to Evaporated Milk, spread between layers and on top of cake and sprinkle thickly with coconut. Yield: Sufficient to ice a two layer cake.
Meats

For additional recipes see index (page 36)

BAKED HAM
1 slice ham, 2 inches thick
1 tablespoon flour
2 tablespoons brown sugar
3/4 cup Evaporated Milk
3/4 cup water
Trim off the fat and cut into small pieces and mix with the sugar. Rub the flour into the ham, then put into a baking dish. Sprinkle the fat-sugar mixture over the top and add water. Place in hot oven (425° F.). After 15 minutes reduce the temperature to 275° F. Add the milk 15 minutes before the end of baking. Two hours are usually required for baking. Enough milk should remain for gravy. Yield: 6 servings.

CREAMED CHIPPED BEEF
1 1/2 tablespoons butter
1/4 pound thinly sliced dried beef
2 tablespoons flour
1 cup Evaporated Milk diluted with 1 cup boiling water
Heat butter in hot frying pan. Add beef and cook until edges curl. Remove beef and add flour to fat remaining in pan and blend until smooth. Add water and cook 5 minutes. Then add Evaporated Milk and beef and cook over hot water 5 minutes longer. Yield: 5 servings.

SWEETBREADS AND CREAMED PEAS
1 pair sweetbreads
Cracker crumbs
1 No. 2 can sweet wrinkled peas
Medium White Sauce (page 8)
Parboil sweetbreads in boiling water to which 1 tablespoon vinegar has been added. Remove membrane and separate sections. Dip in Evaporated Milk and crumbs which have been seasoned with salt and pepper. Brown slowly in butter. Prepare white sauce and add drained peas. When peas are heated through serve with sweetbreads. Yield: 5 servings.

MEAT LOAF
1/2 pound each pork and veal
1 pound beef
1/2 small onion, finely minced
1 1/2 teaspoons salt
Few grains pepper
2 1/2 cups dry bread crumbs
4 slices salt pork
Put meat through a food chopper. Add seasonings, Evaporated Milk and crumbs. Mix thoroughly and shape into a loaf. Place in an oiled baking pan and lay pork slices over the top. Bake in a hot oven (425° F.) for 15 minutes, then reduce heat to slow oven (250° F.). Baste every 10 to 15 minutes with fat that collects in bottom of pan. About 1 1/4 hours are required for cooking. Garnish with parsley and serve with Tomato Cream Sauce (page 34). Yield: 6 servings.

FROZEN DESSERTS
For additional recipes see index (page 36)

CHOCOLATE ICE CREAM
1 tablespoon flour
3 eggs
1/4 teaspoon salt
2 squares chocolate
1 cup sugar
4 cups Evaporated Milk
1 teaspoon vanilla or 1/2 teaspoon nutmeg and 1/2 teaspoon vanilla
Melt the chocolate over hot water. Add sugar and salt and blend well, then add the milk. Heat mixture to scalding point and pour over well-beaten eggs, stirring vigorously to keep smooth. Return to double boiler and cook 3 minutes. Add flavoring. Cool and freeze. Yield: 1 1/2 quarts.

FROZEN CUSTARD
1 1/2 cups sugar
1 tablespoon flour
1/4 teaspoon salt
3 cups boiling water
3 eggs, beaten
1 tablespoon vanilla
3 cups Evaporated Milk, chilled and whipped (page 14)
Mix sugar, flour and salt. Add water and boil 3 minutes, stirring constantly.
Pour mixture over eggs slowly to prevent curdling. Return to fire and cook 2 minutes longer. Cool, add vanilla and fold into the whipped milk. Freeze with a 1:6 salt-ice mixture. Serve with Maple Pecan Sauce (page 34). Yield: 2 quarts.

**PIES**

Recipe for Pastry (page 17)
For additional pie recipe see index(page 36)

**CHOCOLATE PIE**

2 squares chocolate

1/4 cup sugar

1/4 cup flour

1/4 teaspoon salt

1 cup boiling water

1 cup Evaporated Milk

3 egg yolks

1 tablespoon butter

1/2 teaspoon vanilla

Melt chocolate over hot water. Add sugar that has been thoroughly mixed with flour and salt. Blend well. Add boiling water and milk. Cook in double boiler 25 minutes, stirring occasionally. Pour chocolate mixture gradually over well-beaten egg yolks, beating vigorously to prevent curdling. Return to double boiler and cook 2 minutes. Add butter and flavoring and pour into cold baked pastry shell. Cool. Cover with meringue. Brown. Yield: 1 pie.

**BAKING AN UNPRICKED PIE SHELL**

In order to bake a crust that will maintain its shape without having been pierced with small holes, it is baked between two pie tins. One pie tin is lined with the pastry, and after trimming, another pie tin of the same size is placed on top. The two pans with the crust between them are now inverted and the baking is conducted in the usual way. The result is a pie shell thoroughly baked on the bottom but not quite so well done on the side.

**MERINGUE**

To each stiffly beaten egg white add 1 1/2 tablespoons sugar and 1/8 teaspoon baking powder. The beaten egg whites should not be allowed to stand before folding in sugar and baking powder. Brown in a slow oven (300° F.) to preferred color.

**COCONUT CUSTARD PIE**

6 tablespoons sugar

1/4 teaspoon salt

3 eggs, beaten

1 1/2 cups Evaporated Milk diluted with

1 1/2 cups boiling water

1/2 teaspoon vanilla

1/2 cup shredded coconut

Add sugar and salt to beaten eggs. Scald diluted milk in double boiler and pour over egg mixture. Return mixture to double boiler and let it get steaming hot, then add vanilla and pour into unpricked, cooked pie shells. Sprinkle with coconut. Start pies to bake in a hot oven (425° F.). After 15 minutes baking at this temperature, decrease to a slow oven and bake until custard gives clean knife test. Pies should finish baking in 25 minutes.

**CHIFFON PIE**

3 eggs

5/8 cup sugar

2 1/2 tablespoons Evaporated Milk

2 1/2 tablespoons water

Juice 1 orange

Juice 1 lemon

Beat eggs. Add sugar and beat well. Add Evaporated Milk and water and hot fruit juice of which there should be 5/8 cup and 2 teaspoons grated rind. Cook in a double boiler until the mixture coats the spoon (about 5 minutes). Cool and pour into cooled baked pie shell. Cover with meringue. Brown in a medium oven. Yield: 1 pie.
**Butterscotch Pie**

- 1 cup brown sugar
- 2 tablespoons water
- 5 tablespoons flour
- 1 cup cold water
- 2 egg yolks
- 1 cup Evaporated Milk, scalded
- 2 tablespoons butter
- ½ teaspoon vanilla


**Dutch Apple Pie**

- 6 cooking apples
- 1 cup sugar
- Nutmeg
- 1 cup Evaporated Milk heated to scalding

Pare, core and slice apples very thin. Steam until heated through. Line a deep pie tin with plain pastry (page 17), pour in half the sugar, then the apples and the rest of the sugar. Sprinkle with nutmeg. Place strips of pastry over top of pie to form cross-bars. Add Evaporated Milk so that it runs over the cross-bars. This will give them a glaze when baked. Bake in a hot oven (450° F.) 15 minutes. Then in a slow oven (300° F.) until apples are very soft. Yield: 1 pie.

**Pies...**

Of superior quality with smooth texture and creamy flavor are made with Evaporated Milk and they are inexpensive because of the butter and eggs that can be saved.
BRAZILIAN SANDWICHES
1 small cream cheese (3 ounces)
2 tablespoons Evaporated Milk
2 tablespoons chopped nuts
3 tablespoons strawberry or pineapple preserves

Mash cheese, add Evaporated Milk and blend. Add nuts and preserves well drained of syrup. Spread thin slices of white or graham bread with mayonnaise (page 33), cover half the slices with the mixture and the remaining half with lettuce leaves. Put together in pairs. Yield: 6 sandwiches.

MAPLE-NUT SANDWICHES
1 1/2 cups maple sugar (more or less)
2 tablespoons Evaporated Milk
2 tablespoons butter
1/2 cup chopped nuts
Graham bread
Butter

Roll maple sugar with rolling pin until fine. Cream 2 tablespoons butter and add sugar until mixture is stiff. Add Evaporated Milk and sufficient sugar to again obtain a stiff creamy mixture. Add nuts and spread on thin slices of buttered graham bread. Yield: 8 sandwiches.

For salads see index (page 36)

Salad Dressings
For additional recipe see index (page 36)

COOKED SALAD DRESSING
1 teaspoon salt
1 teaspoon mustard
Dash cayenne
2 tablespoons flour
2 tablespoons sugar
2 egg yolks, beaten
2 tablespoons butter
1/2 cup Evaporated Milk diluted with
1/2 cup boiling water
1/4 cup vinegar

Mix dry ingredients in top of double boiler. Add egg yolks, then butter and diluted milk gradually, stirring constantly to keep smooth. Cook over hot water fifteen minutes. Remove from fire, cool and add vinegar. Yield: 1 1/4 cups.

EGGLESS MAYONNAISE DRESSING
1 teaspoon powdered sugar
1/4 teaspoon dry mustard
1/2 teaspoon salt
1/4 teaspoon paprika
Dash cayenne
Dash white pepper
1/2 cup Evaporated Milk, chilled
1 cup chilled salad oil
1 tablespoon vinegar
1 tablespoon lemon juice

Mix dry ingredients in mixing bowl and add Evaporated Milk. Beat vigorously. Add oil, one teaspoon at a time, beating each addition thoroughly into the milk before adding the next. When mixture begins to thicken slightly, add vinegar and lemon juice alternately with oil, beating vigorously after each addition.

MAYONNAISE DRESSING
1 teaspoon powdered sugar
1/4 teaspoon dry mustard
1/2 teaspoon salt
1/4 teaspoon paprika
Dash cayenne
Dash white pepper
1 egg yolk
1/2 cup Evaporated Milk, chilled
1/4 cup chilled salad oil
1 tablespoon vinegar
1 tablespoon lemon juice

Mix dry ingredients. Add egg yolk and blend well. Add oil, a teaspoon at a time, beating each addition thoroughly into the egg. After 1/3 of the oil is used, add milk and oil alternately. When mixture begins to thicken add vinegar and lemon juice alternately with the milk and oil. Beat one minute after all ingredients are in.
**Sauces**

For additional recipes see index (page 36)

**Butterscotch Sauce**

1 1/4 cups brown sugar  
3/4 cup corn syrup  
4 tablespoons butter  
3/4 cup Evaporated Milk  

Boil sugar, syrup and butter to form a thick syrup. Cool and beat in Evaporated Milk.

**Maple Pecan Sauce**

2 tablespoons butter  
1/4 cup sugar  
1/4 cup water  
3 tablespoons corn syrup  
1/4 cup Evaporated Milk  
1/2 teaspoon mapeline  
1/2 cup pecans, chopped  

Melt butter, add sugar, water and syrup and boil to 232° F. Remove from fire, add milk slowly, then flavoring and nuts. Yield: 1 cup.

**Mushroom Sauce**

2 tablespoons butter  
2 tablespoons flour  
1/2 cup meat stock  
1/4 cup Evaporated Milk  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup button mushrooms  
1 teaspoon chopped parsley  

Make a sauce, as one would white sauce, of the butter, flour, meat stock, Evaporated Milk, salt and pepper. After cooking 5 minutes add the mushrooms, which have been cooked in butter, and the parsley. Serve with vegetables or steaks. Yield: 4 servings.

**Tomato Cream Sauce**

1 pint tomatoes  
1/4 bay leaf  
1 sprig thyme  
1 slice onion  
1 stalk celery  
1/2 teaspoon soda  
1/2 teaspoon salt  
1/2 teaspoon paprika  
1 cup Thin White Sauce (page 8)  

Add the seasoning to the tomatoes and simmer 15 minutes; rub through a sieve, add soda and pour slowly into white sauce. Serve with meat loaf, steak, or macaroni. Yield: 2 cups.

**Soups**

For additional recipes see index (page 36)

**Corn Chowder**

2 ounces salt pork, diced  
1 small onion, sliced  
1 No. 2 can corn (2 1/4 cups)  
3 cups potatoes, cut in 1/4 inch slices  
1 cup tomatoes (raw or canned)  
1 teaspoon salt  
1 tablespoon sugar  
Pepper  
1 quart boiling water  
1 cup Evaporated Milk, heated  

Pan-fry the pork to a golden brown. Add onion and cook slowly without browning 5 minutes. Add the corn, potatoes and tomatoes in alternate layers. Sprinkle with salt, sugar and pepper, then add water and cook slowly until potatoes are tender. Add mixture slowly to Evaporated Milk. Yield: 6 servings (5 3/4 cups).

**Pea Soup**

1 No. 2 can peas (2 1/2 cups)  
Cold water  
1 slice medium onion  
1 1/2 teaspoons sugar  
1 teaspoon salt  
1 1/4 cups Thin White Sauce (page 8)  

Drain liquid from peas. Add water to liquid to make 1 pint and return to peas. Add onion, sugar and salt and boil 5 minutes, then rub through a fine colander. There should be 2 1/2 cups of pulp and liquid. If not, add water. Add pea mixture to hot white sauce. Yield: 5 servings.

**Vegetables**

For additional recipe see index (page 36)

**Creamed Carrots**

2 bunches carrots  
1 tablespoon sugar  
1 teaspoon salt  
1 1/4 cups Medium White Sauce (page 8)  

Wash, scrape and cut the carrots lengthwise. Cook in boiling water to which sugar and salt have been added. Add white sauce to drained carrots. Season with salt and pepper. Yield: 6 servings.
BAKED CAULIFLOWER
1 medium cauliflower
1 teaspoon salt
1 3/4 cups Thin White Sauce (page 8)
1/4 cup grated cheese
Remove the leaves and cut the stalk from the cauliflower. Soak in a solution of 1 tablespoon vinegar, 1 teaspoon salt, and 1 quart of water 15 minutes to remove dirt and insects. Cook whole, stem up, in boiling water, to which salt has been added, 7 minutes. Put cauliflower in an oiled baking dish. Add white sauce. Cover top with grated cheese and brown in a medium oven (375° F.). Yield: 5 servings.

ESCALLOPED CABBAGE
1 small head cabbage
1 teaspoon salt
1 1/4 cups Thin White Sauce (page 8)
1/2 green pepper, chopped
1 cup grated cheese
1/2 cup buttered crumbs
1/2 cup crisp bacon chips
Cut the cabbage into eighths and cook in boiling salted water 8 minutes. Place a layer of boiled cabbage in an oiled baking dish, then white sauce, green pepper and cheese. Repeat. Sprinkle top with buttered crumbs and bacon chips and brown in a medium oven (375° F). Yield: 5 servings.

STUFFED ONIONS
6 medium onions
1/4 cup chopped ham
1/4 cup chopped green pepper
1/4 cup bread crumbs
1 tablespoon butter
1/2 teaspoon salt
1/2 cup Evaporated Milk diluted with
1/2 cup water
1 cup buttered bread crumbs
Skin onions and cut a slice from the top of each. Parboil until almost tender. Drain and scoop out centers. Chop onion that was removed and combine with ham, pepper, bread crumbs and butter. Add seasonings and refill onion cups. Place in a baking dish, and cover top of onions with buttered bread crumbs. Pour diluted milk around onions. Bake in a medium oven (375° F.) until tender. Yield: 6 servings.

ESCALLOPED CORN WITH CHEESE
1 cup canned corn
3/4 cup Evaporated Milk diluted with
3/4 cup boiling water
1 teaspoon lemon juice
1 egg
1/2 cup bread crumbs
2 tablespoons grated cheese
Salt
Paprika
Combine the ingredients in the order given; pour into a buttered baking dish, set in a pan of hot water and bake in a slow oven (250° F.) until firm. Yield: 4 servings.

ESCALLOPED SPINACH
2 cups cooked spinach
2 tablespoons minced onion
1/2 teaspoon salt
1/4 teaspoon pepper
1 egg, slightly beaten
1/4 cup Evaporated Milk diluted with
1/4 cup water
1/2 cup bread crumbs
Warm the spinach, put through sieve, add all ingredients except the crumbs. Put the mixture into a greased baking dish. Cover with the crumbs. Bake in a moderate oven until brown. Requires about 15 minutes' baking. Yield: 6 servings.

MACARONI AND CHEESE
1/2 pound macaroni
2 quarts boiling water
2 teaspoons salt
Cold water
1 cup grated cheese
1 3/4 cups Thin White Sauce (page 8)
1 cup bread crumbs
1 tablespoon butter, melted
Break macaroni into 3 inch pieces and drop into boiling water to which salt has been added. Boil until tender, about 25 minutes. Drain and run cold water over it. Put a layer of macaroni in a buttered baking dish, then a layer of cheese and sauce. Repeat. Cover with bread crumbs that have been moistened with melted butter. Bake in medium oven (375° F.) until crumbs are brown. Yield: 6 servings.
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231 South LaSalle Street, Chicago, Illinois
Conditions of Contest— (Continued from Inside Front Cover)

3—Recipes for every dish where milk is used must be sent with the menus.

4—Only one series of menus can be submitted by one person.

5—The judges will be authorized to take into account, in judging the menus, every consideration of good practice in the planning and preparation of food, included in which are the following points, with such others as the judges may deem essential:

1—The quantity of milk included.

2—The tastefulness and variety of the dishes.

3—The suitability of the menus to the family for which they are intended.

4—The degree of proper balance of food value for the diet.

5—The economy of both time and money in the preparation of the meals, including the use of left-over items.

6—The recipes given in this book may be used in preparing the menus, but they need not be. The recipes will be considered on their merit without reference to their source.

7—Menus, with recipes, must be received at the office of Evaporated Milk Association, Illinois Merchants Bank Building, Chicago, Illinois, before 5:00 p.m., December 31, 1928.

8—All menus and recipes submitted must be written plainly, on only one side of the paper. Your name must be written plainly at the top of each page. The form of recipe and the form of directions for preparing will be considered in awarding the prizes.

9—Submitting menus and recipes in the contest will be taken as granting full right and authority to the Evaporated Milk Association, and to any of its members, to use such menus and recipes in any manner which they may desire.

10—No acknowledgment of receipt of manuscript will be sent and no manuscript will be returned.

11—In the event of a tie of two or more contestants for any prize, the full prize will be given to all those in the tie.