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Statements about Evaporated Milk in this publication have been accepted by the Council on Foods and Nutrition of the American Medical Association.
WHY
Evaporated Milk
MAKES GOOD FOOD BETTER

Evaporated Milk Association
307 North Michigan Ave., Chicago 1, Illinois
What is Evaporated Milk?

Evaporated Milk, also called "Unsweetened Evaporated Milk," is just good whole cow's milk which has been concentrated to half its original volume by evaporation of part of the natural water. The important milk nutrients remain unchanged. In addition, Evaporated Milk has extra vitamin D added which helps to assure the best use of the milk minerals.

Evaporating plants are located in the finest dairying regions. The cows, milk houses, and other equipment of the farms supplying milk for Evaporated Milk are constantly under inspection. The dairymen take every precaution in milking and deliver the milk to the plant within a few hours after its production. Immediately upon receipt at the plants the milk is tested for quality, freshness and butterfat content.

Following inspection the milk passes into large vacuum pans. Here the evaporation takes place in the absence of air and at a low temperature. Under these conditions the milk retains its important nutritive properties.

After evaporation the milk is "homogenized." This means forcing the milk under pressure through a tiny opening of only 1/10,000 of an inch. In squeezing through, the butterfat globules are broken up into minute particles—so small that they remain evenly distributed throughout the
milk. That is why there is no "cream line" in Evaporated Milk. Either before or after homogenization, Evaporated Milk is fortified with 400 USP units of vitamin D per pint, or reconstituted quart.

Next the milk is filled into cans which are sealed air tight and immediately sterilized by heat so that the milk remains sweet and fresh indefinitely. Evaporated Milk keeps perfectly in the sealed can without refrigeration. This sterilizing process, which makes Evaporated Milk at all times a safe milk supply, also makes the tissue-building protein of the milk easier to digest.

The last step is the quick, economical shipment of the milk to all parts of the country. The lower cost of shipping Evaporated Milk is due to the partial removal of water from the milk which reduces its original weight by more than one-half. Also the costly refrigeration during shipping is eliminated. These are important factors which enable families to obtain this good whole milk at low cost. The economy of Evaporated Milk is reflected in its rapidly increasing use. Consumers in the United States now buy around two and one-half billion pounds of Evaporated Milk.

Your grocer sells Evaporated Milk in two sizes. "Tall" cans contain 14 1/2 ounces by weight (13 fluid ounces) or 1 1/4 cups of this double-rich milk. "Baby" cans hold 6 ounces by weight (5 1/2 fluid ounces) or 2/3 of a cup.
###  For every Milk and Cream Use

For whatever purpose milk is used—cooking, infant feeding, drinking—Evaporated Milk mixed with an equal amount of water serves that purpose perfectly. Used just as it comes from its container, without dilution, Evaporated Milk makes possible in a variety of ways the preparation of better foods. In addition, Evaporated Milk contributes to food most of the qualities that cream is called upon to produce. Following are some helpful hints:

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#### For Cooking

- Mix Evaporated Milk with an equal amount of water, and use... whenever milk is needed, to cook cereals, to cream vegetables, fish or meat, to make custards, puddings, cakes, etc.

- When possible, instead of adding water to the milk, use fruit juices, or the liquid from cooked or canned vegetables or canned fish, or fish or meat broths.

- Also use it undiluted... on cereals, with brown or maple sugar, in coffee for adults, for making soups, for dipping and glazing, in sauces, to put more milk into many other foods.

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#### For Drinking

- Mix Evaporated Milk with an equal amount of water. Serve plain, with a dash of nutmeg, cinnamon or salt, in cocoa and other milk drinks.

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#### For Sour Milk

- Add one tablespoon of vinegar to ½ cup of Evaporated Milk mixed with ½ cup of water. For sour “cream” use one tablespoon of vinegar to a cup of the milk as it comes from the can. In baking, use one-half teaspoon of soda for every cup of sour milk or “cream.”

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#### For Whipping

- Evaporated Milk can be whipped, after thorough chilling, for the preparation of frozen foods, fruit whips, toppings, and gelatin desserts.
Veal Birds
Cut veal in thin slices, 3 by 5 inches. Pound with mallet to 1/4 inch thickness. Make a stuffing of remaining ingredients. Spread each slice of veal with the stuffing nearly to the edge. Roll tightly and tie or fasten with small skewers. Season with pepper and salt, dredge with flour and brown in hot fat. Cover and bake in hot oven (425°F.) until tender. Yield: 6 servings.

Frozen Cheese Salad
Chill milk thoroughly, then whip until stiff. Fold in the lemon juice. Mash cheese. Add mayonnaise, a little at a time, blending well. Fold into whipped milk, then add dates and pineapple. Pour into a mold and pack in a 1:3 salt-ice mixture, or freeze in the tray of an automatic refrigerator. Serve on lettuce leaves or watercress. Yield: 6 servings.

Halibut Baked in Milk
Melt butter in baking pan. Set fish in pan, sprinkle with salt, add water and milk and bake in a moderate oven (350°F.) until fish begins to pull from bones, about 1 hour. Yield: 6 servings.

Steamed Pudding
Combine ingredients lightly but thoroughly. The bread should absorb almost all of the moisture. Grease individual baking dishes and fill three-fourths full of mixture. Steam 1 hour. Serve hot with hard sauce. Puddings may be covered and stored in the baking dishes and steamed to reheat for serving. Yield: 12 individual puddings.

Chess Pie
Cream butter. Add sugar. Cream until sugar granules are dissolved. Add flour, salt and egg yolks. Stir thoroughly, then add milk and vanilla. Pour into an unbaked pie shell. Bake in a hot oven (425°F.) 10 minutes, then reduce to slow oven (300°F.) to finish baking, about 20 minutes. Yield: 1 pie.
Upside Down Cake

Melt butter in bottom of layer cake pan. Tip pan to allow butter to grease sides well. Spread brown sugar over pan, then a layer of fruit. Beat eggs. Add sugar and milk. Sift flour with baking powder and salt into first mixture. Stir until well blended, then beat batter about 30 seconds before pouring over fruit. Bake in a moderate oven (350°F.) 1 hour. Yield: 1 layer 9 inches square.

Refrigerator Rolls

Pour boiling water over shortening, sugar and salt. Add milk. When lukewarm, add yeast that has been dissolved in lukewarm water. Add beaten eggs. Stir in 4 cups flour. Beat hard. Add enough flour to make a soft dough (about 3 1/2 cups). Place in greased bowl. Grease top of dough. Cover with waxed paper and a lid or cloth, and keep in the refrigerator until ready for use. About 2 hours before meal time, pinch off small pieces of dough. Shape. Place on greased baking sheet and let rise until double in bulk, about 1 1/2 hours. Bake in a hot oven (425°F.) about 15 minutes. Brush rolls with melted butter as soon as they are removed from the oven.

Schnecken

Crumble yeast into a bowl. Add 1 tablespoon sugar, the 1/4 cup milk that has been mixed with the 1/4 cup warm water, and the 1 cup flour. Beat until smooth. Set in a warm, moist place to rise for about 2 hours. Cream the butter and sugar as for cake. Add eggs, beat well, then add the 1 cup diluted milk and the flour alternately. Beat in the yeast mixture. Cover and let rise in a warm, moist place 5 to 6 hours. Or cover tightly and let stand in refrigerator over night and set to rise in the morning. When doubled in bulk, roll to 1/2 inch thickness, spread with melted butter, sprinkle with brown sugar and cinnamon, roll up like jelly roll and cut into 1/2 inch slices. Spread baking pan generously with melted butter and brown sugar. Place slices in pan and bake in a hot oven (425°F.) 10 to 15 minutes. Invert slices in baking pan and bake in a hot oven (425°F.) 10 to 15 minutes. Invert pan to remove rolls as soon as they come from the oven. Yield: 3 dozen rolls.
2. *Puts More Milk in the Diet*

Undiluted Evaporated Milk contains more than twice its original amount of food value. Even when it is used mixed with an equal amount of water, it gives to all milk-made foods from drinks to desserts a higher than average content of milk solids and milk fat.

That is a fact of great importance, in view of the repeated urging by workers in the field of nutrition that each growing child should have every day the bone, tooth and muscle building materials and vitamins supplied by 4 cups (1 quart) of cow's milk. Adults need at least 2 cups (1 pint) daily.

Unfortunately, very few children or grown-ups receive the quantity of milk daily that would be best for them. Therefore the extra nutrients tucked into many foods by Evaporated Milk go a long way toward putting an adequate amount of milk in the diet of everyone.

Notice the recipe for Orange Blanc Mange, on page 8. Prepared according to directions, this creamy smooth, delicious dessert contains the equivalent of almost a whole quart of ordinary milk. The Meat Loaf, page 9, calls for 1 3/4 cups of undiluted Evaporated Milk. Usually milk would not be used in the recipe at all! These are but two instances of how Evaporated Milk puts more milk in the diet. Pages 8 and 9 give others—and throughout this book are many additional examples.

Frequently the recipes demonstrate another advantage, from the nutritive standpoint, of the concentrated milk. That is, the use of fruit juices, or the liquids from cooked or canned vegetables, poultry, fish or meat, for diluting the milk. The full food value of those liquids is retained, and their flavor also.
Orange Blanc Mange
Mix cornstarch, sugar, and salt thoroughly. Add milk slowly, stirring to keep smooth. Cook over boiling water until mixture begins to thicken, add orange juice and rind and continue cooking until thick. Pour into molds to chill. Serve with orange juice. Yield: 6 servings.

Scalloped Egg Plant
Pare egg plant. Cut in ½ inch dice, add water and salt and boil without cover until tender, about 15 minutes. Cook onion slowly in butter until yellow. Add egg plant, pepper, bread crumbs, and milk. Turn into a buttered baking dish. Cover with buttered bread crumbs. Bake in a moderate oven (350°F.) until browned, about 20 minutes. Yield: 6 servings.

Carrot Ring
Wash, scrape and grate carrots. There should be 2½ cups. Boil in a small amount of water until tender, or use raw. Beat eggs, add milk, seasonings, coarsely chopped almonds, and carrots. Melt butter in ring mold. Let run around mold to grease thoroughly and pour extra butter into mixture. Fill mold. Set in a pan of water and bake in a slow oven (325°F.) until firm. Yield: 8 servings.

Creamed Cucumbers
Wash and pare cucumbers. Cut into strips about 2 inches long, then into quarters or sixths. Steam until tender, about 45 minutes. Season with salt, pepper and butter. Add milk, and heat thoroughly. Yield: 6 servings.

Orange or Pineapple Cup Cakes
Sift flour with other dry ingredients into the mixing bowl. Beat egg. Add soft butter, milk, and orange juice. Pour into a well in the middle of dry ingredients. Fold dry ingredients into liquid until partially mixed, then beat 1 minute. Pour into greased muffin tins and bake in a moderate oven (375°F.) 10 to 25 minutes. Frost with Orange Frosting (page 27). Yield: 14 to 20 cup cakes.
Meat Loaf
Mix meat, egg, salt, onion, milk and bread crumbs. Turn into a well greased baking pan, shape into a loaf and bake 30 to 45 minutes in a moderate oven (350°F.). Yield: 8 to 10 servings.

Rice Ring
Beat egg. Add remaining ingredients. Pour into well buttered ring mold. Set in a pan of hot water. Bake in a moderate oven (350°F.) until set, about 45 minutes. Turn onto hot platter and fill with the following:

Creamed Chicken and Mushrooms
Make a sauce of the butter, flour, salt, broth and milk. Add diced chicken and heat over boiling water. Pour creamed chicken into center of Rice Ring, garnish with parsley and sautéed mushrooms. Yield: 8 servings.

Hungarian Cabbage
Melt fat in a heavy saucepan. Stir in the onion, cabbage, salt and dill. Cover and simmer until just tender, about 15 minutes. Stir vinegar into the milk. Pour over cabbage and reheat quickly. Serve at once. Red cabbage may be used. Yield: 6 to 8 servings.

Coffee Bavarian
Chill milk thoroughly. Soak gelatin in the cold water. Boil sugar with the 1/3 cup water until the syrup spins a thread. Pour in a fine stream over the well beaten egg yolks, whipping briskly. Add salt. Dissolve soaked gelatin in hot coffee and add to egg mixture. When this is beginning to set, fold in the sherry flavoring and the milk that has been whipped stiff. Turn into a mold to set. Unmold and serve with sliced, sugared peaches. Yield: 8 servings.
3. Enables us to Eat the Milk we Need

There are people of all ages who refuse to drink milk or who complain that milk drinking is monotonous. Sometimes whole families prefer to eat all of their daily quota in food. And even when there is no objection to the drinking of milk, variety in the manner of serving this extremely important food appeals to everyone.

Evaporated Milk, because it is a concentrated milk, makes very easy the inclusion in food of the entire amount of milk needed by each member of the family during any one day.

One cup of Evaporated Milk mixed with an equal amount of water, provides 2 cups (1 pint) of whole milk above the average in richness. Two cups of Evaporated Milk and 2 cups of water mixed, make 4 cups (1 quart) of whole milk. It is easy to see from this that 1 cup of undiluted Evaporated Milk takes care of the adult's daily milk quota, and that 2 cups of the undiluted milk will meet the child's needs.

Therefore, using undiluted or partially diluted Evaporated Milk, we can eat the equivalent of a cup of whole milk in one serving of a delicious cereal, an appetizing dessert or a smooth, rich soup.

Examples illustrating the principle of eating the milk you need are found on pages 11 and 12. In each case the amount of whole milk contained in an average serving is indicated. If, for example, a child is given during the day one serving of the Cereal, one of the Potato-Spinach Soup, one of the Rice Cooked in Milk, one of the Banana Cream and one of the Soft Custard, he will have his full milk requirement.
Cereal Cooked in Milk

Bring water and milk to a boil, stirring occasionally. Add salt and cereal, and boil briskly about 10 minutes, stirring frequently. Yield: 4 servings (3½ cups). Each serving contains the equivalent of 1 cup whole milk.

Corn meal: Use same amount of water, Evaporated Milk and salt as above. Measure ½ cup corn meal into a heavy saucepan. Add water and salt. Boil until mixture begins to thicken, then add milk and continue boiling 8 to 10 minutes, stirring constantly. Yield: 4 servings (2½ cups).

Potato-Spinach Soup

Cook onion slowly in butter until yellow. Add water, potatoes, spinach and salt. Cook slowly until potatoes are tender. Add milk, a dash of pepper and cayenne and heat thoroughly before serving. Yield: 6 servings. Each serving contains the equivalent of ⅔ cup whole milk.

Rice Cooked in Milk

Sprinkle rice into the rapidly boiling water; add salt. Boil for 15 minutes and drain. Put into top of double boiler and add the milk and water. Cook 45 minutes. Yield: 3 servings. Each serving contains the equivalent of ⅔ cup whole milk.

Banana Cream


Spaghetti with Curry of Shrimp

Cook spaghetti until tender in boiling salted water. Drain and rinse. Meanwhile, heat soup, milk and shrimp together. Mix lemon juice with curry and stir into mixture just before serving, blending well. Serve on mounds of hot spaghetti. (⅓ lb. cooked fresh shrimp may be used in place of canned shrimp.) Yield: 4 servings. Each serving contains the equivalent of ¾ cup whole milk.
Soft Custard

Beat eggs. Add sugar and salt and beat well, then add milk. Stir in the boiling water. Cook over boiling water, stirring frequently, until mixture coats spoon, about 5 minutes. Add vanilla and nutmeg. Serve warm or cold with Whipped Milk Topping (page 29). Yield: 6 servings. Each serving contains the equivalent of \( \frac{3}{8} \text{ cup whole milk} \).

Fish Chowder

Wash haddock and cut in small pieces. Peel potatoes, cut in small pieces and boil for 5 minutes; add sliced onion and the fish. Cook together until fish is tender. Add the milk, water and butter. Season with salt and pepper. Heat. Yield: 6 servings. Each serving contains the equivalent of \( \frac{1}{2} \text{ cup whole milk} \).

Lobster Newburg

Melt butter in top of double boiler. Add lobster and stir to coat with butter. (Crab meat may be used in place of lobster.) Beat egg. Add milk and seasonings. Add to lobster and cook over boiling water until it begins to thicken, stirring occasionally. Add sherry and cook until thickened. Serve on toast or rice mounds. Yield: 8 servings. Each serving contains the equivalent of \( \frac{3}{4} \text{ cup whole milk} \).

Griddle Cakes

Sift flour with other dry ingredients twice. Melt shortening in boiling water, add milk and beaten egg. Combine quickly with dry ingredients. Bake rather slowly on a hot, slightly greased iron griddle, or on an ungreased aluminum griddle. Yield: 6 servings. Each serving contains the equivalent of \( \frac{1}{2} \text{ cup whole milk} \).

Many more recipes are available showing how the daily milk requirement may be included in food. Write for them.
4. Has Special Advantages for Babies and the Growing Child

UNSWEETENED Evaporated Milk is being used in the feeding formulas of thousands upon thousands of babies, and they thrive on it because:

1. It is easily and completely digested. *Very soft curds* are formed in the stomach, and are readily acted upon by the digestive secretions.

2. It is *safe*. It cannot contain any form of harmful bacterial life whatsoever. This is true no matter where it is purchased, or at what season.

3. Its composition is always uniform.

4. The milk fat of Evaporated Milk is finely divided into tiny droplets which are easily digested.

5. Protein, minerals and vitamins in Evaporated Milk are readily absorbed by the baby’s body for building bones, teeth and muscle.

6. Evaporated Milk contains all of the vitamins for growth and general well-being which milk is depended upon to supply, particularly vitamins A and riboflavin. In addition, it has been fortified with 400 USP units of vitamin D per pint, or reconstituted quart. Milk, so fortified, ingested in the amounts customarily fed to infants, will prevent rickets and promote optimal bone and tooth development.

The same characteristics that make Evaporated Milk a superior food for infants make it ideal for the older child. The recipes on pages 14 and 15 are for foods for young children.
**Milk Toast**

Scald milk with water over boiling water. Add butter and salt and pour over toast. A dash of celery salt may be added. Milk Toast served with crisp bacon or poached egg is a very satisfactory supper dish. Yield: 1 serving, if this constitutes the meal, 2 servings if other food is added.

**Scrambled Eggs**

Beat eggs until they are no longer stringy. Add salt, pepper and milk. Put butter into hot pan. When it bubbles, add egg mixture. Stirring constantly, cook slowly until firm, but not hard. Yield: 6 servings.

**Meat Patties**

Combine ingredients and mold into patties. Place in greased pans and bake in a hot oven (450°F.) 20 minutes. Yield: 12 patties, 6 servings.

**Oatmeal Cookies**

Beat the egg; add milk and sugar; beat. Add melted butter and vanilla, then the salt, baking powder and oats, mixed together. Drop about 1/2 tablespoon of dough, for each cookie, on greased and floured baking sheets, allowing plenty of room for spreading during baking. Bake in a moderate oven (350°F.) 10 minutes. Remove from baking sheet while hot. Yield: 60 cookies.

**Cream of Carrot Soup**

Creamed Eggs

Prepare a white sauce of the butter, flour, salt, pepper, boiling water and milk. Peel eggs, slice and add to hot white sauce. Serve on hot, buttered toast. Garnish with sprigs of parsley or a dash of paprika. Yield: 6 servings.

Chocolate Pudding

Mix cocoa, flour, sugar and salt. Add boiling water. Stir until smooth. Cook slowly until it begins to thicken, then add milk. Bring slowly to a boil and boil 3 minutes, stirring constantly. Add vanilla and chill. Yield: 6 to 8 servings.

Bread Pudding


Apple Tapioca

Cook milk, 1 cup water, tapioca and 1/4 cup sugar over boiling water 15 minutes. Pare apples, cut in small pieces and boil with 5 tablespoons sugar and 2 tablespoons water until tender. Add with beaten egg yolks to tapioca. Cook 3 minutes longer. Remove from heat and fold in the stiffly beaten egg whites. Yield: 6 servings.

Write for these free booklets:

"Some Foods for Children From Six Months to Six Years"—31 recipes.
"A Safer World for Babies"—directions on care and feeding of the infant.
"One Meal for All"—practical suggestions for combining meals for the child with meals for the family, 32 recipes.

Consult your doctor for the proper bottle formula and additional foods for your baby. He alone is qualified to advise you.
5. Adds Smoothness to Soups
Sauces and
Mashed Potatoes

"Cream" soups, sauces, gravies, and "creamed" foods—all have a characteristically rich flavor and color and are superbly smooth when prepared with Evaporated Milk.

What is there about Evaporated Milk that explains the extraordinary smoothness and flavor it gives to food? Any good chef can tell you. It is the concentration and the creamy-like homogenized character of the milk solids. Restaurants serving discriminating persons, sometimes thicken the milk for "cream" soups by boiling away part of the water. Now that is unnecessary, as Evaporated Milk from which half the water has been scientifically removed, is conveniently available at reasonable cost.

The "just right" consistency and silky smoothness which Evaporated Milk provides is well illustrated in the simple Cream of Tomato Soup, page 17, and the Cheese Sauce, page 18. Mashed Potatoes with undiluted Evaporated Milk are smooth, rich in flavor and color—and do not require the use of butter.

In addition to appearance, fine flavor and texture, Evaporated Milk contributes to foods all the nutrients which good whole milk is depended upon to supply. In many recipes, where the milk is used undiluted, it provides double amounts of these important nutrients.
Cream of Tomato Soup

Pour the milk into a saucepan, and stir in the tomato soup. Heat slowly only until hot enough to serve. Do not boil. Serve at once. If additional seasoning is desired, 1/2 teaspoon sugar or 1/4 teaspoon salt may be added. Yield: 2 to 3 servings.

Mashed Potatoes

Cook potatoes in a small amount of boiling salted water until tender and water is absorbed. Mash. Add salt and milk. More milk may be needed. Beat until fluffy. Yield: 6 to 8 servings.

White Sauce (thin)

Melt butter, blend in flour, salt and pepper and when smooth and bubbling, add the boiling water gradually. Stirring constantly, boil until mixture begins to thicken, then add milk and continue cooking until thickened. Yield: 1 1/4 cups.

To make Medium White Sauce: Increase butter to 1 1/2 tablespoons and flour to 2 tablespoons.

Cooked Salad Dressing

Blend salt, mustard, cayenne, flour and sugar. Add egg yolks. Mix well, then add milk. Cook over boiling water, stirring constantly, until mixture thickens. Chill. Stir in vinegar slowly. Lemon juice may be used in place of all or part of the vinegar. A few drops of onion juice may be added. Yield: 1 1/2 cups.

To make Peanut Butter Salad Dressing: Stir in 2 tablespoons peanut butter while mixture is still hot, then add vinegar.

Chocolate Sauce

Melt chocolate over hot water. Add water slowly, stirring until smooth. Add sugar and syrup. Boil to soft ball stage (235°F.). Remove from heat, add milk slowly, then vanilla. Yield: 2 1/2 cups.
**Washington Cream Pie**

Cream butter. Add sugar and continue creaming until sugar granules are dissolved. Sift flour with baking powder and salt. Add flour and diluted milk alternately to the butter-sugar mixture, beginning and ending with flour. Fold in the stiffly beaten egg whites and add the flavorings. Pour into 2 pie pans that have been lined with waxed paper and bake in a moderate oven (350°F.) 25 minutes. Spread cream filling between layers and sprinkle top with powdered sugar.

**Cream Filling**

Mix sugar, salt and cornstarch thoroughly. Add egg yolks, combine well, then add water and milk. Cook over boiling water until mixture is thickened, about 5 minutes. Remove from fire, add vanilla and cool slightly before spreading on cake.

**Pumpkin Pie**

Make a smooth paste of the spices and water. Add with the sugar, salt and beaten eggs to the pumpkin. Stir to blend thoroughly, then add milk. Heat over boiling water to the scalding point, add orange juice and pour immediately into a hot, baked unpricked pie shell (page 38). Bake in a hot oven (425°F.) 15 minutes, then reduce to a slow oven (300°F.) and bake until filling is just set. Baking requires about 25 minutes. Yield: 1 pie.

**Cheese Sauce**

One-half pound cheese makes a thick sauce. Scald milk over boiling water. Add cheese that has been cut into small pieces. Continue cooking until cheese is just melted, about 5 minutes. Stir to blend well. If sauce is used as a rarebit use 1/2 pound cheese, and add 1/4 teaspoon dry mustard or 1/2 teaspoon Worcestershire sauce. Yield: 6 servings.
6. **Gives Frozen Foods a Velvety Quality**

The very best, commercially made ice cream has a texture that “the tongue loves to touch.” The fact that infinitely fine ice crystals are formed during the freezing explains the velvety quality. The fineness of the crystals is due in part to the homogenization of the mixture before freezing.

Homogenization means the breaking up and blending of all the ingredients to obtain a silky, uniform composition of cream-like consistency. All solid substances are reduced to tiny particles.

Evaporated Milk is homogenized before it is sealed in the tin. That is why Evaporated Milk frozen foods are as smooth and delicious as the best commercial ice creams. And the Evaporated Milk kind cost so little to prepare.

Whether a mousse is desired, to be frozen in the automatic refrigerator, or a hand-turned ice cream or sherbet, all the ingredients are ready in the kitchen for use on a moment’s notice—the milk, the butter, the flavoring, the sugar. Evaporated Milk frozen desserts make the frequent enjoyment of this nutritious and appealing type of food not only easy, but economical.

And what’s more, each serving will supply a generous share of the whole milk every member of the family should have every day.
Rhubarb Mousse
Cut rhubarb in small pieces. Add sugar and pineapple and bake in a covered baking dish until tender. Strain. There should be 2 cups pulp and syrup. Soften gelatin in the 1 tablespoon cold water and dissolve over hot water. Stir gelatin into cold fruit mixture. Chill milk thoroughly, then whip until stiff. Fold in the fruit-gelatin mixture and pour into cold freezing tray of an automatic refrigerator and freeze. Yield: 8 servings.

Chocolate Mousse
Chill milk thoroughly, then whip until stiff. Fold in the Chocolate Sauce. Pour into tray of automatic refrigerator and freeze. Yield: 4 to 6 servings.

Strawberry Mousse
Select sound well-ripened berries. Wash, hull and drain. Mash or press through a coarse sieve or force through a potato ricer. There will be from 1 1/2 to 2 cups pulp and juice. If berries lack flavor, 2 cups of berry pulp will be required. Add sugar to pulp and let stand in refrigerator 20 minutes to chill and to dissolve sugar. If berries are very tart, 1/4 cup more sugar will be needed. Chill milk thoroughly and whip until stiff. Add lemon juice and whip until very stiff. Cut and fold strawberry mixture lightly but thoroughly into milk. Turn into cold freezing trays immediately and freeze in an automatic refrigerator. Yield: 1 1/2 quarts.

Cranberry Mousse
Wash cranberries, add cold water and cook slowly until soft, about 15 minutes. Press through a potato ricer or sieve. There should be 1 1/4 cups pulp. Add sugar and cook 10 minutes. There should be 1 1/4 cups jelly. Chill milk thoroughly. Whip until stiff. Add lemon juice and continue whipping until very stiff. Cut and fold in the cold cranberry pulp and orange juice, lightly but thoroughly. Pour into cold freezing tray of an automatic refrigerator and freeze. Or pour into a mold and pack in a 1:3 salt-ice mixture. Yield: 1 quart.

Directions for whipping Evaporated Milk are on page 28. Write for the free booklet, "Frozen Desserts and Salads—the Automatic Way."
Vanilla Ice Cream


To make Caramel Ice Cream: Use Vanilla Ice Cream recipe. Caramelize half of the sugar. Add the water not used for softening gelatin slowly to caramelized sugar and cook until dissolved. Decrease vanilla to 1 teaspoon.

To make Chocolate Ice Cream: Heat 2 ounces finely chopped bitter chocolate with the 1 cup milk. Dissolve softened gelatin in this. If any flecks of chocolate remain beat with a rotary beater until smooth, and pour over the butter-sugar-egg mixture. Add salt, remaining milk, water and vanilla.

To make Coffee Ice Cream: Bring the 1 cup water to boil with 1/4 cup coffee. Strain through double cheese cloth. Make up to 1 cup with water. Proceed as for Vanilla Ice Cream, substituting the coffee for the 1 cup water and omitting the vanilla.

To make Butterscotch Ice Cream: Use 4 ounces (3 1/4 cup) brown sugar in place of the granulated sugar.

Peach Ice Cream

Combine syrup from peaches, sugar and milk. Freeze to a mush with a 1:4 salt-ice mixture. Add peaches and finish freezing. Yield: 1 1/4 quarts.

Orange Milk Sherbet

Chill milk in ice cream can. Boil sugar, salt and water until there are 2 cups of syrup. Add orange and lemon juice and chill. Pour orange mixture slowly into cold milk. Freeze with a 1:4 salt-ice mixture. Yield: 1 1/2 quarts.

If a mild flavored sherbet is desired, increase Evaporated Milk to 2 cups.
Evaporated Milk is an important ingredient for all kinds of good candy. Caramels made with Evaporated Milk have just the right degree of "chewiness" and buttery flavor. In crystalline candy, such as fudge and fondant, Evaporated Milk, because of its even dispersion of fat, helps to produce close, even grain and perfect moisture content—the attributes of all good candy.

Many fine commercial candies are prepared with Evaporated Milk. The homemaker will find that she, too, can make candy of excellent quality rivaling and often superior to that of the commercial confectioner.

Candy made with Evaporated Milk contains extra butterfat and other milk solids which contribute so much to flavor and consistency. Evaporated Milk is twice as rich in milk solids as the original milk. Increasing the amount of milk solids in candy is also desirable in order to balance the energy and fat-producing constituent, the sugar.

Frosting made with Evaporated Milk spreads easily, hardens to a shining glossiness, retains its moisture and yields gently to the pressure of the cake knife. The Uncooked Chocolate Frosting on page 24, is an example par excellence. A quick, inexpensive Vanilla Frosting can be made by blending 1 pound (3 cups) confectioners sugar with 1/3 cup Evaporated Milk and 1/2 teaspoon vanilla.
Chocolate Fudge

2 cups sugar
\( \frac{3}{4} \) teaspoon salt
2 squares bitter chocolate
1 cup Evaporated Milk
2 tablespoons butter
\( \frac{1}{2} \) teaspoon vanilla

Cook sugar, salt, shaved chocolate and milk slowly until sugar dissolves, then rapidly to soft ball stage (236°F.) stirring constantly. Remove from heat, cool. Add butter and vanilla. Beat until crystalline, turn onto buttered plate and mark into squares, or knead until soft and plastic. Yield: 1½ pounds.

To make Marshmallow Fudge: Increase chocolate in Chocolate Fudge to 3 squares. Cook, cool and beat as for Chocolate Fudge. When ready to pour, add 1 cup marshmallows cut into bits.

To make Peanut Butter Fudge: Add \( \frac{1}{3} \) cup peanut butter to Chocolate Fudge just as it is taken from heat. Cool and beat as for Chocolate Fudge.

Cream Caramels

2 cups sugar
Few grains salt
2 cups white corn syrup
\( \frac{1}{2} \) cup butter
2 cups Evaporated Milk
1 teaspoon vanilla

Choose a heavy iron, aluminum or copper kettle for cooking. Stirring occasionally, boil sugar, salt and syrup to 245°F. Add butter, then milk gradually so that the mixture does not stop boiling at any time. Cook rapidly to firm ball stage (242°F.). Stir constantly because the mixture becomes very thick and sticks easily at the last. Add vanilla and pour into a buttered pan. Cool thoroughly before cutting. Turn onto a buttered board and cut with a heavy, sharp knife, using a saw-like motion. Yield: 2 pounds or 45 caramels \( \frac{3}{4} \times 1 \frac{1}{2} \) inches.

To make Chocolate Caramels: Add 3 squares bitter chocolate to Cream Caramel recipe. Melt chocolate in sugar-syrup mixture. Proceed as for Cream Caramels.

Caramel Apples

2 pounds sugar
Scant cup white corn syrup
2% cups Evaporated Milk

Put sugar, syrup and \( \frac{2}{3} \) cup milk in a large, heavy kettle. Stir to blend well, heat slowly until sugar is melted, then boil briskly to a thick syrup. Add remainder of milk slowly, keeping mixture boiling briskly and boil to firm ball stage (242°F.). Select small apples, free from blemishes. Wash and dry thoroughly and stick on wooden skewers. Dip apples in caramel mixture. Twirl to get rid of surplus coating and make smooth. Stand apples in holes in a heavy board or in some receptacle that will permit drying without marring coating. If coating becomes too hard for dipping add a little Evaporated Milk and reheat. The caramel should be kept quite hot so that coating will not be too heavy. Yield: Enough coating for 15 to 20 apples.
**WHY EVAPORATED MILK MAKES GOOD FOOD BETTER**

**Vinegar Taffy**

1 pound granulated sugar  
1 pound white corn syrup  
1/4 teaspoon salt  
1 tablespoon vinegar  
1/2 cup Evaporated Milk

Mix sugar, syrup, salt and vinegar thoroughly. Cook slowly until sugar is melted, then pour milk in slowly, keeping candy boiling all the while. Boil briskly to firm ball stage (248°F.). Pour into buttered pan. When cool enough to handle, pull until candy is light and no longer sticky to the touch. Lay out on waxed paper or buttered pan. Cut with scissors. Wrap in waxed paper. Yield: About 2 pounds.

**Pralines**

1/2 pound brown sugar  
1/2 pound granulated sugar  
1/2 pound pecans  
1/2 cup Evaporated Milk

Boil all ingredients to soft ball stage (236°F.), stirring constantly. Cool slightly and beat until mixture begins to stiffen. Drop rapidly from a spoon onto a buttered sheet in patties about 3 inches in diameter. If candy becomes too stiff at the last to drop into smooth patties, add a little hot water. Yield: 8 patties.

**Caramel Frosting**

1 1/2 cups sugar  
1/2 cup light brown sugar  
3/4 cup Evaporated Milk  
1 tablespoon butter  
1/2 teaspoon vanilla

Boil sugar and milk to 230°F. (This is 6° below the soft ball stage.) Add butter and vanilla. Cool, and beat until stiff. If frosting is too heavy, add enough Evaporated Milk to spread. Yield: Sufficient frosting for 1 cake 9 inches square.

**Chocolate Frosting**

1/4 cup Evaporated Milk  
2 squares bitter chocolate  
1/2 pound brown sugar  
1/4 teaspoon salt  
1 egg  
1/2 pound confectioners sugar  
1/2 teaspoon vanilla

Melt chocolate in milk over boiling water. Stir to blend well. Add brown sugar and salt and continue stirring until blended. Beat in egg. Remove from heat, add confectioners sugar and vanilla and beat until cool and smooth. Yield: Sufficient frosting for two 9 inch square layers.

**Uncooked Chocolate Frosting**

2 squares bitter chocolate  
1/4 teaspoon salt  
1 teaspoon vanilla  
1 1/2 cup Evaporated Milk  
1 pound confectioners sugar

Melt chocolate. Add salt and vanilla. Stir in the milk and sugar alternately and beat until creamy and smooth. This may be used to spread over Caramel Frosting to make a two-tone frosting. Yield: Sufficient for 1 cake 9 inches square.
8. Contributes

Rich, Creamy Flavor

Many people have wondered why it is that Evaporated Milk gives such a rich, creamy flavor to certain foods when no butter, or very little of it, is called for in the recipe. This taste in Evaporated Milk-made dishes is directly due to the homogenized fat of the milk.

Evaporated Milk contains many times more fat particles than raw milk, because each fat globule in the original milk is broken up by homogenization into numerous smaller globules. Because of this increased number of fat particles, foods prepared with Evaporated Milk have a characteristic rich flavor.

The fact that the greater number of butterfat particles often makes for richer flavor without the necessity of having the food contain additional fat, is delightfully noticeable in many soups, sauces and candies. "Palate appeal" is increased, while costs are lowered.

Undiluted Evaporated Milk effects a saving when a food is prepared that needs "creamy" consistency and flavor. It produces both qualities at once. At the same time it brings to a food the nutrients of whole cow’s milk rather than just one constituent—the fat. The Oyster Stew, page 26, can be cited as just one case in point. Before Evaporated Milk came into general use in the making of oyster combinations of this character, the cost was prohibitive and the richness almost cloying. Now oyster stew with Evaporated Milk can be enjoyed throughout the oyster season—as frequently as the family desires, without any strain on the pocketbook, and with more real, wholesome palate appeal.
Almond Torte

Cream butter until smooth and plastic. Add 1/2 cup sugar gradually and beat until creamy. Add egg yolks and continue beating until well blended. Sift flour with baking powder and salt and add alternately with the milk to the first mixture, beginning and ending with flour. Add vanilla. Turn into two 9-inch spring form or cake pans that have been greased and lined with waxed paper. Whip the egg whites until stiff. Fold in the 3/4 cup sugar, then spread over the top of the unbaked mixture. Sprinkle almonds over top, then the sugar-cinnamon mixture. Bake in a moderate oven (325°F.) about 40 minutes. Spread the following cream filling between the layers:

Blend sugar and cornstarch, add egg and stir until well blended. Add milk slowly to blend well. Cook over boiling water, stirring constantly, about 10 minutes. Remove from heat and add almond extract. Cool before using.

Oyster Stew

Scald the milk and water with the onion, celery, parsley and bay leaf 15 minutes. Remove celery, onion and bay leaf and add the cracker crumbs. Heat the cleaned oysters in their own liquid until the edges curl. Add oysters and liquid to milk mixture and season with butter, salt and a dash of paprika. Serve immediately. Yield: 6 servings.

Cream of Mushroom Soup

Peel mushrooms. Rinse quickly in cold water. Remove caps and chop fine. Boil stems with onion in the 2 cups water until tender. (Use mushroom liquor if canned mushrooms are used.) Press through a coarse sieve. Make up to 1 pint with water and add chopped mushroom caps and salt and pepper. Stir butter and flour to a smooth paste. Add to soup and boil until slightly thickened. Add milk and heat thoroughly before serving. Yield: 6 servings.
Mock Hollandaise Sauce

Prepare a white sauce of 1 tablespoon butter, the flour, milk, salt, pepper and cayenne. Remove from heat and stir in beaten egg yolks. Add the ¼ cup butter bit by bit, then the lemon juice. Serve with broccoli or asparagus. Yield: ¾ cup.

Corn Pudding

Fresh or canned corn may be used. Beat eggs and add remaining ingredients in order given. Pour into a buttered baking dish, set in a pan half filled with hot water and bake until firm in a slow oven (325° F.). Cut in squares for serving. Yield: 6 servings.

Butterscotch Pie

Boil sugar with 2 tablespoons water to a thick syrup (about 5 minutes). Make a smooth paste of cold water and flour. Add to syrup and boil 1 minute, stirring constantly. Beat egg yolks, add milk and combine with sugar mixture. Cook over boiling water 10 minutes or until thick enough to drop in sheets from side of spoon. Add vanilla. Pour into a baked pie shell (page 38). Cover with meringue and brown in a slow oven (300° F.). Yield: 1 pie.

Meringue

Beat egg whites with cold water until frothy. Add cream of tartar and sugar and continue beating until stiff and sugar is dissolved. The addition of cold water makes a coarser meringue, but greatly increases the quantity.

Orange Frosting

Combine milk, orange juice and rind. Add sugar until of consistency to spread. Yield: Sufficient for 1 layer cake or 20 cup cakes.
9. **Whips Splendidly**

Evaporated Milk, just as it pours from the can, whips splendidly. Evaporated Milk triples in volume when whipped. Its whipping properties are due to its concentration and the homogenized character of the milk solids. Whipped Evaporated Milk is a delicious topping or garnish for desserts. It can be combined with crushed berries and fruit pulps to make fruit whips. Frozen desserts and salads, gelatin desserts and other whipped “cream” foods are unusually fine made with whipped Evaporated Milk.

The real secret of whipping Evaporated Milk is **thorough chilling**. This can be done by placing the unopened can either in an ice and salt mixture, or in the freezing compartment of the automatic refrigerator, or by pouring the milk into a freezing tray. When the milk is chilled to about 40°F Fahrenheit, pour it into a **cold** bowl and whip it with a cold beater. Speed is important. If the milk fails to whip, it just isn’t cold enough. It can be chilled again and rewhipped without turning to butter.

Lemon juice can be added to assure more “permanent” stiffness, when the flavor is suitable to the food with which the whipped milk is to be combined. When lemon juice is used, first whip the milk until stiff. Then fold in 2 tablespoons of lemon juice for every cup of milk used. Gelatin may also be used to achieve a stiffer whip. For each cup of milk, soften 1/2 teaspoon gelatin in 2 teaspoons cold water. Scald Evaporated Milk, add gelatin and stir to dissolve. Chill thoroughly before whipping.

Evaporated Milk has only about one-fifth of the amount of fat contained in whipping cream. Instead, it has a much greater content of whole milk solids. For that reason it is an ideal ingredient for a dessert which completes an already rich meal.
Fruit Whip

Combine fruit pulp and sugar. Let stand to dissolve sugar, stirring occasionally. Chill milk thoroughly and whip until stiff. Add lemon juice and whip until very stiff. Fold in the cold fruit pulp. Keep in a cold place until ready to serve. This mixture may be turned into a cold freezing tray and frozen in an automatic refrigerator. Yield: 6 servings.

Caramel Charlotte Russe

Chill milk thoroughly. Soften gelatin in cold water and set over hot water to dissolve. Caramelize the sugar, add the boiling water slowly and cook until caramel is dissolved. Add salt. Cool slightly and add dissolved gelatin. When the gelatin mixture begins to thicken, fold in the stiffly whipped milk and vanilla. Pour into a mold. (To make a more elaborate dessert: Add ¼ pound blanched almonds to the mixture and line the mold with lady fingers.) Yield: 6 servings.

Horseradish or Mustard Sauce

Chill milk thoroughly. Whip stiff. Add lemon juice slowly, then sugar and whip until very stiff. Fold in horseradish or mustard. Serve with meat loaf or ham. Yield: 6 servings.

Jellied Veal Loaf

Put meat and onion through a food chopper. Add finely diced cucumber and celery. Soak gelatin in cold water. Add to hot white sauce. Stir until dissolved, then add meat mixture. When mixture begins to set, fold in the Evaporated Milk, which has been chilled and whipped until stiff. Pour into a mold. Chill. Serve with a border of tomatoes and lettuce. Yield: 12 servings.

Whipped Milk Topping

Chill milk thoroughly. When ready to serve, whip milk stiff. Add lemon juice and continue whipping to blend thoroughly. Sweeten to taste. Yield: 6 servings.
Lemon "Cream" Sauce

Chill milk thoroughly. Whip until stiff. Add lemon juice and whip until very stiff. Cream butter. Add sugar and cream until thoroughly mixed. Fold into whipped milk with lemon rind. Yield: Sufficient for 6 large servings.

Frozen Fruit Salad

Chill milk thoroughly, then whip until stiff. Fold mayonnaise into whipped milk. Add nuts and well drained fruit. Sugar may be added if a sweeter salad is desired. Pour into baking powder tins or round molds. Seal with a well greased strip of cloth and pack in a 1:3 salt-ice mixture 3 hours. Or freeze in an automatic refrigerator. Unmold, slice and serve with lettuce or watercress. Yield: 24 servings.

Dressing for Fruit Salad

Beat egg. Add dry ingredients and water. Cook over hot water until thickened, stirring constantly. Add vinegar and cool. Chill milk thoroughly, then whip until stiff. Fold cold cooked salad dressing into whipped milk. Yield: 1 cup.

Vanilla Sauce

Melt marshmallows over boiling water. Add water and continue cooking until clear. Chill milk thoroughly. Whip until stiff and fold in the cold marshmallow mixture. Add vanilla. Yield: 6 servings.

Prune Bavarian

Add sugar to prune pulp and set in a cold place to dissolve. Stir occasionally. Soak gelatin in cold water. Dissolve over boiling water. Cool slightly. Add to prune mixture. Chill milk thoroughly, then whip until stiff. Add lemon juice, then fold in the prune-gelatin mixture. Pour into a mold or individual molds and let stand in cold place to set. Serve with Soft Custard (page 12). Yield: 8 servings.
SOUR MILK cookery is popular in many homes. Each homemaker has her favorite recipes. Often they are “traditional” in the family, having been handed down from generation to generation, acquiring in that process a sentimental as well as a culinary interest.

The one essential in all such recipes, whether new or old, is a convenient sour milk supply. Cooking inspiration rarely takes into account the content of the refrigerator and cupboard. When sour milk is needed, it is needed at once. And at such a time Evaporated Milk is a friend indeed.

It is quickly and easily soured by the addition of one tablespoon of vinegar to 1/2 cup of the milk mixed with 1/2 cup of water. If you prepare your sour milk by this method, today or next week, the same degree of acidity results. For sour “cream” use one tablespoon of vinegar to a cup of undiluted Evaporated Milk. In baking, use 1/2 teaspoon of baking soda for each cup of soured milk or “cream.” That is important to note as the majority of sour milk recipes are for biscuit, cakes, cookies, and muffins. (Remember also that Evaporated Milk baked foods, whether the milk has been soured or not, have richer flavor and stay fresh longer.)

Sour “cream” dressing is prepared by adding three tablespoons of vinegar to a cup of undiluted milk, along with seasoning to taste. Lemon juice may be employed to sour the milk when the lemon flavor is the right touch.
Cucumbers with Sour “Cream” Dressing

Pare cucumbers. Run the tines of a fork down sides of cucumbers. This will give the slices a scalloped appearance. Slice thin. Serve very cold with Sour “Cream” Dressing and finely minced parsley.

**Sour “Cream” Dressing**

Mix salt, vinegar and mustard. Stir slowly into milk. To make a dressing for fruit: Use 4 or 5 tablespoons lemon juice in place of vinegar. Season to taste.

**Soft Ginger Cookies**


**Spice Cake**

Cream shortening. Add sugar and continue creaming until free from sugar granules. Add beaten egg yolks. Sift flour with salt, soda and spices. Combine milk and vinegar. Add alternately to the first mixture with the dry ingredients, beginning and ending with dry ingredients. Fold in the stiffly beaten egg whites. Pour into a layer cake pan that has been lined with waxed paper. Bake in a moderate oven (350°F.) about 50 minutes. Frost with Caramel Frosting (page 24). Yield: 1 layer 9 inches square.

**Date Cake**

Add vinegar to milk. Sift flour with soda, spices and salt. Cream shortening, add sugar and continue creaming until sugar granules are dissolved. Add beaten egg, then dry ingredients alternately with soured milk, beginning and ending with dry ingredients. Add sliced dates and chopped nuts with last few stirs. Pour into a tube or loaf cake pan that has been lined with waxed paper. Bake in a moderate oven (350°F.) 1 hour. Yield: 1 9-inch tube cake.
Gingerbread

Combine milk and vinegar. Sift flour into mixing bowl with other dry ingredients. Add molasses to the soured milk. Stir into dry ingredients. Add eggs, one at a time, and beat thoroughly, then add the shortening. Pour into a well greased layer cake pan. Bake in a moderate oven (375°F.) 25 to 30 minutes. Yield: 1 layer 9 inches square.

To make Gingerbread Waffles: Bake on waffle iron, being careful not to have iron too hot. Cool waffles slightly before removing from iron. Yield: 6 waffles.

Biscuit

Sift flour with soda and salt. Cut shortening into flour. Add milk and mix quickly but thoroughly. The dough should be soft. Turn onto a floured board. Knead about 1/2 minute. Roll to 3/4 inch thickness. Cut and place on baking sheet. Bake in a hot oven (450°F.) until brown, about 12 minutes. Yield: 12 2 1/2-inch biscuits.

Crumb Cake

Work the brown sugar and cold butter into the flour until crumbly. Save 1 cup of this mixture to sprinkle over top of cake. Add spices, soda, and salt to remainder. Beat in the egg and soured milk quickly. Pour into a shallow, well greased baking pan and sprinkle with the remaining 1 cup mixture. Bake in a moderate oven (350°F.) 30 minutes. Yield: 1 layer 9 inches square.

Muffins


To make Whole Wheat Muffins: Substitute 1 cup whole wheat flour for 1 cup white flour.
11. A Convenient and Delightful Base for All Milk Drinks

Probably more people have “discovered” Evaporated Milk by using it in cocoa and chocolate than in any other way. The characteristic creaminess of Evaporated Milk enables the home preparation of milk drinks as smooth and rich as the popular soda fountain beverages.

Every Evaporated Milk combination has a satisfying consistency that is enjoyed more than any other quality a milk drink can have. That quality is directly due to the smooth, creamy character of the milk solids.

Try Evaporated Milk drinks for the children and at the party. Try one as a bed time drink. Then the shut-in and convalescent will have their taste-sense sharpened, their appetite quickened by the nourishing beverages suggested on page 35.

A milk drink still provides one of the best ways to secure part of the daily requirement of this essential food. Those who prefer milk “as milk” can have it by mixing equal parts of Evaporated Milk and water. The sweet caramel flavor is evidence of sterilization and therefore safety.

When the family is eager for a milk shake, cocoa or egg nog, they need never be disappointed. Evaporated Milk is ready to be opened. In a few seconds an appetizing drink is ready.
Cocoa

Blend cocoa, sugar and salt. Add boiling water. Bring to a boil, stirring frequently, and boil 2 or 3 minutes. Add milk. Reheat. If heating is not done in a double boiler great care must be taken not to scorch the cocoa. Yield: 6 servings.

Chocolate Milk Shake

Shake ingredients vigorously and serve with chipped ice. Yield: 6 servings.

To make Cocoa Syrup: Mix 1/2 cup cocoa, 1/2 cup sugar and a few grains of salt. Add 2 cups boiling water slowly, stirring constantly. Bring to a boil and boil 5 minutes. Store in a covered jar in a cool place. Yield: 2 cups.

Grape Shake

Choose a standard brand of grape juice. All ingredients should be cold. Mix milk and water. Add grape juice and shake vigorously. The addition of a teaspoon of lemon juice adds zest to the drink. If sour grape juice is used, add a little sugar. Yield: 6 servings.

Egg Nog

Beat egg yolk with sugar or honey, and salt. Add milk and water. Fold in the stiffly beaten egg white lightly but thoroughly. Pour into glasses and sprinkle with nutmeg. Yield: 2 servings.

Send for the attractive free leaflet, "EVAPORATED MILK DRINKS," which contains many more milk drink suggestions.
12. Provides Better Food in the Kitchenette Apartment

Evaporated Milk and other canned foods greatly aid the preparation of food in the kitchenette apartment—food that is appetizing, nourishing and varied. No trouble about not having milk when it is needed—the weekly grocery order provides it for every day use.

Use Evaporated Milk for every milk purpose. It is ever ready, and usually the contents of a can will be consumed at one meal. If not, it will occupy only a small space in the refrigerator until needed again. The recipes below are especially adapted to kitchenette requirements. Note that each requires but a few minutes for preparation. Other kitchenette recipes will be sent free on request.

Sandwiches Sauté

(Preparation time: 25 minutes if sautéed in two lots; 18 minutes if all are sautéed at one time.)

Bread should be fresh. Remove crusts, slice and spread with butter and deviled ham that has been thoroughly mixed with sufficient Evaporated Milk to make a good consistency for spreading. Beat egg, add the 1 cup of Evaporated Milk. Place sandwiches in a shallow pan and pour egg-milk mixture over them. Lift carefully to a hot well-buttered frying pan and bake both sides to a golden brown. Serve garnished with watercress, or parsley. Yield: 6 servings. Other fillings may be used.

Eggs Stuffed with Mushrooms

(Preparation time: 45 minutes. Sauté mushrooms, prepare sauce and crumbs while eggs are cooking. All other preparations for the meal can be completed while crumbs are browning.)

Using milk in new ways, as in mayonnaise, bread and Hollandaise sauce, is not only a nutritionally desirable, but economical practice. And the milk contributes to finer texture, more delicious flavor and provides one more point of assurance that the daily food shall have adequate health protective qualities.

Evaporated Milk, because of its pleasing, creamy consistency, has opened up many original and delightful milk uses that are not possible with any other form of milk. For example, an eggless mayonnaise can be made with it—a mayonnaise of perfect "body" and glowing, appetizing color. And Evaporated Milk mock Hollandaise sauce is equally pleasing.

Bread containing Evaporated Milk, by actual test browns well, has a rich flavor and is of excellent keeping quality. In some cakes, cookies, custards and puddings, the number of eggs required may be reduced when the undiluted milk is used.

Nothing is superior to it as a binding agent and coating for deep fat frying. Cracker crumbs and grated cheese adhere splendidly to foods dipped in the "creamy" milk. For glazing breads and rolls, brush them with undiluted Evaporated Milk before baking.

The next two pages give but a few examples of how Evaporated Milk may be employed where milk is not ordinarily called for.
**Eggless Mayonnaise**

Oil and milk should be cold. Measure sugar, salt, mustard, paprika and the \( \frac{1}{4} \) cup Evaporated Milk into a cold bowl. Beat well, add \( \frac{1}{4} \) cup of oil a little at a time, then the remainder of oil and vinegar alternately, beating well after each addition. Add the 2 tablespoons Evaporated Milk and beat again thoroughly. Yield: 1 1/2 cups.

**Plain Pastry**

All ingredients should be cold. Sift flour with salt. Work shortening quickly into flour with fingers or dough blender. The pastry will be flakier if shortening and flour are not too thoroughly blended. Add liquid all at once and stir with a fork quickly but thoroughly into flour mixture. Some flours absorb more liquid than others. Add only sufficient diluted milk to make dough soft enough to roll out. Yield: 4 single crusts or 2 double crust pies.

*To bake an unpricked pie shell:* In order to bake a crust that will maintain its shape without having been pierced with small holes, line one pie tin with the pastry and place another pie tin of the same size on top. Bake upside down in a hot oven (425°F.) for about 10 minutes. Prebaked shells for Custard or Pumpkin Pies are prepared in this manner.

**Pound Cake**

Cream butter thoroughly. Sift flour with baking powder, salt and mace. Add a little at a time to butter, working in well. Beat egg yolks. Add milk and sugar, then add to first mixture. Add stiffly beaten egg whites and beat until batter resembles a thick hard sauce. Add vanilla and pour at once into paper-lined, ungreased small loaf cake or bread pan. Bake in a moderate oven (325-350°F.) about 1 hour. Yield: 1 loaf.

**Ham Loaf**

Combine ingredients, mixing well. Less salt may be needed if ham is very salty. Pack mixture firmly into baking dish or mold and bake in a hot oven (400°F.) about 45 minutes. Turn loaf onto hot platter. Garnish with watercress or parsley. Serve with Horseradish or Mustard Sauce (page 29). Yield: 8 to 10 servings.
Tomato Juice Cocktail

All ingredients should be cold. Mix milk and water. Stir in the tomato juice. Add seasoning. Yield: 6 servings.

Tiny spring onions
Evaporated Milk
Flour
Salt
Grated cheese

Select young spring onions. Clean and remove almost all of the green tops. Let stand 5 or 10 minutes in undiluted Evaporated Milk to which a little salt has been added. Remove one at a time and dip quickly in flour, then again in milk and flour. Or dip in finely grated cheese, then the milk and flour. As much milk as possible should cling to the onions. Fry in deep fat, hot enough to turn a 1-inch cube of bread golden brown in 60 seconds (360°F.). Drain on unglazed paper, sprinkle with a little salt and grated cheese if desired and serve at once.

Fried Chicken

Dress, clean and joint 2 broilers. Salt each piece well, dip in undiluted Evaporated Milk, then roll in flour. Brown in hot fat. Fat should be used generously for frying chicken. When pieces are well browned, cover closely and let simmer until tender.

To make Gravy: Use drippings from frying. There should be about 3 tablespoons. Blend 3 tablespoons flour with the fat. Add 1 1/2 cups boiling water slowly, stirring constantly to prevent lumping. When gravy begins to thicken, add 1 1/2 cups Evaporated Milk. Season with salt and pepper. Continue cooking until thickened.

Peanut Stuffing

Cook onion slowly in butter 5 minutes. Add bread crumbs, peanuts, salt and a dash of cayenne. Moisten with the milk. Yield: 1 2/3 cups, sufficient for 1 medium sized fowl or 6 pork chops.

Kidney Bean Salad

More and more are school and nutrition authorities emphasizing the importance of the noon lunch to the welfare and health of the child. School cafeterias are springing up in every city. Where it is impossible to install a cafeteria in the school, teachers are making every effort to supply at least a milk-containing hot dish or two, to supplement the lunch the child may bring from home. Whether or not the facilities are adequate for taking care of the lunch time needs, Evaporated Milk is indispensable for providing the whole milk part of the meal.

When the child brings his entire lunch from home, Evaporated Milk can be included in two ways. Milk to be taken as a drink, means a small can of safe, sterile milk in the lunch box. The child will open it himself when the proper time arrives. Milk to eat, means baked custard, cookies, blanc mange, rice pudding or any number of foods enriched with Evaporated Milk and loved by children.

One-third of the child’s daily milk quota, one and one-third cups, should be taken at school. If he brings food from home containing the equivalent of 1/3 cup and prepares a full cup at school, using equal amounts of Evaporated Milk and water, his needs are met. Sometimes, instead of preparing the milk to drink in this way, he can bring a cup of a flavored milk drink.

Children’s lunches served in the school or at home can offer a greater variety of milk-containing foods. Whatever the circumstances, the school lunch problem is greatly simplified when Evaporated Milk—the most convenient of all milk supplies—is relied upon as the basis for that lunch.
**Cream of Vegetable Soup**

Boil rice in the water until almost tender. Add chopped vegetables and salt and continue boiling until vegetables are just tender. Add Evaporated Milk and cook slowly until thoroughly heated. Yield: 6 servings.

**Creamed Chipped Beef**

Melt butter. Add flour, stir until smooth, then add boiling water and cook until sauce begins to thicken. Add milk and beef, that has been pulled into small pieces, and continue cooking over hot water until thoroughly heated. Serve on toast. Yield: 5 servings.

**Oatmeal Bread**

Add boiling water to oats and let stand 1 hour. Add molasses, milk, salt, shortening, dissolved yeast and flour. Let rise until double in bulk. Knead well. Turn into greased bread pans, let rise again until double in bulk. Bake 15 minutes at 425° F., then 45 minutes at 375° F. Yield: 2 loaves.

*If dry yeast is used, prepare this dough at night. Let rise in a medium warm place over night, and until double in bulk in the morning. From this point proceed as above.*

**Marrow Dumplings**

Blend ingredients well. Add a little chopped parsley if desired. Roll into tiny balls. Drop into boiling soup and boil for 15 minutes. Yield: 40 tiny dumplings.

**Sandwich Fillings**

Chopped hard cooked eggs, few chopped olives and salad dressing. Banana, peanut butter and salad dressing. Tomato, lettuce, bacon and salad dressing. Prune sandwich filling (1 cup chopped prunes, 1 teaspoon lemon juice, 1 tablespoon orange marmalade).

Chopped dates, figs or raisins, or mixture of the same moistened with enough Evaporated Milk to spread easily. Ground cooked veal, raw carrots and celery, salad dressing.
Blanc Mange

Mix sugar, cornstarch and salt in top of a double boiler. Stir in milk slowly. Add water. Cook mixture until it begins to thicken, stirring constantly. Set over boiling water, cover and cook 15 minutes longer, stirring occasionally. Remove from heat. Add flavoring. Pour into mold or cups which have been rinsed with cold water. Cool. Unmold and serve. Delicious served with fruit juices, crushed fruits, or Lemon, Chocolate, or Butterscotch Sauce. Yield: 5 servings.

Peanut Cookies

Cream shortening. Add sugar and continue creaming until light and fluffy. Beat in the egg, then add milk and lemon juice. Sift flour with baking powder and salt into first mixture. Stir in peanuts. Drop from a spoon onto slightly greased baking sheet. Flour palm of hand lightly and press cookies out flat. Bake in a moderate oven (375°F.) about 10 minutes. Yield: 3 dozen cookies.

Deviled Eggs


Stuffed Prune Salad


Send for the free booklet, “PLANNING LUNCHES FOR THE SCHOOL CHILD.” It will solve many a problem for you. If you are a teacher, the “HOT SCHOOL LUNCH” will be sent—a booklet on organizing and serving noon meals in the school. Also a number of leaflets containing quantity recipes are available which are proving valuable to many teachers who are directing the operations of regular school cafeterias.
15. Lowers Food Costs with Safety

WHOLESALE, attractive food need not be expensive. A very large variety of appealing, nourishing dishes may be prepared at low cost, provided the foods are well chosen, and the buying is done wisely.

Evaporated Milk fits into the budget perfectly when special efforts are being made to reduce food expenses. It represents the progress made by the dairy industry in sealing and sterilizing fresh milk, right in the heart of the dairy country. It is speeded to the city and sold by the grocer, without the added costs other methods of distribution entail.

When Evaporated Milk is purchased, a penny buys more whole milk than it would buy if any other form of whole milk were used. That is true in nearly every section of the country. The United States Bureau of Home Economics says, "Evaporated Milk diluted with an equal measure of water . . . takes an important place in the low cost diet."

In reducing the food budget there is always the danger of cutting down too much on certain vital foods which are necessary for health and well-being. Milk is said to be a "protective food." That is, by using it liberally it insures against possible dietary deficiencies. The low cost diet, therefore, should include an abundance of Evaporated Milk. It provides protection at a cost that is negligible considering the part it performs.

Furthermore, Evaporated Milk does not require refrigeration until the tin is opened. With careful use, waste can be entirely avoided. These factors are extremely important in assuring safety and the best possible use of the food money.
Cheese Loaf
Stale bread may be used, but it should not be too dry. Beat eggs. Add remaining ingredients. Pour into a buttered baking dish. Set in a pan of hot water and bake in a slow oven (325°F.) 1 hour. Yield: 6 servings.

Hot Tamale Pie
Measure meal into a heavy saucepan. Add water and 1/2 teaspoon salt. Boil until mixture begins to thicken, then add milk and continue boiling 8 to 10 minutes, stirring constantly. Chop onion and cook slowly in fat until yellow. Add the meat and cook until the red color disappears. Then add the tomatoes, pimiento, cayenne and 3/4 teaspoon salt. Turn filling into a baking dish that has been buttered and lined with 3/4 of the mush. Cover with remainder of mush, and bake in a moderate oven (375°F.) 45 minutes. Yield: 6 servings.

Codfish Balls
Cook codfish and potatoes in boiling water until potatoes are tender. Drain. Mash, add butter, pepper and milk and beat thoroughly. Mash, add salt if needed. Chill, then shape into balls and roll in crumbs and undiluted Evaporated Milk. Fry in deep fat hot enough to turn a 1-inch cube of soft bread golden brown in 40 seconds (390°F.). Yield: 6 servings.

Salmon Loaf
Flake salmon with a fork. Add remaining ingredients. One tablespoon lemon juice and 1 teaspoon grated onion may be added. Turn into greased baking pan. Bake in a moderate oven (350°F.) until firm and brown, about 40 minutes. Yield: 6 servings.

Write for the free booklet, “Feeding Your Family Economically and Well.” It offers a market list and food selections for a family of five.
16. Exactly Suits the Camper’s Needs

The vacationist who travels through wild, sparsely settled country, obviously needs a supply of milk which is concentrated and will keep at all temperatures, without refrigeration. The sealed container must be of a convenient size to carry, and to avoid waste. Evaporated Milk meets those requirements, as thousands of campers, and explorers who have gone into jungles, deserts, and to both Poles, have proved.

For the large camp, where food is prepared in quantity, Evaporated Milk is an equally necessary item in the commissary. It is being demonstrated daily in thousands of camps, military and civilian, that perfect health can be maintained with Evaporated Milk the only milk supply.

Bread Twists

Sift flour with baking powder and salt, divide into four paper sacks. Pack with butter and a small can of Evaporated Milk. When the campfire has died down to a bed of glowing embers combine the small can of milk with the water and pour ¼ of the diluted milk directly into each sack with the flour mixture. Toss until the dough is well mixed. Shape pieces of the dough to about the size of a banana and pull over the end of a sharpened stick. Hold over hot coals, turning constantly until twists puff up and are golden brown. Remove from stick and place butter in hollow. Sugar and cinnamon may be sprinkled into hollow also if twists are to be eaten for a dessert. Yield: 4 servings.

Creamed Sardines

Cook milk, crumbs and seasonings over boiling water until crumbs are quite soft. Skin and bone the sardines. There should be 1 cup. Add lemon juice and when ready to serve, stir into the hot sauce. Pour over hot, buttered toast and garnish with paprika. This may be poured into a buttered baking dish and covered with buttered crumbs and browned in a moderate oven. Yield: 6 servings.

Corn Chowder

Cut pork into small pieces and fry slowly to a golden brown in a large saucepan. Add onion and cook slowly without browning 5 minutes. Add corn, potatoes and tomatoes in alternate layers. Sprinkle with salt, sugar and pepper; then add water and cook slowly until potatoes are tender. Add milk and pour over crackers in soup plates. Yield: 80 servings.
17. Produces Superior Food in Quantity

Quality is just as important in quantity cookery as it is in foods for family meals. All the contributions that Evaporated Milk makes to food in family quantities—creamy richness, smooth texture, fine flavor, high concentration of milk solids—it makes also to foods prepared in large amounts.

In addition to quality, cost is an important factor in quantity food production. Delicious foods can be prepared with Evaporated Milk at a surprisingly low cost per serving.

Many years of practical experience in school, camp, cafeteria, hotel and restaurant kitchens have demonstrated that Evaporated Milk is an invaluable milk supply. It is economical and it is convenient to use. Because it is sterile, it will keep indefinitely without refrigeration until the can is opened. Thus it is possible to keep a supply at hand, ready for every milk use. This is especially helpful in cutting down food waste where the number to be served may vary or is uncertain.

Evaporated Milk is a splendid ingredient for the preparation of ice cream in the small unit freezer. It produces nutritious frozen foods of rich flavor and fine texture—at low cost. Evaporated Milk is also ideal for the production of fine candies and confections in quantity. And do not forget, many thousands of people prefer Evaporated Milk in coffee.

Creamed Foods

When a sauce is desired for vegetables, a splendid result can be obtained by the addition of butter and undiluted Evaporated Milk. Steamed summer squash or cucumbers, kohlrabi, carrots and peas or white, brown or wild rice are excellent served this way.

When a thickened sauce is prepared with Evaporated Milk, the liquids available from the cooking of vegetables and meats, or from canned vegetables, may be used in place of all or part of the water called for to dilute the milk. It is time saving if the diluent is added and the mixture cooked until thickened, before adding the milk.

Soft bread crumbs may be employed in place of flour as the thickening in such foods as carrot and spinach soup, creamed carrots and creamed fish.

Cheese Fondue

Grate the cheese. Add the bread crumbs, salt, mustard and paprika. Scald the milk diluted with the water and combine with the cheese and crumb mixture. Add the butter. Cool slightly and add the egg yolks which have been well beaten. Lastly fold in the stiffly beaten egg whites. Pour into buttered baking pans and bake in a moderate oven (350°F.) about 1 hour. Yield: 70 servings.
Pork Chops Baked in Milk

Place chops in baking pan and brown in a moderate oven (350°F.). Remove chops and spread bread crumbs in an even layer in bottom of pan. Sprinkle with seasonings. Top with the browned chops. Cover with milk and continue baking about 30 minutes. Yield: 50 servings.

Meat Loaf

Put meat, onions and carrots through food chopper. Add seasonings, eggs, crumbs and milk. Shape into loaves and place in greased baking pans. Lay salt pork over top. Bake in hot oven (425°F.) 15 minutes, then reduce to slow oven (350°F.). About 1 hour is required for baking. Baste every 15 minutes. Yield: 50 servings.

Medium White Sauce

Melt butter. Add flour, salt, and pepper, and mix thoroughly. Do not allow flour to brown. Add water and boil until smooth and thick, stirring constantly. Add milk and continue cooking until thickened. Yield: 4 3/4 quarts.

Chicken à la King

Cook peppers and mushrooms, if they are raw, slowly in the butter 10 minutes. Cover while cooking. Remove mushrooms and peppers from fat, add flour. Blend well, then add broth. Boil until mixture begins to thicken, then add milk and seasoning. Continue boiling 5 minutes over low heat, stirring to keep smooth. Add chicken, mushrooms, peppers and pimientos and reheat over hot water to prevent curdling. Yield: 25 servings.

18. Meets Hospital Requirements

For these reasons, dietitians frequently select Evaporated Milk as the hospital milk supply:

1. It is an excellent form of milk for bottle-fed infants because of its easy digestibility and sterility. It is a reliable and safe food for prematures.

2. Because of its double concentration, the dietitian finds it an important aid in preparing foods with a high degree of nourishment which are at the same time most easily digested.

3. It has been proved to be helpful in the dietary of those requiring special diets, and of those showing allergic reaction to raw milk or milk heated only for a short time.

4. The protein is beneficially affected by the heat applied during evaporation and sterilization. The curd formed in the stomach is soft and easily digested.

5. Bacteriological studies of Evaporated Milk have shown it to be sterile in the unopened can.

6. The calcium, phosphorus and nitrogen are readily available.

7. Evaporated Milk is fortified with 400 USP units of vitamin D per pint, or reconstituted quart. Thus it is a dependable source of this essential vitamin.

8. Vitamins A and riboflavin, of which milk is quantitatively an important source, are supplied in the amount whole milk is depended upon to furnish.

9. It is a valuable aid in general and special diet kitchen work, in accordance with the points covered in other sections of this book.

Reprints from technical journals are available, on request. These reprints deal with the newer scientific research on the nutritive values and uses of Evaporated Milk in human nutrition.
## Beverages
- Chocolate Milk Shake
- Cocoa
- Egg Nog
- Grape Shake
- Tomato Juice Cocktail

## Breads
- Biscuit
- Bread Twists
- Griddle Cakes
- Milk Toast
- Muffins
- Oatmeal Bread
- Refrigerator Rolls
- Schnecken

## Cakes
- Almond Torte
- Crumb Cake
- Date Cake
- Gingerbread
- Orange or Pineapple Cup Cakes
- Pound Cake
- Spice Cake
- Upside Down Cake
- Washington Cream Pie

## Cake Frostings
- Caramel Frosting
- Chocolate Frosting
- Uncooked Chocolate Frosting
- Orange Frosting

## Candy
- Caramel Apples
- Cream Caramels
- Chocolate Fudge
- Pralines
- Vinegar Taffy

## Cereal
- Cereal Cooked in Milk

## Cheese
- Cheese Fondue (Quantity)
- Cheese Loaf
- Cheese Sauce
- Frozen Cheese Salad

## Cookies
- Oatmeal Cookies
- Peanut Cookies
- Soft Ginger Cookies

## Desserts
- Apple Tapioca
- Fruit Whip

## Salads
- Cucumbers
- Frozen Cheese Salad
- Frozen Fruit Salad
- Kidney Bean Salad
- Stuffed Prune Salad

## Salad Dressings
- Cooked Salad Dressing
- Peanut Butter Dressing
- Dressing for Fruit Salad
- Eggless Mayonnaise
- Sour “Cream” Dressing

## Sandwiches
- Sandwiches Sauté
- Sandwich Fillings

## Sauces
- Cheese Sauce
- Horseradish or Mustard Sauce
- Mock Hollandaise Sauce
- Whipped Milk Topping
- White Sauce
- White Sauce (quantity)
- Chocolate Sauce
- Lemon “Cream” Sauce
- Vanilla Sauce

## Soups
- Cream of Carrot Soup
- Corn Chowder (quantity)
- Oyster Stew
- Potato-Spinach Soup
- Cream of Tomato Soup

## Vegetables
- Carrot Ring
- Corn Pudding
- Creamed Cucumbers
- Scalloped Egg Plant
- French Fried Spring Onions
- Hungarian Cabbage
- Rice Cooked in Milk

## Whipping
- Evaporated Milk
The importance of Evaporated Milk in nutrition has been the subject of extensive investigation. Specialists in your particular field have carried on this work. Booklets dealing with the various phases of this research have been prepared and will be sent free to teachers, nutritionists, dietitians, home economists, welfare workers, physicians, dentists, nurses or home makers. Subject matter includes the story of Evaporated Milk, infant feeding, general nutrition, low cost feeding and recipes for home and quantity food preparation. A complete list of publications is available from which to select literature of interest to you.

WRITE TO

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