frozen

Desserts and Salads

THE AUTOMATIC WAY...
Evaporated milk whips readily when thoroughly chilled

★

Three easy methods of chilling are illustrated above
Frozen Desserts and Salads...  

THE AUTOMATIC WAY

Delicious frozen desserts and salads—to enhance your menus the year 'round—can be made quickly and easily with evaporated milk—the milk that whips! This concentrated milk produces frozen desserts and salads of velvety-smooth texture and rich flavor. It effects economy, too.

The recipes in this book require a minimum of preparation, need no stirring during the freezing process and freeze in a remarkably short time. Thus you can whip up one of these mixtures at your convenience, place it in your automatic refrigerator and go about your day's activities secure in the knowledge that when mealtime comes you will have a delectable frozen dessert or salad all ready to serve.

Evaporated Milk is Real Milk in a Can

Everyone—men, women and children alike—needs milk every day. No other food supplies so many of the substances necessary for growth of children and good nutrition and well-being of adults.

Evaporated milk is good whole cow's milk, concentrated to half its original volume by evaporation of part of the natural water content. It is then homogenized (a process which disperses the cream evenly throughout the milk), hermetically sealed and sterilized for safety and shelf keeping.

Evaporated milk supplies all the minerals and vitamins—which good whole milk is claimed to have in large supply. In addition, evaporated milk is fortified with extra vitamin D. This
extra vitamin D helps the body to make the best use of the milk’s minerals, calcium and phosphorus, in building strong bones and teeth. In every community—in every season—evaporated milk is readily available and generally costs less than any other whole milk.

Homemakers are using evaporated milk ever more widely as the family milk supply. And because of its ready digestibility, safety and uniformity, thousands of physicians are prescribing evaporated milk for the preparation of infant feeding formulas.

Foods prepared with evaporated milk are nourishing, creamy-smooth in texture, and rich in flavor. Just as it pours from the can evaporated milk is used on cereals, in coffee or tea, and to put more milk into foods. Evaporated milk mixed with an equal amount of water is ready for drinking, for cooking—for every milk use. Evaporated milk keeps without ice until the can is opened.

Frozen Desserts Good for the Whole Family

FROZEN DESSERTS AND SALADS are prepared with evaporated milk just as it pours from the can. Thus they furnish extra amounts of the important nutrients of whole milk—fat, proteins, minerals and vitamins. Each serving supplies a generous share of the whole milk every member of the family should have every day.

These recipes produce frozen desserts and salads which the children of the family can eat right along with the grown-ups. The whole milk they contain is just as good for children as the milk they drink. Then, too, many of these recipes call for eggs and some contain fruits or fruit juices—important protective foods for children and adults as well.

Ideal for Hot Weather

DURING HOT WEATHER high caloric, fat-rich foods are not needed so much as when it is cold. The fat in evaporated milk is in the same ratio to the other milk solids as in the original milk. Thus evaporated milk made frozen desserts and salads, from the nutritional standpoint, are particularly suitable for the summer and for warmer climates.
The Milk that Whips!

Evaporated milk is a splendid ingredient for the preparation of frozen desserts and salads because it gives the desired smoothness to foods and because of its whipping quality. Homogenization reduces the solids in evaporated milk to tiny uniform particles which produce smooth, fine-grained frozen desserts and salads. Evaporated milk triples in volume when whipped. The tiny air bubbles produced by whipping and the minute fat particles keep the ice crystals separated in freezing, preventing formation of large crystals which cause objectionable "iciness." Whipped evaporated milk mixtures freeze in delicate crystals as soft and fine as snow.

Whipped evaporated milk can be used easily and economically in many other recipes such as fruit whips, gelatin desserts, garnishes and salads. The resulting foods are aids to good nutrition and have the rich smooth flavor and texture which evaporated milk imparts to all foods.

How to Whip Evaporated Milk

Evaporated milk whips readily when thoroughly chilled—preferably a temperature around 32° F. An easy method of chilling the milk to the proper low temperature is to pour the milk—never dilute milk to be whipped—into a freezing tray and let it chill until fine ice crystals begin to form around the edges. Cans of evaporated milk placed on the top shelf of the refrigerator near the freezing unit or in the storage chamber and left overnight will be sufficiently chilled by morning to whip readily. Evaporated milk can be chilled also by packing the unopened can in ice and salt, or pouring the milk into a bowl surrounded by ice and salt. Whichever method is used, it is easy to obtain the icy coldness that will insure successful whipping.

When the milk is thoroughly chilled, chill it in a bowl and whip rapidly with a cold beater until it is very stiff. When properly handled, evaporated milk will whip as stiff as cream. If the milk does not whip well, it is because it is not cold enough. Just re-chill and whip again—it will not turn to butter.
Lemon juice can be added to insure more permanent stiffness when the flavor is suitable to the food with which the whipped milk is to be combined. First whip the milk very stiff. Then fold in 2 tablespoons of lemon juice for each cup of milk used. To make a delicious Whipped Topping for pie, cake, puddings and other desserts, whip 1/2 cup evaporated milk stiff. Fold in 1 tablespoon lemon juice lightly but thoroughly; then 1/2 cup sifted confectioners sugar.

Important Directions

ALL INGREDIENTS to be folded into the whipped milk should be cold—and should be combined quickly and with as little stirring as possible to prevent breaking down of the tiny air bubbles.

The mixture should be poured at once into cold freezing trays and placed immediately in the freezing compartment of the refrigerator.

The temperature control should be set at the coldest point so that the mixture will freeze quickly. Rapidly frozen products have a finer texture than those frozen slowly.

Frozen desserts should be used on the day they are prepared, for undesirable iciness may develop when they are kept overnight.

Fruit mixtures and those of low sugar content, such as frozen salads, freeze more quickly than those of the sweeter type, like Honey Mousse. Most of the recipes given here freeze in an hour and a half to two hours when the refrigerator is set for the coldest temperature. The sweeter type frozen desserts require from three to four hours.

Measure any sugar or any sweetening ingredient carefully. An error in measuring can delay freezing, and may prevent it altogether. It requires about 30 minutes to dissolve sugar in fruits. Allow that much time before whipping the milk.

Light corn syrup may be used in these frozen dessert recipes. Use twice as much corn syrup as the sugar called for in the recipe.
These recipes illustrate how fine frozen desserts and salads can be prepared easily and economically with evaporated milk. This is but one of the many uses for evaporated milk in food. In most recipes calling for milk or cream, evaporated milk can be used to advantage.

**FROZEN VANILLA CUSTARD**

1 egg, separated  
\(\frac{1}{4}\) cup sugar  
\(\frac{1}{2}\) teaspoon vanilla extract  
1 small can evaporated milk (\(\frac{1}{2}\) cup), chilled


**CHOCOLATE CHIP:** Fold in 2 squares semi-sweet chocolate, shaved or grated, after combining egg and sugar mixture with whipped milk.

**COCOA:** Omit sugar. Use in its place a syrup made by blending \(\frac{1}{4}\) cup sugar, \(\frac{1}{4}\) cup cocoa and \(\frac{1}{2}\) cup water and boiling until thick. Chill syrup, then add to the beaten egg yolk.

**COFFEE:** Mix 2 teaspoons soluble coffee with the sugar and proceed as for Frozen Vanilla Custard.

**LEMON:** Omit vanilla. Fold 3 tablespoons lemon juice and \(\frac{1}{2}\) teaspoon grated lemon rind into whipped milk before adding egg and sugar mixture.

**PEANUT BRITTLE:** Fold \(\frac{1}{2}\) cup crushed peanut brittle into egg and sugar mixture, then add to whipped milk.

**FROZEN MOCHA CUSTARD**

2 tablespoons cocoa  
3 tablespoons sugar  
\(\frac{1}{2}\) cup water  
2 teaspoons soluble coffee  
1 egg  
\(\frac{1}{4}\) teaspoon vanilla extract  
1 cup evaporated milk, chilledicy cold

Mix cocoa and sugar in a saucepan. Stir in water. Bring to a boil and cook 3 minutes, stirring occasionally to prevent burning. Blend soluble coffee with 1 tablespoon sugar at egg. Add cocoa and vanilla and mix well. Whip milk very stiff. Fold in egg-syrup mixture lightly but thoroughly. Pour into freezing trays and freeze.
CHOCOLATE MARLOW

1 1/2 squares bitter chocolate
1 cup evaporated milk
16 marshmallows (1/4 lb.)
1 teaspoon vanilla extract
1 cup evaporated milk, chilled icy cold

Shave chocolate into top of double boiler. Add the 1 cup milk and marshmallows and cook over boiling water until well blended. The mousse is very attractive if chocolate is not completely melted. Chocolate may be completely blended by beating mixture. When mixture is cold, add vanilla. Whip milk very stiff. Fold in chocolate mixture. Pour at once into cold freezing trays and freeze. Makes 1 quart.

CRANBERRY MOUSSE

1 can cranberry sauce (1 1/2 cups)
3/4 cup orange juice
1 cup evaporated milk, chilled icy cold
2 tablespoons lemon juice

Mash cranberry sauce. Add orange juice. Whip milk very stiff. Fold in lemon juice and cranberry mixture. Pour at once into cold freezing trays and freeze. Makes 1 quart.

NOTE: Fresh cranberries can be used. Cook 2 1/2 cups cranberries with 1 1/4 cups water slowly until tender. Press through a coarse sieve. Add 1 1/4 cups sugar and boil 10 minutes. Chill, then proceed as above.

PEPPERMINT STICK PARFAIT

1/2 cup sugar
1/2 cup water
2 egg whites
Few grains of salt
1 tall can evaporated milk (1 1/2 cups), chilled icy cold
1/2 cup finely crushed peppermint stick candy (2 oz.)

Bring sugar and water slowly to a boil. Boil rapidly until syrup spins a thread. Add salt to egg whites and beat until stiff but not dry. Pour syrup slowly into egg whites, beating constantly. Chill. Whip milk very stiff. Fold in the egg white mixture and candy. Pour at once into cold freezing trays and freeze. Makes 3 pints.

PISTACHIO PARFAIT: Substitute 1/2 cup finely chopped pistachios for peppermint stick candy and add 1/2 to 3/4 teaspoon almond extract.

FROZEN LEMON PIE

3 eggs, separated
1/2 cup sugar
1/4 cup lemon juice
1/2 teaspoon grated lemon rind
1/2 cup finely shredded coconut, if desired
35 vanilla wafers, crumbled fine (1 1/2 cup crumbs)
1 cup evaporated milk, chilled icy cold

Beat egg yolks slightly in top of double boiler. Add sugar and lemon juice. Cook over hot water until mixture thickens, stirring constantly. Cool. Add grated rind and coconut. Fold in egg whites which have been beaten stiff but not dry. Sprinkle half the vanilla wafer crumbs evenly over bottom of two pint (or 1 quart) freezing trays. Whip milk very stiff. Fold in lemon mixture lightly but thoroughly. Pour at once into freezing trays, sprinkle with remaining crumbs, and freeze. Makes 1 quart.
PEACH MOUSSE

1 1/2 cups mashed peaches (4-5 medium peaches)  
1/2 cup sugar  
1 tall can evaporated milk (1 1/2 cups), chilled  
2 tablespoons lemon juice

Select ripe, fine flavored peaches. Peel and stone. Mash with fork or potato masher. Add sugar and stir occasionally until it is dissolved. Then whip milk very stiff. Fold in lemon juice, then peaches. Pour at once into cold freezing trays and freeze. Makes 3 pints.

PINEAPPLE MOUSSE: Substitute an equal quantity of canned crushed pineapple for peaches.

BANANA MOUSSE: Use mashed bananas in place of peaches. Increase lemon juice to 3 tablespoons. Add 1 teaspoon grated lemon rind.

STRAWBERRY MOUSSE

1 quart strawberries  
3/4 cup sugar  
1 tall can evaporated milk (1 1/2 cups), chilled  
3 tablespoons lemon juice

Select sound well-ripened berries. Hull, wash, drain and mash, or press through a coarse sieve. There will be from 1 1/2 to 2 cups pulp and juice. If berries are sour, 1/4 cup more sugar will be required. Add sugar to pulp and stir occasionally until it is dissolved. Then whip milk very stiff. Fold in lemon juice and strawberry mixture. Pour at once into cold freezing trays and freeze. Makes 3 pints.
**GRAPEFRUIT MOUSSE**

- 1 envelope plain gelatin
- 2 tablespoons cold water
- 1 1/2 cups fresh grapefruit juice
- 1/2 cup sugar
- 1/2 cup orange juice
- 1 teaspoon grated orange rind
- 1 cup evaporated milk, chilled icy cold

Soak gelatin in the water. Heat 1/2 cup of the grapefruit juice with the sugar, and stir until sugar dissolves. Remove from heat. Add softened gelatin and stir until gelatin dissolves. Add remaining grapefruit juice, orange juice and rind. Cool. Whip milk very stiff. Fold in grapefruit mixture. Pour at once into cold freezing trays and freeze. Makes 1 quart.

**NOTE:** Canned grapefruit juice may be used, but the flavor is milder. Canned grapefruit segments make a good mousse. Press segments through a coarse strainer and use 2 cups grapefruit puree and juice (1 No. 2 can) instead of the fresh grapefruit juice.

**COFFEE PARFAIT**

- 1/2 cup sugar
- 1/2 cup strong clear coffee
- 2 egg whites
- Few grains of salt
- 1 tall can evaporated milk (1 1/4 cups), chilled icy cold
- 1 teaspoon vanilla extract

Bring sugar and coffee slowly to a boil. Boil rapidly until syrup spins a thread. Add salt to egg whites and beat until stiff but not dry. Pour syrup slowly into egg whites, beating constantly. Chill. Whip milk very stiff. Fold in the egg white mixture and vanilla. Pour at once into cold freezing trays and freeze. Makes 3 pints.

**HONEY PARFAIT**

- 2 eggs, separated
- Few grains of salt
- 1/2 cup strained honey
- 1 teaspoon vanilla extract
- 1 tall can evaporated milk (1 1/2 cups), chilled icy cold

Beat egg whites with salt until foamy. Add honey slowly, beating all the time until mixture is quite heavy. Add egg yolks and vanilla. Continue beating only until blended. Whip milk very stiff. Fold in honey mixture. Pour at once into cold freezing trays and freeze. Makes 3 pints.

**ORANGE MARMALADE SHERBET**

- 1 cup orange marmalade
- 1/2 cup orange juice
- 1 cup evaporated milk, chilled icy cold
- 3 tablespoons lemon juice

Mix orange marmalade and orange juice. Whip milk very stiff. Fold in lemon juice, then orange marmalade mixture. Pour at once into cold freezing trays and freeze. Makes 1 quart.

**LIME-ORANGE SHERBET**

- 1/2 lime juice (2 limes)
- 1/2 cup orange juice (1 large orange)
- 1/2 cup sugar
- 1 cup evaporated milk, chilled icy cold
- 2 tablespoons lemon juice

Blend lime and orange juices. Add sugar and stir until sugar dissolves. Whip milk very stiff. Fold in lemon juice. Then fold in lime-orange mixture lightly but thoroughly. Pour at once into cold freezing trays and freeze. Makes 1 quart.
APRICOT MOUSSE

Wash apricots in cold water. Pour the hot water over them and cook slowly in a covered pan until tender. Press through a coarse sieve. Mix apricot pulp, sugar and orange juice and stir until sugar is dissolved. Chill. Whip milk very stiff. Fold in lemon juice, then the fruit mixture. Pour at once into cold freezing trays and freeze. Makes 3 pints.

1 cup dried apricots
   (1/2 lb.)
1 cup hot water
1/4 cup sugar
1/4 cup orange juice, if desired
1 tall can evaporated milk
   (1 1/2 cups), chilled
3 tablespoons lemon juice

PRUNE MOUSSE: Wash 1 cup prunes in cold water. Pour 1 cup cold water over them and soak for 2 hours. Simmer slowly in same water in a covered pan until tender. Press through a coarse sieve. Substitute prune pulp for apricot pulp and decrease sugar to 1/4 cup.

MINT SHERBET

Beat jelly with a fork to break it into tiny particles. Whip milk very stiff. Fold in lemon juice. Then fold in mint jelly lightly but thoroughly. Pour at once into cold freezing trays and freeze. Makes 1 quart.

1 cup mint jelly
1 cup evaporated milk, chilled icy cold
1/4 cup lemon juice

PINEAPPLE-MINT SHERBET: Use 1/2 cup mint jelly and 1/2 cup drained crushed pineapple in place of the 1 cup jelly.
CHERRY SHERBET
1 cup evaporated milk, chilled icy cold
3 tablespoons lemon juice
1 cup red cherry preserves
Whip milk very stiff. Fold in lemon juice, then cherry preserves. Pour at once into cold freezing trays and freeze. Makes 1 quart.
Note: 1 cup strawberry, peach or apricot preserves may be used in place of cherry preserves.

PINEAPPLE MARLOW
8 marshmallows
1/2 cup evaporated milk
1 cup crushed pineapple (1 No. 1 flat can)
1/2 cup evaporated milk, chilled icy cold
2 tablespoons lemon juice
Melt marshmallows in the 1/2 cup milk over hot water. Cool and fold in pineapple. Whip milk very stiff. Fold in lemon juice. Then fold in pineapple mixture lightly but thoroughly. Pour at once into cold freezing tray and freeze. Makes 1 pint.

ORANGE SHERBET
1/2 cup sugar
1 1/2 cups orange juice, not strained
1 cup evaporated milk, chilled icy cold
2 tablespoons lemon juice
Add sugar to orange juice. Stir thoroughly. Place in refrigerator to chill and to finish dissolving sugar. When dissolved, whip milk very stiff. Fold in lemon juice, then orange-sugar mixture. Pour at once into cold freezing trays and freeze. Makes 3 pints.

SAUCES FOR FROZEN DESSERTS

BUTTERSCOTCH SAUCE
1 1/2 cups brown sugar
1/2 cup light corn syrup
1/2 cup water
1 small can evaporated milk (1/2 cup)

CHOCOLATE SAUCE
1/2 cup light corn syrup
1 cup sugar
1/4 cup water
3 squares bitter chocolate, chopped
1 teaspoon vanilla extract
1 cup evaporated milk
Boil syrup, sugar and water to soft ball stage (235°F.). Remove from heat and add chocolate. When chocolate is melted, stir in the vanilla and milk. Makes 2 1/2 cups (10 servings).

PEPPERMINT STICK SAUCE
Omit chocolate and vanilla in Chocolate Sauce. After cooking syrup, sugar and water to soft ball stage, remove from heat and add 1/2 cup crushed peppermint stick candy. Stir until melted. Add milk. Makes 10 servings.
FROZEN SALADS AND SALAD DRESSING

FROZEN CHEESE SALAD

1 3-ounce package cream cheese
1/4 cup mayonnaise
1 small can evaporated milk (3/4 cup), chilled icy cold
2 tablespoons lemon juice
1/4 cup chopped dates
1/4 cup drained crushed pineapple

Mash cheese. Blend in mayonnaise. Whip milk very stiff. Add lemon juice. Fold in fruit and cheese mixture lightly but thoroughly. Pour into cold freezing trays. Press partition into place to freeze in cubes. Serve on crisp lettuce leaves or watercress with or without salad dressing. Delicious served on halves of peaches or pears, or slices of pineapple. Makes 1 1/4 pints (16 large cubes).

FROZEN ROQUEFORT SALAD

1 3-ounce package cream cheese
1 small portion Roquefort-type cheese (3/4 oz.)
1/4 cup mayonnaise
1 small can evaporated milk (3/4 cup), chilled icy cold
1 1/2 tablespoons lemon juice
1/4 cup finely cut watercress

Mash cheese. Blend with mayonnaise. Whip milk very stiff. Fold in lemon juice, then cheese mixture and watercress. Pour at once into cold freezing tray. Press partition into place to freeze in cubes. Serve on crisp lettuce leaves or watercress with or without salad dressing. Delicious served on halves of fresh or canned pears. Makes 1 pint (12 large cubes).
**FROZEN FRUIT SALAD**

1 No. 2½ can fruit cocktail
   (2 cups drained fruit)
16 marshmallows (¼ lb.)
1 tall can evaporated milk
   (1½ cups), chilled
icy cold
3 tablespoons lemon juice
½ cup mayonnaise
½ cup black walnuts,
   pecans or almonds,
   chopped

Drain fruit well. Cut marshmallows in eighths. Marshmallows can be cut easily with scissors which have been dipped in hot water. Whip milk very stiff. Fold in lemon juice, mayonnaise, marshmallows, nuts and fruit. Pour at once into cold freezing trays and freeze. Slice and serve on crisp lettuce leaves with or without salad dressing. Makes 3 pints.

**EGGLESS MAYONNAISE**

1 teaspoon confectioners sugar
½ teaspoon salt
¼ teaspoon dry mustard
¼ teaspoon paprika
¼ cup evaporated milk
1 cup oil
2 tablespoons vinegar
2 tablespoons evaporated milk

Oil and milk should be cold. Measure sugar, salt, mustard, paprika and the ¼ cup milk into a cold bowl. Beat well. Beat in ¼ cup oil a teaspoonful at a time to form an emulsion. Then add remainder of oil and vinegar alternately, beating well after each addition. Add the 2 tablespoons milk and beat again thoroughly. Makes 1½ cups.

**Freezing with Ice and Salt**

The recipes in this book can be frozen in ice and salt. Pour any dessert or salad mixture into a mold to within one-half inch of the top. Baking powder or coffee cans make excellent molds. Put on the lid and be sure that it fits snugly. Dip a strip of clean cloth in melted fat or paraffin and wrap firmly around the mold twice where the lid and can join. The fat hardens when cold, forming a seal which prevents salt water entering. Bury the mold in a mixture of one part salt to three parts cracked ice by volume and let stand 3 to 4 hours. When ready to serve dip mold quickly into warm water and shake out carefully onto a chilled plate. Slice for serving.

**Prepared Freezing Mixes**

There are on the market a number of excellent freezing mixes which can be prepared with whipped evaporated milk to make delicious frozen desserts.
## FROZEN DESSERTS

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### FROZEN SALADS AND SALAD DRESSING

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EVERY DAY more than eight million cans of evaporated milk are used in the United States. This is an indication of the important place this modern milk occupies. In millions of homes evaporated milk is being used for infant feeding, low cost diets, preparation of fine foods—for every milk use. Only one of the many ways of using evaporated milk is illustrated in this book. For other publications of interest to teachers, students, homemakers, physicians, nutritionists and nurses

Write to

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