A Dozen New Ways to use MILK
THIS booklet is but a foretaste of many delightful and tasty desserts that can be made with milk. It also offers some very practical suggestions by which milk may, especially in small families, be saved from waste and utilized to the advantage of everyone in the household.
A Dozen New Ways To Use Milk

THE MILK WAY IS THE HEALTH WAY

You probably have always known that milk is the one perfect food. Milk contains almost equal amounts of carbohydrates, proteins and fats and the necessary lime salts, as well as an abundance of phosphorus and vitamins A and B. No other food you can give your children compares with milk as a complete nutrient.

But that milk does not cease to be essential, even for grown folks, is set forth as an emphatic statement by no less an authority than Dr. E. V. McCollum of Johns Hopkins University:

"It is my custom to urge that the nearer every person, child and adult alike, approximates a consumption of one quart of milk a day, the better off he will be."

EATING MILK IS EVEN BETTER FOR YOU THAN DRINKING IT

There are many who tire of drinking milk, and a few others who do not like the taste of fresh milk, but they do not need to lose the wonderful benefits to be derived from this perfect food.

The ideal way to obtain the most good from milk is to eat it instead of drinking it.

Milk, like any other food, must be digested. When it reaches the stomach before assimilation can begin, milk must coagulate—that is, be transformed by the digestive juices into a jelly-like mass; or, as we say, become curdled.
If milk is taken slowly—sipped or eaten in any one of many tempting forms of junket—the coagulation takes place in very small particles. These little atoms of casein and albumin and other life-sustaining elements which help to make milk the one perfect, complete food, are thus much more readily attacked by the gastric juices and broken up into a form easily assimilated.

**THE JUNKET WAY IS THE BEST MILK WAY**

There cannot be a better way of using milk for health, economy and delicious eating than by making it into foods and desserts with Junket.

To eat milk in this way is better than to drink milk; it is taken more slowly; Junket makes it more nourishing.

Everything that can be said of milk as a food means more when it is used with Junket. This gives you milk in its perfect form, especially good for growing children.

For Junket, besides giving to milk a delicate, jelly-like consistency, is in itself the very substance which Nature provides for the perfect digestion of milk.
Junket is economical to use, for it prevents the waste of milk that means a waste of money. If your family is small, or the “top of the bottle” may be all that you customarily use, Junket will provide a tempting dessert from the balance of the milk. And it will do this in a surprising rapid and easy manner, for Junket is just as pleasant to prepare as it is to eat—a package of Flavored Junket, a pint of milk and a few moments’ time are all that you require.

Try Junket today. Eat junket often. You will enjoy it plain, in any of its six pleasing flavors, or if you prefer you may experiment with one of the more elaborate and palate-tempting desserts described in the following pages.

**USE ONLY ORDINARY MILK WITH JUNKET**

To one pint of lukewarm milk add one package of Flavored Junket and stir briskly for one minute. Pour immediately into waiting dessert glasses or cups and set in warm place until firm. Chill in refrigerator and serve in same glasses.

**THE KNACK OF MAKING PERFECT JUNKET**

**With Flavored Junket in Powder Form**

Have dessert glasses ready. Make and serve Junket in these individual portions. Use ordinary milk. You cannot use evaporated or condensed milk.

Have the milk lukewarm. Don’t boil or overheat it. Boiling changes the character of the milk and too much heat alters the junket so it will not thicken.
Break up any lumps in the Flavored Junket before putting it in the milk so that the powder will dissolve instantly and stir as little as possible—just enough to dissolve it—not more than a minute. Pour into the dishes quickly, as it sets to a custard in a few minutes. Remember that both Junket and milk are natural products. Let Nature do the work. Too much stirring prevents the milk from "setting properly" and causes it to "whey", that is, to become watery. Mix quickly.

Flavored Junket, in powder form, is simply Junket with pure sugar and flavor added—a product that causes milk to set firmly like custard, and is served almost universally in all institutions where diets and dieting are made an especial study and foods are chosen for their digestibility and food values.

**With Junket Tablets**

Although Flavored Junket is used as a basis for all the desserts in this booklet, any of the desserts can be made with Junket Tablets by adding the dissolved tablet to the milk which has been seasoned and flavored to suit the taste. Junket Tablets are more often used for making plain vanilla junket and infant foods.

**PLAIN JUNKET**

Plain junket may be made quickly and economically with any of the six flavors and served either plain or with cream, whipped or unwhipped.
CHOCOLATE JUNKET
WITH WHIPPED CREAM AND CHERRIES

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 pkg. Chocolate Junket</td>
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<tr>
<td>1 pt. milk</td>
<td></td>
</tr>
<tr>
<td>½ cup cream</td>
<td></td>
</tr>
<tr>
<td>1 egg white</td>
<td></td>
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<tr>
<td>1 tablespoon powdered sugar</td>
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<tr>
<td>maraschino cherries</td>
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Prepare junket in the usual way.

Just before serving, whip ½ cup of cream with 2 tablespoons cherry juice. Beat the white of one egg until stiff, adding 1 tablespoon of sugar gradually. Fold this into the cream with the cherries cut in small pieces. Serve on top of junket.

VANILLA JUNKET, MAPLE DELIGHT

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 pkg. Vanilla Junket</td>
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<tr>
<td>1 pt. milk</td>
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<tr>
<td>½ cup maple syrup</td>
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Prepare junket in the usual way and set aside to chill. Just before serving place 2 tablespoons of maple syrup over each dessert.

COFFEE JUNKET DELICIOUS

<table>
<thead>
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<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 package Coffee Junket</td>
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<tr>
<td>½ cup chopped figs</td>
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<tr>
<td>1 pint milk</td>
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<tr>
<td>¼ cup chopped nuts</td>
<td></td>
</tr>
<tr>
<td>¼ cup maraschino cherries, chopped</td>
<td></td>
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</tbody>
</table>

First prepare the fruit and nuts and put into the bottom of dessert glasses. Next, make the junket in the usual way and pour at once into the waiting dessert glasses and let stand in a warm room undisturbed until firm—
about 20 minutes. When firmly set, remove, without jarring to a cold place and leave until serving time. Serve with whipped cream.

**LEMON JUNKET WITH APRICOT WHIP**

1 package Lemon Junket  
1 pt. milk  

1/4 cup stewed apricots  
4 teaspoons sugar  
2 egg whites

Make junket in the usual way and set aside to chill. Beat the egg whites until stiff, add the apricots, which have been put through a sieve, and sugar, and mix thoroughly. Pile on top of the junket when ready to serve.

**CHOCOLATE JUNKET WITH WHIPPED CREAM AND PINEAPPLE**

Prepare one package of Chocolate Junket in the usual way. Just before serving whip 1/2 cup cream to which 1 tablespoon of sugar has been added. Add sweetened crushed pineapple to whipped cream and serve on top of junket.

**FRUIT SOUFFLE ON RASPBERRY JUNKET**

1 package Raspberry Junket  
1 pint milk  
1 egg white  

1 cup powdered sugar  
1 cup fresh strawberries or raspberries

Prepare junket in the usual way. Put the berries (without cores or spots) into a bowl and sprinkle the powdered sugar over them. Add the unbeaten egg white, and beat with a wooden spoon or silver fork, slowly, until the berries are broken, then rapidly until stiff—it takes about 30 minutes—then place in ice box. Pile lightly on the junket when serving.
RASPBERRY JUNKET
WITH RASPBERRY WHIP

1 pkg. Raspberry Junket
1 pt. milk
1/2 cup marshmallow whip
2 tablespoons of raspberry jam

Prepare junket in the usual way and set away to chill. Soften 1/2 cup marshmallow whip with 1 tablespoon of boiling water. Stir in the raspberry jam and serve this on top of the junket.

ORANGE JUNKET WITH BANANAS

1 package Orange Junket
Bananas
1 pint of milk

First cut bananas in thin slices and place in bottom of dessert glasses. Make junket in the usual way and pour immediately over bananas. Let stand in warm place until firm and then put into ice box to chill. Serve cold.

LEMON JUNKET BAVARIAN

1 pkg. Lemon Junket
1 tablespoon powdered sugar
1/2 cup chopped walnuts
1/2 teaspoon almond extract
1 pint milk
1/2 pint cream
Marshmallows
Tart Jelly or cherries

Cut marshmallows in quarters with shears and place in bottom of dessert glasses (tall glasses preferred). Whip cream, almond extract and sugar together until stiff, add chopped walnuts. Warm milk slightly, in separate
dish, dissolve in it the Flavored Junket quickly. Pour this into the cream mixture, stir a moment carefully. Pour at once into the glasses. The nuts and marshmallows will rise to the top. Let set until firm. Then chill. Top with bits of tart jelly.

JUNKET FOR BREAKFAST

Vanilla junket may be prepared in cereal dishes and placed in the ice-box over night, to be eaten the next morning, for breakfast, with either cooked or uncooked cereal such as Bran Flakes, Grape Nuts, Shredded Wheat or any other dry cereal. When making junket for breakfast with Junket Tablets, somewhat less sugar is used than ordinarily. Fresh fruit that has been cut up and sweetened may be placed over the cereal. This makes an ideal breakfast food that your whole family will thoroughly enjoy.

JUNKET MILK SHAKE

A delicious milk drink can be made either by dissolving any flavor of Junket in cold milk and serving immediately, or by making junket in any flavor with skimmed milk, adding Junket to one-half the required amount of lukewarm milk in regular directions. Let set until firm, then chill. Beat with an egg beater until smooth, and mix with equal quantity of cold skimmed milk.

JUNKET CUSTARD

Beat 2 eggs with 2 teaspoons sugar and gradually blend in a cup of hot milk. Add pinch of salt. Cook in double boiler until well thickened, then remove at once from fire and cool to luke-
Warm slightly 1½ cups milk, add to the cooled custard and mix thoroughly. Add 2 packages of Vanilla Junket to custard mixture stirring quickly for only one minute. Pour at once into dessert glasses, let set until firm in a warm room. Place in ice box to chill. This Junket custard is also delicious poured over stewed dried fruit, cooked without sugar.

**FLAVORED JUNKET**


- Vanilla
- Chocolate
- Lemon
- Orange
- Raspberry
- Coffee

**JUNKET TABLETS**

Unsweetened and unflavored. At Grocers and Druggists. For dainty desserts, milk foods for children and invalids, modified milk for infants, and Junket whey.

*Made by*

**The Junket Folks at Little Falls, N. Y.**

Chr. Hansen’s Laboratory, Inc.

*Agencies in all large cities*

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