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Dainty Junkets

A Collection of Valuable Recipes for Milk Desserts and Ice Cream

by Janet McKensie Hill

Emma H. Crane

and other experts of Cookery

Published by

CHR. HANSEN'S LABORATORY

LITTLE FALLS, N.Y., U.S.A.
That the scope of usefulness of the Junket Preparations is continually widening, is the particular fact we wish to impress upon our friends and all those whose interest is likely to be awakened by this new edition of “Dainty Junkets”.

The evidence of this is in the many testimonials of friends old and new. Especially do we esteem those of the professional people:—Doctors, Nurses, Domestic Science Teachers, Cooking Experts and others, who from a scientific standpoint indorse our pure and unrivalled Junket Preparations.

As an Ideal Healthfood Junket holds an unique place. It is in a class by itself and distinct from the many healthfood fads, being a really perfect food.

As a Delicious Dessert it is rich and inexpensive; a delight to the fastidious taste: a satisfying and dainty portion to the robust appetite.

For Ice Cream nothing quite equals the Junket Process for producing a fine, smooth, velvety quality, with the special advantage of being very easily digested.

We shall be glad to send our new Junket Book, or pamphlets and circulars on “Junket in Dietetics”, “Junket Ice Cream”, “Junket Buttermilk”, to anyone on request.

Page Three
CHR. HANSEN'S JUNKET PREPARATIONS

How Put Up and How Obtained

JUNKET TABLETS
Put up 10 Tablets in pkg. - 10c
and 100 Tablets in pkg. - 75c

JUNKET FLAVORS
Put up in full 2-oz bottles at
--- 20c, by mail 30c
Twelve flavors:
Vanilla, Lemon, Orange, Nutmeg,
Almond, Allspice, Clove, Rose,
Peppermint, Ginger,
Cinnamon, Wintergreen; all pure,
natural flavoring extracts of the highest grade.

JUNKET BUTTERMILK TABLETS
Put up 15 Tablets in a package - 25c
and 75 Tablets in a package - $1.00
JUNKET COLORS

Put up in one-ounce square bottles at 10c each; by mail, 15c. Three colors: Raspberry Red, Lemon Yellow, and Orange Gold.

JUNKET CREAM TABLETS, 100 in a package at $2.00, for manufacturers of ice cream on a large scale. One tablet for a gallon of milk or milk and cream. Except as to strength, exactly the same as the Junket Tablets. Not handled through the trade.

Order all of the above, except Junket Cream Tablets from your grocer or druggist. We mail 10 Junket Tablets for 10c; 15 Junket Buttermilk Tablets 25c, each Color for 15c, each Flavor for 30c, cash with order.

Order Junket Cream Tablets and Colors and Flavors in larger packages from us or our agents direct.

CHR. HANSEN’S LABORATORY, LITTLE FALLS, N. Y.
Junket Tablets contain absolutely nothing but the pure digestive Rennet Ferment and a little common table salt. No chemicals whatever enter into their composition.

The Process—The effect of a minute quantity of the rennet ferment in milk is to coagulate the casein, thickening the milk into a soft jelly or custard, the same as in cheese making. It is the same process that takes place in digestion.

The Best Effect—The best effect is obtained in lukewarm or blood-warm milk. Cold milk entering the stomach is not acted upon by the rennet quickly enough to ensure good digestion. For this reason ordinary ice cream is often but imperfectly digested.

In Junket the rennet action takes place before it is eaten and there is no danger of imperfect digestion. Junket Ice Cream and Junket Puddings of various styles, therefore, besides being dainty and delicious, are eminently healthful and nutritious and can be enjoyed with impunity by children and invalids who often cannot enjoy milk in other forms.

Page Six
Junket Colors—Dainty colors are so frequently used at banquets and at the leading hotels and cafes for coloring ices and meringues and ice creams, and by confectioners in candy and cake, that their use in home cooking for producing dainty and artistic effects is rapidly becoming popular.

Our three colors, Raspberry Red, Orange Gold and Lemon Yellow, are pure and absolutely harmless. They are guaranteed under the pure food law.

Junket Flavors—Chr. Hansen's Junket Flavors are acknowledged by experts to be the best and purest on the market; they have all the delicacy and aroma of the true fruits and aromatics from which they are made.

We do not make artificial Flavors, such as extracts, so called, of strawberry, raspberry, peach, pear, plum, pineapple or banana, usually coal-tar products, but only the following true flavors, extracted from fruits and aromatics, viz.: Vanilla, Lemon, Orange, Nutmeg, Almond, Allspice, Ginger, Clove, Cinnamon, Rose, Peppermint, Wintergreen.

NOT THE CHEAPEST BUT THE BEST

Page Seven
Junket Buttermilk Tablets are a bacteriological preparation containing a pure culture of Lactic Acid Bacilli the effect of which is to convert sugar of milk into Lactic Acid. They are not only used in making buttermilk, but may be taken medicinally, two or three tablets at each meal, as the Lactic Acid Bacilli have the very beneficial effect of destroying germs of putrefaction and disease.

Buttermilk Tablets may also be used in making Cream or Neufchatel Cheese out of pasteurized milk (pages 31-32) and will produce in the milk, necessary pure lactic acid fermentation.

TO MAKE JUNKET BUTTERMILK

Pasteurize fresh, sweet milk—which may be new or partly skimmed, or entirely fat-free, as desired—by heating it to between 160° and 175° F. and holding it at such temperature for at least twenty minutes. This is conveniently done in a double boiler. Then quickly cool the milk to about 100° F. (blood heat) by placing the bottle in cold, running water. Add a Buttermilk Tablet (dissolved in a little of the milk). One Tablet is sufficient for a quart of milk, but it will do no harm to use one for a pint or glass. Having stirred in well the dissolved tablet, tie a paper over top of bottle, or put on a milk-bottle cap, and let stand undisturbed from 12 to 18 hrs. or until it is curdled, in a warm place where an even temperature of 75° to 85° F. is maintained.
When milk is thoroughly curdled into a firm jelly, put in refrigerator and then before serving beat or churn it up well with egg-beater. If placed where it is very cold, Junket Buttermilk will keep for a week or more. In fact it is better when matured a little than when perfectly fresh. But it must not be allowed to get warm. If whey separates out, simply churn up before serving.

Home-made Junket Buttermilk is always pure and wholesome and that is the best reason that can be urged for making it. Besides being a refreshing, healthful drink, buttermilk cannot be valued too highly in household cookery, and to have good buttermilk always on hand to make those excellent pancakes, or for variety, a dish of good old-fashioned buttermilk soup, is well worth the little trouble of making it.

A little Junket Buttermilk if used with milk that has been over-pasteurized (say a tablespoonful of buttermilk to a pint of sweet milk) will restore to it the properties that will make a good Junket. Otherwise it might not make a firm pudding.
HOW TO PREPARE PLAIN JUNKET

Put one Junket Tablet and a tablespoonful of cold water into a cup and crush with a spoon to dissolve thoroughly.

Junket Tablet must always be dissolved in cold water.

Take one quart of pure milk and bring to luke-warm (about 98° F.); add three tablespoonfuls sugar and one teaspoonful of flavor, or more according to taste, and if desired a trifle of one of the Junket Colors.

Hot Milk will not make a firm Junket.
Add the dissolved Junket Tablet to the lukewarm milk and stir it quickly for a moment.

Pour at once into Junket glasses and let stand in a warm room until firm (from 5 to 15 minutes).

Remove carefully, without jarring, to a cold place or the refrigerator, and leave until time to serve.

Serve with or without cream.
DAINTY JUNKETS

Fancy Junket Puddings—A hundred different combinations may be used for delicious puddings based on plain Junket with various colors and flavors, spices or fruits, eggs, bread-crumbs, cake, nuts, etc.

When fruits are used, the acid varieties must not be put into the Junket when making, as the acid will separate out the whey.

Fresh strawberries, pineapple, oranges, etc., are too sour to be added before the Junket is “set”, while blackberries or blueberries, brandied or canned peaches, apricots, etc., whole, in pieces, or crushed and rubbed through a sieve, may be allowed to set with the milk.

Junket with Fresh Berries—Make a plain Junket, flavoring with vanilla, and pour into individual Junket glasses, filling each glass two-thirds full. When just ready to serve, fill with luscious ripe strawberries or raspberries dusted with powdered sugar, and then heap over this whipped cream; dot the top with berries. Blackberries or blueberries may be placed in the bottom of the glasses and the Junket mixture poured over them. Canned strawberries, raspberries, peaches, prunes or plums may be used in the same way, being allowed to form in the Junket.
Junket with Ladyfingers and Jelly—Rub through a sieve dry ladyfingers or sponge cake enough to fill half full the required number of Junket cups.

Make one pint of plain Junket, flavoring with half a teaspoonful of Chr. Hansen's Lemon Flavor. Add a dissolved Junket Tablet and pour over the cake. Stand in a warm place to set then chill as usual.

When ready to serve beat the white of one egg until dry, add 1 tablespoonful of powdered sugar, and by the use of pastry bag and star tube garnish the top of each cup with the meringue and decorate the sides and top of the meringue with bits of ladyfingers and fruit jelly.

MRS. HILL

Page Thirteen
Junket with Peaches and Cream—Prepare plain Junket as per General Directions, (page 10), flavoring with vanilla, pour into cups and when set chill.

To one cup of heavy cream add one-fourth cup of rich sweet milk, two tablespoonfuls of powdered sugar and a few drops of almond extract, and beat it until stiff with a Dover egg-beater.

At serving time carefully turn the Junket into sauce dishes, surround with sliced peaches and decorate with the cream, using pastry bag and star tube. 

MRS. HILL

Junket with Pineapple Sauce—Pineapple, as well as rennet, aids in the digestion of milk, making this one of the daintiest of all the Junket dishes. Make a perfectly plain Junket, using a quart of milk and one of Chr. Hansen’s Junket Tablets. Omit all sugar and flavoring. When ready to serve pour over the following: Pineapple Sauce—Grate very ripe pineapple to measure at least a pint. Boil together a cup of sugar and a half cup of water until they spin a soft thread. Take from the fire and stir in hastily the grated pineapple. Turn this into your sauceboat and stand away to cool. When ready to serve, help the Junket, and put over and around it a little of the pineapple sauce. 

MRS. RORER

Page Fourteen
Chocolate Junket with Cream Cherries—

Heat a quart of milk until lukewarm; add half a cup of sugar and stir until dissolved. Melt two squares of chocolate over hot water, gradually add half a cup (no more) of the warmed milk and boil a moment; add to it the remainder of the milk (which must not be boiled), a half teaspoonful of vanilla and a dissolved Junket Tablet; stir and turn at once into the cups. To half a cup of heavy cream add three tablespoonfuls of sweet milk and a few drops of vanilla extract and beat until stiff.

Beat the white of an egg until dry, then add gradually one tablespoonful of powdered sugar and fold the mixture into the beaten cream.

Chill on ice. At serving time garnish the Junket with candied cherries and the cream mixture.

Mrs. Hill
Junket with Cranberry Jelly—Fill small bowls two-thirds full with rich plain Junket sweetened and flavored to taste. When firm and chilled fill bowls with cranberry jelly and heap over whipped cream when ready to serve.

Junket with Puree of Banana—Cut two bananas into slices and put over the fire with a quarter cup of water, cook slowly until tender and press through a sieve. Add one teaspoonful of orange juice, two of sugar and one of gelatine soaked in hot water. Stir until dissolved and fill into the bottom of the glasses. When chilled fill cups with a plain Junket. Serve ice cold with sweetened cream.

Junket with Cantaloupes—Make in small cups plain Junket flavored with vanilla; place on ice until ready to serve. Cut chilled cantaloupes in halves, remove seeds, place Junket in place of seeds; serve with or without whipped cream.

Pineapple Junket—Make plain Junket flavored with vanilla; place on ice till very cold, or, better, freeze. Then place a tablespoonful of sugared-down pineapple with juice on each glass of Junket. Serve.

Miss Crane

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Martha E. Hewes

Page Sixteen
Devonshire Junket—Stand rich, twelve-hours-old milk where it will come very slowly to scald and let it remain hot ten or fifteen minutes; then cool.

Make a plain Junket, and when ready to serve lift the cream from the scalded milk, place it on top of the Junket and serve; or it may be served in the good old English style with clotted cream and port wine.

Wine Junket—Dissolve two tablespoonfuls of sugar (granulated) in three tablespoonfuls of wine or brandy; add one teaspoonful of lemon juice and a little grated nutmeg. Heat one pint of fresh milk just warm, as for plain Junket. Take it from the fire, stir in the wine, then the dissolved tablet (one-half a tablet to the pint), and proceed as for plain Junket. If required as a medium for administering wine, brandy or whiskey in sickness as much as 4 tablespoonfuls may be used.

GEO. D. MOULTON

Coffee Junket—Make a half cup of strong coffee by pouring a half cup of freshly boiling water over two tablespoons of pulverized coffee. Add the clear coffee and a half cup of sugar to a quart of milk. If necessary, heat until lukewarm and stir until the sugar is dissolved. Add the dissolved tablet and finish as a plain Junket. Heap whipped cream on top.
Chocolate Junket—Sweeten a quart of milk with half a cup of sugar. Melt one square of chocolate or two tablespoonfuls of cocoa, add half a cup of the milk and boil one minute. Remove from fire and add the remainder of the milk, which must not be boiled, and a teaspoonful of vanilla. Probably this mixture will be lukewarm; if not, heat until it is. Stir in the solution of the Junket Tablet as in plain Junket. Pour at once into serving dish or dishes and leave undisturbed until firm. Cool and serve. If whipped cream sweetened and flavored with vanilla is heaped upon the Chocolate Junket when serving, a most delicious dessert is obtained. Chocolate Junket frozen makes a very delicious ice cream (page 26).

Cocoanut Junket Pie—One cupful cocoanut, one cupful curd (page 30), one cupful cream, five yolks of eggs, one cup of sugar, one teaspoonful Chr. Hansen's extract vanilla. Place all the ingredients but extract in a saucepan on the fire, stir constantly; when thick, remove and cool and add extract. Bake in pan lined with rich paste in a steady oven ten minutes.

Junket from Cream—This may be made the same as that made with milk, using cream in the place of milk and in the same proportions. When ready to serve heap on top some tart jelly.
Junket a la Mode—Use one stale sponge cake, cut off the top in one piece and scoop out the inside leaving the bottom and sides about three-quarters of an inch thick. Make a plain Junket, flavor with vanilla and pour into the center of the cake. When firm replace the cover and set in a cold place to chill. When ready to serve cover the top, first with a layer of fruit (strawberries or sliced peaches are good), then a layer of whipped cream.

Junket Graham Pudding—Fill Junket cups half full with fine graham bread crumbs and raisins. Over these pour one pint of lukewarm milk to which has been added two tablespoonfuls of sugar, a pinch of salt, the beaten yolks of two eggs, one teaspoonful of vanilla and last of all one-half Junket Tablet which has been previously dissolved in a tablespoonful cold water. When firm, put in a cool place to chill and serve with meringue made with the white of the eggs.

Individual Junket Pies—Make patty shells of rich pie crust. When cool pour into them plain Junket or chocolate Junket, made by adding two tablespoonfuls of cocoa, which has been mixed with a little hot water, to the lukewarm milk. When firm cover with a meringue and serve.

Walnut Junket—Make a plain Junket flavoring with orange. Have ready about one-half pound of English walnuts, chopped, but not fine. Put some in Junket cups before pouring in the mixture and then before serving sprinkle more of the nuts over top of each cup.
Junket Sherry Custard—Take one quart of milk; from this take one-half pint and put it on the stove to heat, but not boil. Beat one whole egg very light, add gradually four tablespoonfuls granulated sugar. Pour the hot milk over the egg mixture then add the cold milk to this. Flavor with 1½ teaspoonfuls of vanilla and one teaspoonful of sherry wine (or more if desired) add a dissolved Junket Tablet and pour at once into serving dishes, “set” and cool.

Custard Junket—Put over the fire to scald a half pint of milk; beat together two eggs and a quarter cup of sugar until light; stir into the scalding milk and stir constantly until it thickens; take at once from the fire. Have a pint and a half of milk in which is dissolved another quarter cup of sugar; add the cooled custard slowly and mix evenly. When lukewarm add a teaspoonful Chr. Hansen’s exquisite vanilla and the dissolved tablet, and finish as the plain Junket.

Junket with Malted Milk—Dissolve two tablespoonfuls of sugar in a quart of fresh milk. Put four tablespoonfuls of Horlick’s Malted Milk in a dish and use enough of the fresh milk with it to make a smooth paste; then pour on the rest of the milk and make it all just lukewarm. Dissolve one Junket Tablet in a tablespoonful of cold water and add to the milk, stir in quickly, and pour at once into custard glasses or one large dish. A little nutmeg over this is good. After it is “set” put in cold place until serving time.
Junket and Cornmeal Pudding—Put four tablespoonfuls of fine yellow cornmeal and a pinch of salt, into a double boiler, and pour on a pint of boiling water, stirring all the time until it is quite smooth. Let cook for half an hour. Remove from the fire and add a pint of cool milk in which two tablespoonfuls of sugar have been dissolved. Mix well together and when cooled to just lukewarm add one dissolved Junket Tablet. Stir it in quickly and turn at once into glasses or dish from which it is to be served. Grate over top a little nutmeg. Let “set” in a warm place then chill and serve.

Junket Puffs—Rub the curd (page 30) from two quarts of fresh milk through a hair sieve and add four ounces of butter, ten ounces of cracker crumbs, half a nutmeg, a little grated lemon peel and a spoonful of wine; sweeten to taste. Grease cups with butter and fill with the mixture. Set the cups in a pan of water in the oven; bake one-half hour.

Cheesecakes—Rub into curd (page 30) from one quart of new milk, one-half cup of butter, one-quarter pound sugar a little grated nutmeg, one-half cup grated macaroons, the yolks of four eggs, the white of one. Then add six ounces of clean currants and one ounce grated almonds. Mix all well together, put in patty pans lined with delicate paste and bake in moderate oven.

MRS. L. R. FINK
Delicious Whipped Cream for Junket—Whip one pint of cream and sweeten to taste. Add to it one-half cupful of English walnuts or pecans and ten Maraschino cherries cut in small pieces. Flavor with about three tablespoonfuls of the maraschino and pile this on the Junket. This is especially delicious over a plain Junket into which has been put tiny cubes of canned or preserved pineapple.

Junket Cream with Macaroons—Make Junket in the usual way using cream instead of milk. Pour into dessert glasses over macaroons (using two to a glass) and a few English walnuts cut into pieces. One of the macaroons will rise to the top and on this place a Maraschino cherry when ready to serve.

Toast for Junket—Take slices of white bread; cut into sticks one inch wide; butter them, sprinkle with sugar and toast to a delicate, light brown. Serve hot. These will be found delicious served with Junket where cake might be too sweet.

Plain Junket with crisp graham or milk crackers or mapleflake or other prepared cereals—any of these, make an excellent, nourishing plain meal for children or invalids and a good late-hour meal for anybody.

Page Twenty-two
Junket with Grape Nuts—Slice ripe fruit into the Junket cups. Cover with Grape-Nuts and pour over this a plain Junket. Chopped raisins and more Grape-Nuts may be used instead of fruit and a pudding much like a baked bread pudding will be the result.

Junket with Raw Egg—Separate two eggs, beat the whites until perfectly dry; beat the yolks until thick. Add them to the whites gradually, beating constantly. Heat one pint of milk until lukewarm, dissolve in it two tablespoonfuls of sugar, add a half teaspoonful of flavoring. Pour this over the beaten eggs, stir in a half Junket Tablet dissolved in cold water and turn quickly into glasses. Stand in warm place for half an hour until firm, then put in cold place.

Junket from Condensed Milk—In making ice cream or even Junket pudding on board ship, or in places where fresh milk or cream cannot be secured, condensed milk may be used as follows: One can of condensed milk, one can of hot water, flavored to taste, but without sugar, as the condensed milk is already sweetened; dissolve the milk thoroughly, cool until lukewarm, when it can be used in any of the recipes for Junket or ice cream.

MISS CRANE

JULIA MAY MOULTON

Page Twenty-three
JUNKET ICE CREAM

Janet McKenzie Hill, editor Boston Cooking School Magazine, says: “We find the Junket Tablet unequaled in the production of ice cream, smooth in texture, fine-grained and inexpensive. It is destined, when its merits have become known, to revolutionize the old-time method of making ice cream.”

One lady writes us. “Junket is delicious. I do not know of any warm weather dish to equal it, and for ice cream it is perfect”. Another friend says, “Nothing can equal Junket for ice cream,” and thousands of others express similar sentiments.

Directions for Making Junket Ice Cream

To sweet milk add cream according to richness desired; one-fourth part cream makes a rich “Junket Ice Cream,” but if you have no cream, a good quality of “Frozen Junket” can be made of clear milk.

Prepare as a plain Junket, using a little more sugar and flavor than you would for pudding. When thickened into a soft, creamy jelly, pour into freezer can, pack with ice and salt and freeze immediately in the usual way.

Page Twenty-four
JUNKET ICE CREAM WITH STRAWBERRIES

Heat one quart of milk, one cup of double cream and one cup of sugar until just lukewarm, not above 100° F. Stir in a tablespoonful of vanilla extract, or use one cup of strawberry preserves in the cream, and one Junket Tablet crushed and dissolved in one tablespoonful of cold water.

Let stand undisturbed in a warm room ten or fifteen minutes, then freeze as any ice cream. Pack into individual mold, basket shape, and chill half an hour packed in equal parts of ice and salt. At time of serving turn from molds onto individual plates and fill the baskets with fresh strawberries.

MRS. HILL
Fancy Ice Cream—In the same way as for puddings various flavors, colors, fruit, chocolate, eggs, etc., may be used in preparing a great variety of exquisite ice creams with Junket Tablets. A delicious flavor is produced by using 1 teaspoonful of Vanilla, $\frac{1}{2}$ of Orange and $\frac{1}{4}$ of Almond Extracts. Try this combination.

Chocolate Ice Cream made from Chocolate Junket (p. 18) is one of the most popular summer and winter desserts.

Crushed Fruit, fresh or preserved, as raspberries, strawberries, peaches, pineapple, oranges, etc., may be added to a Vanilla Junket Ice Cream when nearly frozen.

In winter or in cold weather, hot Maple Syrup or warm Chocolate Sauce poured over each dish of a Vanilla Ice Cream makes a delicious dessert.

Our Ice Cream Pamphlet containing valuable information in regard to the application of the Junket process in the manufacture of ice cream, will be sent to anyone interested. For hotels and boarding houses, confectioners and bakers, as well as for druggists making their own ice cream for the soda fountain, for dairymen and ice cream parlors, this pamphlet is of special interest.

Page Twenty-six
JUNKET FOR CHILDREN

Prepare as for plain Junket; pour into a large pudding dish instead of individual Junket glasses; dish carefully in serving so as not to break the jelly too much. If preferred, it can be made without sweetening or flavor and served with sugar and grated nutmeg or cinnamon sprinkled over it. Children will often eat a quantity of this delicious dish, and may be allowed it, as it is very nutritious as well as inexpensive. Milk being the one perfect food for infants, it becomes, when made into Junket, the ideal health food for growing children. No other food contains so much true nourishment in proper proportion, or is so easily digested.

MISS CRANE

Page Twenty-seven
Junket Tablets are especially valuable in preparing food for infants, as a means for modifying milk. They are handy in preparing *whey* (page 30) and are an aid to digestion in any preparation of milk or cream. Evidently the friends who wrote the letters printed below appreciate the tablets and will be glad to help any mother with advice.

Dear Sir:—I thought I would write you a few lines and send a great big word of praise for Junket. We began feeding it to our baby boy when he was but a week old and weighed only six pounds. Now he is nearly eleven months and weighs twenty-seven pounds. He has never seen a sick day. I will gladly send my formula to anyone who may desire it and you may if you like, publish this.

MRS. A. FITTLER, Ann Arbor, Mich.

Dear Sir:—I have used Junket Tablets the past year in preparing my baby’s milk. Please get Mrs. Rorer’s recipe for preparing Infant Food and have it published with your directions for using Junket Tablets. Every mother should have this knowledge. In sending it out I believe you will lessen the death percentage among infants. (See next page).

MRS. GEO. W. BUSEY, Urbana, Ill.
MRS. RORER’S RECIPE

Where cow’s milk, even when diluted, or partly modified as in the home fashion, disagrees with the infant, this mixture may be used with good results: Heat two quarts of milk to 100° F. Add two of Chr. Hansen’s Junket Tablets dissolved in a tablespoonful of cold water. When the milk is congealed and perfectly solid draw through it backward and forward an ordinary four-tined silver fork; this will separate the curd. Strain through two thicknesses of cheesecloth, saving the whey as this is the part you are to use; add a pint of water, a half ounce of sugar of milk, three ounces of cream and four ounces of the white of egg. The whites may be dropped into a quart fruit jar, a pint of the whey added, the top screwed on and the jar thoroughly shaken until the whites are well mixed with the whey; then add them to the remaining quantity and stand at once in a very cold place. This will be given in quantities of from two to three ounces in an ordinary nursing bottle.

This albuminized whey forms one of the most easily digested and valued of all foods for convalescing patients. With the cream and sugar of milk omitted, it may be used successfully in typhoid and kindred fevers.
SEPARATING THE CURD FROM WHEY

Temper fresh milk until lukewarm (85° to 100° F.) to each quart add one Junket Tablet dissolved in cold water and stir in quickly. Leave in warm place until firmly “set.” Then turn into cheesecloth and hang up to drain. (This whey may be used). If drier curd is wanted place in fresh cloth, then in strainer and apply pressure over night. For Cheddar cheese, slowly break up the thickened milk with a large fork, or the like, into pieces about size of beans. Stir gently at intervals for 15 minutes; strain through dry cloths a few times; press, at first gently, then heavier. Do not squeeze whey out, but handle with care to retain all the butter-fat in the curd.

Whey—To prepare, follow above directions. Skimmed milk may be used but whether new or skimmed it must be fresh or the whey might be sour. On collecting the whey, cool at once. Use quickly or keep in refrigerator.

Whey is mildly nutritive and very wholesome. If fresh it is readily assimilated by the stomach and contains in a degree every element of nutrition. Whey is strongly recommended in cases of cholera infantum and is perfect as a temporary substitute for milk. For adult invalids whey is a most pleasing and nutritious drink.

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JUNKET CHEESE

Many housekeepers, especially those keeping one or more cows, often have milk and cream left which may be utilized for home-made cheese, simple and delicious.

Set new milk and separate the whey from the curd, as described page 30. To the pressed curd add a little heavy cream and a sprinkle of salt and knead or work as you would a dough.

Much or little cream may be worked into the curd. The more cream you have at disposal the drier the curd may be pressed. Leave it under pressure over night if you have plenty of cream, so that the dough will be a uniform buttery paste, yet not greasy.

Make the dough into a ball, or mold it in any pudding or ice cream mold.

Neufchatel Cheese—Set new milk with tablet solution at 72° F. to coagulate very slowly—18 to 24 hours—using only a small fraction of a Junket Tablet (dissolved in cold water) to a gallon. When it is firmly curdled, carefully transfer it to drain on a strong cloth suspended over a frame. Once or twice scrape the curd loose from the cloth to facilitate the draining. Fold the corners of the cloth over the curd and apply a light weight. Run the curd through a meat chopper. Sprinkle salt on it and run again through the chopper.

(over)

Page Thirty-one
Procure a mold of tin about the size of a quarter-pound baking-powder can (2¾ in. diameter) with both ends out; pack full of curd, cut off the top even and push out of the mold. Set the milk at noon and put in cloth to drain the next morning, at night put to press and the following morning work, salt and mold the cheese. Serve fresh or keep in refrigerator not to exceed 10 days.

Cream Cheese is made in the same way except that a thin cream, containing about 10 per cent of butter-fat, is used instead of milk, and the mold is rectangular, 2¼ in. x 2½ in. x 1¾ in. high, instead of cylindrical.

Neufchatel and Cream Cheese should have a slightly acid, agreeable taste.

**CHEESE FROM PASTEURIZED MILK OR CREAM**

A most delicious Neufchatel or Cream Cheese can be made from pasteurized milk or cream by adding a fraction of a crushed *Junket Buttermilk Tablet*, say one-fourth of a tablet to a quart, at the same time when the dissolved *Junket Tablet* is stirred in.

By this process the lactic acid bacteria which are essential in making this cheese but which along with other non-essential or even harmful bacteria are destroyed by the pasteurization, are restored and a perfect product is obtained.
Dainty Junket Preparations

Chr. Hansen's Laboratory

Little Falls, N.Y., U.S.A.
Dainty Junkets

"Have some junket"