12 Ways to make Milk Delicious

As delicious desserts...
As nutritious foods...
As tempting drinks...
THIS BOOKLET gives a few hints of the many delightful and tempting desserts and drinks 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 used to the advantage of everyone in the household.

SEND FOR “THE ‘JUNKET’ FOLKS” Book containing hints on child feeding and recipes for rennet-custard desserts and ice creams.

“THE ‘JUNKET’ FOLKS”
Chr. Hansen’s Laboratory, Inc., Little Falls, New York
In Canada: “THE ‘JUNKET’ FOLKS,” Toronto, Ont.

“JUNKET” and “Little Miss Muffet” are trade-marks of Chr. Hansen’s Laboratory, Inc. for its rennet and other food preparations. “JUNKET” Rennet Tablets and “JUNKET” Rennet Powder have the seal of acceptance of the American Medical Association and are approved by Good Housekeeping.
Use More Milk — IT’S GOOD FOR YOU!

MILK is recognized as “Nature’s most nearly perfect food.” Of all readily available foods, it contains the broadest range of food nutrients.

Considering cost and food value, it is one of the most economical of foods. No wonder that authorities urge plenty of milk for children and adults.

Milk is one of the best sources of proteins essential for tissue building and repair. The proteins in milk are complete and of high biologic value. It is also rich in the carbohydrates and fats which furnish food energy to support the energy demands of the body. Milk is important in the diet of children because of the mineral elements, calcium and phosphorus which it supplies for bone and tooth building. It is one of the richest foods in Vitamin A which promotes growth and may be an aid in maintaining the resistance of the body to infection in general. Milk is also rich in Vitamin G which is essential to good nutrition. And it rates as a good source of Vitamin B which is important to normal growth, appetite, and proper functioning of the nervous system.

Milk should be looked upon as a food rather than a beverage. Every housewife should use ingenuity to plan dozens of ways to use milk—in soups, cereals, vegetables and with fruits—but milk is never more delicious than in the form of rennet-custards or rennetized milk drinks prepared with “JUNKET” Rennet Powder or Tablets.

For good nutrition, children should have at least a quart of milk a day.
Rennetize YOUR MILK with "JUNKET" Rennet Tablets or Powder — IT'S BETTER FOR YOU!

RAW or pasteurized milk is not the most easily digested of all foods. It has been called "a solid food in liquid form," for when it reaches the stomach it forms curds which are ordinarily quite large and tough. When people are ill or over-tired or for any other reason their digestive systems are below par, they may find fresh milk difficult to digest.

To ease the digestive load, one of the very best plans is to rennetize milk by making it into rennet-custards without eggs or cooking, or by simply adding "JUNKET" Rennet Powder or Tablets to the milk to make a tempting, digestible drink.

MILK rennetized with "JUNKET" Rennet Tablets or Powder digests approximately twice as fast as raw or pasteurized milk. It forms soft, fine, easily assimilated curds by Nature’s method, because the addition of the rennet enzyme performs the first step in its digestion.

Make more MILK DESSERTS
they are GOOD FOR YOU

There is no reason why milk should ever become monotonous in the menu; it may be made into so many attractive foods, and especially desserts like rennet-custards. You might have milk for dessert every day of the year, and never have it the same way twice.
Make rennet-custard desserts with "JUNKET" Rennet Powder — They are BETTER FOR YOU!

RENNET-custards are milk in its most delicious form, wholesome, nutritious and easily digestible even for infants or invalids.

Several years of research by a staff-member of one of our leading universities has proved that "JUNKET'S" Rennet Preparations form milk into rennet-custard desserts, the soft curds of which digest approximately twice as fast. These desserts also promote stomach activity which encourages earlier return of appetite.

To Mothers of Children Who Balk at Milk

CHILDREN easily develop poor eating habits and thus deprive themselves of needed nutrition. Frequently, the insistence that a child drink his milk is the beginning of this problem, because a quart of milk a day can become very monotonous.

Many wise mothers, therefore, serve milk in such variety that the child welcomes it. For example, milk is easily made into delicious rennet-custards with "JUNKET" Rennet Dessert Powder. Its 6 flavors make possible a different flavor and different color every day.

Served ice cold, children like these tempting rennet-custard desserts as much as ice cream and mothers avoid feeding problems. Thousands of children with bad eating habits have been led back to normal, hearty appetites this way.

Rennet-custard desserts are excellent at meals or between meals.
The Secret of Making Firmer Rennet-custard Desserts
with "JUNKET" Rennet Tablets or Powder!

MOST women find rennet-custards the simplest of all desserts to make, but they can be made even more delicious by following these simple instructions:

With "JUNKET" Rennet Dessert Powder — Warm the milk slightly until LUKEWARM, Not Hot. Thermometer is not necessary but best temperature is 110°F. Chocolate slightly warmer (125°F.). If the milk gets warmer than this, it does not set firmly to custard-like consistency. Do not stir more than a minute.

With "JUNKET" Rennet Tablets — Although "JUNKET" Rennet Dessert Powder is used as a basis for many of the rennet-custard desserts in this booklet, any of them can be made with "JUNKET" Rennet Tablets by adding the dissolved tablet to the milk which has been sweetened and flavored to suit the taste. "JUNKET" Rennet Tablets are more often used for making plain vanilla rennet-custard and infant foods. Caution to have milk only lukewarm, no warmer than a baby's bottle, should be used in adding the dissolved "JUNKET" Rennet Tablet to the milk, previously sweetened and flavored. Do not stir more than a few seconds.

USE ONLY ORDINARY MILK — Remember that you cannot make rennet-custards with condensed or evaporated milk, or milk that has been scalded or boiled. Use only ordinary milk that has been warmed slightly to LUKEWARM.
RENNET-custard desserts without toppings, may be made with any of the six flavors of "JUNKET" Rennet Powder, or, by adding your favorite flavor and sugar, with "JUNKET" Rennet Tablets. They also may be served with a variety of attractive toppings.

BO-PEEP’S PARTY PUDDING

1 “JUNKET” Rennet Tablet
1 pint milk
1 tablespoon vanilla flavoring
1 tablespoon cocoa
3 tablespoons honey
½ cup heavy cream
Crisp rice, corn, or wheat flakes
1 “JUNKET Tablet
1 pint milk
1 teaspoon vanilla flavoring
1 tablespoon cocoa
Mix honey and cocoa to a smooth paste. Heat slowly to boiling, stirring constantly. Let boil one minute, continuing to stir. Dissolve tablet in 1 tablespoon cold water. Warm milk to LUKEWARM (110°F), Not Hot. Add vanilla flavoring, honey, and cocoa mixture to lukewarm milk. Mix well. Remove from stove. Add dissolved tablet. Stir quickly for a few seconds. Pour at once into dessert glasses. Let stand until firm, then chill in refrigerator. Serve in same glasses topped with honeyed whipped cream and cereal flakes. Allow 1 ½ tablespoons strained honey to each cup of whipped cream. Add 1 cup crisp cereal flakes and mix well. Garnish top with flakes also. The cereal should not be added until serving time.

TAPIOCA RENNET-CUSTARD

1 “JUNKET” Rennet Tablet
1 pint milk
3 tablespoons sugar
1 tablespoon cold water
½ cup tapioca pudding (or left over pudding)
1 teaspoon strawberry flavoring
with few drops Red “JUNKET” Food Color
1 ½ cup tapioca pudding
Put 2 tablespoons tapioca pudding in the bottom of five dessert dishes. Dissolve tablet in tablespoon cold water. Add sugar to milk, flavored with strawberry flavoring and a few drops of Raspberry Red “JUNKET” Food Color. Warm to LUKEWARM (110°F), Not Hot. Remove from stove. Add dissolved tablet. Stir a few seconds and pour immediately over the tapioca. Let set, and then chill in refrigerator.
MAPLE DELIGHT
1 package Vanilla “JUN-KET” Rennet Powder 1 pint milk ½ cup maple syrup
Make rennet-custard dessert according to directions on package. Chill in refrigerator. When ready to serve, place 2 tablespoons of maple syrup over each dessert.

APPLE SAUCE RENNET-CUSTARD
1 “JUNKET” Rennet Tablet 1 tablespoon cold water 1 cup thick apple sauce 1 pint milk 3 tablespoons sugar 1 teaspoon lemon flavoring with few drops Yellow “JUNKET” Food Color
Season the apple sauce to taste with cinnamon or nutmeg, and divide it among 6 dessert glasses. Dissolve tablet in tablespoon cold water. Add sugar to milk, also add lemon extract and Lemon Yellow “JUNKET” Food Color. Warm to LUKEWARM (110°F.), Not Hot. Remove from stove. Add dissolved tablet. Stir a few seconds and pour carefully at once over the apple sauce. Let stand undisturbed in a warm room until set—about 10 minutes. Then chill in refrigerator.

LEMON RENNET-CUSTARD WITH APRICOT WHIP
1 package Lemon “JUN-KET” Rennet Powder 2 egg whites ¼ cup stewed apricots 1 pint milk 4 teaspoons sugar
Prepare lemon rennet-custard dessert according to directions on package. Chill in refrigerator. When ready to serve, beat egg whites until stiff, add the apricots, which have been put through a sieve, and sugar, and mix thoroughly. Put on top of dessert.

CARAMEL RENNET-CUSTARD DELICIOUS
1 package Caramel “JUNKET” Rennet Powder ½ cup chopped figs ½ cup chopped nuts ½ cup maraschino cherries, chopped
Mix the figs, nuts, and cherries and divide among 5 dessert glasses. Make caramel rennet-custard dessert according to directions on package and pour at once into the waiting dessert glasses and let stand in a warm room undisturbed until firm—about ten minutes. When firmly set, remove without jarring to a refrigerator and leave until serving time. Serve with whipped cream.
RASPBERRY WHIP

1 package Raspberry "JUNKET" Rennet Powder
1 pint milk

Prepare raspberry rennet-custard dessert according to directions on package. Chill in refrigerator. Soften \( \frac{1}{2} \) cup marshmallow whip with 1 tablespoon of boiling water. Stir in the raspberry jam and serve this on top.

ORANGE RENNET-CUSTARD WITH BANANAS

1 package Orange "JUNKET" Rennet Powder
1 pint milk
Bananas

Cut bananas in thin slices and place in bottom of dessert glasses. Prepare orange rennet-custard dessert according to directions on package and pour immediately over bananas. Let stand in warm room until firm, then chill in refrigerator. Serve cold.

SMOOTHER ICE CREAM

1 cup cold milk
1 cup (\( \frac{1}{2} \) pint) heavy cream
1 teaspoon lemon juice

Use basic recipe for vanilla ice cream. After beating the cream, milk and "JUNKET" Mix for Ice Cream together, add the crushed sweetened strawberries and lemon juice. Mix well. Freeze according to basic recipe.

SMOOTH MILK SHERBET

Pour into freezing tray or can and freeze immediately. In automatic refrigerator—when mixture is frozen to a soft mush put into bowl and whip vigorously with an egg beater until fluffy. Then put back into tray and finish freezing.
Make "SOFT CURD" MILK with "JUNKET" Rennet Tablets or Powder

"SOFT CURD" MILK is a term which has recently been given to certain types of raw or pasteurized milk which form softer, more digestible curds in the stomach. When this milk is produced by certain strains of cows, it is slightly lower in casein content than ordinary milk. "Soft curd" milk is also made artificially by removing some of the calcium from ordinary milk and substituting other minerals.

"Soft curd" milk may be made from ordinary raw or pasteurized milk without any change in nutritive content by adding any of "JUNKET" Rennet Preparations to it.

To make "soft curd" milk with "JUNKET" Rennet Tablets, simply add one-half "JUNKET" Rennet Tablet to a glass of cold milk, and dissolve thoroughly by stirring about one minute. Drink within one-half hour. Milk which has been rennetized in this way forms soft, light, flocculent curds in the stomach.

To make "soft curd" milk which will be a delightful beverage, use "JUNKET" Rennet Dessert Powder. Mix one or two teaspoons (according to taste) of any of the six flavors of "JUNKET" Rennet Powder in a glass of milk with an egg beater until dissolved. Drink within one-half hour.

Before retiring, drink "JUNKET'S" Easily Digestible Hot Cup. Its warmth induces relaxation; its tempting flavor makes it a delicious "night cap." Warm a cup of milk just hot enough to drink. Then stir in one or two heaping teaspoons of "JUNKET" Rennet Dessert Powder to taste. Stir with a spoon until dissolved—not more than one minute. Drink immediately for the rennetized warm milk will coagulate quickly. Do not use an egg beater.
FOR YOUR PANTRY SHELF

"JUNKET" Rennet Dessert Powder
Already Sweetened and Flavored
Makes milk into delicious rennet-custard desserts. Takes but a minute. No cooking, as it contains no eggs or cornstarch.
Six True Tempting Flavors
Vanilla Chocolate Lemon
Orange Raspberry Caramel

"JUNKET" Mix for Ice Cream
Makes delicious, more digestible ice cream in automatic refrigerators, or hand freezers.

"JUNKET" Rennet Tablets
Not Sweetened or Flavored
Make milk into delicious rennet-custards or smooth ice cream. Also milk foods for children and invalids, modified milk for infants, whey, and cottage cheese.

"JUNKET" Food Colors
In Handy, Liquid Form
Four Attractive Colors:
Raspberry Red
Lemon Yellow
Orange Gold
Grape Green

If you are unable to obtain "JUNKET’S" Rennet Preparations from your grocer or druggist, please send us his name and address and we will endeavor to have him stock them for your convenience.

Send for Free Recipe Book

"THE ‘JUNKET’ FOLKS"
Chr. Hansen’s Laboratory, Inc., Little Falls, N. Y. In Canada, Address Toronto, Ontario

Printed in U. S. A. 105-158
“JUNKET”
Hansen’s Trade-Mark For
RENNET PREPARATIONS
for making MILK into
Rennet-Custard DESSERTS

DELICIOUS DESSERTS
DIGESTIBLE MILK FOODS
CREAMY ICE CREAM