Delicious DESSERTS AND MILK FOODS made with Junket
"The first food a family should buy is milk. The last to be dispensed with is milk."


Dr. Graham Lusk, of Cornell, says:
"No family of five should buy meat until they have bought three quarts of milk."

Herbert Hoover says:
"The basis of child welfare is health and physical development. The foundation of child health lies in proper feeding. . . . . . The white race cannot survive without dairy products. Milk is the best food we have. Give your children milk: a quart a day for every child if possible; a pint without fail. Plenty of milk will help you give all your children, both big and little, the chance for health they ought to have. Buy more milk and less meat and your family will be better fed."

Dr. McCollum, of Johns Hopkins University, says:
"The people who have achieved, who have become large, strong, vigorous people, who have reduced their infant mortality . . . . . are the people who have used milk and its products liberally."

"Desserts may be made a most valuable part of the meal by choosing those made with milk."

U.S. Food Administration.
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.

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.

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

The desserts that can be made "in a jiffy" with milk and Junket Powder are delicious, the six special flavors affording much variety. Frozen Junket desserts—ice cream, sherbets, etc., are wonderfully nutritious and easy to make.

Simple directions for using both Junket Powder and Junket Tablets given on the next two pages are so easy and plain that even a child can follow them with success.

Your dessert will be a most valuable part of your meal if you make it with Junket.
HOW TO USE

Junket Tablets


WHICH ARE NOT FLAVORED OR SWEETENED

1 Junket Tablet used to 1 Quart Milk
½ Junket Tablet to 1 Pint  1 Junket Tablet to 1 Pint Pasteurized Milk

First Step
Put the Junket Tablet and a tablespoonful of cold water into a cup. Crush with a spoon to dissolve thoroughly.

Second Step
Take fresh milk, preferably (pasteurized or powdered milk may be used but not condensed or evaporated). Warm slightly—about 100°F., lukewarm, not hot. Remove from stove.

Third Step
Sweeten and flavor to taste, using about 3 tablespoonfuls sugar and 1 teaspoonful flavor to a quart of milk, half as much to a pint. Tint with a few drops of Junket Brand Food Color, if desired. After stirring these well with the milk add the dissolved Junket Tablet and stir a moment longer.

Fourth Step
Pour at once into dessert glasses and let set undisturbed in a warm room until firm like jelly—about twenty minutes.
When firm, remove carefully, without jarring, to the refrigerator to chill. Serve in same glasses. May be served plain or with whipped cream, crushed fruits or sauces.
HOW TO USE

Junket Powder

Which Is Sweetened and in Six Fine Flavors:
RASPBERRY VANILLA ORANGE CHOCOLATE LEMON COFFEE
MAKES A DESSERT IN A JIFFY

1 Package Junket Powder used to 1 Pint
Milk 1 Level Tablespoonful to 1 Dessert Cup

First Step
Take 1 pint milk, preferably fresh
(pasteurized or powdered milk may
be used but not condensed or evap-
orated). Warm slightly—about 100°
F., lukewarm, not hot. Remove
from stove.
Chocolate Junket Powder requires
milk a trifle warmer.

Second Step
Take the Junket Powder, crush
fine any lumps, turn it into the
lukewarm milk, stirring briskly. It
will dissolve in less than one min-
ute. Do not stir it longer.

Third Step
Pour at once into dessert glasses
and let stand undisturbed in a warm
room until firm like jelly — about
twenty minutes.

Fourth Step
When firm, remove carefully,
without jarring, to the refrigerator
to chill. Serve in same glasses. May
be served plain or with whipped
cream, etc.
DELICIOUS DESSERTS

Junket will give you the perfection of desserts and that means they're all delightfully dainty—highly nutritious—"made in a jiffy."

Junket is so easy to use that if the simple directions on pages 4-5 are once carefully followed—the milk not overheated, nor stirred too long after the Junket Powder or dissolved Junket Tablet is added—you will be charmed with the simplicity of it.

As it begins to set or jelly in about a minute after the Junket is added to the milk, agitating it after that is apt to spoil the setting of the milk and make the dessert watery. A good Junket dessert should be firm.

Junket Powder is used as the basis for most of these dessert recipes. Any of the desserts can be made as well with Junket Tablets but the Junket Powder is easier to use, being sweetened and prepared in a variety of flavors. Junket Powder is fine for making Junket ice cream.

**VANILLA JUNKET WITH PEACHES AND CREAM**

- 1 pkg. Vanilla Junket Powder
- 2 tablespoonfuls powdered sugar
- Sliced peaches, sweetened

Warm the milk slightly, dissolve in it the Junket Powder and pour each dessert glass nearly full. Let set until firm, then chill in ice box. Whip the cream, sugar, and a few drops of almond extract with an egg beater until stiff. At serving time fill up the glasses with the sliced and sweetened peaches and decorate top with the cream.

**VANILLA JUNKET WITH FRESH BERRIES**

- 1 pkg. Vanilla Junket Powder
- Strawberries or raspberries

Dissolve the Junket Powder in the slightly warmed milk, pour at once into dessert glasses, filling them nearly full. Let set in warm room until firm. Place in ice box. When ready to serve, dust berries with powdered sugar and fill up glasses. Whipped cream may top the berries.

Fruits of the acid variety—oranges, pineapple, strawberries and the like—should not be put into the milk when making, as the fruit acid causes it to whey. These fruits should be crushed, sweetened and placed on top as the dessert is served.

Blackberries or raspberries may be put into the dessert, also canned or preserved berries, peaches and other fruits.
ORANGE JUNKET WITH WALNUTS

1 pkg. Orange Junket Powder
1 pint milk
Chop coarsely the walnut meats and place in bottom of dessert glasses. Sprinkle the finely chopped Fig Newtons over nuts (any bits of cake may be used). Dissolve the Junket Powder in the slightly warmed milk and fill up the glasses. Let set until firm, then chill. Before serving put a few more nuts on each glass.

RASPBERRY JUNKET AMBROSIA

1 pkg. Raspberry Junket Powder
1 pint milk
Cut the marshmallows in quarters with shears, put a few pieces in the dessert glasses with a sprinkling of cocoanut. Dissolve the Junket Powder in the slightly warmed milk and fill the glasses. Let set until firm. Chill. Mix the pineapple with the rest of the marshmallows and sweeten if necessary. Set in ice box for an hour or two. At serving time pile the mixture on each glass of dessert.

JUNKET À LA MELBA

1 pkg. Vanilla Junket Powder
4 slices sponge cake
Preserved peaches
Dissolve the Junket Powder in the slightly warmed milk and pour into small moulds or dessert cups. Let stand until firm, then chill. When ready to serve place a slice of cake on each plate, and moisten with peach syrup. Place half a peach, cut side up, on one end of each slice and carefully turn the junket out on the other end. Put a spoonful of the cream, which has been whipped, into each peach and pile some on top with bits of raspberry jam. Vanilla junket ice cream may be used instead, if desired.
CHOCOLATE JUNKET WITH CREAM CHERRIES
1 pkg. Chocolate Junket Powder 1 pint milk
White 1 egg ½ cupful cream
1 tablespoonful powdered sugar Maraschino cherries
Dissolve the Junket Powder in the slightly warmed milk, pour at once into dessert glasses. Let set until firm, then chill. Just before serving, whip the cream with 2 teaspoonfuls of the cherry juice. Beat the white of egg until dry, adding gradually the sugar. Fold this into the cream with the cherries, cut in small pieces.

LEMON JUNKET, SLICED BANANA
1 pkg. Lemon Junket Powder 2 bananas
1 pint milk Plain cake
Lay slices of cake in individual dishes, deeper than saucers, and over each piece a layer of thinly sliced banana. Dissolve the Junket Powder in the slightly warmed milk and pour over the banana. Let set until firm and then chill. Serve with garnish of jelly.

FRUIT SOUFFLÉ ON VANILLA JUNKET
1 pkg. Vanilla Junket Powder 1 pint milk
1 cupful powdered sugar White 1 egg
1 cupful fresh strawberries or raspberries
Warm the milk slightly, dissolve in it the Junket Powder and pour at once into dessert glasses. Let set until firm, then chill. Put into a bowl a heaping cupful of fresh berries, without cores or spots, sprinkle over them the powdered sugar and add the unbeaten white of egg. Beat with a perforated wooden spoon or a silver fork, slowly, until the berries are broken and mixed well with egg and sugar, then rapidly as possible until the mass is stiff enough to hold its shape. It takes about thirty minutes. Then place in ice box. Pile lightly on the junket when serving.

ORANGE JUNKET WITH MACAROONS
1 pkg. Orange Junket Powder Macaroons
1 pint milk Nuts
Maraschino cherries
Place two whole, or crumbled, macaroons in each dessert glass and sprinkle over them a few English walnuts or pecans, cut into pieces. Dissolve the Junket Powder in the slightly warmed milk and pour over the nuts. Let set in warm room until firm. Chill. Top with the cherries.

VANILLA JUNKET RICE PUDDING
1 pkg. Vanilla Junket Powder 1 pint milk
½ cupful maple sugar 1 cupful boiled rice
Place rice in bottom of dessert glasses, sprinkling maple sugar over it. Dissolve Junket Powder in the slightly warmed milk and pour into glasses to fill. Let set until firm, then chill. Any left-overs of milk pudding—tapioca, cornstarch, etc., may be used instead of rice.
**LEMON JUNKET BAVARIAN**

- 1 pkg. Lemon Junket Powder
- 1 pint milk
- 1 tablespoonful powdered sugar
- ½ pint cream
- ½ cupful chopped walnuts
- ½ teaspoonful almond extract
- 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 Junket Powder, 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.

**COFFEE JUNKET WITH PUFFED RICE**

- 1 pkg. Coffee Junket Powder
- 1 egg
- 1 tablespoonful sugar
- ⅛ cupful Puffed Rice
- 1 pint milk

Put milk in double-boiler. Beat yolk of egg until light and add it to milk. Warm to lukewarm, dissolve in it the Junket Powder and turn at once into glasses. Leave to set until firm. Chill. Before serving, crisp the Puffed Rice in the oven and stir it with the well-beaten white of the egg and the sugar. Chill. Use as a meringue.
VANILLA JUNKET IN ORANGES
1 pkg. Vanilla Junket Powder  3 large oranges
1 pint milk  Cake crumbs
Cut in halves 3 firm, thick-skinned oranges, remove pulp and
dampen well the inside of each. Line each with cake crumbs
pressed well to sides. Set in muffin- pans or something that will
hold them without tipping. Slightly warm the milk, dissolve in it
the Junket Powder, carefully pour into the oranges, holding a spoon
inside to catch the milk as it is poured in, and fill each two-thirds
full. Let set until firm, then chill. When serving, fill up with the
sweetened pulp and juice of the oranges and, if desired, whipped
cream.

ORANGE JUNKET PRUNE WHIP
1 pkg. Orange Junket Powder  White 1 egg
1¼ cups stewed prunes  Sugar
1 pint milk
Put the stewed prunes through a coarse sieve into a large bowl;
sweeten to taste. Add the white of egg and beat with wire whisk 10
minutes. Fill tall dessert glasses half full. Dissolve the Junket
Powder in the slightly warmed milk and pour carefully into glasses
to fill, holding a spoon flat over the whip to catch the milk as it is poured
in. This careful pouring will keep the whip from floating. Let set
in warm room until firm. Grate a little nutmeg over top. Chill.

VANILLA JUNKET WITH PURÉE OF BANANA
1 pkg. Vanilla Junket Powder  2 ripe bananas
1 pint milk  White 1 egg
2 teaspoonfuls orange juice and 1 of sugar
Press the bananas through a sieve, mix with them the orange
juice, sugar, and beaten white of egg. Fill into bottom of dessert
glasses. Dissolve the Junket Powder in the slightly warmed milk
and pour carefully into center of banana mixture until glasses are
full. Let set until firm, about 20 minutes, then chill. Serve with
Nabisco wafer stuck in center and bit of red jelly on each side.

JUNKET WITH ALMONDS AND CREAM
1 Junket Tablet  1 cupful ground almonds
1½ pints milk  2 tablespoonfuls sugar
½ pint cream  Junket Brand Grape Green Food Color
Almond extract
Put the ground almonds into the milk and let stand for an hour,
then warm slowly to lukewarm. Remove from stove, add sugar, a
few drops of almond flavoring, a few grains of salt. Dissolve the
Junket Tablet in a spoonful of cold water, turn into the milk, stir
well a moment, and pour at once into dessert glasses. Let set until
firm, then place in ice box. Whip the cream with 1 tablespoonful of
sugar and tint it with Junket Brand Grape Green Food Color. Serve
on the junket. Butternuts may be used instead of almonds, using
vanilla flavoring.
JUNKET IN AN EMERGENCY

It's no task to prepare dainty refreshments if there's a package of Junket Powder on hand. It makes such delicious flavored desserts and they're so easy to make. Tempting dishes can be made in a jiffy.

HINTS FOR DAINTY SERVINGS

Raspberry Junket with Whipped Cream—Nut Bread Sandwiches
Orange Junket—Green Frosted Cookies
Chocolate Junket with Marshmallows in Fruit Juice—Saltines
Vanilla Junket with Chopped Nuts—Cinnamon Toast
Lemon Junket with Raspberry Tinted Whipped Cream—Angel Food
Coffee Junket with Marshmallow Whip—Nabisco Wafers

RASPBERRY JUNKET WITH MARSHMALLOW ROLL

Bake a thin layer of sponge cake, as for jelly roll, flavoring with vanilla and almond extract in equal proportions. While warm from the oven, spread with marshmallow filling tinted a pale green with Junket Brand Grape Green Food Color. Roll quickly, wrap in paper and tie to keep in place. Just before serving lay on a platter with lapping edge down, to keep from spreading, and cover with whipped cream. Dip the tines of a fork in Junket Brand Grape Green Food Color and draw quickly through the cream, streaking it in irregular lines. This is delicious served with raspberry junket.
ORANGE JUNKET IN CANTALOUPES

1 pkg. Orange Junket Powder
1 pint milk
2 cantaloupes

Dissolve the Junket Powder in the slightly warmed milk and pour into four dessert cups. Let set until firm, then put in ice box. At serving time cut the chilled cantaloupes in halves, remove seeds, and carefully turn into centers the chilled junket. If edge of junket is loosened from glass with thin knife blade and cantaloupe held over dessert cup and then together they are turned back, the junket will easily slip in. A fine way to serve frozen orange junket.

JUNKET WITH PINEAPPLE SAUCE

Junket Tablets as well as pineapple aid in the digestion of milk, making this one of the best of desserts. Prepare junket as on page 4, using milk and the Junket Tablets. Omit sugar and flavor. Let stand until firm, then chill. Serve with pineapple sauce:

Pineapple Sauce: Grate very ripe pineapple to measure a pint. Boil together 1 cupful of sugar and $\frac{1}{2}$ cupful of water until they spin a soft thread. Take from fire, stir in hastily the grated pineapple, and chill. May be served on vanilla junket ice cream.
VANILLA JUNKET, CHOCOLATE SAUCE

1 pkg. Vanilla Junket Powder
1 pint milk
Marshmallow whip
Maraschino cherries

Warm the milk slightly, dissolve in it the Junket Powder, pour at once into tall dessert glasses, filling each two-thirds full. Let set until firm, then chill in ice box. At serving time, place a tablespoonful or two of marshmallow whip and a cherry on each glass of junket and pour over top a chocolate sauce.

Chocolate Sauce: Melt 1 square of chocolate with 1 cupful of sugar, add \( \frac{1}{2} \) cupful of sweet cream, and cook together ten minutes. May be used hot or cold. This is a good sauce for junket ice cream.

ORANGE JUNKET WITH APPLE WHIP

1 pkg. Orange Junket Powder
1 pint milk
1 cupful sugar
1 large apple
White 1 egg

Warm the milk slightly, dissolve in it the Junket Powder and pour at once into dessert glasses. Let set until jellied, then place in ice box. Grate the apple into a bowl, add the sugar and unbeaten white of egg; beat with egg-beater and then with silver fork until very stiff. Chill and pile on top of the junket when serving.
CHOCOLATE JUNKET PRUNE PIES

1 pkg. Chocolate Junket Powder  1 pint milk
6 individual baked pie shells  Whites 2 eggs
2 cupfuls stewed prunes  Powdered sugar
½ cupful shredded cocoanut  Grape-Nuts

Dissolve the Junket Powder in the slightly warmed milk, pour 6 dessert cups half full, let set until firm, then place in ice box. Drain and stone the prunes, cover bottom of pie shells closely with them, and sprinkle over a thin layer of Grape-Nuts. At serving time beat the whites of eggs with 2 tablespoonfuls powdered sugar and, when stiff, stir in the cocoanut. Carefully loosen junket from sides of cups with a thin knife-blade, and turn on pies. Drop beaten egg by tablespoonfuls into hot water to set, lift with small skimmer, pat dry on towel, and slip off one on each pie. Chill pies for a few minutes.

LEMON JUNKET APPLE PIES

1 pkg. Lemon Junket Powder  1 pint milk
6 individual baked pie shells  Nutmeg
1½ cupfuls thick, sweetened apple sauce

Dissolve the Junket Powder in the slightly warmed milk and pour into 6 dessert cups, filling each two-thirds full. Let set until firm, then chill. At serving time put apple sauce into bottom of shells, loosen junket from sides of cups with thin knife-blade, turn carefully over apple sauce, and add spoonful of cream and grating of nutmeg over top.

VANILLA JUNKET, RICE COCOANUT TARTS

1 pkg. Vanilla Junket Powder  1 pint milk
6 deep, baked tart shells  ½ cupful cooked rice
½ cupful shredded cocoanut  Currant jelly

Soak the cooked rice and cocoanut in a little of the milk, place it in the bottom of 6 dessert cups. Dissolve the Junket Powder in the slightly warmed milk and pour over the rice to fill cups two-thirds full. Let set until firm, then chill. At serving time carefully loosen the junket from sides of cups with thin knife-blade, hold shell over cup, then turn back and junket will slip into shell. Pour melted currant jelly over top, and serve cold. Sprinkle shreds of cocoanut over jelly.

LEMON JUNKET TARTS

1 pkg. Lemon Junket Powder  1 pint milk
6 deep, baked tart shells  1 large egg
Powdered sugar

Beat the yolk of the egg, add the milk and warm slightly. Dissolve the Junket Powder in the milk and pour at once into 6 dessert cups, filling them nearly full. Let set until firm, then place in ice box. At serving time loosen junket from sides of cups with thin knife-blade, hold shell over cup, then turn back and junket will slip into shell. Beat white of egg with a tablespoonful powdered sugar until stiff, and place a spoonful on each tart. Serve cold.
JUNKET ICE CREAM
CREAMY WITH LESS CREAM

In making Junket Ice Cream with either Junket Powder or Junket Tablets, less cream may be used and a smooth, fine-grained quality obtained. About 1 part cream to 3 parts milk is the rule. It is delicious, easy to make, and inexpensive.

Junket ice cream is best when milk mixture is frozen to a thick mush first and the cream whipped and added. If this seems too much trouble, the cream may be whipped and turned into the can before the freezing is begun. Crushed fruits, nuts, etc., should be added when the cream is but partly frozen.

Condensed milk may be used with fresh milk and cream to make junket ice cream, in the proportion of 1 part condensed to 7 parts fresh milk and cream.

In freezing junket ice cream, the beater should be removed before the cream is frozen to it, then cream packed to finish freezing. If cream is to be kept from one day to the next, brine should be poured off and cream packed in ice with very little salt.

FROZEN JUNKET

2 pkgs. Raspberry Junket Powder 1 quart milk
2 tablespoonfuls sugar

Dissolve the sugar and then the Junket Powder in the slightly warmed milk. Pour at once into freezer can and let set in warm room 20 minutes. When jellied, pack around with ice and salt and freeze, slowly at first, then rapidly. Any flavor Junket Powder may be used.

VANILLA JUNKET ICE CREAM
Makes 1 Quart

2 pkgs. Vanilla Junket Powder 1 pint milk
½ pint cream

Warm the milk slightly, dissolve in it all the Junket Powder at once, pour into freezer can, let set in warm room until jellied. (Milk may be warmed in freezer can if can is set in hot water.) Place can in freezer, pack with ice and salt, freeze slowly to thick mush; add cream, whipped if convenient; finish freezing rapidly. This recipe is good for using Junket Powder of any flavor. Some tastes may require a little more sugar.

JUNKET BISQUE ICE CREAM

Plain vanilla junket ice cream with ground macaroons, Nabisco, or marshmallows, added when the cream is frozen to thick mush. Grape-Nuts are fine for this. Use about ¾ cupful for 2 quarts cream.
FOR COLORING Candies, Ice Cream, Junket, Gelatine, Jellies, Cakes, Frostings, Lemonade and other beverages.

The greatest charm lies in color.
If the cake has a rich colored layer or a tinted frosting, you always want a bigger piece, don’t you? You know you prefer a dainty slice of rainbow ice cream to a dish of plain cream, anytime. And candy—it’s the color that tempts you.
Well, there is no reason—when you stop to think about it—why color, if it is pure, should not be used as much as flavor.

But can you always be sure of getting pure food colors? Yes, you can. The Junket Brand Food Colors are absolutely pure and are guaranteed by Chr. Hansen’s Laboratory, Inc. They are used by the most particular cooks.

Just try them! Any color, from a deep shade to a delicate tint, may be obtained with them. A few drops will add the real appetizing touch to your goodies and make them exquisitely dainty.

Junket Brand Food Colors come in handy liquid form. 1 ounce bottles.

RASPBERRY RED, a bright, berry red
ORANGE GOLD, a rich deep orange
LEMON YELLOW, a clear lemon color
GRAPE GREEN, a pure, medium green
**VANILLA JUNKET ICE CREAM**

Makes 2 Quarts

- 2 Junket Tablets
- 1 quart milk
- ½ pint cream
- 1 cupful sugar
- 1 tablespoonful vanilla
- 1 spoonful cold water

Warm the milk slightly, add sugar and vanilla. Dissolve Junket Tablets in the water, add to milk, stir well a moment, pour into freezer can, and let set in warm room about 20 minutes, until jellied. (The milk may be warmed in freezer can if can is set in hot water.) Place can in freezer, pack around with ice and salt (about 1 part coarse salt to 6 parts ice), freeze slowly to a thick mush. Add the cream, whipped if convenient, and finish freezing rapidly.

**CHOCOLATE JUNKET ICE CREAM**

Makes 2 Quarts

- 2 Junket Tablets
- 1 square chocolate
- 1 quart milk
- ½ pint cream
- 1 cupful sugar
- 1 teaspoonful vanilla

Take the chocolate, 1 tablespoonful of the sugar, and about 3 tablespoonfuls hot water and stir over the fire to a smooth paste. Add milk, rest of sugar, and vanilla. Remove from fire when slightly warm. Dissolve Junket Tablets in spoonful cold water, stir quickly into milk mixture, turn into freezer can, let set in warm room until jellied. Freeze to thick mush, add cream, and finish.

**SIMMONS COLLEGE PEACH ICE CREAM**

- 2 Junket Tablets
- 2 quarts milk
- 1 pint cream
- 1 cupful sugar
- 2 teaspoonfuls vanilla
- Crushed, sweetened peaches

Warm milk slightly, add sugar and vanilla. Dissolve Junket Tablets in spoonful cold water, stir into milk mixture quickly, pour into freezer can and let set about 20 minutes, until jellied. Place can in freezer, pack with ice and salt and freeze to thick mush. Add the cream, whipped if convenient, and the crushed, sweetened peaches. Finish freezing. Save part of peaches to serve on top. Frozen pudding, strawberries, bananas, or pineapple may be added in this way when making any junket ice cream.

**STRAWBERRY JUNKET ICE CREAM**

- 2 Junket Tablets
- 1 quart milk
- ½ pint cream
- 1 cupful sugar
- 1 cupful strawberry juice

Mash fresh strawberries and strain through cheesecloth to get 1 cupful juice. Sweeten well. Warm the milk slightly, add sugar and strawberry juice. Dissolve Junket Tablets in spoonful cold water, add to milk mixture, stir well a moment, pour into freezer can and let set in warm room until jellied. Pack with ice and salt, freeze to thick mush, add cream and finish freezing.
FIG JUNKET ICE CREAM

- 2 Junket Tablets
- ½ lb. figs
- 1 quart milk
- ½ cupful sugar
- 1 cupful cream
- 1 tablespoonful vanilla
- 1 cupful condensed milk
- 3 tablespoonfuls orange juice

Have the figs cooked, chopped, mixed with sugar and orange juice and chilled. Mix milk, condensed milk, and vanilla together in freezer can. Warm slightly. Dissolve Junket Tablets in spoonful cold water, pour into milk mixture and stir well a moment. Let set in warm room until jellied. Place in freezer, pack around with ice and salt and freeze to a thick mush. Add figs and cream and finish freezing.

NEAPOLITAN JUNKET ICE CREAM

Makes 1 gallon—four 1 qt. moulds

- 3 Junket Tablets
- 2 cupfuls sugar
- 2 quarts milk
- Junket Brand Orange Gold Food Color
- 1 qt. double cream
- Junket Brand Grape Green Food Color
- 2 teaspoonfuls each of orange, almond, and vanilla extract

Warm the milk slightly, add sugar, remove from fire. Divide in 3 separate dishes, flavor each with a different flavor, also tint with different food color. For example: One part may be flavored with orange and tinted with Junket Brand Orange Gold Food Color. Another part flavored with almond and tinted with Junket Brand Grape Green Food Color. A third may be flavored with vanilla and not tinted.

Dissolve the Junket Tablets in 3 spoonfuls cold water and turn ½ of this into each part of the milk mixture, stirring in quickly. Let set in warm room for twenty minutes until jellied. Freeze each part separately, giving ½ of the double cream to each part. As soon as each is frozen, pack into moulds, say a layer of green first, the white next and orange last. Pack moulds in ice until wanted. Nuts and candied fruit may be chopped and either put between the layers or frozen into one part of the cream.

JUNKET ORANGE SHERBET

- 2 Junket Tablets
- 2 cupfuls sugar
- 2 quarts milk
- 6 oranges

Warm the milk slightly, add sugar. Dissolve Junket Tablets in a spoonful cold water, add to milk mixture, stir quickly a moment, pour into freezer can, let set in warm room until jellied. Pack with ice and salt, freeze to thick mush; add juice and grated rind of oranges and finish freezing.

JUNKET RASPBERRY SHERBET

Follow directions above for Orange Sherbet, omitting oranges and using 1 quart of crushed and sweetened raspberries.

JUNKET PINEAPPLE SHERBET

Follow directions above for Orange Sherbet, omitting oranges and using 2 cupfuls of grated and sweetened pineapple.
JUNKET FOR SICK AND INVALID

JUNKET AND EGG
Beat white of an egg, add pinch salt, turn into bottom of a glass. Warm a cup of milk slightly, add a little cooked rice. Dissolve \( \frac{1}{2} \) Junket Tablet in teaspoonful cold water, stir quickly into milk, pour over egg. Keep warm by placing glass in warm water. This will set in a few minutes while yolk of egg can be poached, seasoned with salt and pepper, and placed on top. Serve with toast.

JUNKET WITH SHREDDED WHEAT
Place a Shredded Wheat biscuit in a deep cereal dish. Beat 1 egg with 1 tablespoonful sugar, add \( \frac{1}{2} \) teaspoonful vanilla, 1 cupful milk, and beat. Warm slightly. Dissolve \( \frac{1}{2} \) Junket Tablet in teaspoonful cold water, add to milk, stir a moment, pour over biscuit. Let set until firm, then chill. May be served with chocolate sauce.

JUNKET CUSTARD
Beat 2 eggs with 2 teaspoonfuls sugar and gradually blend in a cupful of hot milk. Add a pinch of salt. Cook in double boiler until well thickened, then remove at once from fire and cool. Mix 2 teaspoonfuls sugar with 1\( \frac{1}{2} \) cups milk and 1 teaspoonful vanilla; warm slightly, add to the cooled custard and mix thoroughly. Dissolve 1 Junket Tablet in a spoonful cold water, add to custard mixture, stirring quickly; pour at once into cups, let set until firm in warm room, then place in ice box to chill. This junket custard is also delicious poured over stewed dried fruit, cooked without sugar.

JUNKET WHEY
Fresh junket whey is considered very wholesome for an invalid. It is readily assimilated and contains to some degree every element of nutrition. See directions for making on page 21.
STRONG, STURDY CHILDREN

Milk with junket makes a wonderful food for children. It makes strong bones, teeth and muscles. Being a pure milk food it is rich in vitamins, the substances so essential for the growth and development of their bodies. A child's diet should always include this wonderful milk food.

JUNKET WITH CEREAL

Junket, 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 piled on top, makes a novel and refreshing breakfast food. Fresh berries or stewed prunes with it make an ideal breakfast dish.

POSTUM JUNKET

Make it plain as on page 4, using strong Postum in place of other flavoring, and sweeten to taste. This is tasty, healthful and good for children, or anyone who should not have coffee.

CINNAMON JUNKET

Take ½ cupful from 1 pint fresh milk, scald with enough stick cinnamon to flavor well, cool to lukewarm. Add rest of the pint of milk; sweeten to taste. Dissolve ½ Junket Tablet in spoonful cold water, stir into the slightly warm milk, and let set until firm.

JUNKET WITH EGG ON TOAST

Place piece of hot toast in cereal dish, melt bits of butter over it and lay on a soft poached egg. Warm 1 cupful milk slightly, season with a few grains of salt and pepper, add ½ Junket Tablet dissolved in a teaspoonful cold water, stir a moment and pour over the toast and egg. Let set a few minutes until firm. Serve at once.
JUNKET WHEY

Dissolve 1 Junket Tablet in 1 spoonful cold water. Take 1 quart perfectly fresh milk, warm it slightly (98° F.), add dissolved Junket Tablet, and let set in warm room until firmly jellied. While warm, cut curd gently into coarse pieces to separate the whey, and carefully strain through fine muslin. Sweeten, if desired. Serve the whey fresh and cold. Junket Whey is excellent as a temporary substitute for milk, containing much of the nutriment but not the butter fat.

JUNKET-MILK FOR INFANTS

In the above directions for preparing whey the curd is cut gently and strained carefully so the cloth will retain all the casein and fat, and the liquid drained off will be clear whey.

If, on the other hand, the curd is stirred into a fine, smooth mass and squeezed through the cloth, only a portion of the casein will remain in the cloth, while the liquid going through will contain sufficient casein and fat to make it more like mother’s milk.

In the first of the two excellent recipes given below, it is the liquid and finely divided curd squeezed through the cloth that is used, while in the second (Protein Milk) it is the curd retained on the cloth.

A SIMPLE, TESTED JUNKET BABY FOOD

Warm 1½ quarts milk slightly (100° F.). Remove from stove and add 1 Junket Tablet dissolved in a spoonful cold water. Let milk set in warm room until firmly jellied, then stir it up to break the curd. Place back on stove, stir until quite smooth, not allowing it to get warmer than lukewarm. Then strain through two thicknesses of cheesecloth. Be careful to squeeze well to obtain all the whey possible, which is important. Add 1 tablespoon sugar to sweeten. Pour into nursing bottles, amount being according to age of baby. A sufficient number of bottles are prepared for 24 hours’ feeding. Keep the milk in a cool place, as it will sour the same as fresh milk. Every time baby is fed the milk must be warmed by placing bottle in a pan of water and heating to right temperature.

PROTEIN OR ALBUMIN MILK

Another form of milk used extensively in infants’ hospitals and by many children’s specialists, is what is called protein or albumin milk. It is made by warming 1 quart of milk slightly (100° F.), then adding to it 1 Junket Tablet dissolved in a spoonful of cold water. It is then left to set in a warm room until firmly jellied. The curd is then cut into pieces with a knife, and strained through two thicknesses of fine muslin until the whey is entirely drained off, after which it is washed with cold water (that has been boiled) and pressed through a very fine sieve several times. To the curd thus obtained, 1 pint of boiled water is added and then 1 pint of buttermilk. The resulting mixture contains very little milk sugar, a diminished amount of salt, and a large amount of lactic acid. It has been found very beneficial in many intestinal disorders of infants.
COTTAGE CHEESE
Easily made with Junket Tablets

Eat more Cottage Cheese and less meat. Cottage Cheese is one of the best tissue-building, energy-supplying foods we have. Make any small amount, using skim milk, and eat it fresh.

Always make Cottage Cheese with a Junket Tablet. It will have a finer texture and require less time and attention in making. Following is a simple method used by U. S. Govt. teachers.

MAKING COTTAGE CHEESE WITH JUNKET TABLET

Any small amount of skim milk may be used for this, with a tablespoonful or more of good sour milk.

To 1 gallon, or less, of sweet skim milk, add ¾ of a cup of clean sour milk and stir as it is put in. Raise the temperature in hot water to 75° F. (barely lukewarm). Remove from heat and place where it is to remain until set. Add ⅛ of a Junket Tablet thoroughly dissolved in 1 tablespoonful cold water; stir while adding. Cover with cloth and leave from 12 to 16 hours in even temperature, about 75° F. (kitchen warmth). There should be a slight whey on top, and when poured out the curd should cleave sharply. Drain through cotton cloth firmer than cheesecloth. When whey has been drained out, work 1 or 2 teaspoonfuls salt into the cheese, according to taste. 1½ to 2 pounds of cheese should be obtained from a gallon of milk.

In Salads:—Cottage Cheese may be used with tomato, cucumber, green pepper, pimento, cress, lettuce or other crisp vegetables.

COTTAGE CHEESE AND PEAR SALAD

Work into ½ lb. Cottage Cheese enough mayonnaise to make a smooth, stiff paste. Add salt, if needed, and form into balls the size of butter balls. Shred lettuce, toss lightly into French dressing and arrange on a platter. Drain canned pears and place on lettuce, cut side up. In each cavity place a cheese ball stuck full of narrow slivers of crystallized ginger, cut with shears. Garnish with maraschino cherries.

In Sandwiches:—Use Cottage Cheese with nuts, olives, onion, pimentos, minced bacon or ham, etc. In sweet sandwiches with raisins, dates, jelly, jam, honey, peach or strawberry marmalade. Oatmeal, graham or brown breads are best.

COTTAGE CHEESE CLUB SANDWICH

Spread thin slices of hot toast with Cottage Cheese mixed with butter to make it spread nicely, a little salt and dash of paprika. Lay on this a lettuce leaf and slice of tomato. Spread with mayonnaise and finish with slice of unbuttered toast.

A FRENCH COTTAGE CHEESE DESSERT

To Cottage Cheese add enough cream or whole milk to obtain the consistency of thick cream. Add sugar and serve with berries or peaches. It is delicious!
JUNKET BRAND BUTTERMILK TABLETS
FOR THE EASY PREPARATION
OF PURE BUTTERMILK OR LACTIC ACID MILK

A great scientist has told us that if we would have abundant health and long life we should drink plenty of pure buttermilk.

It is true that physicians appreciate the value of pure buttermilk for many nutritional disorders of infants and its curative effects in such diseases of adults as affect the liver and kidneys. So, if pure buttermilk is good as a means of making us well, why is it not doubly good if used as a means of keeping us well?

Common buttermilk, because of careless and unsanitary handling, is usually not a very healthful article of food. More than that, it does not contain the large amount of lactic acid which medical experts consider so important in the digestibility of this milk. These are not good reasons, however, for using less buttermilk.

Pure lactic acid milk can easily be made at home by anyone. Junket Brand Buttermilk Tablets used with sweet milk, either whole or skimmed, make a perfect buttermilk, delicious for drinking and excellent for cookery purposes.

Buttermilk has been used for centuries for feeding babies and is very popular today for that purpose when prepared with a pure culture of the lactic acid bacteria, such as is contained in Junket Brand Buttermilk Tablets. Buttermilk is not used plain for infant feeding, but sugar and flour are added to it and mixture boiled a few minutes.

Besides its wholesome quality, this buttermilk has the finest flavor possible. It is so easy to make that it should be kept on hand constantly, for everyday use. Directions are in each package of Junket Brand Buttermilk Tablets.

THE DIFFERENCE BETWEEN JUNKET TABLETS AND JUNKET BRAND BUTTERMILK TABLETS

both of which will curdle milk, is that the former contain the rennet ferment which curdles the milk sweet while the buttermilk tablets act by means of the lactic acid bacteria which sour the milk by converting the milk sugar into lactic acid.

Junket Tablets act quickly and the milk sets like jelly in a few minutes while it takes 18 to 24 hours for the Junket Brand Buttermilk Tablets to thicken the milk for buttermilk.

JUNKET MILK FOOD PREPARATIONS

JUNKET TABLETS . . . . . Packages of 10 and 100 Tablets
JUNKET POWDER . . . . . . . Package makes 1 pint
JUNKET BRAND BUTTERMILK TABLETS Packages of 15 to 75 Tablets
JUNKET BRAND FOOD COLORS . 4 Colors, liquid form, 1 oz. bottles

At Grocers’ and Druggists’
Made by “THE JUNKET FOLKS”
CHR. HANSEN’S LABORATORY, INC.,
LITTLE FALLS, N. Y.
Agencies in All Large Cities
Junket
REG. U.S. PAT. OFF.

Junket Powder
Made in a Jiffy
Makes Desserts and Ice Cream
With Pure Milk
Raspberry
Net Weight 1 1/2 oz.
Chr. Hansen's Laboratory, Inc., Little Falls, N.Y.

The Package
Junket Powder
With Flavor and Sugar in
- Raspberry
- Orange
- Vanilla Chocolate
- Coffee
- Lemon
Makes Desserts in a Jiffy

Junket Tablets
Plain
Without Flavor or Sugar

The Package
Junket Tablets
Net Weight 1/6 ounce
Prepared Only by
Chr. Hansen's Laboratory, Inc.
Little Falls, N.Y., U.S.A.