

Medical Science Has Found Milk To Be Most Nearly Perfect Food

Recipes For Tasty Dishes Can Be Made By Using Dairy Products As Base

Mary M. Smith, Home Demonstration Agent.

An adequate amount of milk in some form every day should be the rule in every household because it is known to be the most nearly perfect food. It contains the most complete source of proteins for muscle, milk sugar for fat and energy, calcium and phosphorus for bone and teeth, some iron for the blood, and vitamins for growth and health. It is the one food for growing children for which no satisfactory substitute can be found. Down-ups need milk daily to maintain good health. A quart a day for every child and a pint for adult is the best rule.

Clean milk is an essential. The reason that some people do not like milk is usually due to their having used milk or butter that was not wholesome. The containers in which milk is stored is of great importance. The best container for milk, according to A. C. Kimrey, Extension Dairyman, is the standard glass milk bottle. Immediately after it is milked, the milk should be strained through three or four folds of cheese cloth held over the side of the milk bucket, into quart glass bottles or other clean containers, preferably glass. Caps or covers are put in order, and the milk is ready to be set in water to cool. The milk should remain in water until cold, then it may be placed in icebox or refrigerator. Never place warm milk in a refrigerator. It will cool much more rapidly in cold water.

Milk is a food and should never be regarded as a beverage only. Even though the income is low, the homemaker will find that the money spent for milk is a good investment because

of its returns in good health for the family.

Milk is milk, whether plain from a glass, flavored, frozen, concentrated into cheese, or in combination with other foods. If the members of her family dislike it straight from the glass, it is up to the homemaker to see that they receive the proper amounts in some other form during the day.

Magazines, cook books, and newspapers carry good recipes which use milk. Following are a few:

Cream of Tomato Soup

4 cups tomatoes.
1 slice onion.
1 quart milk.
6 tablespoons flour.
4 teaspoons butter.
Salt, pepper.
1/2 teaspoon soda.
Cook tomatoes and onion in covered pan until tomatoes are soft. Press through a sieve, and add soda to neutralize the acid. Make a white sauce of the butter, flour, milk, and seasoning. At serving time, add the hot tomato pulp to the white sauce, stirring constantly. Serve at once.

Baked Custard

1 quart milk, 1/2 cup sugar.
1/2 teaspoon salt.
1 teaspoon vanilla.
4 eggs.
Scald the milk. Beat the eggs slightly and add the sugar. To eggs and sugar add the scalded milk slowly, stirring constantly. Add flavoring. Pour into baking dish and dust with grated nutmeg. Set in a pan of hot water and bake in a slow oven until set. A high temperature makes a watery custard. Serve cold with whipped cream.

Chocolate Bread Pudding

1 1/2 cups coarse bread crumbs.
3 cups milk.

2 squares chocolate or 8 tablespoons cocoa.
3/4 cups sugar.
2 eggs.
1/2 teaspoon salt.
1/2 teaspoon vanilla.
Scald milk and pour over crumbs; stir the sugar into the melted chocolate or cocoa. Beat eggs and add salt. Stir the bread and milk mixture into the chocolate and sugar, add beaten egg and flavoring. Stir well and pour into a buttered baking dish. Bake 35 minutes in a moderate oven. Serve hot with cream.

Cottage Cheese

Cottage cheese is a food which is easily made at home. It may be served either alone or in combination with other foods; it may form an important part of the diet. As a muscle builder it may replace other more expensive foods in the diet. It is also a fuel food, and contains some minerals and vitamins.

Country Club Croquettes

Add 1 cup of ground left-over ham to two cups of cottage cheese which has been mashed and beaten smooth. Shape into croquettes and roll in chopped nut meat. Serve on a platter garnished with celery or parsley.

Frozen Cottage Cheese Salad

1 cup cottage cheese.
1 cup whipped cream.
1/2 teaspoon salt.
2 or 3 grains cayenne.
1 tablespoon lemon juice.
Press cheese through a fine sieve. Mix well all ingredients together. Place in a mold, cover and freeze. Cut into slices and serve on lettuce. May be served on a slice of pineapple. Garnish with any berry desired, and serve with whipped cream dressing.

Creamed Vegetables

Vegetables which may be creamed are: Potatoes, carrots, cabbage, peas, onions, cauliflower, broccoli and others. Mix 1 part hot medium white sauce

Official Greeting Of Mayor Way



MAYOR J. H. WAY

As mayor of the Town of Waynesville, it gives me pleasure to offer congratulations to the Pet Dairy Pro-

ducts Company this week. I feel that the county should in turn be congratulated on the location of the plant in Haywood.

The Pet Dairy Products Company renders a service from a health standpoint that is hard to estimate in figures and values. Its pay roll has come at an opportune time to the farmers of this section.

The officials of the company, from other sections who have come here to live, are of the highest type of business men and we welcome them as citizens of this community.

I feel that the location of the plant and the demand for raw milk that it has created will be a great impetus to the dairy industry in this county, that will continue to grow until it becomes one of the major farming activities.

Both as the mayor of Waynesville, and as a private citizen, I welcome this industry to our county, and trust both of our company and the farmers of this community continued success and expansion.

J. H. WAY, Jr.,
Mayor of Waynesville.

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maining cup of milk, the blended flour and fat, and the seasonings; cook rapidly for 3 or 4 minutes, stirring constantly. The cabbage retains its crispness and is delicate in flavor and color.

The current copy of the Southern Planter carries an editorial paragraph on this subject of milk as a food. Mr. Sanders says, in part: "If you want to live a long life and a healthy one, drink plenty of milk."

That is the lesson that statistics teach. The three nations with the highest per capita consumption of milk and its products have also the longest life span—all in excess of 60 years. Those nations with the lowest milk consumption, have the shortest life expectancy. India is lowest with an average consumption of milk of only

7 ounces per day for each person, and a life expectancy of 26 years.

"Per capita consumption of milk and its products for other countries is as follows: Finland, 63 ounces; Sweden, 61; New Zealand, 56; Great Britain, 39; United States, 35; France, 30; Italy, 10."

Obviously, the United States has a decided need for an educational program which will lead to increased use of milk and milk products among its people, if we are to continue among the "leading nations." The consumption in some form of a quart of milk per day by each growing child and a pint a day by each adult of her household should be a definite responsibility of every homemaker whether in town or country.

Poinsettia Salad

Beginning at the blossom end of a tomato, cut the tomato into five petals almost to the core. Spread like a flower and fill with cottage cheese. Top with salad dressing.

SPECIAL FARM MEETINGS

Two special meetings have been planned for this week, one at Crabtree at 7 tonight, and at Dellwood tomorrow night at 7. Moving pictures, and special entertainment at both places.



Attend The Free Cooking School

And See In Use The New

Electric RANGES

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The high speed and low cost of electric cooking are *Kitchen Proved!* From U. S. home test kitchens comes the proof—certified reports telling how 103 women tested electric ranges 3 months, cooking 3 full family meals a day. See this proof—read these records!

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Smooth surfaces, rounded corners and flat, solid-top Corox Units are super-easy to keep clean. Electric heat is clean heat. Utensils never need scouring. Kitchens stay clean longer.

Test Kitchens Reported "Delightfully Cooler."

Electric Ranges, completely insulated, keep kitchens cool. No fumes... no odors... matchless safety.

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ECONOMIZER. "Simmer" uses 60% less current than the "low" on ordinary units.

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High School

TODAY at 2:30
FRIDAY at 2:00

SCHOOL CONDUCTED BY

Mrs. Joe Craver

Pet Home Economist

65 PRIZES Daily

Prize List

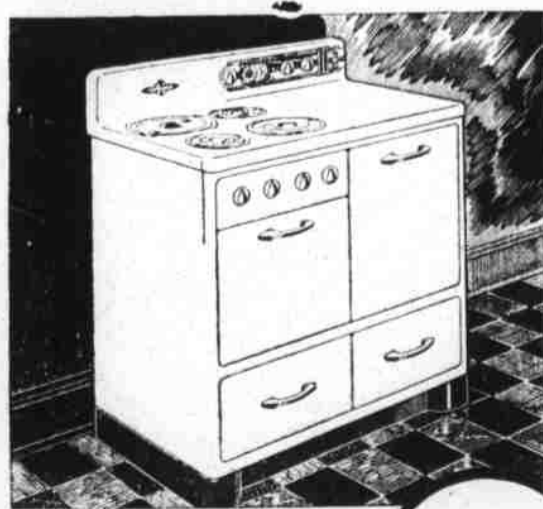
10 DAIRY BASKETS DAILY

Each Basket Will Contain

- Pint Pet Ice Cream
- Glass Pet Cottage Cheese
- Pound Pet Butter
- Quart Pet Pasteurized Milk
- Quart Pet Buttermilk
- Quart Pet Chocolate Milk
- Quart Pet Orangeade

OTHER DAILY PRIZES

- 15-Day Supply Pasteurized Milk (15 quarts)
 - 15-Day Supply Buttermilk (15 quarts)
 - 20 Pints of Pet Ice Cream
 - 10 Glasses of Pet Cottage Cheese
- SEVERAL VALUABLE ELECTRICAL APPLIANCES DAILY



A POPULAR FRIGIDAIRE RANGE



New and Different Dishes and Recipes

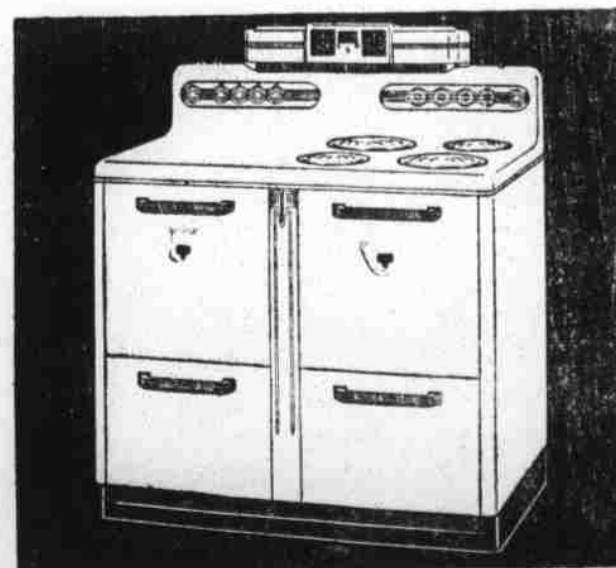
25 Votes

ON BEAUTY QUEEN CONTEST TO EACH ADULT AT SCHOOL

Attend Both Days

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