

Milk - A Basic Food For Thousands of Years

Ice Cream For Glamour and Nutrition

June is Dairy Month, but any time is ice cream time. It's like a good basic costume — use it plain for everyday meals or snacks or dress it up for company or party fare. There are so many different flavors that one can be found to suit each taste.

Ice cream is such a nutritious food it should not be considered as an "extra". It's a good source of bone building calcium and health protecting vitamins A and riboflavin. The amount of these food values you get depends upon how much milk solids are included in the recipe.

Miss S. Virginia Wilson, nutritionist for the N. C. Agricultural Extension Service, says the creamy smoothness of ice cream bought now makes it acceptable to the most discriminating tastes. Most commercial ice cream is made from a basic mix. It contains cream, milk, milk solids, sugar, and a stabilizer such as gelatin or eggs.

"Two-thirds cup of vanilla ice cream made from this basic mix supplies only 200 calories," says Miss Wilson. "Compare that with some of the popular desserts such as one large baked apple sweetened — 200 calories; a 4 1/2-inch wedge of a 9-inch apple pie — 300 calories; the same size piece of lemon meringue pie — 450 calories; and a 2-inch sector of chocolate layer cake — 400 calories."

Miss Wilson says calories are not the only things to be considered. In this weight watching era, few can afford to eat any food that supplies only calories. Milk solids used in making ice cream supply good amounts of the much needed minerals, calcium, muscle building protein and health protecting vitamins A and riboflavin. It contains smaller amounts of other minerals and vitamins which we need daily to protect good health. It's the milk in ice cream that furnishes these health protecting nutrients.

"Ice cream can be served in such a variety of ways that it need never become monotonous," adds Miss Wilson. "Serve it plain or top it with chocolate, butterscotch, a fruit or some other sweet sauce. Use it in place of whipped cream to top pies, puddings, cakes or other desserts. For a super elegant dessert, try vanilla ice cream in a

Since time beyond the writing of man, milk has been an essential food.

The word "milk" comes from a Sanskrit term describing the action of milking an animal. In the Bible, the promised land was one of "milk and honey."

But much farther back, milk was a prime food. Prehistoric drawings found in the Sahara Desert and reaching back 8,000 years or more show cattle. A mosaic frieze 5,000 years old that came from a Babylonian temple features milk containers and strainers.

And milk played a key role in the settling of America. In 1611 at Jamestown, dairy cows helped end a period of starvation. Nearly every covered wagon moving west had a dairy cow in tow.

In those days — and until well into the Twentieth Century —

meringue shell topped with crushed pineapple mixed with melted mint jelly."

Miss Wilson emphasizes that you should drink some milk each day to insure your body of the hard to get calcium and B-vitamin riboflavin. Eat ice cream to supply part of your day's needs and for plain good eating.

Carefree Meal In A Skillet

By Betty Barclay

HERE'S a tasty main course to try on a busy football week-end. Hearty and nourishing, this easy to make skillet dish requires very little preparation time thanks to modern pre-cooked rice. A flavorsome combination of sausage, canned pineapple and pre-cooked rice, it's a recipe you will want to repeat during the winter.



Heat sausage in skillet, turning to brown evenly. Drain all except 1 tablespoon fat from skillet. Add scallions to sausage and sauté briefly, stirring frequently. Drain pineapple, measuring juice. Add brown sugar, salt, mustard, pepper and ginger to juice in cup; then add water to equal 1 1/4 cups. Pour into skillet. Add pineapple tidbits and bring mixture to a boil. Stir in packaged pre-cooked rice. Cover and simmer 5 minutes. Makes 4 or 5 servings.

Rice 'n' Sausage Surprise

1 package (8 ounces) frozen fully cooked sausage links; 1/2 cup thinly sliced scallions; 1 can (8 ounces) pineapple tidbits; 1 tablespoon brown sugar; 1/2 teaspoon salt; 1/4 teaspoon dry mustard; dash of pepper; dash of ginger; 1 1/4 cups Minute Rice.

Heat sausage in skillet, turning to brown evenly. Drain all except 1 tablespoon fat from skillet. Add scallions to sausage and sauté briefly, stirring frequently. Drain pineapple, measuring juice. Add brown sugar, salt, mustard, pepper and ginger to juice in cup; then add water to equal 1 1/4 cups. Pour into skillet. Add pineapple tidbits and bring mixture to a boil. Stir in packaged pre-cooked rice. Cover and simmer 5 minutes. Makes 4 or 5 servings.

Bossie usually was a "one-gallon cow" or a "two-gallon cow," ac-

gave a day. Even two gallons a day, according to how much milk she produces, 365 days a year, is only about 7,300 pounds a year. Today a cow has to give 10,000 pounds a year to pay her way, and she's only milked 305 days.

The 1962 dairy cow hardly resembles the scrub cow great-grandfather kept in production or looks. She's a true milk factory, the result of many decades of fine breeding and feeding.

Nor does today's "milking parlor" look much like the barn stanchion where great-grandpa milked amid flies and dirt and manure that might contaminate the milk. Milking today is automated sanitation at its

best — even if Bossie eats onions for lunch, a machine at the dairy plant removes the noxious odor and taste.

For the 26th year, America is saluting the dairy industry in June. For that is the cow's peak milk production time; the children won't get milk at school for three months; it's hot and ice cream and milk refresh you.

They sanitized milk so even an infant can drink it safely; they homogenized it so you don't even have to shake the carton; they took out the butterfat so you can drink it and stay slim; they even added vitamins to it.

No wonder the President likes it.



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