Carefree Meal

For Thousands of Years

Milk - A Basic Food

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.

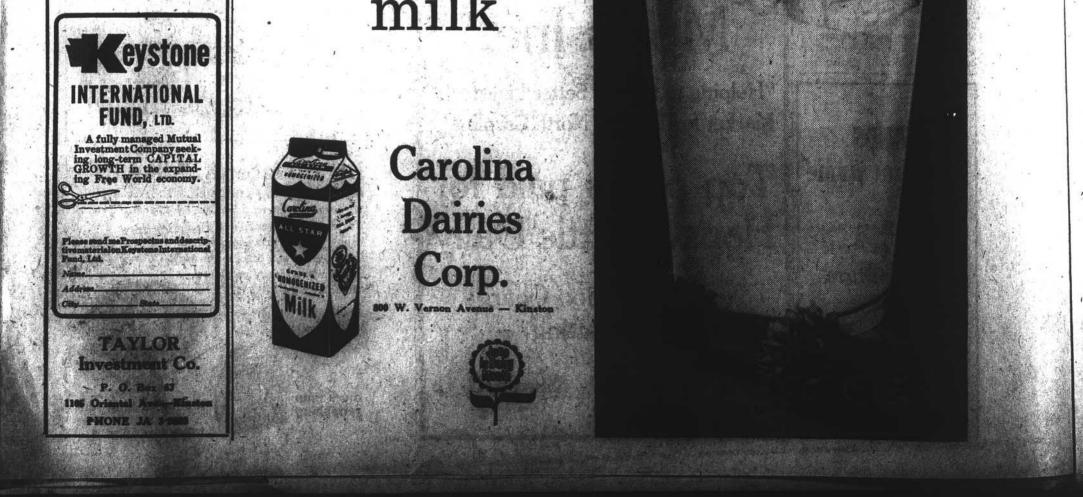
Ice cream is such a nutritious food it should not be considered as an "extra". It's a good source of bone building calcium and health protecting vitamins A and riboflavin. The amount of these food values you get depends upon how much milk solids are included in the recipe.

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 flavin. Eat ice cream to supply cream made from this basic mix part of your day's needs and for supplies only 200 calories," says Miss Wilson. "Compare that with some of the popular desserts suchas one larged baked apple sweetened - 200 calories; a 41/2-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 consid-ered. 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 essen-tial food.

The word "milk" come from a Sanskrit term describing the ac-tion of milking as animal. In the Bible, the promised land was, one of "milk and hency."

But much farther back, milk was a prime food. Prebistoric 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 everly covered wagon moving west had a dairy cow in tow.

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

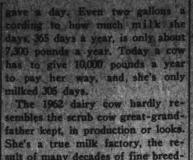
meringue shell topped with crushed pineapple mixed with melted mint jelly."

Miss Wilson emphasizes that you should drink some milk each day to insure your body of the hard to get calcium and B-vitamin ribo-

plain good eating.

Rice'n' Sausage Surprise 1 package (8 ounces) fro spoon sait; ¼ teaspoon dry mus tard, daah of pepper; dash o ginger; 1½ cups Minute Rice. Heat sausages in skillet, turn ing to brown evenly. Drain al except 1 tablespoon fat from skillet. Add scallions to sausages and / sauté briefly, stirring fre quently. Drain bineapple meas and / sauté briefly, stirring fre-quently. Drain pineapple, meas-uring juice. Add brown sugar, sait, mustard, pepper and ginger to juice in cup; then add water to equal 1% cups. Four into skif-let. Add pineapple tidbits and bring mixture to a boll. Stir in packaged pre-cooked rice. Cover and simmer 5 minutes. Makes 4 or 5 servings.

part of your day's needs and for Bossie usually was a "one-gallon cow" or a "two-gallon cow," ac-



sult of many decades of fine breed-

ing and feeding. Nor does today's "milking parlor" ook much like the barn stanchion night contaminate the milk. Milking added vitamins to it. today is automated sanitation at its No wonder the President likes it.

best - even if Bossie cats on for lunch, a machine at the dairy plant removes the noximous odo and taste.

For the 25th year, America is saluting the dairy industry in June. saluting the dairy industry in June. For that is the cow's peak milk production time; the children won's get milk at school for three months; it's hat 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 this

have to shake the carton; they took out the butterfat so you can where great-grandpa milked amid took out the butterfat so you can flies and dirt and manure that drink it and stay slim; they even



