

MILK--Our Most Complete Food



When It's
Pure There
Is No
Food to
Compare
with It

THE importance of pure milk cannot be overestimated. "The one perfect human food," is a true description of good milk—but for milk that is not right, there can scarcely be coined a condemnation strong enough. Surely a food that contains every one of the elements necessary for nutrition, and each in just the right proportion, is worthy of the best thought and effort to keep it working in the right direction. But it is only comparatively recently that the knowledge of how actively harmful impure or contaminated milk can be, has driven us to giving it the attention it warrants. We have come to realise that although pure milk is the

finest food and provides the most nourishment for the money it costs, it is the most perishable of the staple foods and is liable to be the dirtiest and most dangerous food.

Any wandering germ looking for a good home will choose milk before any other resting place. A fly contemplating suicide, will make straight for the cream-pitcher. For haven't scientists been declaring to all who would listen that "milk is a natural culture medium for bacteria," and that it will absorb impurities whenever it is exposed to the air? Any intelligent germ will promptly recognize the natural advantages of a milk home—with the additional inducement of plenty of congenial company, for once the way is open, bacteria will congregate and multiply in a manner to turn a higher mathematician dizzy.

Tuberculosis, typhoid fever, diphtheria, scarlet fever and tonsillitis germs thrive splendidly in milk. Sometimes they are derived directly from the cow—sometimes they gain access to the milk on its varied journey from cow to consumer. "Bovine tuberculosis," for instance, is amazingly common—comparatively few herds are tuberculin tested. The human system receiving these germs, is likely to gather them to itself, resulting in intestinal tuberculosis, tubercular peritonitis, or our ordinary "consumption." Children are much more readily infected by these "T.B. bugs," than are adults, but all alike are prey for the ordinary tuberculosis germ that has found its way into the milk can, transmitted by careless handling by some one already affected.

The Avoidance of Danger

THESE horrors, very real and very dangerous, have not long had the attention of authorities. In many districts, conditions are constantly improving under the earnest efforts of health officers and legislation, all tending toward three safety-measures. First, milk from healthy cows only. Second, careful handling at all stages, to prevent impurities of any kind from getting into it, via the containers, dust, flies or human agency. Third, exquisite cleanliness at every stage. Madame Cow must be immaculate, her toilet a matter of care, her housing above criticism, and her milkers fastidious about the cleanliness of their hands and the sterilization of all containers. And fourth, the temperature is important, for with everything else as it should be, milk exposed for even a short time to the rays of the sun or to the heated air of the kitchen, will run up immense quantities of bacteria, and the good work will be all undone.

Every mother, every woman catering for a household, must assume her personal responsibility in this most important matter of securing a safe milk supply. Milk is essential—one of the foundation stones of any proper dietary, so the question cannot be begged or evaded. If the community she lives in is not one of the progressive ones, with a conscientious health officer and up-to-date milk laws, she should make it her own business to insist upon better conditions. Proper milk inspection and rigid enforcement of sanitary regulations are the duties of every citizen, the only fair heritage of every child. A safe supply for your town means inspected herds and farms, proper refrigerator, carefully sampled and tested milk, scientific pasteurization and a strict supervision of its handling—a very different matter from the bad old days when the only

interference was the addition of pump-water and the subtraction of cream!

Besides the control exercised by public supervision, there is another great move in the safe milk direction. Hand in hand with it has gone the establishment of new industries and the development of dairy herds that have achieved world-records.

Condensed, evaporated and powdered milks have resulted, and have already accomplished two very important ends. Primarily, they have made pure milk, safe, convenient and dependable, possible for every one, from the city-dweller to the explorer in arctic seas. Secondly they have given tremendous stimulation to better dairying methods, either because the farmer wants to sell his milk to the condensaries and knows that he must maintain the most rigid standards to do so, or he must compete against them, in supplying pure milk.

That these grocer-sold milks are thoroughly suitable for ordinary domestic use, is a fact that has only begun to come home to many a good and conscientious housewife. Many women have bought condensed milk to take to the summer camp or to have in the house in case of emergency, or have thought of powdered milk as "a wonderful thing to send overseas," and have never made a mental connection between the certain cleanliness and safety of the canned milk and their own daily kitchen needs. This, perchance in spite of a constantly noted black sediment in the bottom of the milk, and an earnest disapproval of soiled hands, sour-smelling cans, and the casual methods of handling the milk they buy.

Most Real of Real Milks

A QUESTION recently put to EVERYWOMAN'S WORLD was, "What is canned milk made from? You'd never know it from real cream in your coffee."

Milk, just pure, sweet milk, is the answer.

Evaporated and condensed milk is simply whole milk from which part of the water has been removed. In what is usually called evaporated milk there is no sugar or any other substance added. The milk, after the evaporation of some of its water element, is thoroughly sterilized, sealed in an air tight can, and reaches the consumer in this altogether natural state, without any possibilities of contamination by the way. The sterilization makes the milk safe and (the old idea of danger from the can having been thoroughly exploded) the container keeps it safe. Incidentally the highest quality milk, from cows of known good health, and the most modern type of plants and equipment and scientific methods, give purity insurance from first to last.

The flavour of evaporated milk is different from that of ordinary milk. This is not due to the introduction of any other ingredient—there is no sugar, flavouring,

preservatives or—foolish notion—flavour from the can. The taste is due to the fact that the milk, in the process of being condensed, is cooked. Used in cooking, in the making of soups, sauces, creamed fish, meat or vegetables, desserts, and so forth, there will be no unusual flavour—the ordinary liquid milk would be cooked in the preparation of these dishes and the same final result obtained.

The term "condensed milk" has come to be more specifically used for the milk that is condensed and sweetened—a large percentage of cane sugar, and usually some starch, are added when the water has been partially evaporated. "Evaporated milk" has become the trade name for the milk which has merely been reduced to the consistency of cream by the removal of about half of

its water content and sterilized when canned.

Whilst evaporated milk, therefore, can be used anywhere that milk is called for, the sugar in the so-called condensed milk must be considered, for it is frequently used in as great a proportion as one-third of the finished product.

How to Use Evaporated Milk

THE woman who studies food values (and what woman of intelligence and patriotic inclination does not?) will find real satisfaction in the use of a good evaporated milk, because she can adjust its richness so simply, to

the particular need of every dish. The easy standard for her guidance is that the evaporated milk is just double the strength of rich, whole milk. If she wants to use it in a recipe which calls for a cup of sweet milk, she will pour half a cup of evaporated milk from her can, fill the cup with water, and so obtain the exact equivalent called for. If, however, the recipe also calls for butter or other shortening and her supply is low or she wants to save it, the undiluted evaporated milk, with its extra content of butter-fat, will enrich the dish and decrease the amount of shortening that is necessary.

If she is creaming a stock soup, on the other hand, or wants a light cream soup or creamed vegetables, she can use a greater proportion of water—say one-half cup evaporated milk to a whole cup of water.

It is as a substitute for cream that evaporated milk particularly endears itself to many women—for it gives them at a moment's notice the rich, creamy texture needed in a particular dessert, sauce or salad dressing, without necessitating the purchase of one spoonful more cream than she needs. Many a dish is perfected by the use of a spoonful or two of cream—but inconvenience or motives of economy prevent the special purchase of a bottle of cream, for even the tiniest quantity will cost from ten to twelve cents. But a spoonful of evaporated milk from the convenient can, solves the problem and saves the dish; the entire remainder of the can may be diluted to milk constituency as it is required.

Whipped cream? Of course it makes ambrosia of many a simple sweet, but we either haven't got it on hand, or again require but a little bit. Evaporated milk will serve here; there are brands which, thoroughly chilled, will whip just as heavy cream does. If you find that even after chilling, the brand you use will not whip, the addition of a little acid, either lemon juice or vinegar, will cause it to whip as stiff as you desire. The sweetened condensed milk will not whip alone, but the acid treat-

ment will make it also amenable to your beater. You will have to experiment as to the amount of acid necessary—usually from one to one and three-quarters tea-spoonfuls of the milk, will answer.

The starchy flavour noticeable in the whipped sweetened condensed milk, can be greatly lessened by first cooking it for ten minutes in a double boiler, and cooling before the acid is added and the milk whipped.

The milk if beaten till frothy, will give a fairy-like consistency to many desserts, and will altogether lend itself to so much variety of treatment,

that it will intrigue any real cook's fancy. It amounts to this—you can have cream, rich milk, thin milk, all constantly at your hand.

Milk in Powder Form

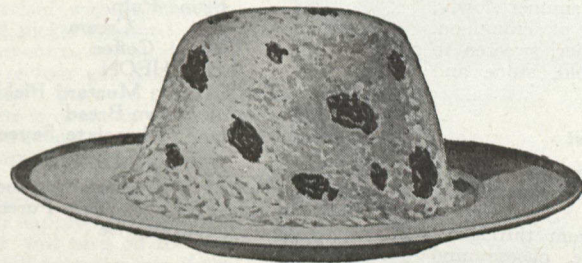
ANOTHER justly popular milk is that which comes in powder form. The almost complete evaporation of all the water in fresh milk (87 per cent.) has been found entirely practicable, and we now have milk in the dry powder form—creamy in colour, smooth and velvety if rubbed between the fingers, and entirely soluble when it is beaten up with water to restore it to the form of liquid milk.

Whole milk powder—that is, all the solids of the fresh milk—is used a great deal by manufacturers of milk chocolate, biscuits, and so forth. Imagine the ease and convenience of handling it compared with vast quantities of liquid milk from the dairies! The powdered milk that is on the general market, is not this whole milk, however. It is all the solids of the milk, except the butter fat. In other words, the milk is separated, almost all the butter fat removed, and then the separated milk is evaporated, leaving the remainder of the milk solids in the form of powder.

Dieticians have been urging on us the increased use of skim milk—not as being the equal of whole milk, from the standpoint of the nourishment supplied, but as a very suitable and cheap food that is apt to be overlooked or under-estimated. In the powdered form, we get it with all the certainties of highest quality and perfect safety, and in a very convenient form for daily use. Analysis shows this powder to be 95 per cent. milk-solids-not-fat, about 2 per cent. butter fat, and 3 per cent. moisture.

In using powdered milk with other dry ingredients, such as flour, meals, sugar, etcetera, it is easiest to add the amount of milk powder and wet all the dry ingredients with water to the amount of the liquid demanded by the recipe. If liquid milk is desired (as for a soup or sauce) water is added, in the proportion of one-half pint of water to 4 level tablespoons milk powder. To mix properly put the water in a bowl, float the milk powder in it and fold in and whip briskly with a beater.

The transportation and storage of these concentrated milks make them of tremendous importance—easily recognized when we consider that a one-pound tin of powder makes four quarts of separated milk and that condensed milk bulks only one-half of ordinary liquid milk. They do not require any highly specialized means of handling after being sealed in the can, and will keep indefinitely before the tin is opened and for a considerable period afterwards.



A Delicious War-Time Pudding

ONE cup evaporated milk, 1 cup water, ½ cup rice, 3 tablespoons sugar, pinch of salt, ½ teaspoon vanilla, ½ pound raisins cut in half. Boil the rice in 1 cup of water. When it is partially cooked, drain and add water to the liquid to bring the amount to 1 cup, and mix thoroughly with the evaporated milk. Add the rice, while still hot, the sugar and flavoring, and turn into a well-greased dish. Bake one hour in a moderate oven.



Condensed Milk Mayonnaise—Eggless

ONE-HALF teaspoon salt, few grains paprika, 2 tablespoons evaporated milk, ½ cup olive oil, 1 tablespoon lemon juice or vinegar, ½ teaspoon mustard. Beat the evaporated milk until it is a little light; add half of the acid (lemon juice or vinegar). Add a little oil, drop by drop, letting it flow more freely as mixture thickens. Mix the mustard smoothly with the rest of the acid, add the other seasonings and mix very thoroughly with the other ingredients.