

Dealing with the same subject, Prof. R. W. Washburn of the Minnesota College of Agriculture says: "One hundred pounds of skim milk contain the food equivalent to twenty pounds of lean meat. Fresh meat is not fed to swine, why should milk be?" Later on, he concludes: "Dairy farmers could be properly advised to keep on the farm only as much skim milk as needed adequately to raise the number of calves desirable to raise, and to give the young pigs a strong start, and to sell the remaining amount of skim milk for food or industrial purposes."

The best way, perhaps, to dispose of skim milk is to make it up into cottage cheese. Those interested in this proposition can obtain the necessary detailed information as to methods of making, packing, marketing, etc., from their agricultural college or experiment station. It must be remembered in this connection that cottage cheese is an appetizing, nutritious and inexpensive meat substitute. One pound of it furnishes as much protein as one pound of beef and as much as one and a half pounds of pork. Adding a little sweet or sour cream at the time of serving cottage cheese increases its palatability. Certain home economics specialists suggest to drop a bit of jelly into a nest made of cottage cheese in order to make the dish more attractive. They also suggest to pour preserved strawberries or cherries, etc., over the cottage cheese and to serve it with bread or crackers.

There are many other ways of using larger quantities of skim milk in the home. It can be used to advantage as a substitute for water in cooking gravies, soups, cereals, potatoes and in bread-making, the resulting benefits being due to improved quality and increased food value. This is best shown by a striking illustration in

which the authority states that "to cook a cupful of cereal in three cupfuls of skim milk instead of three of water adds as much protein as that contained in three eggs." In treating the subject of "How to Use Skim Milk," the U. S. Department of Agriculture says in part as follows:

"There are many dishes which may be described as vegetable milk soups, usually made by combining milk and the juice and pulp of vegetables. This mixture is then thickened with flour and starch and enriched with butter or other fat. If a fire is kept all the time and the cost of fuel need not be taken into consideration, the following method is recommended as a means of utilizing skim milk: Chop the raw vegetable or cut it into small pieces. Put it with the skim milk into a double boiler and cook until the vegetable is tender. The mixture can then be thickened and enriched as described above. By this method no part of the vegetable is thrown away and the liquid of the soup, instead of being part milk and part water is all milk. A soup so made, therefore, usually has about twice as much protein as that made in the other way, and has the additional advantage of a particularly good combination of mineral substances, for milk is rich in calcium and phosphorus, and the vegetables are rich in iron."

#### BUTTERMILK AND ITS USES

Buttermilk, often aptly referred to as "liquid meat," with its smooth, creamy body and delicate flavor, is a food-drink that cools, pleases, satisfies and invigorates. Churned butter-milk produced under sanitary conditions and properly handled is increasing in popularity. Physicians in many instances recommend buttermilk of good quality as a means of correcting certain intestinal disorders. It may be taken