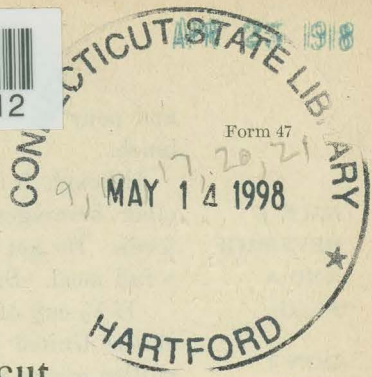


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# The Connecticut Agricultural College Extension Service

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THE CONNECTICUT COMMITTEE OF FOOD SUPPLY

The Connecticut Agricultural College and the United States Department of  
Agriculture Co-operating.

## CUTTING THE MEAT BILLS WITH MILK

Emergency Food Series No. 2

These Furnish the Same Amount of Food Measured by Actual Nourishment	}	1 qt. milk at . . . . .	\$ .15
		3-4 lb. round steak at . . . . .	.25
		8 Eggs at . . . . .	.26

MILK—  
A  
CHEAP  
FOOD

Therefore it would be economical to substitute milk some-  
times for meat or eggs and reduce the cost without reducing the  
amount of food.

Milk is not the cheapest of all foods, but it is cheaper than  
meat or eggs. Combined with cereal or bread it is cheaper than  
milk alone. Cereal alone is cheaper still, but not so inviting.  
It is true economy to combine milk with cheaper foods and  
substitute it occasionally in place of more expensive foods.

LITTLE  
CHILDREN  
& BIG  
CHILDREN

All children until full grown should have a quart of milk  
a day. Adults would do well to drink a glass or two. If a  
child does not like to drink it, make it into custards, bread pud-  
dings, blanchmanges—see that they get it somehow, for milk  
is milk, whether in a glass or in ice cream or soup.

FOR  
HOT  
WEATHER

Almost everyone enjoys milk in the summer. Ice-cold, with  
bread or crackers, milk is a good supper dish. Serve milk toast  
for breakfast in place of the bacon. Substitute a glass of milk  
in place of a slice of meat once a day. Make a white sauce  
of 2 tablespoonsful butter, 2 tablespoonsful flour and 1 cup milk,

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and pour this over vegetables. Serve this instead of soup for lunch.

MILK A  
BEVERAGE  
AND A  
FOOD

Although it is liquid, it has much more nourishment than other beverages. It is in fact much richer than many solid foods. Do not look upon it merely as a drink to be added to a full meal. Serve it in place of other foods.

DON'T  
BE A  
WASTER

If  $\frac{1}{2}$  cup of milk a day is wasted in the 20,000,000 families of the United States, there will be a loss of two and a half million quarts per day. If only one family in a hundred should waste a half cup of milk a day, there would still be a loss of a hundred thousand glasses a day. See that your house isn't the one that wastes any milk, any day.

EVERY  
DROP  
USED

"Waste not, want not." Sour milk has hundreds of possibilities. Make it into cottage cheese (another substitute for meat.) Old-fashioned sour milk molasses cakes are rich and nutritious. Sour cream makes delicious salad dressing.

RECIPES  
FREE

A bulletin giving recipes for use of both sweet and sour milk and cream will be sent free upon request.

STATE COMMITTEE OF FOOD SUPPLY,

36 Pearl St., Hartford, Conn.