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HOMEMAKERS' CHAT

Saturday, February 25, 1939

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SUBJECT: "NEW MILK DRINKS." Information from the Office of Experiment Stations,
U.S.D.A.

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A great many people go short on milk. Many also go short on fruit. Studies of American diets have all shown this. Nutrition authorities have often said that our national health record would be better if every child had a quart of milk a day and every adult a pint. They've also said that many people, young and old, would have better health if they ate more fruit--had fruit at least once a day. What's more, such an improvement in this Nation's eating habits would help the dairy and fruit farmers.

Some new and delicious ways to get your daily milk-and-fruit quota have recently been announced by the Illinois Experiment Station. Illinois dairy scientists have developed new drinks that combine milk with such fruit flavors as cherry, grape, blackberry, pineapple, strawberry, raspberry and orange.

Maybe you have some youngsters at your house who don't drink enough milk. Maybe they're tired of just plain milk. Or maybe they have a prejudice against it. These fruit-flavored milk drinks will be something different--a new treat instead of the same old food in the same old way.

Or perhaps you have an invalid at your house or a convalescent who needs lots of milk to build up but has no appetite for it. Again these new milk drinks with variety in flavor may be just the solution to the problem.

All of the new drinks are easy to make, especially if you keep some fruit sirup or extract on hand. If you are likely to make milk drinks often, you can make your own flavoring sirups and keep them in your refrigerator. Just boil down sugar and water until you have a medium-thick sirup. Then divide it into several parts and add to each part a different fruit flavor. You can keep this fruit-flavored sirup in glass jars in the refrigerator. Then, in just a jiffy you can add 2 or 3 tablespoons of fruit sirup to a cup of milk and beat them together. That's all there is to making these milk and fruit drinks.

Strawberry and orange flavored sirup is excellent in milk. So is raspberry or cherry or pineapple flavored sirup.

The Illinois workers just say "Pooh" to that old superstition that cherries and milk won't go together. They know better. And just to prove it, here are their directions for making a cherry milk drink from fresh cherry juice. They say to boil down strained cherry juice and sugar until you have a thin sirup. Chill the sirup. Then you can add 2 or 3 tablespoons of the cherry sirup to a glass of rich milk. Beat or stir it together.

You can use the juice of blackberries, grapes or pineapple the same way. Boil down with sugar. Then add to milk.

To make raspberry milk from fresh raspberries, just heat the berries, press them through a sieve, add sugar and cook until sirupy. When cold, add as much to the milk as suits your taste. Some like more sweetening and flavoring than others. If you want a deep pink color, add a little artificial flavoring.

On a hot summer afternoon these fruit-flavored milk drinks frosted and chilled right out of the refrigerator will have a welcome reception by your family or guests. You'll appreciate them not only because they are delicious and nourishing but also because they are easy to make on lazy summer days.

Another interesting new drink announced by the Illinois Station is honey milk. To make it you add 4 tablespoons of honey to each cup of milk. Use any kind of honey you like. The Illinois people simply report that the mild-flavored honeys, like clover and orange blossom, make a more delicate drink.

Of all the flavors that combine well with milk, probably none is more popular than chocolate. And the Illinois workers have announced two brand-new chocolate and milk drinks. They call one "chocolate fudge milk" and the other "fudge malt milk."

Here's how to make chocolate fudge milk. Melt 3 and a half ounces of bitter chocolate. Add a cup of granulated corn sugar, or dextrose--the other name for corn sugar. Then add a cup and a quarter of cane sugar. Finally stir in a cup and a half of cream--coffee cream. Heat this mixture, stirring as you heat, and let it boil until it forms a soft ball when dropped in cold water. It is really like a soft fudge sirup. You use 2 or 3 tablespoons of this sirup to each cup of milk. Add vanilla to taste. Chocolate fudge milk is good either hot or cold.

Suppose I repeat the ingredients for chocolate fudge milk: 3 and a half squares or ounces of bitter cooking chocolate.....1 cup of granulated corn sugar.. ..1 and a fourth cups of granulated cane sugar.....1 and a half cups of cream. Cook to the "soft-ball stage", stirring constantly. For each cup of milk, use 2 or 3 tablespoons of this fudge sirup.

How to make fudge malt milk, use the same recipe I've just given you for fudge sirup and add 3 tablespoons of powdered malted milk.

That's all the milk drinks I'm going to tell you about today. Just remember that these are easy and delicious and different ways to help your family get its daily milk quota.

