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**State of Connecticut oval seal centered on the top of the page**

**The Connecticut Agricultural College Extension Service**

H.J. Baker, Director

Published at the request of

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 cents

¾ lb round steak at……… .25 cents

8 eggs at …………….. .26 cents

**Milk – A cheap Food**

Therefore it would be economical to substitute milk sometimes for meet 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 sill, 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 puddings, blancmanges – see that they get it somehow, for milk is milk, whether in a glass or in ice cream or soup.

**[Blancmange (**[**/bləˈmɒnʒ/**](https://en.wikipedia.org/wiki/Help:IPA_for_English) **or** [**/bləˈmɑːndʒ/**](https://en.wikipedia.org/wiki/Help:IPA_for_English)**, is a sweet** [**dessert**](https://en.wikipedia.org/wiki/Dessert) **commonly made with** [**milk**](https://en.wikipedia.org/wiki/Milk) **or** [**cream**](https://en.wikipedia.org/wiki/Cream) **and** [**sugar**](https://en.wikipedia.org/wiki/Sugar) **thickened with** [**gelatin**](https://en.wikipedia.org/wiki/Gelatin)**,** [**cornstarch**](https://en.wikipedia.org/wiki/Cornstarch) **or** [**Irish moss**](https://en.wikipedia.org/wiki/Chondrus_crispus)**]]**

**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 palce 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, 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 ½ cup of milk a day is wasted in the 20,000,000 [20 million] families of the United states, there will be a loss of two and 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.**