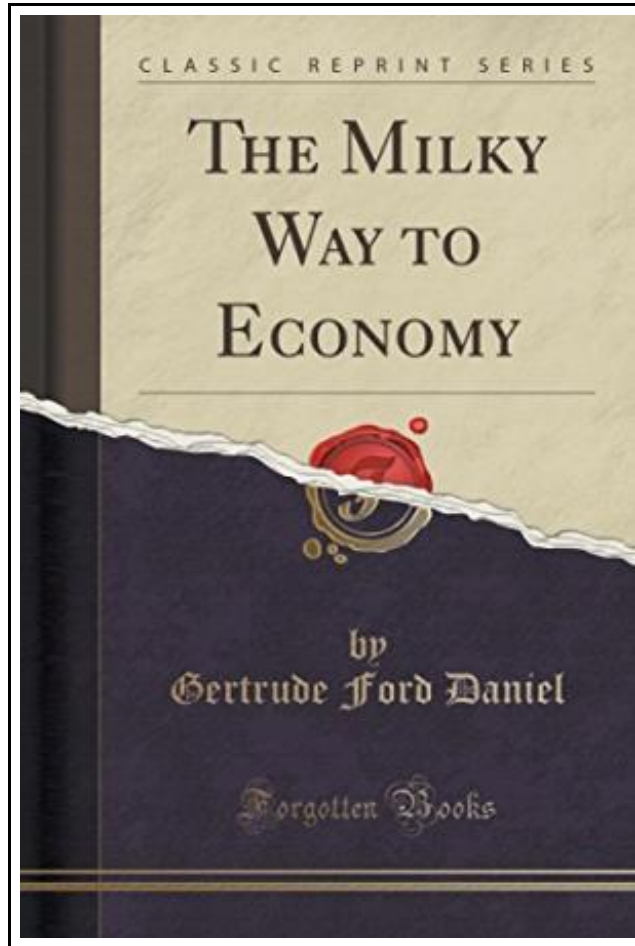


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from The Milky Way to Economy Milk is one of the most important food sources the human race possesses. For the proper nourishment of the child it is absolutely indispensable and its use should be kept up in the diet as long as possible. Not only does it contain all the essential food elements in the most available form for ready digestion, but recent scientific discoveries show it to be especially rich in certain peculiar properties that alone render growth possible. This essential quality makes it also of special value in the sick room. For the purpose of stimulating growth, and especially in children, butter fat and other constituents of milk have no substitutes. Therefore, every parent owes to himself and to his family the duty of providing the requisite amount of milk, butter, cheese and other dairy products. When milk increased in price as well as all other articles of food many families among the poor were found giving their children tea and coffee instead of milk. Such methods of feeding fail to nourish the child properly. Don t Throw Out Skim or Sour Milk Clean skim milk is a valuable food, containing all the nourishing elements of whole milk except the fat or cream. It is useful in cooking cereals, soups, sauces, cocoa, etc., and is a palatable, nourishing beverage. Sour milk and buttermilk can be used with soda in baking hot breads, or sour milk can be easily turned into cottage cheese, or clabber. Sour cream is a good shortening for cakes and cookies, and is useful for salad dressings and gravies for meat. Milk - The Best Food We Have, issued by...



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