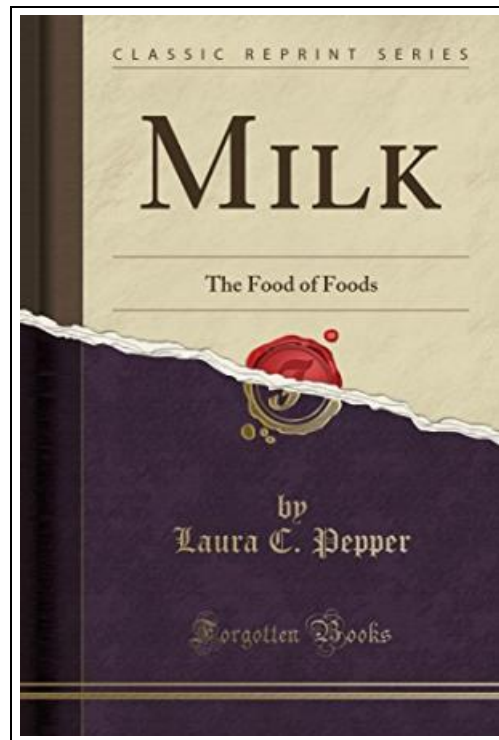


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Forgotten Books, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Milk: The Food of Foods Most children like to drink milk, but occasionally a child has a dislike for it. Then the mother is confronted with a real problem, for a milk appetite must be created by preparing it in appealing ways. With younger children good results may be obtained by allowing them to drink the milk through a straw or by changing the appearance and ?avour of the milk by making special milk drinks. Stories about athletes and peo-ple who drink milk to grow strong appeal to children and are effective. Children like to be independent, and allowing the child to use his own pitcher and glass may have the desired result. For children who refuse to drink milk in any form a considerable amount can be incorporated in the child s diet by regularly serving cereals cooked in milk, vegetables, fish, chicken and meats with cream sauce, eggs poached in milk, milk desserts and cream soups. The recipes which follow give directions for making only a few of the countless number of nourishing foods and drinks which may be prepared with milk. In addition to these types of dishes, an appreciable amount of milk can be included in the meals by using it in cooking fish and meats, in making gravies and in baking bread, biscuits and cakes. In many of the recipes skim milk may be used in place of whole milk, adding butter if desirable. Evaporated milk and milk powder may also be used by reconstituting these manufactured products to ?uid milk - the proportions to use are 1 cup of evaporated milk. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books....

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