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# Dry Skimmilk--How to Use It

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**W**HOLE MILK is one of the most valuable foods in the diet. . . . In homes where the amount of milk is limited by the cost, the necessity for economy often results in an insufficient milk supply. By the use of dry skimmilk in cooking and whole milk for drinking, it is possible to bring the total milk consumption to the desired amount. When dry skimmilk is used in place of part of the necessary milk supply, certain food materials must be added to the diet to take the place of butterfat in building up a strong resistance to disease.

UNIVERSITY FARM, ST. PAUL

# DRY SKIMMILK—HOW TO USE IT

ALICE M. CHILD

Milk is regarded as an essential in the diet of both children and adults. How an adequate quantity of milk can be supplied on limited and very limited budgets and how food value can be increased for the undernourished are two questions uppermost in our minds today. We answer these questions by saying, "Use dry skimmilk."

The experimental work<sup>1</sup> was not undertaken with the idea of replacing the use of fresh milk. It was, rather, an effort to find ways of using dry skimmilk as a supplement to fresh milk, when the supply of the latter is limited by economic conditions or by others, such as camping or traveling.

## What Is Dry Skimmilk?

Dry skimmilk is fresh, sweet liquid milk from which the fat and water have been removed, leaving a fine creamy-white powder.

The two main types of processing used in the manufacture of dry skimmilk are commonly referred to as the "spray" process and the "hot-roller" or "drum" process. The dry skimmilk used for human consumption is generally prepared by the "spray" process.

## Value of Dry Skimmilk

Whole milk is one of the most valuable foods in the diet. Dry skimmilk contains all the milk solids of whole milk except the fat and fat-soluble substances; therefore, dry skimmilk is a concentrated source of protein, calcium, and phosphorus and is rich in Vitamins B and G. Since it may be added to food products in fairly large proportions, it is a cheap source of nutrients often lacking in minimum-cost diets.

Table 1

Average Composition of Fresh and Dried, Evaporated and Condensed Milk\*

Kind	Water	Protein	Fat	Lactose	Ash
	per cent	per cent	per cent	per cent	per cent
Whole, fresh .....	87.27	3.47	3.66	4.91	0.69
Whole, dried .....	2.00	26.91	28.65	36.50	5.94
Skim, fresh .....	90.35	3.72	0.15	4.98	0.80
Skim, dried .....	3.89	35.42	1.74	48.74	8.08
Whole, evaporated .....	73.63	6.71	8.22	10.13	1.55
Whole, sweetened .....	27.03	7.85	8.99	12.65	1.76
condensed .....				( +41.65 )	
				sucrose	

\* Rogers, L. A. (By Associates) Fundamentals of Dairy Science. The Chemical Catalog Co., Inc., New York (1928).

<sup>1</sup> Ida T. Behan assisted in the experimental work.

Table 1 compares the nutrients in whole and skimmilk, fresh and dried milk, evaporated and condensed milk, and Table 2 gives the vitamin content.

Table 2

Vitamin Content of Fresh and Dried, Evaporated and Condensed Milk\*

Kind	A	B	C	G
Whole, fresh .....	+++	++	variable (0 to +)	+++
Whole, dried .....	+++	++	variable (0 to +)	+++
Skim, fresh .....	+	++	variable (0 to +)	+++
Skim, dried .....	+	++	variable (0 to +)	+++
Whole, evaporated .....	+++	++	?	+++
Whole, condensed .....	+++	++	variable (0 to +)	+++

- + indicates that the food contains the vitamin.
- ++ indicates that the food is a good source of the vitamin.
- +++ indicates that the food is an excellent source of the vitamin.
- ? indicates doubt as to presence or relative amount.

\* Sherman, H. C., Chemistry of Food and Nutrition, Macmillan Co., New York, 4th Edition (1932).

### Cost of Dry Skimmilk

Dry skimmilk may be purchased in 200-pound barrels and drums or in 100-pound and 50-pound drums. The price ranges from 7 cents to 10 cents a pound, depending upon the quantity purchased. At 8 cents a pound, reconstructed skimmilk will cost about 2 cents a quart. Packaging of small quantities of skimmilk powder is being studied, and when suitable containers are found it may be purchased in one-, five-, or ten-pound lots.

### Keeping Quality of Dry Skimmilk

Since the fat content of dry skimmilk is very low, the milk does not easily deteriorate and can be kept for at least six months under ordinary conditions, if the milk is kept dry and is stored in a reasonably cool place. Because dry skimmilk readily absorbs moisture, causing it to cake, it should be kept in an air-tight receptacle.

### Solubility of Dry Skimmilk

While dry skimmilk is soluble in both cold and hot water, it dissolves most readily at 85° F. to 90° F. A much higher or lower temperature than lukewarm will dissolve dry skimmilk as thoroly, but it will take a longer time.

### How To Use Dry Skimmilk

Dry skimmilk may be used in the powdered form, or it can be reconstructed with water and used like fluid milk. In nearly all cases, the resulting products are equally as good, using either method. However, in a few recipes, such as soup, white sauce, or recipes containing a large proportion of liquid, it is better to reconstruct the dry skimmilk and add it to the other ingredients according to the usual procedure.

## RECONSTRUCTION TABLES

Table 3  
Mixes Equivalent in Food Value to Fluid Skimmilk

Water	Dry skimmilk	Yield in liquid milk
1 cup	3 tablespoons	1 cup
1 pint	6 tablespoons	1 pint
1 quart	$\frac{3}{4}$ cup	1 quart
1 gallon	3 cups	1 gallon

Table 4  
Equivalents

Measure	Weight
1 tablespoon dry skimmilk	7.09 grams or $\frac{1}{4}$ ounce
4 tablespoons dry skimmilk	28.35 grams or 1 ounce
1 cup dry skimmilk	113.4 grams or 4 ounces
4 cups dry skimmilk	453.5 grams or 1 pound

**Methods of reconstruction:**

1. The following method of reconstructing dry skimmilk is ordinarily used: Sprinkle dry skimmilk on the surface of the liquid and mix with a spoon. Let it stand for 5 minutes or longer, then beat. For small amounts, a wire whip or Dover egg beater may be used; for large quantities, a commercial mixer. Beat one minute.

2. Add a small amount of water to the dry skimmilk and rub to a smooth paste; then add the remainder of the liquid slowly, mixing it well.

**THE USE OF DRY SKIMMILK IN LOW-COST BUDGETS**

In homes where the amount of milk is limited by the cost, the necessity for economy often results in an insufficient milk supply. By the use of dry skimmilk in cooking and whole milk for drinking it is possible to bring the total milk consumption to the desired amount. When dry skimmilk is used in place of part of the necessary milk supply, certain food materials must be added to the diet to take the place of butterfat in building up a strong resistance to disease. To secure this protection, use one or more of the following food products in the daily menu: eggs, cheese, green vegetables (especially string beans, peas, spinach, and kale), carrots, tomatoes, liver, kidney, pumpkin, sweet potatoes, and yellow corn.

Recipes for Using Dry Skimmilk in Low-Cost Budgets

(Level measurements are used in all recipes.)

**BEVERAGE**

**Cocoa (6 servings)**

- |                      |                 |
|----------------------|-----------------|
| 1¼ cups dry skimmilk | ⅛ teaspoon salt |
| 5 tablespoons cocoa  | 5 cups water    |
| 4 tablespoons sugar  |                 |

1. Mix dry ingredients thoroly.
2. Add water slowly, one cup cold and remainder hot, stirring to keep mixture smooth.
3. Cook 5 minutes over low heat.

**BREADS**

**Baking Powder Biscuits (18-24 biscuits, 2" diameter)**

Temperature—425° F.

Time—12 to 15 minutes

- |                           |                          |
|---------------------------|--------------------------|
| 3 cups flour              | ½ cup dry skimmilk       |
| 1½ teaspoons salt         | 6 tablespoons shortening |
| 6 teaspoons baking powder | 1 cup water              |

1. Sift dry ingredients.
2. Work in shortening with fingers, fork, or two knives until the consistency of very coarse cornmeal.
3. Add liquid all at once and stir quickly until mixture thickens.
4. Place dough on a lightly floured board and roll or pat out ½ to 1 inch in thickness. If a fine grain is desired, knead for about ½ minute.
5. Cut biscuits with floured cutter, and place in baking pan.
6. Allow to stand at room temperature at least 15 minutes before baking.

**Variations**

1. **Cheese Biscuits:** Sprinkle grated cheese on biscuit before baking, or add ½ cup grated cheese to biscuit dough, or prepare dough as for cinnamon rolls, using grated cheese in place of cinnamon and sugar.
2. **Cinnamon Rolls:** Add 2 tablespoons sugar to the ingredients. Roll dough ½ inch thick. Spread with fat, cinnamon and sugar. Roll dough into a long roll and cut crosswise ½ to 1 inch thick. Sprinkle with a mixture of sugar and cinnamon.
3. **Coffee Cake:** Add 2 tablespoons sugar and 1 egg to the ingredients. Spread dough ½ inch thick in pan and cover top with fat and a mixture of sugar (6 tablespoons) and cinnamon (1 teaspoon) before baking.
4. **Dutch Apple Cake:** Prepare the same as coffee cake, spread in pan and cover with sliced apples.

**Drop Baking Powder Biscuits (24 biscuits)**

Temperature—425° F.

Time—12 to 15 minutes

- |                            |                    |
|----------------------------|--------------------|
| 3 cups flour               | ½ cup dry skimmilk |
| 1 teaspoon salt            | ½ cup shortening   |
| 4½ teaspoons baking powder | 1½ cups water      |
| 1 tablespoon sugar         |                    |

**BREADS—Continued**

1. Sift dry ingredients.
2. Work in shortening with fingers, fork, or two knives until the consistency of very coarse cornmeal.
3. Add liquid all at once and stir quickly.
4. Drop from spoon on a greased tin and bake as baking powder biscuit, or they may be baked in muffin tins.

**Cornmeal Griddle Cakes (24 to 28 cakes—4" to 5" diameter)**

2 cups flour	1 teaspoon salt
½ cup cornmeal	1 egg—well beaten
¾ cup dry skimmilk	2½ cups water
1 tablespoon sugar or corn syrup	2 tablespoons shortening
5 teaspoons baking powder	

1. Sift dry ingredients into mixing bowl.
2. Combine egg, water, and melted shortening and turn into a well, made in the dry ingredients. Gradually stir until smooth.
3. Bake on hot griddle, using about 2 tablespoons batter for each cake.
4. Turn when cake is brown on bottom, and bubbles are forming on top.

**Corn Pone (8 cakes 4" x 2" x ¾")**

Temperature—375° F. to 400° F.

Time—30 minutes

1 cup cornmeal	4 tablespoons melted bacon fat
½ cup dry skimmilk	¾ cup boiling water (approximately)
1 teaspoon salt	

1. Mix dry ingredients and add bacon fat.
  2. Add just enough boiling water to hold the meal together.
  3. When cool, shape into cakes, brushing tops with melted fat.
  4. Bake on a greased baking sheet in a moderate oven.
- Note: Serve hot with fried salt pork, bacon or sausages, and cream gravy.

**Spider Corn Bread (6 servings)**

Time—about 30 minutes

2 eggs	5 tablespoons dry skimmilk
1 cup water	1 teaspoon salt
¾ cup cornmeal	1 teaspoon baking powder
¼ cup flour	1 tablespoon melted fat

1. Beat eggs well and add the water.
2. Add thoroly mixed dry ingredients and melted fat. Stir until smooth.
3. Pour into a sizzling-hot, greased frying pan. Cover.
4. Brown on one side; turn and brown on the other.
5. Finish baking slowly.
6. Serve hot.

**Yeast Potato Bread (6 one-pound loaves)**

Temperature—375° F.

Time—50 to 60 minutes

2 to 3 cakes compressed yeast	¾ cup shortening
1½ cups lukewarm water	3 cups mashed potato
6 cups potato water	3 to 4 cups dry skimmilk
½ cup sugar	4½ quarts flour or more
2 to 2½ tablespoons salt	

**BREADS—Continued**

1. Soften yeast in lukewarm water.
2. Heat potato water to lukewarm and pour over sugar, salt, and shortening. Add yeast and potato.
3. Fold in flour, which has been thoroly mixed with the dry skimmilk, until there are no sticky places left.
4. Place the dough on well floured board and fold the sides to center (8 or 10 times), pressing each fold firmly with the flat of the hand.
5. Place in greased bowl, grease top, and cover.
6. Keep at temperature of 80° F. to 85° F. for about one hour. Dough should rise to almost double in bulk.
7. Place dough on board and fold down again. Allow to rise as before.
8. Shape into loaves and place in well greased pan.
9. Let rise again (about one hour) until almost double in bulk.
10. Bake in moderate oven.

**Yeast Bread (6 one-pound loaves)**

Temperature—375° F.

Time—50 to 60 minutes

2 to 3 cakes compressed yeast  
 1½ cups lukewarm water  
 6 cups water  
 ½ cup sugar

2 to 2½ tablespoons salt  
 ¾ cup shortening  
 3 to 4 cups dry skimmilk  
 4½ quarts flour or more

Follow directions for Yeast Potato Bread.

**Yeast Rolls (18 to 24)**

Temperature—400° F.

Time—15 to 20 minutes

½ cake compressed yeast or more  
 ¼ cup lukewarm water  
 1 cup water  
 2 to 4 tablespoons sugar  
 1½ teaspoons salt

2 to 4 tablespoons shortening  
 ½ to ¾ cup dry skimmilk  
 3 cups flour or more  
 0 to 1 egg (beaten)

1. Soften yeast in lukewarm water.
2. Heat water to lukewarm and pour over sugar, salt, and shortening. Add yeast.
3. Fold in flour, which has been thoroly mixed with the dry skimmilk, until there are no sticky places left.  
 (If egg is to be used, add one cup of the flour to liquid, then egg, and beat thoroly. Add remainder of flour.)
4. Place dough on well floured board and fold the sides to center (8 or 10 times), pressing each fold firmly with flat of the hand.
5. Place in greased bowl, grease top, and cover.
6. Keep at temperature of 80° F. to 85° F. for about one hour. Dough should rise to almost double in bulk.
7. Place dough on board and fold down again. Allow to rise as before.
8. Shape rolls, place in well greased pan.  
 (For Parker House rolls, shape dough in balls and allow to rise 20 to 30 minutes. Make a mark through the center, using edge of hand, brush with butter, and fold.)
9. Let rise again (about one hour) until almost double in bulk.
10. Bake in hot oven.

**CAKE AND COOKIES****Gingerbread (8 servings)**

Temperature—325° F.

Time—about 40 minutes

1½ cups flour	½ teaspoon ginger
2 tablespoons sugar	½ teaspoon cloves
½ cup dry skim milk	½ teaspoon cinnamon
1 tablespoon baking powder	1 egg
½ teaspoon soda	¾ cup water
½ teaspoon salt	½ cup molasses
	¼ to ½ cup shortening, melted

1. Sift dry ingredients.
2. Beat egg well, add water, molasses, and shortening.
3. Combine liquid and dry ingredients thoroly.
4. Pour into well greased shallow pan.
5. Bake in moderate oven.

**One Egg Cake (8" x 8" x 2½")**

Temperature—360° F.

Time—25 to 30 minutes

¼ cup fat	3 teaspoons baking powder
1⅞ cups sugar	½ teaspoon salt
1 egg	1 cup water
2¼ cups flour	1 teaspoon vanilla
⅓ cup dry skim milk	

1. Cream fat and add sugar slowly, beating as it is added.
2. Beat egg for one minute and fold it into fat and sugar.
3. Add sifted dry ingredients and water alternately. Begin and end with the dry ingredients. Beat well after each addition. Add vanilla.
4. Pour into greased pan and bake in moderate oven.

**One Egg Cocoa Cake (9" x 9" x 2½")**

Temperature—360° F.

Time—40 minutes

¼ cup fat (lard)	3 teaspoons baking powder
1⅞ cups sugar	½ teaspoon soda
1 egg	¾ teaspoon salt
1½ cups flour	1 cup water
½ cup dry skim milk	1 teaspoon vanilla
5 tablespoons cocoa	

Use same method as for One Egg Cake.

**Molasses Drop Cookies (60 small)**

Temperature—350° F.

Time—about 15 minutes

¾ cup molasses	3 tablespoons dry skim milk
½ cup shortening	4 teaspoons baking powder
1 egg (beaten)	½ teaspoon soda
½ cup sugar	½ teaspoon cinnamon
½ cup water	½ teaspoon ginger
2¾ cups flour	½ teaspoon salt

1. Heat molasses and shortening until shortening is just melted.
2. Add to the mixture of beaten egg, sugar, and water in mixing bowl.
3. Add sifted dry ingredients and mix thoroly.

CAKES AND COOKIES—Continued

4. Drop teaspoonfuls of mixture an inch apart on greased cookie sheet and bake in a moderate oven.
5. Remove from pan at once.

**Peanut Butter Cookies (25 cookies)**

Temperature—375° F.

Time—10 minutes

- |                             |                     |
|-----------------------------|---------------------|
| ¾ cup peanut butter         | ½ teaspoon cinnamon |
| ¾ cup corn syrup            | ½ teaspoon soda     |
| 1 egg (beaten)              | ¼ teaspoon salt     |
| ¾ cup flour                 | 1½ teaspoons water  |
| 4 tablespoons dry skim milk |                     |

1. Cream peanut butter and syrup.
2. Add beaten egg, sifted dry ingredients, and water.
3. Mix thoroly and chill 2 hours or more.
4. Drop rounded teaspoonfuls of batter, 2 inches apart on greased cookie sheet. Press flat with a fork.
5. Bake in a moderate oven.

**Quick Ginger Snaps (6 dozen—2" diameter)**

Temperature—400° F.

Time—7 to 8 minutes

- |                     |                     |
|---------------------|---------------------|
| ½ cup molasses      | ½ teaspoon salt     |
| ½ cup lard          | 2 cups flour        |
| ¼ cup hot water     | ¼ cup sugar         |
| ½ tablespoon ginger | ½ cup dry skim milk |

1. Place molasses, lard, and hot water in a bowl and blend.
2. Add sifted dry ingredients and mix thoroly.
3. Pinch off pieces of dough the size of ¾" marbles, roll into balls, and press flat (2" in diameter) on cookie sheet.
4. Bake in hot oven.

CEREALS

**Cereals—Proportions and Time Table**

Cereal	Amount	Salt	Water	Dry skim milk	Time in double boiler
Cornmeal	1 cup	1½ teaspoons	6 cups	¾ cup	1 hour or more
Cream of Wheat	1 cup	1¼ teaspoons	5 to 6 cups	¾ cup	½ hour
Cracked Wheat	1 cup	1 teaspoon	4 to 5 cups	¾ cup	4 hours or more
Rice	1 cup	1 teaspoon	4 cups	¾ cup	50 to 60 minutes
Rolled Oats	1 cup	¾ teaspoon	3 cups	¾ cup	50 to 60 minutes
Quick Oats	1 cup	½ teaspoon	2 to 2½ cups	½ cup	10 to 15 minutes

1. Pour cereal slowly into boiling salted water, stirring constantly to prevent lumping.
2. Cook over direct heat until it thickens (about 5 minutes).
3. Finish cooking in double boiler over hot water.
4. Five minutes before cooking period is completed, add the dry skim milk with a little water.

**DESSERTS****Cereal Pudding (6 cups)**

1 cup farina (or other cereal)	9 tablespoons dry skimmilk
$\frac{1}{2}$ cup fat	$\frac{3}{4}$ cup cooked prunes
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ teaspoon salt
3 cups water	

1. Heat dry cereal in fat until light, golden brown, stirring constantly.
2. Make a syrup of the sugar and water, add cereal, heat to boiling, then cook over hot water about 15 minutes.
3. Add dry skimmilk, mixed with a small amount of water, the prunes, and salt.
4. Serve hot or cold with milk.

Note: This method makes a delicious breakfast cereal.

**Cocoa Cornstarch Pudding (6 servings)**

1 cup dry skimmilk	$\frac{5}{8}$ cup sugar
$2\frac{1}{4}$ tablespoons cocoa	Few grains salt
3 tablespoons cornstarch or	3 cups water
6 tablespoons flour	$1\frac{1}{2}$ teaspoons vanilla

1. Mix dry ingredients thoroly. Add water slowly, one cup cold and remainder hot, stirring to keep mixture smooth.
2. Cook over direct heat, stirring until it thickens.
3. Cover and cook over hot water until there is no raw taste (about 15 minutes).
4. Add flavoring and pour into molds which have been dipped into cold water.
5. Chill.

**Prune Rice Pudding (6 servings)**

Temperature—350° F.

Time—20 minutes

$\frac{3}{4}$ cup dry skimmilk	$4\frac{1}{2}$ cups cooked rice
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ tablespoons melted fat
$\frac{1}{4}$ teaspoon salt	2 eggs (beaten)
3 cups water	1 cup prunes (cooked)

1. Mix dry ingredients thoroly. Add water slowly, stirring to keep mixture smooth.
2. Add the remainder of the ingredients, except the prunes.
3. Grease a baking dish and make alternate layers of rice mixture and prunes cut in small pieces.
4. Bake in a moderate oven.

**MEATS****Creamed Salt Pork (6 servings)**

$\frac{3}{4}$ cup dry skimmilk	$2\frac{1}{4}$ cups salt pork (cubed)
3 tablespoons flour	2 teaspoons onion (minced)
3 cups water	

1. Mix dry skimmilk and flour. Add water slowly, stirring to keep mixture smooth.
2. Fry pork slowly until crisp. Remove from pan.
3. Add onion to the remaining fat, and brown.
4. Stir in the milk mixture and mix until smooth. Combine with the pork.

MEATS—Continued

Meat Balls with Tomato Sauce (6 servings)

- |                                |                        |
|--------------------------------|------------------------|
| 1 pound ground beef            | 1 small onion (minced) |
| 1 cup rolled oats              | 1 teaspoon salt        |
| $\frac{1}{4}$ cup dry skimmilk | Pepper                 |
| 2 cups canned tomatoes         |                        |

1. Mix ingredients, using  $\frac{1}{2}$  cup tomato.
2. Shape into balls. Brown in a frying pan, using a small amount of fat.
3. Cover balls with the remainder of the tomatoes.
4. Cover and cook very slowly for one hour.

ONE-DISH MEALS

Italian One-Dish Meal (6 servings)

- |                             |                                    |
|-----------------------------|------------------------------------|
| $\frac{1}{4}$ onion (small) | 2 cups cooked macaroni             |
| 2 teaspoons fat             | 1 cup cooked white or kidney beans |
| 1 cup tomato                | 4 tablespoons dry skimmilk         |
| $\frac{1}{2}$ teaspoon salt |                                    |

1. Cut onion fine and fry in fat until brown.
2. Add tomato and salt. Simmer  $\frac{1}{2}$  hour.
3. Combine with cooked macaroni and beans and reheat for 15 minutes.
4. Five minutes before cooking time is completed, add the dry skimmilk mixed in a small amount of water.

Variations: Green beans or peas may be substituted for the dried beans.  
 Add grated cheese.  $\frac{1}{8}$  cup strong cheese or  $\frac{1}{2}$  cup mild cheese.  
 Add a few drops of Worcestershire Sauce.

Macaroni and Cheese (6 servings)

Temperature—350° F.

Time—About 45 minutes

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 5 tablespoons dry skimmilk          | $\frac{1}{2}$ cups cooked macaroni    |
| 1 teaspoon salt                     | $\frac{1}{2}$ teaspoon onion (minced) |
| $1\frac{1}{4}$ cups water           | $\frac{1}{2}$ cup grated cheese       |
| $\frac{3}{4}$ cup soft bread crumbs | 1 egg—well beaten                     |
| 3 tablespoons fat (melted)          |                                       |

1. Mix dry skimmilk and salt. Add water slowly, stirring to keep mixture smooth.
2. Pour over crumbs and melted fat.
3. Add remaining ingredients in order given.
4. Mix thoroly and place in greased casserole, set in pan of hot water, and bake in a moderate oven until set and delicately brown.

SAUCES

Cocoa Sauce ( $1\frac{3}{4}$  cups)

- |  |                                |
|--|--------------------------------|
| $\frac{1}{2}$ tablespoon cornstarch or | $\frac{1}{4}$ cup cocoa        |
| 1 tablespoon flour                     | 5 tablespoons dry skimmilk     |
| $\frac{1}{2}$ cup sugar                | 1 cup water                    |
| $\frac{1}{4}$ teaspoon salt            | 2 tablespoons fat              |
| Speck cinnamon                         | $\frac{1}{2}$ teaspoon vanilla |

1. Mix dry ingredients in top of double boiler. Add water slowly, stirring to keep mixture smooth.

**SAUCES—Continued**

2. Cook over direct heat, stirring until it thickens.
3. Cover and cook over hot water for 15 minutes.
4. Add fat and vanilla.

**Cream Gravy (6 servings)**

6 tablespoons dry skim milk	1½ cups water
2 tablespoons flour	1 teaspoon onion (minced)
¼ teaspoon salt	3 tablespoons fat (bacon fat or salt pork drippings)

1. Mix dry ingredients. Add water slowly, stirring to keep mixture smooth.
2. Brown onion in fat. Add milk mixture and stir until it thickens—about 5 minutes.

Note: This gravy is excellent for baked or boiled potatoes or as a cream sauce for meat.

**White Sauces (3½ cups)**

	Dry skim milk	Flour	Salt	Water	Fat	Use
Thin	1 cup	2 tablespoons	¾ teaspoon	3 cups	2 tablespoons	1. Cream soups 2. Souffles
Medium	1 cup	3 tablespoons	¾ teaspoon	3 cups	3 tablespoons	1. Scalloped dishes 2. To cream cooked meat, fish or eggs, cooked vegetables, dried beef
Thick	1 cup	6 tablespoons	1 teaspoon	3 cups	6 tablespoons	1. Binder for croquette mixtures

1. Mix dry ingredients in top of double boiler. Add water slowly, stirring to keep mixture smooth.
2. Cook over direct heat, stirring until it thickens.
3. Cover and cook 20 minutes in double boiler or 5 minutes over flame.

**SOUPS****Cream Soup**

Cream soup may be made from any cooked vegetable by combining thin white sauce with the finely divided or strained vegetable and cooking several minutes to blend.

Chopped spinach makes an excellent soup.

**Cream of Pea Soup (6 servings)**

1½ cups dry skim milk	6 cups water
2 tablespoons flour	2 slices onion
1 teaspoon salt	2 tablespoons fat
Pinch of pepper	3 cups peas

1. Mix dry ingredients in top of double boiler. Add water slowly, stirring to keep mixture smooth.
2. Add onion and fat. Scald.
3. Rub peas through a sieve or mash with a fork and add to milk mixture.
4. Heat thoroly.

**SOUPS—Continued**

**Cream of Tomato Soup (6 servings)**

1½ cups dry skimmilk	6 cups water
3 tablespoons flour	2 slices onion
1½ teaspoons sugar	3 tablespoons fat
1½ teaspoons salt	3 cups tomatoes
¼ teaspoon pepper	

1. Mix dry ingredients in top of double boiler. Add water slowly, stirring to keep mixture smooth.
2. Add onion and fat. Scald.
3. Heat the strained tomatoes. Add the *hot tomatoes* to the *hot white sauce*, stirring constantly, and serve immediately.  
If tomatoes are cut very fine, none will be wasted.

**MISCELLANEOUS**

**Molasses Spread (12 to 15 servings)**

¼ cup molasses	¾ cup dry skimmilk
¼ cup butter or other fat (melted)	

1. Mix ingredients and beat well until blended.  
Uses: Spread for bread or crackers.  
Sauce for gingerbread or puddings.  
Frosting for cup cakes.

**Whipped Dry Skimmilk (6 servings)**

¾ cup cold water	9 tablespoons dry skimmilk
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1. Add water slowly to dry skimmilk, stirring to keep mixture smooth.
2. Scald in double boiler for 3 minutes.
3. Chill (to 42° F.).
4. Whip like whipping cream.  
Variations: Add 1 teaspoon sugar and few drops vanilla, or  
Fold in 1 teaspoon cocoa sauce, or  
Fold in sweetened prune puree.

**DRY SKIMMILK FOR INCREASING FOOD VALUE**

The use of dry skimmilk is an excellent method for increasing the nutritive value of products. Its chief advantage is the opportunity it offers to increase the milk minerals and proteins without increasing the bulk.

Each tablespoon of dry skimmilk used in a product adds the following food value<sup>2</sup>:

Calories	25.7
Protein	2.51 grams
Lactose	3.45 grams
Ash	0.573 grams
Calcium	0.099 grams
Phosphorus	0.077 grams

<sup>2</sup> Rogers, L. A. (By Associates). *Fundamentals of Dairy Science*. Chemical Catalogue Co., Inc. New York. (1928)

## Recipes Using Dry Skimmilk for Increasing Food Value

### BEVERAGES

#### Cocoa Paste (3 cups)

1 cup cocoa	$\frac{3}{4}$ cup dry skimmilk
1 cup sugar	2 cups water
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla

1. Mix dry ingredients thoroly, add water slowly, stirring to keep mixture smooth.
2. Place in top of a double boiler and bring to a boil over direct heat. Boil 3 minutes, stirring constantly. Be sure the flame is not too high as it scorches easily.
3. Place over boiling water and cook 15 minutes.
4. Beat about 1 minute with rotary beater.
5. Store in covered jar in the refrigerator.

Note: Cocoa paste is excellent for preparing cocoa beverages and can be made into chocolate sauce by the addition of water.

#### Cocoa (1 cup)

1 cup whole milk	2 teaspoons cocoa paste
------------------	-------------------------

1. Scald milk.
2. Add cocoa paste and cook 3 minutes. Beat well.

#### Cocoa Egg Nog (1 cup)

1 egg	3 teaspoons cocoa paste
1 teaspoon sugar	$\frac{3}{4}$ cup whole milk
5 tablespoons dry skimmilk	3 drops vanilla
Few grains salt	

1. Beat egg until light.
2. Add sugar, dry skimmilk, salt, and cocoa paste. Beat until smooth.
3. Add milk and vanilla. Blend with egg beater.

### COOKIES

#### Chocolate Drop Cookies (43 cookies)

Temperature—350° F.

Time—About 15 minutes

1 egg, well beaten	$\frac{1}{4}$ teaspoon salt
$\frac{7}{8}$ cup sugar (brown or white)	3 teaspoons baking powder
$\frac{1}{2}$ cup shortening, softened	$\frac{1}{2}$ cup dry skimmilk
2 squares chocolate	$\frac{1}{2}$ cup water
1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ teaspoon soda	

1. Combine egg, sugar, shortening, and melted chocolate. Beat well.
2. Add sifted dry ingredients and liquid. Mix thoroly.
3. Drop from teaspoon on a greased pan about 1 $\frac{1}{2}$  inches apart.

Variations:  $\frac{3}{4}$  cup whole wheat flour may be substituted for half of the white flour.

$\frac{1}{2}$  cup raisins may be added.

**COOKIES—Continued**

**Creamy Butter Bars (21 bars)**

Temperature—350° F.

Time—About 45 minutes

½ cup shortening  
1 cup brown sugar  
2 eggs  
1 teaspoon vanilla  
2 tablespoons water

1 cup flour  
¾ cup dry skimmilk  
1 teaspoon baking powder  
½ teaspoon salt

1. Cream shortening, add brown sugar and unbeaten eggs. Beat until light and well blended.
2. Add vanilla, water, and sifted dry ingredients. Mix well.
3. Bake in a greased shallow pan, in moderate oven.
4. When baked, mark into bars; cool in pan.
5. Remove and break apart.

Variations: ½ cup raisins may be added.

**DESSERTS**

**Apricot Rice Pudding (5 servings)**

Temperature—400° F.

Time—20 to 30 minutes

1¾ cups soaked apricots (1 cup puree)  
¾ cup apricot juice  
4 tablespoons sugar  
¼ teaspoon salt

6 tablespoons dry skimmilk  
1½ cups cooked rice (½ cup uncooked)  
16 marshmallows

1. Put cooked apricots through a sieve. Add juice, sugar, salt, and dry skimmilk. Stir well.
2. Arrange cooked rice, apricots, and diced marshmallows in a baking dish alternately, having a layer of marshmallows on top.
3. Brown in a hot oven.
4. Serve hot or cold with plain or whipped cream.

**Baked Custard (2 servings)**

Temperature—325° F.

Time—About 1 hour

6 tablespoons dry skimmilk  
2 tablespoons sugar  
Pinch of salt

1 cup water  
1 egg  
¼ teaspoon vanilla

1. Mix dry ingredients thoroly. Add water slowly, ¼ cup cold and the remainder hot, stirring to keep mixture smooth.
2. Pour over slightly beaten egg, stirring constantly. Add vanilla.
3. Pour into custard cups, place in a pan of hot water, and bake in a moderate oven.

**Cereal Pudding (3 cups)**

½ cup farina (or other cereal)  
¼ cup butter  
½ cup sugar  
1½ cups water

¼ cup dry skimmilk  
¼ cup raisins  
¼ cup almonds  
¼ teaspoon salt

1. Heat dry cereal in butter until light golden brown, stirring constantly.
2. Make a sirup of the sugar and water, add cereal, heat to boiling, then cook over hot water about 15 minutes.

**DESSERTS—Continued**

3. Add dry skim milk, mixed with a small amount of water, the raisins, almonds, and salt.
4. Serve hot or cold, with cream or hard sauce.

**Chocolate Blanc Mange (2 servings)**

1 tablespoon cornstarch	5 tablespoons dry skim milk
3 tablespoons sugar	1 cup whole milk
Few grains salt	$\frac{1}{2}$ teaspoon vanilla
$\frac{3}{4}$ tablespoon cocoa	

1. Mix dry ingredients thoroly. Add milk slowly, stirring to keep mixture smooth.
2. Cook over direct heat, stirring until it thickens.
3. Cover and cook over hot water until there is no raw taste (about 15 minutes). Add vanilla.
4. Pour into molds which have been dipped into cold water.
5. Chill.

**Indian Pudding (3 servings)**

Temperature—325° F.

Time—3 hours

$\frac{3}{4}$ cup dry skim milk	2 cups water
$\frac{1}{2}$ cup sugar	3 tablespoons cornmeal
1 teaspoon salt	2 tablespoons butter
$\frac{1}{4}$ teaspoon ginger	3 tablespoons molasses
$\frac{1}{4}$ teaspoon nutmeg	2 eggs

1. Mix dry ingredients, except cornmeal, in top of double boiler.
2. Add water slowly, stirring to keep mixture smooth. Scald.
3. Add cornmeal. Stir and continue cooking for 15 minutes.
4. Remove from the fire and add butter and molasses.
5. Pour mixture over slightly beaten eggs.
6. Pour into a buttered baking dish, cover and place in a pan of hot water and bake in a slow oven.
7. Serve hot with plain or whipped cream.

**Soft Custard (2 servings)**

9 tablespoons dry skim milk	1 cup water
2 tablespoons sugar	1 egg
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon vanilla

1. Mix dry ingredients thoroly. Add water slowly,  $\frac{1}{4}$  cup cold and remainder hot, stirring to keep mixture smooth.
2. Pour over slightly beaten egg. Stir constantly.
3. Place in a double boiler, stir and cook until mixture forms a coating on the spoon.
4. Add vanilla.

**SOUPS****Cream of Pea Soup (1 cup)**

4 tablespoons dry skim milk	$\frac{1}{2}$ cup whole milk
$\frac{1}{2}$ tablespoon flour	$\frac{1}{2}$ tablespoon butter
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup mashed peas

1. Mix dry ingredients in top of double boiler. Add whole milk slowly, stirring to keep mixture smooth. Add butter.

**SOUPS—Continued**

2. Cook over direct heat, stirring until it thickens.
3. Add mashed peas or pea puree. Cover and cook over hot water until there is no raw taste (about 15 minutes).

**Cream of Tomato Soup (1 $\frac{1}{4}$  cups)**

4 tablespoons dry skim milk	½ cup whole milk
½ tablespoon flour	½ tablespoon butter
⅛ teaspoon salt	¾ cup tomato puree

1. Mix dry ingredients in top of double boiler. Add whole milk slowly, stirring to keep mixture smooth. Add butter.
2. Cook over direct heat, stirring until it thickens.
3. Cover and cook over hot water, until there is no raw taste (about 15 minutes).
4. Heat tomatoes, and add to hot milk mixture.
5. Serve immediately.

**MISCELLANEOUS**

**Chocolate Sauce (1 $\frac{3}{4}$  cups)**

1½ squares chocolate	½ cup dry skim milk
1 teaspoon cornstarch	1 cup water
½ cup sugar	2 tablespoons butter
¼ teaspoon salt	½ teaspoon vanilla
Speck cinnamon	

1. Melt chocolate in double boiler and add the thoroly mixed dry ingredients.
2. Add water slowly, stirring until smooth.
3. Cook over direct heat, stirring until it thickens.
4. Cover and cook over hot water for 15 minutes.
5. Add butter and vanilla.

**Honey Butter Spread (15 servings)**

⅔ cup honey	½ cup dry skim milk
¼ cup butter	

1. Place the honey in a pint Mason jar, set in a pan of hot water, and heat thoroly.
2. Stir in the butter.
3. Add the dry skim milk and stir in thoroly.
4. Store in the refrigerator.

Uses: Spread for hot toast  
 Sandwich spread  
 Spread for hot cottage pudding  
 Frosting between layers of sponge cake

**Orange Spread (3 servings)**

1 tablespoon sugar	Grated rind of ½ orange
1 tablespoon dry skim milk	1 tablespoon butter—melted

1. Mix dry ingredients.
2. Add butter and cream well.

**MISCELLANEOUS—Continued**

- Uses: Spread for hot toast  
 Sandwich spread  
 Spread for hot cottage pudding  
 Frosting between layers of sponge cake

**Rolled Oats with Egg (3 cups)**

2 cups whole milk	$\frac{3}{4}$ cup rolled oats (quick)
$\frac{1}{2}$ tablespoon sugar	1 egg yolk (beaten)
$\frac{1}{2}$ teaspoon salt	$\frac{1}{3}$ cup dry skimmilk

1. Scald milk. Add sugar, salt, and cereal.
2. Cook over hot water for about 20 minutes, or until cereal is tender.
3. Add egg yolk and dry skimmilk mixed with a small amount of water. Cook for a few minutes longer.

**Spoon Corn Bread (6 servings)**

Temperature—375° F.

Time—45 minutes

$\frac{1}{2}$ cup cornmeal	$\frac{3}{4}$ cup dry skimmilk
1 teaspoon salt	$\frac{1}{2}$ teaspoon baking powder
2 cups water	2 tablespoons butter—melted
3 eggs—separated	

1. Pour cornmeal slowly into boiling salted water, stirring constantly to prevent lumping.
2. Cook over direct heat until it thickens (about 5 minutes).
3. Cool slightly, add beaten egg yolks, and beat vigorously.
4. Add dry skimmilk, baking powder, salt, and butter.
5. Fold in stiffly beaten egg whites.
6. Pour into a greased casserole and bake in moderate oven.

Note: Serve on plate with main course. The casserole may be placed in a pan of hot water, but there will not be a crust on the bottom.

**DRY SKIMMILK IN LARGE QUANTITY COOKERY  
DESSERTS****Baked Custard (25 servings)**

Temperature—325° F.

Time—About 1 hour

$2\frac{1}{4}$ cups dry skimmilk	3 quarts water
$1\frac{1}{2}$ cups sugar	12 eggs
2 teaspoons salt	1 tablespoon vanilla

1. Mix dry ingredients thoroly. Add water slowly, one quart cold and remainder hot, stirring to keep mixture smooth.
2. Pour over slightly beaten eggs. Stir constantly. Add vanilla.
3. Pour into a baking pan or individual molds, place in a pan of hot water and bake in moderate oven.

**Chocolate Cream Pudding (25 servings)**

$1\frac{1}{2}$ cups dry skimmilk	$\frac{1}{2}$ cup cocoa or 4 ounces chocolate
1 cup cornstarch	2 quarts water
2 cups sugar	2 teaspoons vanilla
$\frac{1}{2}$ teaspoon salt	5 egg whites

DESSERTS—Continued

1. Mix dry ingredients thoroly. Add water slowly, two cups cold and remainder hot, stirring to keep mixture smooth.
2. Cook over direct heat, stirring until it thickens.
3. Cover and cook over hot water for 15 minutes. Flavor.
4. Fold in stiffly beaten egg whites.
5. Chill.

Note: If chocolate is used, melt in double boiler before adding dry ingredients.

Rice Pudding (25 servings)

Temperature—325° F.

Time—About 1 hour

- |                       |                          |
|-----------------------|--------------------------|
| 2¼ cups dry skim milk | ½ cup fat (butter)       |
| 2 cups sugar          | 6 eggs                   |
| 1 teaspoon salt       | 12 cups cooked rice      |
| 3 quarts water        | 1½ cups seedless raisins |

1. Mix dry ingredients thoroly. Add water slowly, two cups cold and remainder hot, stirring to keep mixture smooth. Add the fat.
2. Pour over slightly beaten eggs, stirring constantly.
3. Add rice and raisins and pour into baking pan or individual molds.
4. Bake in moderate oven until set.

Tapioca Cream Pudding (25 servings)

- |                      |                          |
|----------------------|--------------------------|
| 3 cups dry skim milk | ⅝ cup granulated tapioca |
| 2 cups sugar         | 6 eggs                   |
| ¾ teaspoon salt      | 2 tablespoons vanilla    |
| 3 quarts water       |                          |

1. Mix dry ingredients thoroly. Add water slowly, stirring to keep mixture smooth.
2. Add tapioca and cook in double boiler until transparent.
3. Pour over slightly beaten egg yolks.
4. Return to double boiler and cook 15 minutes.
5. Remove from fire, fold in stiffly beaten egg whites.
6. Flavor and chill.

ONE-DISH MEALS

Baked Macaroni and Cheese (25 servings)

Temperature—375° F.

Time—45 minutes

- |                      |                         |
|----------------------|-------------------------|
| 2½ pounds macaroni   | 3 quarts water          |
| 3 cups dry skim milk | ¾ cup fat               |
| 1½ cups flour        | 1 pound cheese (grated) |
| 1 tablespoon salt    | 1 cup soft bread crumbs |

1. Break macaroni into convenient lengths and cook until tender, in boiling salted water. Drain and pour cold water over macaroni. Drain again.
2. Mix dry ingredients. Add water slowly, stirring to keep mixture smooth. Add fat.
3. Cook over direct heat, stirring until it thickens.
4. Add grated cheese and cook until cheese is melted.
5. Pour over cooked macaroni and put into baking pans. Cover top with crumbs.
6. Bake in moderate oven, until top is brown.

**ONE-DISH MEALS—Continued****Corn and Cheese Souffle (25 servings)**

Temperature—300° F.

Time—30 minutes

2 cups dry skimmilk	½ cup fat
1½ cups flour	¾ pound cheese (grated)
2¾ tablespoons salt	8 eggs
½ teaspoon pepper	2 quarts corn
2 quarts water	

1. Mix dry ingredients thoroly. Add water slowly, stirring to keep mixture smooth. Add fat.
2. Cook over direct heat, stirring until it thickens.
3. Add grated cheese and cook until cheese is melted.
4. Remove from fire and add beaten egg yolks and corn.
5. Fold in beaten egg whites.
6. Bake in greased flat pans in a slow oven.

**SAUCES****Butterscotch Sauce (25 servings)**

4½ cups light brown sugar	1 cup dry skimmilk
2¾ cups corn sirup	3 cups water
1 cup fat	

1. Cook sugar, corn sirup, and fat until sirupy.
2. Remove from fire and allow to cool 5 minutes.
3. Add dry skimmilk and water. Mix thoroly.
4. Return to stove and bring to the boiling point.
5. Serve hot or cold.

**Medium White Sauce (25 servings)**

1½ cups dry skimmilk	2 quarts water
1 cup flour	1 cup fat
2 teaspoons salt	

1. Mix dry ingredients. Add water slowly, stirring to keep mixture smooth. Add fat.
2. Cook over direct heat, stirring until it thickens.
3. Cover and cook 20 minutes in double boiler or 5 minutes over flame.

Note: This sauce may be used for scalloped dishes and to cream cooked meat, cooked fish, hard cooked eggs, dried beef, or cooked vegetables.

**SOUPS****Cream of Potato Soup (25 servings)**

¼ peck potatoes	1 tablespoon salt
1 large onion	2½ quarts water (use water potatoes are cooked in)
2 cups dry skimmilk	½ cup fat

1. Cook peeled potatoes and onion until tender. Drain and rice.
2. Mix dry skimmilk and salt. Add water slowly, stirring to keep mixture smooth. Add fat.
3. Combine potato and milk mixtures.
4. Cook over direct heat for 5 minutes.

SOUPS—Continued

**Cream of Tomato Soup (25 servings)**

2 quarts tomatoes	1 tablespoon salt
½ bunch parsley	½ cup flour
1 bay leaf	4 quarts water
1 onion (small)	½ cup fat
3 cups dry skim milk	½ teaspoon soda
2 tablespoons sugar	

1. Cook the tomato with the parsley, bay leaf, and onion for 10 minutes.
2. Mix dry ingredients and add water slowly, stirring to keep smooth. Add fat.
3. Cook milk mixture over direct heat, stirring until it thickens.
4. Cover and cook 20 minutes in double boiler or 5 minutes over flame.
5. Add soda to strained hot tomatoes and when the bubbling stops, add to the above hot mixture.

MISCELLANEOUS

**Baking Powder Biscuits (40 biscuits)**

Temperature—425° F.

Time—12 to 15 minutes

6 cups flour	1 tablespoon salt
4 tablespoons baking powder	¾ cup shortening
1 cup dry skim milk	2 cups water

1. Sift dry ingredients.
2. Work in shortening with fingers, fork, or two knives until the consistency of very coarse cornmeal.
3. Add liquid all at once and stir quickly until mixture thickens.
4. Place dough on a lightly floured board and roll or pat out ½ to 1 inch in thickness. If a fine grain is desired, knead for about ½ minute.
5. Cut with floured cutter and place biscuits on a baking sheet or in a baking pan.
6. Allow to stand at room temperature at least 15 minutes before baking.
7. Bake in a hot oven.

**Cocoa (25 servings)**

4 cups dry skim milk	½ teaspoon salt
1¼ cups cocoa	5 quarts water
1 cup sugar	

1. Mix dry ingredients thoroly. Add water slowly, stirring to keep mixture smooth.
2. Cook 20 minutes in a double boiler or 5 minutes over low heat.
3. Beat with a wire whisk for one minute.

**Mashed Potatoes (25 servings)**

1 peck potatoes	Pepper
½ cup dry skim milk	2 cups water
½ tablespoon salt	5 tablespoons fat

1. Boil potatoes in salted water. Drain and mash.
2. Mix dry skim milk, salt and pepper. Add water slowly, ½ cup cold and remainder hot, stirring to keep mixture smooth. Add fat.
3. Beat the hot milk mixture into the potatoes until they are light and creamy.

## DRY SKIMMILK FOR CAMP COOKERY

For camp cookery dry skimmilk is invaluable because it is light in weight, is easily carried, and can be kept for long periods without refrigeration.

For short camping trips the dry ingredients for any product may be mixed when packing for the trip and water added at camp. When this is done the package should be labeled and the quantity of water to be used, indicated on the label.

### Recipes for Using Dry Skimmilk in Camp Cookery

#### BEVERAGE

##### Cocoa (4 servings)

3 tablespoons cocoa	Few grains salt
2 tablespoons sugar	4 cups water
1 cup dry skimmilk	

1. Mix dry ingredients thoroly. Add water slowly, stirring until smooth.
2. Cook 5 minutes and beat with a spoon.

#### BREADS

##### Camp Baking Powder Biscuits (10 biscuits)

Temperature—Slow

Time—25 minutes

2 cups flour	5 tablespoons dry skimmilk
4 teaspoons baking powder	5 tablespoons fat
1 teaspoon salt	1 cup water

1. Mix dry ingredients thoroly. Work in fat with fingers, a fork, or two knives.
2. Add water slowly, stirring with a fork until well mixed.
3. Drop from spoon on floured reflector pan or greased frying pan. Bake slowly.
4. When frying pan is used, bake until one side is lightly browned, then turn and finish baking.

Note: For a sweet biscuit, add two tablespoons of sugar and sprinkle a mixture of butter, cinnamon, and sugar on top of dropped biscuit. For a cheese biscuit, place a small piece of cheese, or grated cheese, on top of biscuit.

##### Flapjacks (10 servings)

1 cup flour	2 teaspoons baking powder
5 tablespoons dry skimmilk	$\frac{1}{2}$ teaspoon salt
	1 cup water

1. Mix dry ingredients thoroly. Add water slowly, stirring until smooth.
2. Drop on greased frying pan, hot enough to sizzle.
3. Turn when full of bubbles.

Note: A well beaten egg added to the mixture improves the flapjacks. A piece of bacon or salt pork makes a good greaser.

**BREADS—Continued**

**Spider Corn Bread (6 servings)**

Cooking time—about 30 minutes

2 eggs	5 tablespoons dry skim milk
1 cup water	1 teaspoon salt
$\frac{3}{4}$ cup cornmeal	1 teaspoon baking powder
$\frac{1}{4}$ cup white flour	1 tablespoon melted fat

1. Beat the eggs and stir in water.
2. Add remaining ingredients and mix until smooth.
3. Pour into a sizzling-hot, greased frying pan. Cover.
4. Brown on one side, turn, and brown the other.
5. Finish baking slowly.

Note: This bread may be baked on a reflector pan or in a Dutch oven.

**CEREAL**

**Cornmeal Mush (8 servings)**

5 cups water	1 cup cornmeal
1 teaspoon salt	1 cup dry skim milk

1. Heat the salted water to boiling. Add cornmeal slowly, stirring constantly.
2. Cook over a low fire for 1 to 2 hours.
3. Stir in the dry skim milk mixed with a small amount of water 15 minutes before cooking period is completed.

Note: Pour left-over cornmeal mush into a pan and chill. Slice and fry.

**DESSERT**

**Rice Pudding in a Frying Pan (4 servings)**

4 tablespoons dry skim milk	1 egg (beaten)
1 tablespoon sugar	2 cups cooked rice
1 cup water	$\frac{1}{2}$ cup raisins

1. Mix dry skim milk and sugar in frying pan. Add water slowly, stirring until smooth.
2. Add the remainder of the ingredients and cook 10 minutes.

**ONE-DISH MEALS**

**Rice and Cheese (4 servings)**

2 tablespoons dry skim milk	$\frac{1}{2}$ cup cheese
$\frac{1}{2}$ teaspoon salt	2 cups cooked rice
$\frac{1}{2}$ cup water	

1. Mix dry skim milk and salt in frying pan. Add water slowly, stirring until smooth.
2. Cook until mixture thickens. Add cheese and stir until melted.
3. Combine with rice and cook 10 minutes.

Note: One cup tomato may be added.

**ONE-DISH MEALS—Continued****Spanish Rice (6 servings)**

3 slices bacon—diced	Salt
1 small onion—diced	Pepper
3 cups cooked rice	2 cups tomatoes
$\frac{1}{2}$ cup dry skim milk	

1. Cook bacon and onion until brown.
2. Add the other ingredients and mix thoroly.
3. Cook slowly in frying pan 30 minutes or longer.

**Corn Chowder (8 servings)**

3 slices bacon—diced	2 tablespoons flour
4 potatoes—cubed	$\frac{3}{4}$ cup dry skim milk
2 onions—sliced	1 can corn
2 cups water	3 cups water

1. Fry bacon in pan and when brown add potatoes, onions, and 2 cups of water.
2. Cook until potatoes are nearly done.
3. Add a paste made of flour, dry skim milk and a little water.
4. Add corn and water and cook 5 minutes.
5. Season if necessary.