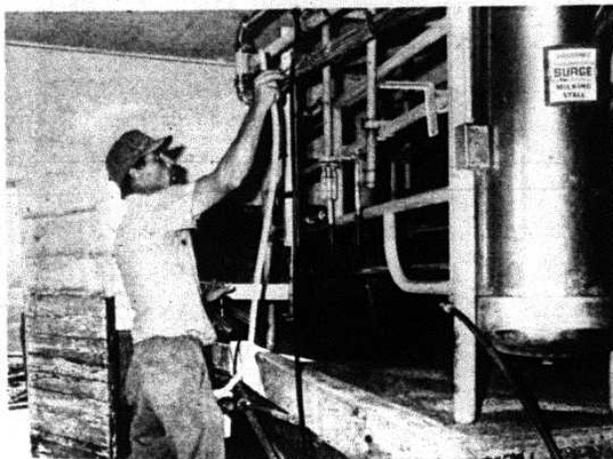




Jack Blanton, above, prepares this line carries milk into the his vacuum line before milking. (far left).



Final preparation for milking is vacuum line. Jack holds the shown as Jack opens valves business end of the milker in his allowing milk to enter the main left hand.

"350 YEARS OLD"
(Cont. From 2)

half-starved animals ate better, the production of milk began to increase. Around 1800, more attention to the breeding and feeding of dairy cattle began to have a decided effect on milk production. Then as time went on, dairymen became more and more concerned about the

economics of their operation. By the mid-1800's, a top New York dairy farmer grossed \$62 in butter, cheese and milk from each of his 41 dairy cows. This was about three times the earnings per cow of the average dairy farmer at that time. It was from these early beginnings grew today's great modern dairy industry.

this food comes from. Too many people complain of high food prices and don't realize the work, expense, and pride that goes into its production. Well, its time to stop and think about where our milk and dairy products come from and the persons who make it happen, the Dairy Farmer!

Milk and its products make a very important contribution to our diet in the U.S. They provide about 22 1/2% of the

protein, 13 1/2% of the energy, 15 1/2% of the fat, 37 1/2% of the phosphorus, and 77 1/2% of the calcium. Milk is the main source of calcium in the human diet. Milk also supplies other vitamins, minerals, and high quality protein. This doesn't even consider the pleasure and satisfaction derived from eating dairy products.

All these benefits are made possible thanks to dedicated Dairymen who milk twice a

day, seven days a week, 52 weeks a year, year in and year out. Most dairy farms in our area are family operated involving every family member from the Father and Mother to the smallest child. A top-producing dairy herd is more than just a bunch of milk cows. It takes time, hard work, planning and the use of good business and management

(Cont. to 8)

Carefree Eating Begins With Dairy Foods

By Cheryl Witt
County Extension Agent
For Home Economics

Convenient dairy products make casual eating nutritious and enjoyable. You'll find these snacks have a lot to offer besides quenching those hunger pangs.

Fruit Snack Kabobs
Banana slices
Unpeeled pear chunks
Unpeeled red apple chunks
Lemon juice
Pineapple chunks
Cheddar cheese, cut in 1/2 inch squares
Swiss cheese, cut in 1/2 inch squares
Sprinkle banana slices, pear and apple chunks with lemon juice to prevent turning dark. Alternate fruit and cheese on wooder skewers. These kabobs are pretty speared into a large whole graefruit or a fresh pineapple.

Basic Milk Shake
1 cup milk
1/4 cup vanilla ice cream
flavoring
whipped cream sweetened
Combine milk, ice cream and flavoring; beat with mixer or in blender until foamy. Pour into chilled glass. Top with a dollop of whipped cream.
Vanilla Milk Shake: Use 1/2 teaspoon vanilla for flavoring.
Honey Peanut Shake: Use 1 tablespoon honey and 1 tablespoon smooth peanut butter for flavoring.
Banana Shakes: use 1/4 cup mashed bananas for flavoring.

PECAN PIE TARTS

Crust: 1 package (3 oz.) cream cheese, softened
1 stick butter, softened
1 cup all-purpose flour
Cream together cream cheese and butter; gradually add flour. Mix well. Chill - roll into 24 1 inch balls. Press

dough on bottom and sides of tiny ungreased muffin tins.

Filling:
1 egg
3/4 cup brown sugar
1 tablespoon butter, softened
1 teaspoon vanilla
1/8 teaspoon salt
1/4 cup finely chopped pecans
Beat egg; add sugar, butter, vanilla, and salt. Mix well. Fold in chopped pecans. Spoon filling into tart shells. Bake in preheated 350 degree oven for 20-24 minutes.

Crunchy Deviled Eggs
3 hard cooked eggs
1/2 teaspoon dry mustard
1/4 teaspoon instant minced onion
1/4 teaspoon salt
1/2 teaspoon vinegar
2 tablespoons sour cream
1/4 cup chopped peanuts
Minced parsley, as desired.
Slice eggs in half lengthwise; remove yolks and mash. Ad remaining ingredients and mix well. Heap mixture into egg whites.

Pear and Cheese Spread
1 can (8 oz.) Bartlett pears
1 cup creamed cottage cheese
1/4 cup crumbled blue cheese
1 tablespoon pear syrup
Drain pears, reserving 1 tablespoon syrup. Chop. Beat cottage cheese with mixer until smooth. Stir in chopped pears, blue cheese and pear syrup. Spread mixture between 2 slices of bread, for a sandwich or openfaced on slices or party rye bread.

A Salute To The Dairymen

In today's world, much of the food we eat is taken for granted. Rarely as people browse through grocery stores do they stop to think of where

The dairy farmer... helping to make a stronger, healthier America.



We salute you, during June Dairy Month, for your contributions toward bettering the life of our community and our country. We're willing to help you with your Financial Needs.

LINCOLN COUNTY FEDERAL SAVINGS & LOAN ASSOC.
Stanford, Ky.

