

5,000,000 Dairy Farmers are  doing their part for Nutrition Defense

AMERICA'S YOUTH NEEDN'T SUFFER FROM LACK OF BUTTER!

It takes 10 quarts of milk to make 1 pound of golden butter. That's concentrated food goodness!



Mother, be thankful you are raising your child in America! For American children are the envy of the world—and the healthiest! Dairy products have played an important part in their growth and development. And, today, their continued good health is being safeguarded by ever-increasing production of butter and other dairy products.

Why is butter so important? It gives your children Vitamin A the natural way, to help guard against colds and other infectious diseases. Butter encourages growth, is an abundant source of food energy.

Thank goodness, there's no need to deprive your children of all the delicious, healthful butter they should have. *There is no shortage of butter in America!*

Helps solve child feeding
Every mother knows

that without butter the feeding of children would be a real problem. Vegetables, cooked and served with butter, take on new glamour . . . are eaten eagerly. And butter imparts a "quality" flavor even to the "economy" foods you serve . . . makes them more appealing to your family.

Butter can't be duplicated!

Scientists have never been able to duplicate the matchless food value and flavor of butter. The formula is still Nature's priceless secret. As a spread, cooking aid, or for flavoring—butter has no equal—no counterpart. That's why the generous use of butter adds to your reputation as a good cook and a gracious hostess.

Remember, it takes ten quarts of rich, whole milk to make one pound of golden butter. That's concentrated food goodness! So make butter an important part of every meal . . . it's an investment in health!



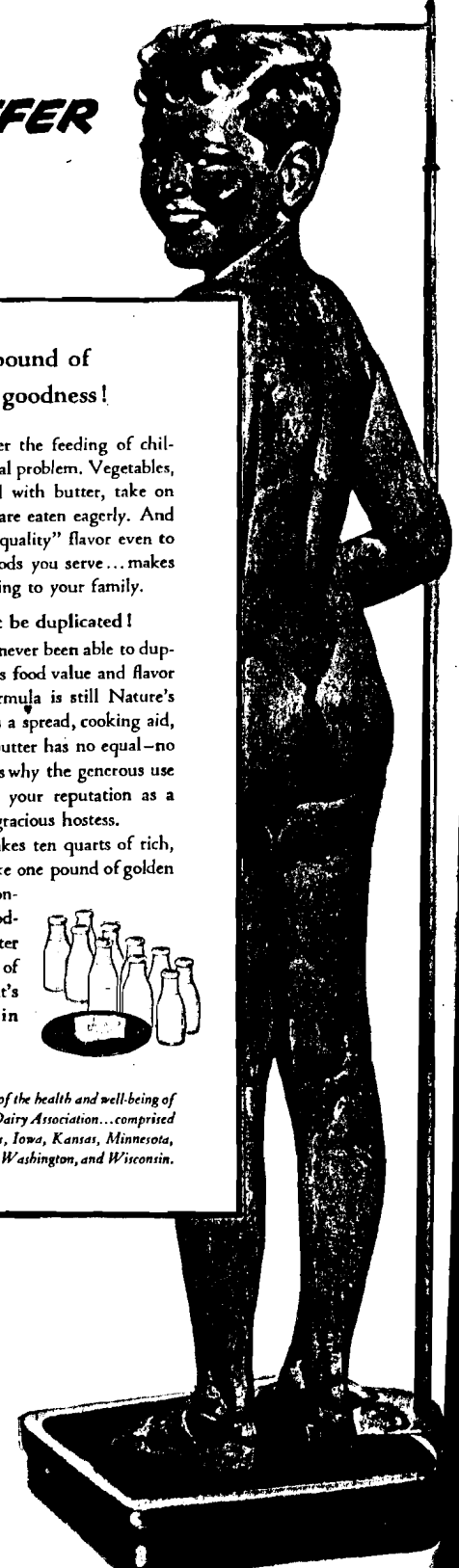
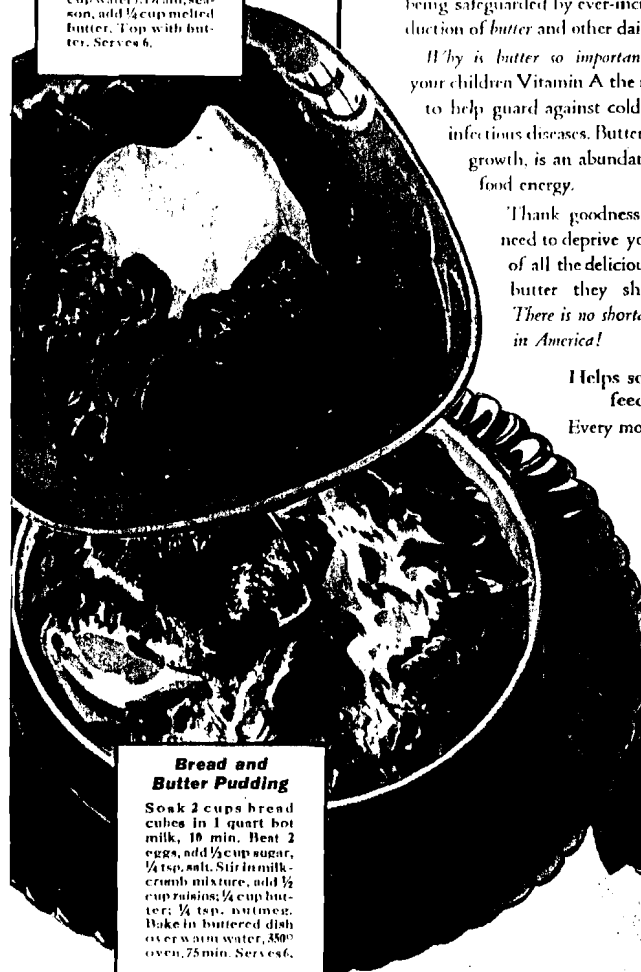
This message is published in the interest of the health and well-being of the American people by the American Dairy Association . . . comprised of dairy farmers in the states of Illinois, Iowa, Kansas, Minnesota, Montana, North Dakota, South Dakota, Washington, and Wisconsin.

Buttered Spinach

Cook 3 lbs. washed spinach, 10 to 15 min., in tightly covered saucepan with an inch of boiling salted water (use ½ tsp. salt to 1 cup water). Drain, season, add ¼ cup melted butter. Top with butter. Serves 6.

Bread and Butter Pudding

Soak 2 cups bread cubes in 1 quart hot milk, 10 min. Beat 2 eggs, add ½ cup sugar, ¼ tsp. salt. Stir in milk-crumbs mixture, add ½ cup raisins; ¼ cup butter; ¼ tsp. nutmeg. Bake in buttered dish over warm water, 350° oven, 75 min. Serves 6.



It's Better with Butter