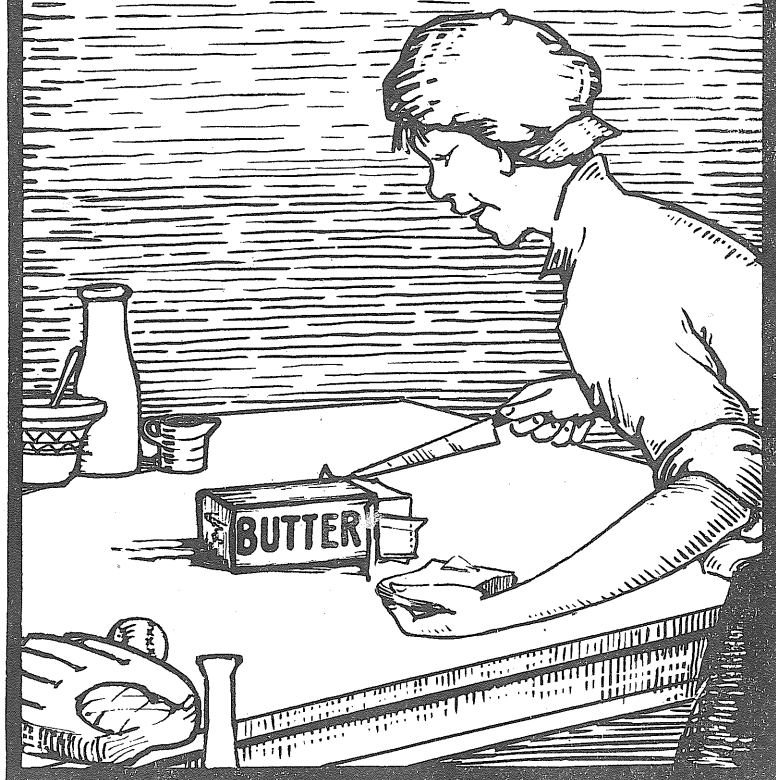


BUTTER

of course!



EXTENSION SERVICE OF THE COLLEGE OF AGRICULTURE
THE UNIVERSITY OF WISCONSIN, MADISON

Why We Use Butter—

Butter gives us energy

Butter contains Vitamin A
which increases

our growth

the length of our lives

our bodily vigor

Butter protects against

infections from tuberculosis

ophthalmia, an eye disease

sinus trouble

mastoid disturbance

BUTTER—of course!

Gladys Stillman

WE ALL WANT BUTTER for our bread and what a good thing it is that we do, for butter is one of our most valuable foods.

Have you ever heard of the vitamin alphabet? There are vitamins A, B, C, and several others. Butter is very rich in the first of these vitamins, vitamin A. Doctors and other health folks say that vitamin A is essential for good nutrition and that everyone should see that he has an abundance of it every day. But vitamin A is especially necessary for boys and girls. It helps them to grow, to live longer, and to be more vigorous and active. In other words, every boy and girl wants to be sure that he has plenty of this vitamin so that he will grow taller, live longer, and have a lot of energy and vigor for his work and for his play.

But vitamin A does even more than that for us. It helps us build up our resistance to certain diseases. It particularly helps us ward off tuberculosis and colds and helps to guard us against sinus and mastoid infections, as well as an eye disease which doctors call ophthalmia.

PLENTY OF VITAMIN A HELPS TO PREVENT COLDS

In a study of the diet of children suffering from respiratory diseases such as tuberculosis, colds, and sinus and mastoid infections, it was found that their diets were frequently low in vitamin A. Whenever the amount of this vitamin was increased in their food, their physical condition improved.

This shows, that there is a relation between low butterfat consumption and the prevalence of respir-

atory diseases, according to Dr. Amy Louise Daniels, formerly of the University of Wisconsin, now at the Iowa child welfare research station, who made the study. Further investigations showed that mastoids developed in growing children who have little butter-fat in their diet. Dr. Daniels believes that the low vitamin A content of the average diet is partly responsible for the low resistance of individuals to various types of upper respiratory infections.

The eye disease, ophthalmia, was first reported in Denmark, Newfoundland and Labrador where the diets had not contained the proper foods.

In Denmark, during the war, the children who were fed almost exclusively on boiled skimmed milk, oatmeal and barley soup developed this serious eye trouble. During a food shortage in Japan in 1904, the disease was very common among the children of the poorer people who could not buy the kinds of food they needed. The old time cure for this disease was chicken liver or eel fats, because they contained vitamin A, but we can use butter and so protect ourselves against the disease.

Of course, we get vitamin A from other foods, such as milk, eggs, and certain vegetables, but Dr. H. C. Sherman of Columbia University says: "Because so many of our staple foods are so poor in vitamin A and because a shortage of this substance weakens the body in so many ways and increases its

Butter?

Butter is made from the cream of whole milk.

We eat butter because it contains:

Fat
Protein and
Vitamin A

Eating Butter Means

Better Growth
Better Health
Greater Resistance to Disease
Greater Bodily Vigor

susceptibility to so many infections, it appears probable that differences of intake of this vitamin, more than of any other, affect the general health and length of life of the people of today."

This is probably why Dr. E. V. McCollum of Johns Hopkins university says "Butter should be used as a spread, in cooking, and in the preparation of various food dishes wherever possible, for a liberal supply of vitamin A is better than the minimum on which growth is possible." He believes, we see, that using a generous amount of butter is one of our best chances of having plenty of vitamin A.

WE NEED A SURPLUS OF VITAMIN A

Fortunately, we can store this important vitamin in our bodies. Some day we might run a little short, then we will be very glad if we have an extra amount stored away to give us that protection we need to grow and to be healthy.

Our bodies store vitamin A in the lungs and in the liver. This surplus is not simply a reserve for future shortage, but it actually increases the ability of the body to resist disease. Dr. Sherman says, "A liberal intake of vitamin A leads to increased resistance, a higher vitamin A content of the lung tissue, and an increased storage of this vitamin in the liver."

USE BUTTER GENEROUSLY DAILY

There are a great many ways in which we can use butter. We know now that it is very good for us, but it is not a hardship to use plenty of butter. Just think how good it makes our foods. Here are just a few of its many uses:

- on the table
- for seasonings
- in and on waffles and pancakes
- in boiled salad dressings, puddings, and sauces
- in cakes, cookies, pies and frostings
- in desserts, candies, and sweets

Main Dishes and Vegetables

TAKE BUTTER, eggs, and cream from a good cook and you have no cuisine, says George Rector, famous American chef, and housewives agree with him.

Butter makes better many of the vegetable and main dishes for our luncheons, suppers, and dinners. Here are a few recipes which help answer the daily question "What shall we have for dinner?"

CREAM OF LIMA BEAN SOUP

2 cups dried lima beans	3 cups rich milk
½ small bay leaf	1 teaspoon salt
1 small onion	¼ teaspoon pepper
4 tablespoons butter	2 tablespoons flour

Soak beans overnight in about 6 cups of cold water. In the morning add bay leaf and onion and boil gently about two hours or till tender. Mash or rub through a sieve. Add milk and seasonings, bring to boiling point, and thicken with butter and flour creamed together.

FISH CHOWDER

4 cups clams or any fresh fish	2 cups rich scalded milk
4 cups diced potato	2 tablespoons butter
1 cup diced salt pork	Salt and pepper
1 cup chopped onion	Few caraway seeds may be added.
1 cup tomato pulp	

Parboil potatoes and drain. Cook chopped onion and salt pork slowly for 15 minutes. Add potatoes, fish and fish liquor, about 2 cup boiling water, and cook until potatoes are tender. Add tomato, milk, butter and seasonings. Heat and serve with crackers.

CHEESE FONDUE

2 cups bread (fresh)	1 teaspoon salt
2 cups milk	1 teaspoon baking powder
3 eggs	4 tablespoons melted butter
	1 cup cheese

Cut bread in small pieces. Add milk, salt, yolks of eggs and ground cheese. Stir well and let soak while beating the egg whites very stiff. Add the melted butter, then fold the egg whites and the baking powder into the mixture. Set dish in pan of hot water and bake in moderate oven until it sets. Serve in the dish in which it is baked.

CHEESE-VEGETABLE DISH

4 tablespoons butter	1½ cups milk
4 tablespoons flour	½ pound cheese cut in cubes
2 teaspoons salt	

Make white sauce and melt cheese in it.

2 cups diced potatoes, cooked	1 cup peas
1 cup diced carrots, cooked	1 large onion, diced

Put vegetables in buttered baking dish, cover with cheese sauce and heat in oven thoroughly.

EGGS AU BEURRE NOIR

(Black Butter)

George Rector

4 eggs	1 teaspoon finely chopped chives
3 tablespoons butter	1 tablespoon vinegar
Salt and pepper	

Melt 1 tablespoon butter in small frying pan and cook eggs over low heat until set. Remove to hot plates, season with salt and pepper and sprinkle over with finely chopped chives. Add remaining butter to frying pan, let it turn brown, add vinegar, remove from fire, and pour over eggs.

EGGS A LA GOLDENROD

6 tablespoons butter
4 tablespoons flour
2 cupfuls milk
4 hard-cooked eggs
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon paprika
Buttered toast

Prepare a thick creamy sauce with the butter, flour, milk, and seasonings. Hard-cook the eggs, separate the whites from the yolks and add the chopped whites to the sauce. Pour this mixture over the buttered toast and press the yolks of eggs through a potato ricer or sieve over the toast and cream sauce.

BUTTERED CARROTS

Use young carrots—scrape and slice very thin. Place in stew-pan, add boiling water to barely cover. Put on a close-fitting cover and cook slowly for 20 minutes. Water will almost cook away. Add 2 tablespoons butter to every cup of carrots, replace cover and heat for about 3 minutes. The butter will be largely absorbed and the flavor retained.

PEAS—THE OLD WAY (1835)

Place fresh green lettuce leaves in casserole or covered stew pan. Put in new shelled peas. Add salt and 1 tablespoon butter to every cup peas. Place lid on dish, cover closely and cook 20 minutes. Serve peas without lettuce.

Prepared Butters for Sandwiches

WE ALL WANT our sandwiches well buttered both for the flavor and because the butter keeps the bread from absorbing moisture from the filling. But, occasionally, butter itself can make the foundation for the filling. Try these spreads on sandwiches for the children's lunch box and for Sunday night suppers.

HAM BUTTER

$\frac{1}{2}$ cup cooked ham
 $\frac{1}{2}$ cup butter
Yolks of 2 hard-cooked eggs
Pepper

Grind the ham and rub smooth with the butter and the yolks of the eggs and season with pepper.

FISH OR SHRIMP BUTTER

1 cup cooked shrimp or other fish
Salt
 $\frac{1}{8}$ teaspoon cayenne
1 cup butter
 $\frac{1}{4}$ cup tarragon vinegar or lemon-juice

Mash the shrimps with salt and cayenne. Add the butter and moisten the mixture with the vinegar or lemon-juice.

Butter Breads

WE OFTEN use butter on bread to make it good, but butter in bread improves it still more. Muffins, waffles, and breads are all the better for having butter added to them. These recipes prove it.

WAFFLES

$1\frac{1}{2}$ cups sifted flour
1 teaspoon salt
3 teaspoons baking powder
1 cup rich milk
5 tablespoons melted butter
2 eggs beaten separately, the whites added last.

Serve hot from the iron with butter and warm maple syrup or honey.

POTATO MUFFINS

4 tablespoons butter ½ teaspoon salt
2 tablespoons sugar 1 cup milk
1 egg 2 cups flour
1 cup mashed potato 3 teaspoons baking powder

Cream the fat and sugar. Add the egg well beaten, then the potato. Mix thoroughly. Sift flour, baking powder and salt. Add milk and flour and beat smooth. Bake in moderate oven, 375 degrees, in greased muffin tins 25 to 30 minutes.

ORANGE BREAD

1 cup sugar 4 tablespoons 6 teaspoons baking
½ cup water butter powder
Peel of 1 orange 1 egg ½ teaspoon salt
1 cup milk 3 cups flour

Boil sugar and water until sugar is dissolved. Add orange peel and simmer until peel is tender. Add milk and butter and cool. Add egg, then the flour, baking powder, and salt which have been sifted together. Pour into a buttered floured pan and bake in a moderate oven, 375 degrees.

Butter Sauces and Dressings

BUTTER is often called upon to improve the flavor of sauces and dressings for meat, vegetables and fruits. Here are a few ways in which it may be used.

MAITRE D'HOTEL BUTTER

Cream together 4 tablespoons butter
 ½ teaspoon salt
 Pinch of cayenne pepper
 1 teaspoon finely chopped parsley
 1 tablespoon lemon juice
Serve on broiled steak or chops.

HORSERADISH BUTTER

Cream together ½ cup butter
 ¼ cup grated horseradish
 Salt and cayenne
Serve on broiled steak or chops

HOLLANDAISE SAUCE

1 cup butter ½ teaspoon salt
4 egg yolks ⅛ teaspoon cayenne
1½ tablespoons lemon juice ⅓ cup boiling water

Cream the butter, add the yolks of eggs one at a time, beating thoroughly after each is added until the mixture is thickened. Then add the lemon juice, salt, and cayenne, place in a double boiler, and add the water. Beat with a rotary beater until thickened like a boiled custard.

Serve on fish and vegetables.

BOILED SALAD DRESSING

1 tablespoon flour ½ cup vinegar
1 tablespoon sugar 2 eggs, separated
1 teaspoon salt ¾ cup milk
1 teaspoon mustard 1 tablespoon butter
⅓ teaspoon cayenne

Mix and sift dry ingredients. Add vinegar and beaten egg yolks. Stir well, then add milk. Cook over hot water until thick, stirring frequently. Remove from stove, add butter, and fold in stiffly beaten egg whites.

Butter Adds Richness to Desserts

A NEW DESSERT may change an otherwise commonplace meal into one "fit for a king." These recipes are all delicious, and they add to the food value of the meal because they contain so much butter.

ICE BOX COOKIES

1 cup butter 1 teaspoon soda
½ cup white sugar ¼ teaspoon salt
½ cup brown sugar ½ teaspoon cinnamon
2 eggs 2½ cups flour
 Nuts may be added

Make into a roll. Let set 24 hours in cold place. Slice and bake.

CHOCOLATE COOKIES

½ cup butter	1 teaspoon baking powder
1 cup sugar	½ teaspoon salt
2 eggs (separated, whites added last)	1 teaspoon vanilla
½ cup sour milk	¾ cup raisins
2 cups flour	¾ cup nuts
1 teaspoon soda	3 squares melted chocolate

Drop on buttered tin, spread, and bake in a moderate oven.

CHOCOLATE POTATO CAKE

¾ cup cold mashed potato	½ cup grated chocolate
½ cup butter	1 cup flour
1 cup sugar	1 teaspoon baking powder
2 eggs, slightly beaten	¼ teaspoon salt
¾ cup milk	

Cream fat and sugar. Add eggs and potato. Add the flour, mixed with the baking powder and salt, alternately with the milk. Add the chocolate last. Bake in layers or muffin tins.

ORANGE GINGER BREAD

½ cup butter	½ cup boiling water
1 cup molasses (if strong use ¼ cup white syrup and ¾ cup molasses)	2 teaspoons soda
1 egg	2 cups flour
1 large orange—juice and grated rind	½ teaspoon ginger
	½ teaspoon cinnamon

This is a very thin mixture. Bake slowly in a moderate oven. Serve warm with whipped cream or hard sauce.

CREAM CRACKER CAKE

(George Rector)

½ cup butter	3 teaspoons baking powder
¾ cup sugar	½ teaspoon salt
2 eggs	½ teaspoon cinnamon
3¼ cups rolled and sifted graham cracker crumbs	1 cup milk

Cream the butter; beat in sugar and slightly beaten egg yolks. Roll the graham crackers (about 28 large ones) until crumbs are fine enough to pass through sieve. Then sift graham crumbs with baking powder, salt and cinnamon. Add cracker mixture to first mixture alternately with milk.

Beat egg whites very light and add to batter. Bake in shallow pans in moderate oven (350 degrees) 45 minutes. This cake is very nice when served with whipped cream or foamy sauce or cover with orange butter icing.

CHOCOLATE BUTTER CREAM ICING

½ cup butter	1 square melted chocolate
2 cups powdered sugar	¼ teaspoon vanilla
3 tablespoons strong coffee	Few grains salt.

Cream butter and gradually add sugar, coffee, vanilla, salt and melted chocolate. If needed, use enough cream to make the proper consistency to spread.

ORANGE BUTTER ICING

Cream together 4 tablespoons of butter, 1¼ cups powdered sugar and 3 tablespoons orange juice.

BUTTER CREAM ICING

½ cup butter	1 egg yolk
2 cups powdered sugar	½ teaspoon vanilla
Few grains salt	

Cream butter and sugar, add egg yolk, salt and vanilla. If necessary add enough cream to make proper consistency to spread.

PINEAPPLE UPSIDE DOWN CAKE

1 cup light brown sugar; 1 cup butter

Boil in large heavy iron frying pan until it begins to thicken.

7 slices pineapple; nut meats

Arrange in good order in frying pan. Pour over this the following batter:

5 tablespoons butter	1¼ cup flour
½ cup sugar	2½ teaspoons baking powder
1 egg yolk	¾ teaspoon salt
½ cup pineapple juice	

Fold in one egg white beaten stiff. Bake slowly for 25-30 minutes.

ICE BOX PUDDING

¼ pound German sweet chocolate	Yolk of 3 eggs
½ cup butter	1 teaspoon vanilla
1 cup powdered sugar	1 teaspoon salt
Whites of 6 eggs	18 lady fingers

Melt the chocolate over steam, soften the butter and stir into the chocolate. Add the sugar and beaten egg yolks and beat until well blended. Cool. Fold in stiffly beaten

egg whites, to which the salt and vanilla have been added. Line the bottom and sides of a mold, which has been covered with oiled paper, with lady fingers. Pour in $\frac{1}{2}$ of the mixture. Arrange lady fingers on top and pour on the other half. Set aside for 24 hours in ice box. Remove from mold. Serve with whipped cream. (This will serve 8 to 10 people.)

COTTAGE CHEESE TORTE

2½ cups zweiback or toast- ed bread crumbs	½ teaspoon salt
1 cup sugar	½ lemon—juice and rind
1 teaspoon cinnamon	½ pint cream
½ cup butter, melted	1½ pounds cottage cheese
4 eggs	¼ cup flour
1 cup sugar	¼ cup nuts, chopped

Roll zweiback fine. Mix with 1 cup sugar, cinnamon and melted butter. Set aside $\frac{3}{4}$ cup of mixture to sprinkle over top. Butter a 9-inch spring form or angel food cake pan. Spread and press zweiback mixture on bottom and sides of form. Beat eggs, without separating, with the second cup of sugar until light. Add salt and lemon. Stir cream in well. Add cheese and flour. Mix well and stir through fine sieve. Pour mixture in form. Cover with remaining zweiback. Add nuts and bake 1½ hours in medium oven. Let-cool in oven.

STEAM CHOCOLATE PUDDING

4 tablespoons butter	4½ teaspoons baking powder
$\frac{2}{3}$ cup sugar	¼ teaspoon soda
1 egg	2½ squares chocolate
1 cup milk	¼ teaspoon salt
2¼ cups flour	

Mix as a cake. Turn into buttered molds. Cover and steam 2 hours. Serve hot with hard or foamy sauce.

CUSTARD SOUFFLE

4 tablespoons butter	1 cup scalded milk
4 tablespoons flour	4 eggs
	¼ cup sugar

Melt butter, add flour and gradually hot milk. Cook in double boiler until thick. Add egg yolks, which have been beaten until thick and lemon colored and mixed with sugar. Cool and fold in whites of eggs beaten stiff and dry. Turn into buttered pudding dish and bake 30-40 minutes in slow oven. Serve *at once* or it will fall. Serve with foamy sauce.

HARD SAUCE

½ cup butter	Vanilla
1 cup powdered sugar	

A short cut method—Heat sugar in oven until hot but not colored. Cut butter in cubes, add $\frac{1}{2}$ of the sugar and beat until smooth. Add rest of the sugar and flavoring.

FOAMY SAUCE

½ cup butter	1 teaspoon vanilla
2 cups powdered sugar	¼ teaspoon salt
1 egg	

Cream butter. Add sugar gradually, then beaten egg, and vanilla and salt. Beat over hot water. Cool and when ready to serve 1 cup whipped cream may be added.

PINEAPPLE APPLES

Core apples and fill hollow with
 2 teaspoons crushed pineapple (drained)
 1 tablespoon sugar
 1 tablespoon butter
 Bake in pineapple juice.

APPLE PUDDING

2 cups unsweetened apple sauce	1 teaspoon cinnamon
2 cups brown sugar	1 lemon rind, grated
16 graham crackers, crushed	Juice of ½ lemon
	½ cup chopped nuts
	½ cup butter

Mix one cup of the sugar and the graham cracker crumbs and cinnamon. Put $\frac{1}{2}$ of this crumb mixture into buttered baking dish. Mix apple sauce with 1 cup of the sugar, the lemon juice and the rind, and pour on the crumb mixture. Mix the remaining $\frac{1}{2}$ crumb mixture with the nuts and melted butter. Spread over the top. Bake for 30 minutes at 350 degrees F.

BUTTER SCOTCH

2 cups brown sugar	½ cup butter	½ cup water
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Boil in frying pan until mixture becomes brittle when tried in cold water. Stir to prevent burning. Pour into buttered tins $\frac{1}{4}$ inch thick, and when cool, mark in squares.

“Thus it is clearly shown that vitamin A is an even more important factor in health and in food values than has previously been appreciated, for it must be supplied in liberal amounts not only during growth but in the food of the adult as well, if a good condition of nutrition and a high degree of individual and community health and vigor are to be maintained.”

Dr. H. C. Sherman, Columbia University

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