

**Save some housekeeping money and feed the family better than ever before! : Start saving now for a glorious holiday in the summer! / National Milk Publicity Council.**

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# Save some housekeeping money and feed the family better than ever before!

Here is a simple plan that's going to save you time, trouble and money. And do you and your family a lot of good. *Good Housekeeping* have worked out seven main dishes—one for each day of the week—that make the most of milk's unique food value. Each dish, complete with vegetables, serves four—at an average cost of about 3s. 8d.

This opportune plan shows you how to spend your money wisely—and still feed your family like fighting cocks! Not only fill them up, but build them up! Milk dishes protect your health, help the whole family to fight winter colds and coughs. Keep you all fit to enjoy that summer holiday you're saving up for.



## Start saving now for a Glorious Holiday in the summer!







# 7 good cheap dishes made with Milk!

Here are the dishes around which to build your main meals for each day next week. Imagine! For a whole week you don't have to worry 'What am I going to give them today?'. Start next Monday, follow the plan carefully, and see how your family enjoy their week of good eating at low cost!

*And remember, when you're in a rush—a glass of refreshing milk is a meal in itself.*

## Monday

### EGGS AU GRATIN

4 eggs; 2 ozs. cheese;  
2 ozs. margarine; 2 ozs. flour;  
1 pint milk; salt, pepper, mustard;  
1 lb. cooked potatoes.

**Method:** Put eggs to hard boil. Meanwhile grate cheese. Melt margarine in pan. Add flour, cook for a minute or two then gradually add the milk stirring constantly until thick. Add grated cheese, season well with the salt, pepper and a little made mustard. Remove shell from eggs and halve. Mash potatoes and pile in circle round fireproof dish. Put eggs in centre, pour over sauce. Serve immediately. If preferred, keep a little cheese back from sauce, sprinkle on eggs and brown under grill. *Serve with chopped spinach and butter beans.*



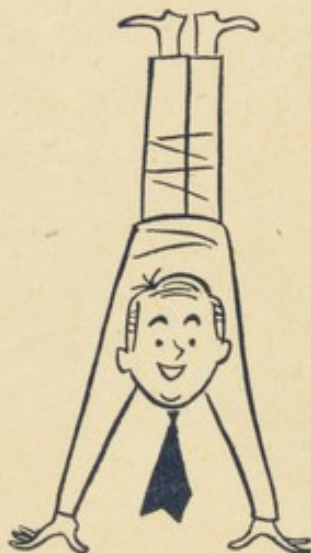
**Milk for  
glowing looks  
and  
vigorous  
health**

## Tuesday

### TRIPE AND LEEK CASSEROLE

1 lb. leeks; 1 lb. tripe;  
1 pint milk; seasoning;  
1 oz. flour; parsley; 1 lb. potatoes.

**Method:** Wash leeks carefully, removing all sand and grit, slice them in half lengthways and then into 2 in. lengths. Cut tripe into 2 in. pieces and arrange it with leeks in layers in casserole, seasoning every layer well. Cover with  $\frac{3}{4}$  pint of milk, put to cook in moderately hot oven for 2 hours, until tripe and leeks are soft and tender. Blend flour with rest of milk and add it to tripe, stirring well. Cook for 2-3 mins. and serve garnished with parsley. *Serve with creamed potatoes and sprouts.*



**Build up  
the man of  
the house  
with milk**



# Wednesday

## BACON AND POTATO PIE

1 lb. potatoes; 1 lb. onions;  
 $\frac{1}{2}$  lb. narrow streaky bacon;  
 seasoning; 1 pint milk;  
 grated cheese to taste.

**Method:** Peel potatoes, onions; slice into rings. Cut bacon into 2 in. pieces. Put a layer of potatoes-onions into a casserole, season well, put in few pieces of bacon. Repeat, using up all bacon and vegs. Pour in milk and cover. Bake in mod. hot oven for  $1\frac{1}{2}$  hours. 15 mins. before end remove lid, sprinkle with cheese; put back in oven to brown. *Serve with baked beans and mashed swedes.*



Teenagers  
 need twice  
 the milk—  
 they're  
 growing  
 faster

# Thursday

## MACARONI CHEESE

3 ozs. macaroni; 1 oz. margarine;  
 1 oz. flour; 1 pint milk;  
 made mustard; salt and pepper;  
 4 ozs. grated cheese; 4 tomatoes.

**Method:** Break the macaroni into about 1 in. pieces; cook in fast boiling salt water. Meanwhile prepare sauce:—melt butter in saucepan, stir in flour, gradually add milk, bring to boil; season well, add a little made mustard and most of cheese. Drain macaroni; add it to the sauce. Pour into greased pie dish, sprinkle with rest of cheese, put to brown under hot grill. *Serve with halved grilled tomatoes, sprouts and mashed potatoes.*



Milk  
 helps you to  
 keep youthful  
 good looks

# Friday

## SAVOURY PANCAKES

4 ozs. flour; pinch of salt; 1 egg;  
 1 pint milk; lard for frying;  
 1 oz. margarine; 1 oz. flour;  
 $\frac{1}{2}$  lb. cooked flaked fish;  
 seasoning; grated cheese to taste.

**Method:** Sieve together flour, salt; make well in centre, put in egg. With some of the milk, gradually beat mixture to smooth batter. Make 8 thin pancakes; keep hot. Meanwhile melt margarine, add flour, gradually add rest of milk; boil for 2-3 mins. Season well, add cheese and fish. Put good spoonful of fish mixture into each pancake, roll up, pile on dish. Serve sprinkled with a little grated cheese. *Serve with diced root vegetables, saute potatoes.*



For  
 family fitness  
 at low cost  
 . . . . milk



# Saturday

## EGG AND BACON FLAN

6 oz. shortcrust pastry; 3 eggs;  
 $\frac{3}{4}$  pint milk;  $\frac{1}{2}$  lb. bacon;  
 chopped parsley; seasoning.

**Method:** Line a flan ring or sponge cake tin with pastry. Beat the eggs and add the milk and chopped bacon, parsley and seasoning. Pour the mixture into the flan case and put to bake in a moderate oven for 30-40 mins. until the mixture has set. *Serve with spring greens and creamed potatoes.*



The quickest  
 snack of all . . . .  
**MILK!**

# Sunday

## BAKED MEAT LOAF AND ONION SAUCE

1 onion; 1 rasher of bacon;  
 $\frac{1}{2}$  lb. minced beef; 1 cup sieved potatoes;  
 1 egg; seasoning;  $\frac{1}{2}$  lb. onions;  
 $\frac{3}{4}$  pint milk; 2 ozs. margarine;  
 2 ozs. flour; 1 teaspoonful capers.

**Method:** Peel and chop onion, chop bacon; put together in a pan, fry lightly. Add minced meat, cook gently until meat has changed to brown colour. Put sieved potatoes into the pan with beaten egg, mix well, adding a little stock if very dry. Season mixture, then put into a loaf-shaped tin. Bake in mod. oven for 30 mins. When cooked, turn out, and serve with the following sauce: Peel and slice the  $\frac{1}{2}$  lb. of onions. Put into a pan with a little liquor and cook until tender; drain well. Put milk to heat; cream together margarine and flour; when milk boils add this and stir well until the sauce has thickened. Season well, and add onions and 1 teaspoonful of capers. *Serve with braised carrots and baked potatoes in jackets.*



**Milk**

*is the most  
 complete food  
 there is!*

How much has the milk plan saved you? That, of course, depends on the amount you usually spend each week—but this week you will have spent only about 26s. 0d. for all your main dishes! Now, wouldn't it be a good plan to use the same dishes again next week. Change the order in which you have them, if you like. Or use those that were specially liked by the family along with other milk recipes. There are many more—all good and cheap! Send for the latest milk recipe leaflet (pancakes and batters), issued free by The National Milk Publicity Council, 233 Strand, London, W.C.2.