

Hava a cup of Milo : try it in cakes and puddings too!.

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*Have a
cup of*
MILO



...try it in cakes and puddings too!

MILO

Nestlé's nourishing bed-time drink that builds you up.

If you are feeling run down, weary and irritable, MILO will help to build you up and restore your vitality. Start taking MILO regularly and you will be able to face life with a smile.

You will like MILO. All the family will like MILO. It is very nourishing because it is rich in food value and is easily digested by young and old alike. The ideal beverage for children, for the goodness of MILO strengthens them in their growing years. Because of its delicious chocolate flavour, they will always drink their milk when MILO is added.

Added to your daily diet, MILO will help you and your family to keep fit. MILO taken at night, soothes the nerves and makes you sleep better.

Not only is MILO a delicious and nourishing health beverage; it has a hundred and one different uses in cookery — try some of these simple but effective recipes and test for yourself.

MILO SHORTBREAD

8-ozs S.R. flour
2-ozs Milo
6-ozs margarine

4-ozs castor sugar
A few drops of vanilla

Sieve flour and Milo into a basin; add margarine and rub it in. Add sugar and work mixture to a soft pliable dough (it should not be oily or crumbly). Add a few drops of vanilla. No liquid should be added. Shape to a flat slab $\frac{1}{4}$ " thick, mark out and prick each biscuit with a fork. Cook in a slow oven (about 350°) for 40 minutes.

MILO MOCK CREAM

1 level tablespoonful cornflour
 $\frac{1}{4}$ -pt milk or milk and water
2 tablespoonfuls Milo

1-oz butter or margarine
1-oz sugar

Blend the cornflour with a little milk and boil the rest. Pour on to the blended cornflour and pour back to the pan. Cook for 2-3 minutes till the mixture thickens. Sieve Milo thoroughly and beat into the mixture until quite smooth. Allow to cool and cream fat and sugar. Then add the cornflour mixture to the fat and sugar very slowly, beating well all the time.

MILO ICE CREAM

1 tin Ideal Unsweetened Condensed Milk
 $\frac{3}{4}$ tin Nestlé's Full Cream Sweetened Condensed Milk
3 tablespoonfuls Milo

Chill the Ideal Milk thoroughly in the refrigerator. Turn into bowl and whisk

very thoroughly until thick and creamy. Gradually add the Nestlé's Milk and beat in the Milo. Pour into freezing tray and leave until the mixture begins to get firm at the edges. Then remove, whisk again very thoroughly and replace for final freezing. Sprinkle with Milo before serving.

MILO FUDGE

1 tin Nestlé's Milk
1-oz margarine
6-ozs sugar (brown if possible)

$\frac{1}{2}$ teaspoonful vanilla
1 tablespoonful Milo
1 tablespoonful golden syrup

Heat milk, margarine, syrup and sugar together gently in a strong saucepan until the sugar is dissolved. Bring to the boil and continue boiling steadily until the mixture will form a soft ball when a little is dropped into cold water. Add the Milo and stir until blended thoroughly. Remove mixture from heat, stir in the vanilla. Beat vigorously with a wooden spoon until the mixture begins to granulate. Pour into a greased tin and leave until firm; cut into squares. Nuts or crystallised fruit make an attractive addition to the Fudge.

MILO FONDANTS

8-ozs icing sugar
2 tablespoonfuls Nestlé's Milk

3-4 tablespoonfuls Milo
1 teaspoonful vanilla flavouring

Sift the icing sugar and mix gradually with the Nestlé's Condensed Milk, to which has been added the vanilla flavouring. The mixture should be smooth and creamy but stiff enough to shape. Sprinkle a plate or pastry board with the Milo and roll the fondant into balls or mould with a palette knife into flat round creams, coating liberally with Milo. Decorate with blanched almonds or other nuts.



MILO WHIRLS

2½-ozs fat
2-ozs sugar
1 tablespoonful Milo

1 egg (fresh or dried)
5-ozs flour
1 tablespoonful milk or milk and water

For filling: 2 tablespoonfuls Milo

Cream the fat, sugar and Milo. Beat in egg and sieve in flour. Add milk to give a stiff consistency. Knead and roll out to ¼-inch thick oblong shape. Sprinkle more Milo over the oblong and roll up. Cut off slices and bake on a greased tray in a moderate oven (350°). Time 20-25 minutes. Makes 2 dozen approximately.

MACAROON BISCUITS

3-ozs margarine
2-ozs sugar
1-oz Milo
2½-ozs flour

1 teaspoonful baking powder
1-oz cake or bread crumbs
1 teaspoonful water

Cream fat, sugar and Milo. Sieve the flour, baking powder and add cake or bread crumbs. Moisten with water. Roll into balls, walnut size and bake on a greased baking tray, spacing well. Bake in a moderately hot oven (400°) for 20-30 minutes. Makes 14 biscuits.

MILO ICING

Mix the Milo with a very little hot water or milk until it makes a thick smooth paste. Sandwich between sweet biscuits. This mixture, just a little thinner, makes an attractive icing for cakes. For those who prefer a sweeter icing, a little castor or icing sugar may be added.

NOTE: All spoonfuls should be heaped unless otherwise stated.

AD/1466A

