

# Milk

Boil all milk. While cooling, place the jug in a basin of water in a draught covered with muslin which has its ends hanging in the water. The cloth syphons up the water, acts as a cooler and keeps out dust and flies.

In hot thundery weather boil milk a second time in the evening to keep it overnight.

If corks are used for milk bottles they should be boiled daily.

Some vitamins are destroyed by boiling milk but in feeding infants these can be replaced by orange juice or tomato juice.

Goats' milk should be avoided when possible as it conveys Malta fever. If no other milk is available then ensure that it is boiled for at least 5 minutes.

**To preserve cream:** place it in a sterilised jar. To 1 pint of cream add 1 teaspoon Hydrogen Peroxide and half a level teaspoon of ½% boric acid. Seal the jar. Cream has been kept fresh for over 2 weeks in the Lake district by this method.

**To preserve milk:** boil fresh milk and place in sterilised bottle. Add 1 teaspoon Hydrogen Peroxide.