

ICED POSTUM MADE WITH MILK

Dissolve 8 level teaspoonfuls of Instant Postum in half a cup of boiling water.

Mix with three and one-half tall glasses of cold milk.

Sugar to taste, and serve with a little cracked ice.

This is a sufficient quantity for four tall glasses. More, or less, may be made in the same proportions. The attractiveness of either drink is increased by putting a tablespoonful of whipped cream on the top of each glassful—or beating into the drink, with an eggbeater, a heaping tablespoonful of vanilla ice cream for each glassful. If ice cream is used, no cracked ice is needed.

ICED POSTUM MADE WITH WATER

Dissolve 8 level teaspoonfuls of Instant Postum in half a cup of boiling water.

Mix with three and one-half tall glasses of cold water.

Sugar to taste, and cream. Serve with cracked ice.