

## Smart Ways to Use ... Nonfat dry milk

### Give furniture an "antique" look

Make old-fashioned milk paint similar to the kind pioneers used! Combine nonfat milk powder with enough hot water to make pourable. For colors, stir in water-based dye or juice, such as cranberry or grape; use immediately. You'll have a flat paint that looks great as an antique-y wash—or completely covers if you use two coats.

### Healthier dinners!

Mix 1/4 cup nonfat dry milk into meatloaf before cooking to sneak extra calcium into your kids' food—they'll never taste the difference!

### Cheap spa treatment!

Take a milk bath by adding a cup of powdered milk as you fill the tub—the lactic acid is great for moisturizing skin!

### Richer soup

Stir some dry milk into soup, such as tomato, to make it creamy without adding fat!

### Easy makeup remover!

Take off makeup by wiping your face with a cottonball dipped in a paste of dry milk and warm water. Rinse; pat dry.

### Tastier fish

Thaw frozen fish in a mixture of 1/4 cup powdered milk and 1 cup water to remove the "frozen" flavor and make it taste like fresh!

### Groom your pet

Add a cup or two to your dog's bathwater to get rid of odors and make his coat soft and silky.

### Tastier cocoa

Add a spoonful to instant hot chocolate to make it thicker, richer and higher in calcium!



Ww

Photo: Megan  
Baggott Sorensen.