

MILK - DOG'S BEST FRIEND

(Adapted Transparency Story)

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SPECIAL NOTE: The numbers referred to in the story indicate the corresponding transparency which is shown at that point in the story.

Once upon a time, there was a dog who would not drink milk. He figured that milk was for cats, sissies, and people much lower than the canine species. No matter how much his master prodded, pleaded, pressured, and praised, not one drop entered the mouth of man's best friend.

"Man's best friend huh? If Rufus is my friend, why won't he drink his milk?" Willie wondered.

"But Rufus, milk is homogenized which means that the fat particles are distributed evenly throughout the milk. It is pasteurized to kill all of the germs present. In other words, milk is a very wholesome product."

"If you're worried about your weight," continued Willie, "it comes in 2% which has had some of the fat removed, or skim which means that all of the fat has been removed."

The dog's mouth was firmly shut.

"Rufus, I know", said Willie, "I'll give you some buttermilk!"

"What's that?" said Rufus.

"Cultured buttermilk is made from fresh fluid skim milk. A specially prepared culture of bacteria is added to the milk to produce the desirable acidity, flavor and aroma characteristic of this milk."

Rufus was still determined not to try it! (Willie did not want to mention that cream was a dairy product as Rufus knew that cream was a cat's favorite dish. Cream comes in several kinds—half and half which is 10-12% fat, light cream which is 18% fat, and heavy or whipping cream which is 30-36% fat.)

"Rufus, will you try sour cream?" asked Willie.

"Sour cream? Cream??? Cats like cream!" said the angry dog.

Willie quickly added, "Cats aren't dog enough to try this!"

Willie got Rufus's interest immediately.

"Go on." said Rufus.

"Well," said Willie, "this modern dairy product is a light cream of custard-like consistency with a characteristic tangy flavor produced by the addition of a culture. (It separates the dogs from the puppies!) It is made from fresh sweet cream. After the culture is added to the cream, it is allowed to ripen until the desired flavor and consistency have been reached."

Rufus began to perk up his ears.

"Have you tried yogurt?" wondered Willie.

"No." admitted Rufus.

"This is a dish that no cat will ever try," said Willie enthusiastically. "Yogurt is a thick custard-like pudding with a smooth texture and a tangy flavor. It is a cultured milk product that has been prepared with a mixed culture of bacteria. It is usually made with fresh, partially skimmed milk that had been enriched by the addition of nonfat dry milk. The nutritive value of yogurt is the same as the milk from which it is made."

Rufus began to listen intently.

"Cottage cheese is another milk product that might be called the solid form of milk or semicheese. It is a curd or coagulated protein of skimmed milk, cooked in its own whey, drained and washed. Plain cottage cheese has practically no fat while 4% fat is required in creamed cottage cheese. Now you know what Miss Muffet was eating as she sat on her tuffet!"

Rufus began to wonder if he had misjudged milk products especially when Willie mentioned ice cream. He remembered those hot summer evenings when Willie and his friends made homemade ice cream. Oh, how he longed to lick the paddle but didn't for fear that a cat might see him. He knew that ice cream was a delicious frozen dessert made from a liquid mix of concentrated milk and cream, sweetening agents, added flavoring and stabilizers. His mouth watered when the kids added nuts and chocolate and Oh.....

"Rufus", interrupted Willie, "don't you want to hear about butter?"

"Butter", thought Rufus, "just imagine me sitting in a restaurant when a waitress

brings me toast oozing with butter on all sides."

"Our butter", said the waitress, "is made from only the best cream!"

"Rufus, aren't you listening to a word that I'm saying?" questioned Willie.

"Oh, yes." Rufus tried to say nonchalantly with a yawn.

"As I was saying," continued Willie, "making natural cheese is an art centuries old. It consists of separating most of the milk solids from the milk by coagulating with rennet or a bacterial culture or both, and separating the curd from the whey by heating, draining, and pressing. Most cheese in this country is made from whole cow's milk. Both the cream and milk are used for certain types of cheese. After the cheese has been formed into its characteristic shape, it is given a coating of wax or some other protective coating or wrapping and is allowed to cure or age for varying lengths of time depending on the kind of cheese being made."

"You see, Rufus," interjected Willie, "milk is not just for cats, it's for everyone. It has lots of vitamins like vitamin A and D. It also contains proteins, calcium, and many other nutrients that are good for dogs." concluded Willie.

Rufus thought, "Well, I guess that milk isn't so bad after all. It takes a real dog to drink milk especially in the face of ridicule and laughter from other dogs. Just think of the variety I can have in my diet! No more soggy biscuits, canned dog food, or stale bones. Instead I can have milk in all forms: cottage cheese, yogurt, sour cream, butter, ice cream, and cheese (not to mention the varieties of milk!) "After all," said Rufus, "dog does not live by bones alone!"

"Sometimes that dog drives me crazy!" thought Willie.